



Nutritional Therapy for Mental well-being



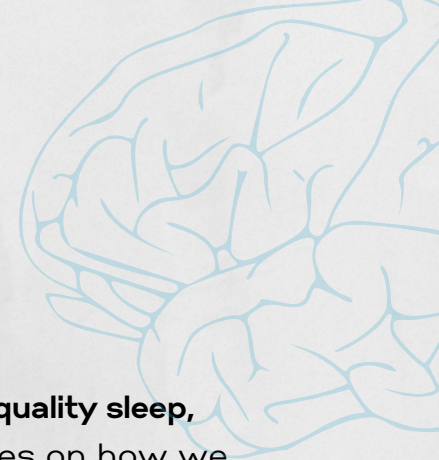
Science-backed nutrition for your mind and body



- ✓ Mood
- ✓ Anxiety
- ✓ Fatigue
- ✓ Focus

Margaret O'Brien
Nutritional Therapist.
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Nourishing the Mind from Within



When we think about mental wellness, we often focus on the familiar pillars such as **exercise, quality sleep, mindfulness, and stress management**. But one of the most powerful, yet often overlooked, influences on how we feel is **nutrition**.

Your brain is always active, even while you sleep it continues to regulate mood, process thoughts, and support 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. In essence, much of what you eat quite literally becomes both the structure and fuel for your brain.

When we consistently deprive the brain of **key nutrients**, whether through **a poor diet, chronic stress, or digestive issues** the impact can be profound. Research now shows that nutritional imbalances can contribute to a range of mental health illnesses such as **anxiety, depression, low mood, fatigue, and poor concentration**.

At Balance My Life, we support individuals who feel **off balance, overwhelmed, anxious, or emotionally drained**. Using evidence-based nutritional therapy, we help **restore clarity, calm, and natural energy** by addressing the powerful connection between **food and brain chemistry**. Because how you feel isn't just in your head—it begins with what you **nourish your body and mind with**.



Nutritional Therapy Programmes

Our nutrition programmes complement key lifestyle pillars—**stress management, quality sleep, and regular movement**—to support mental clarity, balanced mood, and lasting energy. Together, they create a powerful foundation for emotional resilience and overall wellbeing.

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

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

What the research says!

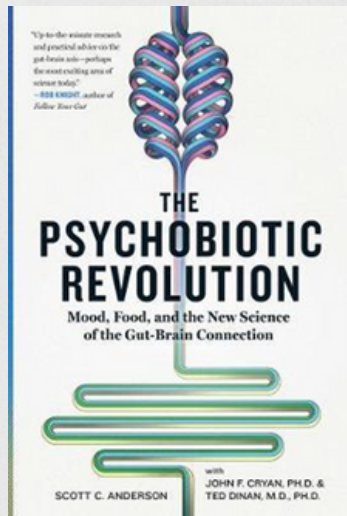
"In our studies, we have found that many gut bacteria are capable of producing some of the most important neurotransmitters in the human brain, like serotonin, dopamine, and GABA".

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.

"Over the last decade, we have seen an exponential increase in research relating diet quality to mental health.

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 health disorders in both adults and children"

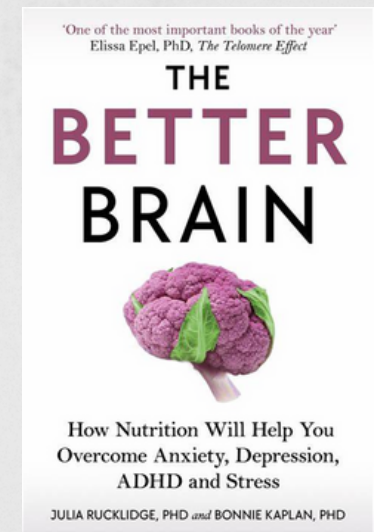
" We have been told many times by patients that they could absorb and implement strategies taught in therapy much better after their thoughts had cleared following better nutrition".



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



Nutritional Treatments: The Next Frontier
in Psychiatry (psychiatrictimes.com)



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. "



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.

Looking to support wellbeing across your **team, organisation, or community**? Nutritional strategies can complement mental health initiatives and contribute to a healthier, more productive environment. I offer a free 30-minute consultation to explore tailored support for individuals or workplace groups.

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

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