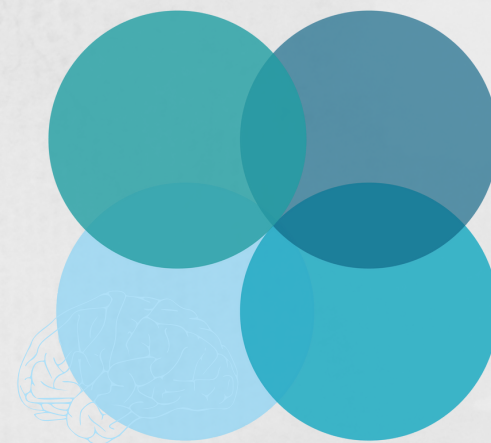


# The 4 Pillars of health...



Manage your health for a better quality of life.



Nutrition | Movement  
Sleep | Relaxation

# What are pillars of health?

Good health is composed of multiple components or pillars of good physical and mental health.  
These pillars comprise ***nutrition, movement, sleep, and relaxation.***

## Dietary and lifestyle choices

The lifestyle choices we make around what, when, and how we eat, taking regular exercise, trying to get quality sleep, and being able to wind down at the end of the day are all lifestyle choices and health decisions that most individuals can make daily.



For optimum health, good nutrition and healthy lifestyle choices are essential and can help prevent and manage lifestyle-related chronic diseases.



Nutrition | Movement  
Sleep | Relaxation

## How the 4 pillars work

Ideally, these four pillars for good health work in tandem to keep the mind and body healthy.  
The good thing is that we can start at any point by making small positive changes around these four pillars for good health.





# Pillars of mental health?

There are many "pillars" to support our mental health such as exercise, getting quality sleep, and managing stress, but one of the most obvious yet under-recognised factors in the development of mental health is nutrition.

Our brains are always on, they work hard even while we sleep.

The brain has a huge demand for energy, it consumes around 25% of the energy and many of the essential nutrients that we take in from the food that we eat.



Much of the food we eat will end up being the very fabric of our brains.

Depriving our brains of the essential nutrients it needs can cause mental health illnesses such as depression and anxiety.

What the research says

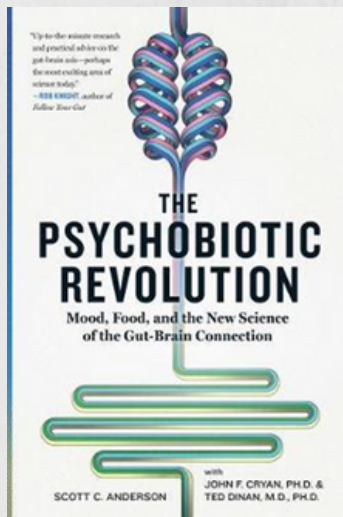


# What the research says!

*"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.

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



*"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"*

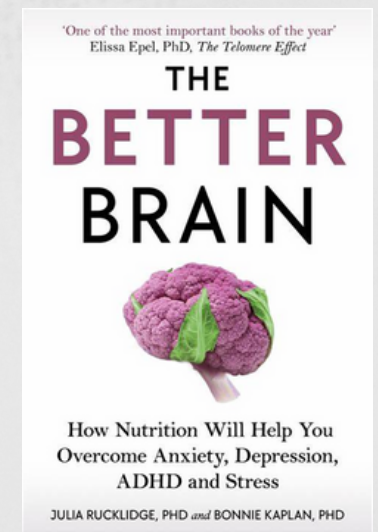
Nutritional Treatments: The Next Frontier in Psychiatry  
([psychiatrictimes.com](http://psychiatrictimes.com))



[www.balancemylife.ie](http://www.balancemylife.ie)

*" 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".*

Julia Rucklidge, Ph.D., (Professor of Clinical Psychology at the University of Canterbury New Zealand)

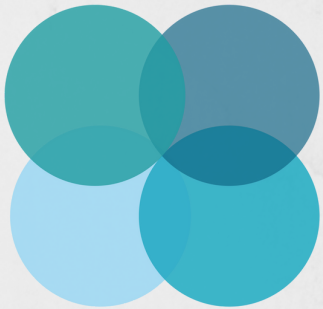




# Some reviews from a recent 4 Pillars Workshop..

Attendee feedback from Iron Mill College workshop

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



Nutrition | Movement  
Sleep | Relaxation

*"Brilliant!"*

*"Lovely. "*

*"the presenter was very thorough and explained everything well"*



Nutrition | Movement  
Sleep | Relaxation

*"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. "*



Balance My Life



# Balance My Life 4 Pillars programmes.



Taking a holistic approach to health means looking at all the elements that impact our health and striving to achieve the correct balance in each area that supports physical and mental health. Balance My Life programmes incorporate 4 pillars that support good physical and mental health, **nutrition, movement, sleep, and relaxation**.

## **Balance My Life programmes - Option 1. The 4 Pillars of Good Physical and Mental Health workshop (2-3 hours)**

This interactive workshop will demonstrate how the health of your gut can impact the health of your brain, how all 4 pillars of health are connected, and how they work in tandem to keep your body and brain healthy.

You will learn how to eat well, sleep well, integrate more movement into daily life, and learn some strategies to manage stress.

The workshop will explore how making small positive changes can improve your physical and mental health and the quality of your life and reduce the risk of diet and lifestyle-related chronic diseases.

## **Balance My Life programmes - Option 2. The 4 Pillars of Health Workshops (1 to 1.5 hours)**

### **Some of the most popular one-hour interactive workshops:**

- Nutrition - Eat Well - To Feel Well - The essential nutrients for optimal health.
- Food, Mood, and the Gut-Brain Connection - The 4 Pillars for good mental health.
- The stress response - managing stress with 4 pillars of health.
- Sleep - why we need it & steps to get quality sleep.
- Supporting the immune system with nutritious food, quality sleep, exercise, and stress management
- Nutrition & Lifestyle for Menopause. (new workshop)

All programmes will be customised for each group, and time will be allocated for Q&A





## A Little about me. Founder of Balance My life!



After working as a Certified Public Accountant for many years, I decided to explore alternatives to move away from the corporate world, so I converted a passion for health and nutrition into a meaningful career by retraining as a Nutrition and lifestyle coach.

Since qualifying as a Nutrition and Lifestyle Coach in 2017, I have delivered health and wellness programmes to the education, charity, and business sectors and also to individuals, families, and Community educational and healthy cooking programmes.

With a particular interest in nutrition and mental health, I have researched extensively in this area and also completed a certificate course in nutrition and mental health with the University of Canterbury in October 2021.

Peer-reviewed research in this area suggests a correlation between changing one's diet, by bringing about a positive change to our physical well-being, and the positive impact it has on our mental health. These research findings parallel my own experiences with clients.

One of my goals is to raise awareness about how the food we eat impacts both our physical and mental health.

Please feel free to contact me for more information.

Mags

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It's important to take care of our health  
and appreciate it while we have it.