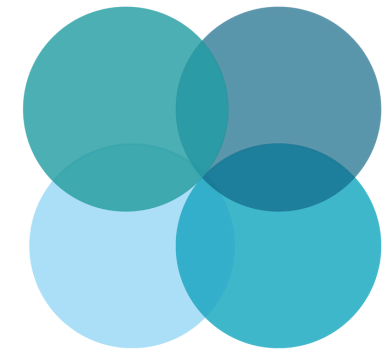


Nutritional Therapy & Lifestyle Coaching

Supporting Both Physical & Mental Wellbeing



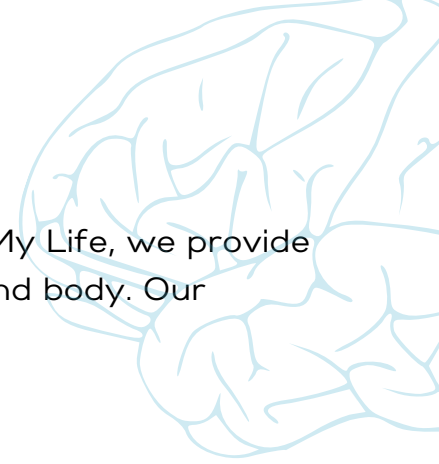
Science-backed nutrition for your mind and body



- ✓ Nutrition
- ✓ Movement
- ✓ Sleep
- ✓ Relaxation

Margaret O'Brien
Nutritional Therapist.
Higher Dip. Nutritional Science &
Therapeutics. |mNTOI | mFNTP

The Foundations of Wellbeing



Physical health and mental health are inseparable – one cannot flourish without the other. At Balance My Life, we provide guidance across all areas of wellbeing, so you can create sustainable habits for a healthy strong mind and body. Our framework is built on four essential pillars:

- **Nutrition** – fuelling both the body and brain
- **Movement** – keeping the body active and strong
- **Sleep** – allowing the body and mind to restore and repair
- **Relaxation** – reducing stress to calm the nervous system

Each of these plays a vital role in how you feel, think, and function.

Why Nutrition Matters:

Your brain is always active. Even while you sleep, it regulates mood, processes thoughts, and supports your entire nervous system. In fact, the brain consumes around 25% of your body's energy and a significant portion of the nutrients you take in every day. Much of what you eat quite literally becomes both the structure and fuel for your brain.

The Impact of Imbalances

When the body and brain are consistently deprived of what they need – whether through **poor nutrition**, chronic **stress**, lack of **movement**, insufficient **sleep**, or too little **relaxation** – the effects can be profound. Research shows that these imbalances may contribute to:

- Anxiety
- Depression
- Low mood
- Fatigue
- Poor concentration
- Hormone dysregulation
- And many other health concerns



Balance My Life 4 Pillars Programmes.



Option 1 – The 4 Pillars of Health Workshop Engaging & Informative

A 2–3 hour interactive session (or a shorter 1–1.5 hour version for busy schedules) designed to help you unlock the secrets to a healthier, more balanced life.

This comprehensive workshop explores:

- The 4 interconnected pillars of health: **nutrition, movement, sleep, and stress management.**
- The impact of gut health on brain health.
- Small but powerful diet and lifestyle changes to enhance quality of life and reduce chronic disease risk.

Some of what you will learn:

- How to eat well for physical and mental health.
- Steps to improve sleep quality.
- Easy ways to integrate movement into daily life.
- Strategies for managing stress effectively.



Option 2: Individual 4 Pillars of Health Sessions Duration: 1 to 1.5 hours each (focused, single-topic)

Tailored to your specific needs, these sessions allow participants to focus on areas of greatest interest.

Choose from topics such as:

- **Nutrition – Eat Well to Feel Well:** Learn about essential nutrients for optimal health.
- **Healthy Weight Management:** The Essentials for maintaining a healthy weight.
- **Food, Mood, and the Gut-Brain Connection:** Understand how diet influences physical and mental wellbeing.
- **The Stress Response:** Techniques for sustained physical and mental wellness.
- **Sleep Matters:** Why quality sleep is crucial and how to achieve it.
- **Supporting the Immune System:** Build resilience through diet and lifestyle.
- **Nutrition & Lifestyle for Menopause:** Personalised strategies for women's health.
- **Healthy Eating on a Budget:** Discover how simple it is to make your favourite meals healthier and enjoy tasty, affordable, nutritious snacks. (this can include sampling and/or cooking healthy meals and snacks)

These workshops are flexible and can be adapted to meet the unique needs of your group or workplace wellness goals

Nutritional Therapy for Mental Wellbeing

Option 3 - Food and Mood: Nutrition for Mental Wellbeing

Take a deep dive into how food choices affect mental wellbeing and cognitive function

Some of what you will learn:

The Gut-Brain Connection:

Your gut and brain are closely connected – an unhealthy gut can lead to anxiety, low mood, or brain fog

The Hungry Brain's Nutritional Needs:

Your brain uses a lot of energy and nutrients. Without enough of the right ones, you may feel tired, low, or mentally 'off'.

Inflammation Affects How You Feel:

Chronic inflammation from poor diet is linked to depression, anxiety, and other mental health disorders.

Blood Sugar Swings = Mood Swings:

Big highs and crashes in blood sugar can leave you feeling irritable, anxious, or emotionally drained.

Stress Uses Up Important Nutrients

When you're stressed, your body burns through nutrients leaving you more depleted and overwhelmed.

Food, Mood & Behaviour Patterns:

Dietary habits and sensitivities can impact emotional wellbeing, and addressing them can support therapeutic progress.

The Science Behind Food & Mood

New research shows that a healthy, balanced diet can improve symptoms of depression, anxiety, and fatigue

'Nutrition therapy can complement conventional mental health interventions, underscoring the importance of a comprehensive approach to care.'

Programmes are tailored to meet the specific needs of any individual or group



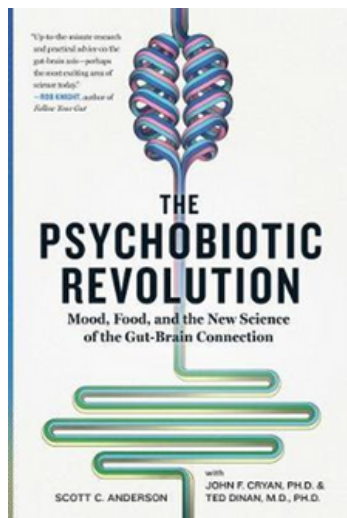
What the research says!

"In our studies, we have found that many gut bacteria are capable of producing some of the most important neurotransmitters in the human brain, like serotonin, dopamine, and GABA".

We don't think these bacterial neurotransmitters go straight to the human brain, but we do believe that these bacteria are capable of producing substances that impact our brain function through the vagus nerve—which directly connects to the brain.

"The typical Western diet of ultra-processed foods does not adequately meet the brain's nutritional requirements and is a proven risk factor for the subsequent emergence of mental disorders in both adults and children"

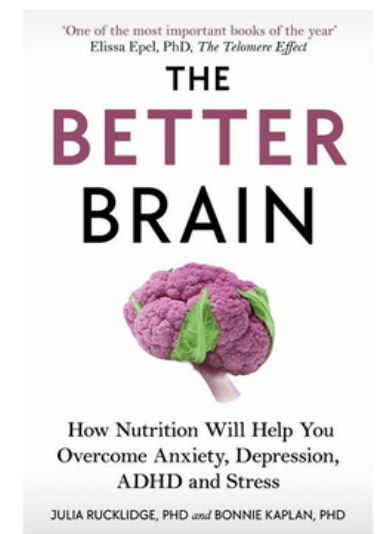
" We have been told many times by patients that they could absorb and implement strategies taught in therapy much better after their thoughts had cleared following better nutrition".



John F. Cryan Ph.D & Ted Dinan, M.D., Ph.D



Nutritional Psychiatry



Julia Rucklidge, Ph.D., (Professor of Clinical Psychology

Some reviews from group Workshops..

"The topics introduced were really interesting and it was clear that Margaret was passionate about nutrition which helped get her message across!"

"the presenter was very thorough and explained everything well"

"The presentation was easy to follow with illustrations highlighting the theory. The nutrition information was quite complicated and broken down into easy-to-understand facts. "

"Margaret has delivered many workshops, lectures and courses for us . Her topics are always interesting, focussed, practical, and delivered and received with enthusiasm! We work with many marginalised groups in the community and Margaret always has insight and sensitivity to pitch the topic at just the right point '



A Little about me. Founder of Balance My life!



In 2017, I earned my certification in Nutrition & Lifestyle Coaching, and since then, I've had the privilege of delivering health and wellness programmes across the education, charity, and business sectors. I've also worked one-to-one with individuals, families, and communities—helping them embrace sustainable, healthier lifestyles.

My journey as a Nutrition & Lifestyle Coach sparked a deep interest in the connection between **nutrition and mental health**. To explore this further, I undertook a three-year Higher Diploma in Nutritional Science and Therapeutics, where I studied the complex ways food impacts brain chemistry and emotional wellbeing.

At the heart of my practice is a holistic framework built on four essential pillars of health: **Nutrition, Movement, Sleep, and Relaxation**. This approach empowers people with practical tools to nourish their bodies and minds, introduce movement into daily life, improve sleep quality, and incorporate moments of calm to manage stress more effectively.

One of my core missions is to raise awareness of the profound impact that food and lifestyle choices have on how we feel—physically, mentally, and emotionally.

Whether for yourself, your team, or your wider community, small changes in nutrition, movement, sleep, and lifestyle can make a lasting difference to physical and mental wellbeing. Book a free 30-minute consultation to discover how tailored strategies can help restore balance and vitality.

Contact information is provided below—let's begin the conversation

Margaret O'Brien

Nutritional Therapist & Lifestyle Coach

Higher Dip. Nutritional Science & Therapeutics | Dip. NLC | mNTOI | mFNTP

E: margaret@balancemylife.ie

T: 0868048380

www.balancemylife.ie

Linkedin

Facebook

