



# Food, Mood & The 4 Pillars of health...



Manage your health for a better quality of life.



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



Nutrition | Movement  
Sleep | Relaxation



# 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 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".*

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

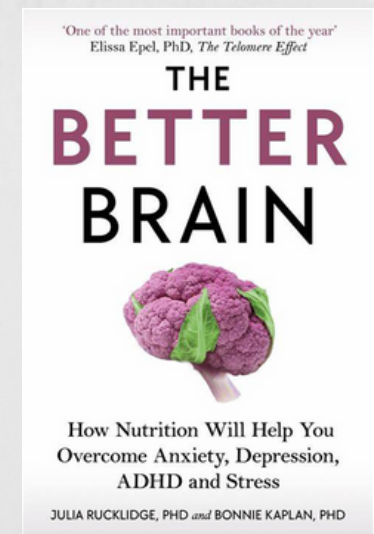
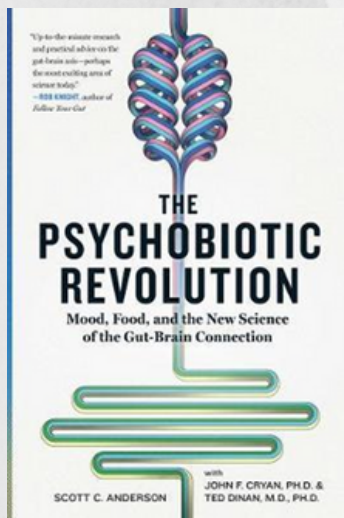
*The typical Western diet of ultra-processed foods does not adequately meet the brain's nutritional requirements and is a proven risk factor for the subsequent emergence of mental health disorders in both adults and children"*

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

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

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



## 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!"*

*"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. "*





# 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 a successful career as a Certified Public Accountant spanning many years. I decided to explore alternatives to move away from the corporate world. Fuelled by a passion for health and nutrition I converted this passion into a meaningful career by retraining as a Nutrition and lifestyle coach.

In 2017 I achieved my certification in Nutrition & Lifestyle Coaching and since then I have delivered health and wellness programmes to the education, charity, and business sectors as well as educating, coaching, and supporting individuals, families, and communities to embrace a healthier lifestyle.

At the core of my approach is a framework that addresses four fundamental pillars of health: nutrition, movement, sleep, and relaxation. Through this holistic approach, I empower individuals with the essential tools to nourish their bodies, incorporate more movement into their daily routines, improve their sleep patterns, and find moments of relaxation to combat stress.

My journey as a Nutrition and Lifestyle Coach has led me to a fascination with the intricate connection between nutrition and mental health. I have delved into extensive research, uncovering a compelling correlation between dietary choices and their profound impact on both physical well-being and mental health. The peer-reviewed research findings I've encountered resonate deeply with the transformations I've witnessed in my clients, reinforcing my belief in the power of a balanced diet to enhance mental wellness.

One of my primary objectives is to raise awareness about the profound influence our dietary and lifestyle choices have on our physical and mental health.

Please feel free to contact me for a free 30 minute consultation.

Margaret O'Brien  
Nutrition & Lifestyle Coach Dip NLC (IHS) m FNTF  
Certificate Counselling & Psychotherapeutic Studies (IICP)  
Certificate in Nutrition and Mental Health (University of Canterbury)  
Nutritional Therapy (Nutritional Science and Therapeutics) IINH. Completion date October 2024  
0868048380  
[www.balancemylife.ie](http://www.balancemylife.ie)  
Linkedin  
Facebook