

Neely

Everyone deserves a little couch-time.

How Nutrition Impacts Your Mental and Physical Health

Presented by: Gabriela Rivera, M.S.
Functional Nutritionist



APOLLO ELEVEN
NUTRITION BY GABRIELA RIVERA

About Gabriela

- Functional Nutritionist
- Masters of Science in Integrative and Functional Nutrition
- PhD candidate
- In practice for 7 years
- Our mission at Apollo Eleven is to help individuals achieve optimal health through evidenced-based nutrition protocols and mindset therapies.



Agenda

- The Foundations of Nutrition and Health
- Nutrition and Mental Health
- Nutrition and Physical Health
- Foods for Mental Clarity and Focus
- Practical Tips for Better Nutrition
- Debunking Nutrition Myths
- Questions

Poll #1



The Foundation of Nutrition and Health



- **Nutrition is the building block of health**

The Foundation of Nutrition and Health



Food is Fuel

Macronutrients: Protein, carbs and fats

Micronutrient: Vitamins and minerals

The Foundation of Nutrition and Health



Poor nutrition can lead to chronic disease

- Diabetes
- Heart disease
- Depression
- Anxiety

Nutrition and Mental Health



- Omega-3 fatty acids
Fatty fish & nuts

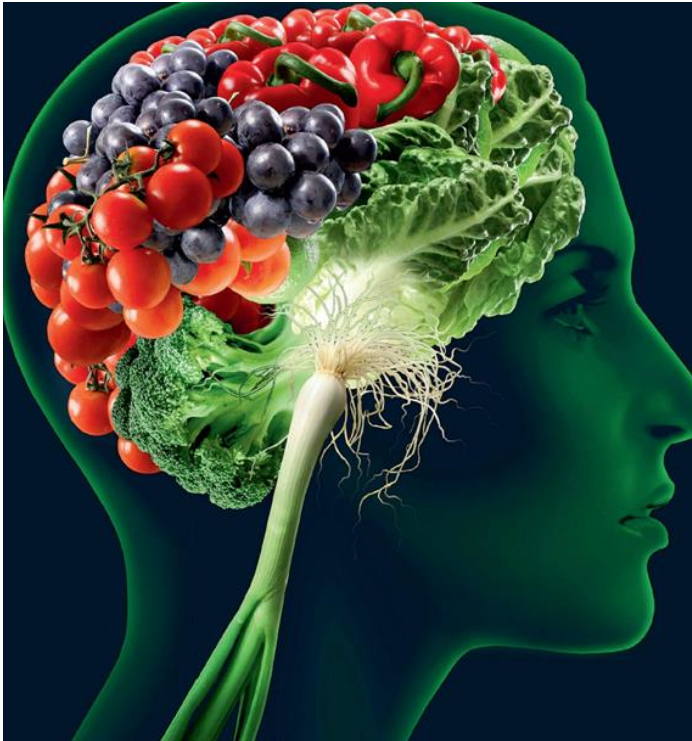


- Magnesium
Leafy greens



- Probiotics
yogurt & fermented
foods

Nutrition and Mental Health



Impact of Processed Foods on Mental Health

- Inflammation
- Blood sugar spikes
- Anxiety & depression

The Gut-Brain Connection

- A healthy gut can improve mood and reduce stress

Nutrition and Physical Health



Protein

The building block for muscles and repair

Found in chicken, eggs, beans & tofu

***especially important if on a
GLP1 medication***

Nutrition and Physical Health



Carbohydrates

The body's primary energy source

Complex carbohydrates provide steady energy throughout the day.

Found in sweet potatoes & whole grains.

Nutrition and Physical Health



Healthy Fats

Supports heart, joints, and energy

Found in salmon, chia seeds, walnuts

Cost of Poor Nutrition



- **Increased Risk of Chronic Diseases**
- **Impact on Mental Clarity and Mood**
- **Reduced Immunity and Recovery**

Foods For Mental Clarity and Focus

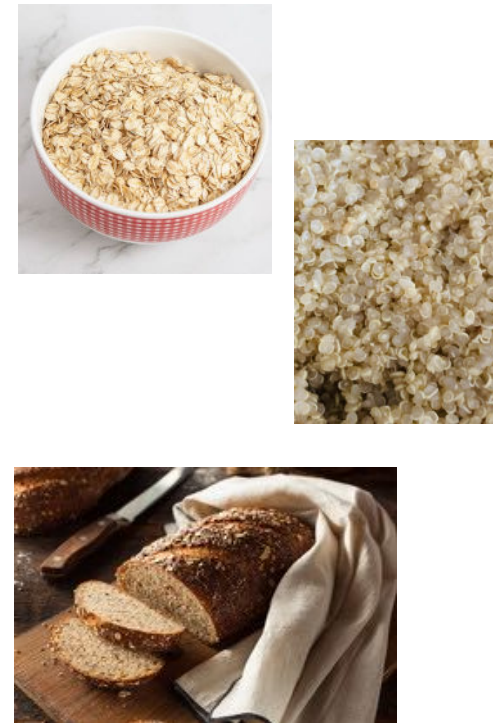
Omega-3



Antioxidant-Rich Fruits



Whole Grains



Hydration



Poll #2

Practical Tips for Better Nutrition

1. Start Small



2. Opt For Whole Grains



3. Meal Prep



4. Stay Hydrated



Practical Tips for Better Nutrition

5. Healthy Substitutes



Debunking Nutrition Myths



Carbs make you
fat!

Debunking Nutrition Myths



Fats are bad for
you!

Debunking Nutrition Myths



Supplements
can replace
food!

Poll #3

Building a Balanced Plate



Building a Balanced Plate

Hand Portion Size Guide
Examples of...

<i>A palm full</i>  Protein	<i>A handful</i>  Carbohydrates, fruit & nuts (small handful)	<i>A fist</i>  Vegetables
<i>Cupped hands</i>  Salad leaves	<i>2 fingers</i>  Cheese	<i>Thumb tip</i>  Unsaturated oils & spreads

THE NUTRITION CONSULTANT

How To Stay Motivated



1. Set realistic goals

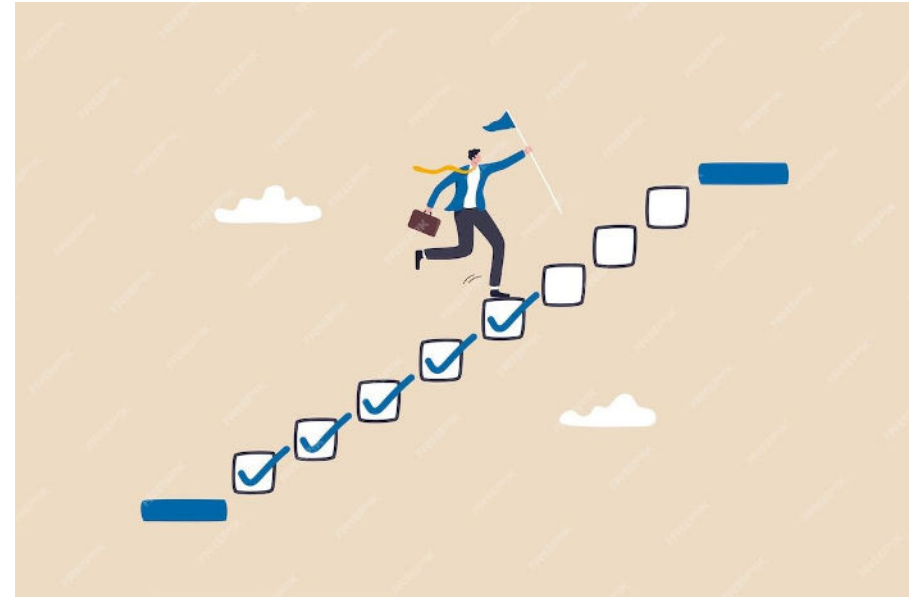


2. Plan and prepare ahead

How To Stay Motivated



3. Find foods you enjoy



4. Track progress and celebrate wins

How To Stay Motivated



5. Build a support system

Poll #4

Key Takeaways

- Nutrition fuels both body and mind.
- Prioritize nutrient-dense foods.
- Small, consistent changes lead to big results.
- Avoid nutrition myths and focus on balance.
- Your health is an ongoing investment.

QUESTIONS?




☐ Online:

- ☐ www.neelyeap.com company page
- ☐ Live CONNECT
- ☐ iConnect You App
- ☐ Use your company code from benefits flyer

☐ 24/7 Hotline: 866-212-6096

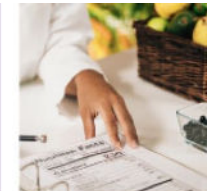
Access Your NEAP Benefits





Nutritional Wellness Services

Wellness Resources



We are what we eat. Our food choices directly impact our mood, health, and energy levels. Maintaining a healthy and well-balanced diet can be challenging with a hectic schedule and family demands. Fortunately, our Nutritional Wellness Services can help you achieve your nutritional goals.

How Can Nutritional Wellness Services Help Me?

Nutritional Wellness Services is a professional nutritional consultation service that can help you make positive changes in your diet and lifestyle. A Certified Functional Nutritionist will assess your eating habits, identify dietary concerns and answer questions to support your journey. Initial Consultation is complimentary.

To participate in the service call: **830-255-7644**

[Click here to schedule an appointment online](#)

Areas of Expertise

Receive help from a Certified Functional Nutritionist on a variety of concerns including:

- Adrenal Fatigue
- Autoimmune Disease
- Gut Health
- Metabolic Syndrome
- Pre-Diabetes & Diabetes
- Weight Loss/Gain

Key Program Features

- Complimentary initial consultation with a Certified Functional Nutritionist to assess your current eating habits and health status.
- 25% off all laboratory testing and nutritional packages.
- Access to HIPAA compliant mobile app with resources and private food journal.

