

# Holly DeLong, RD

Health & Wellbeing Speaker

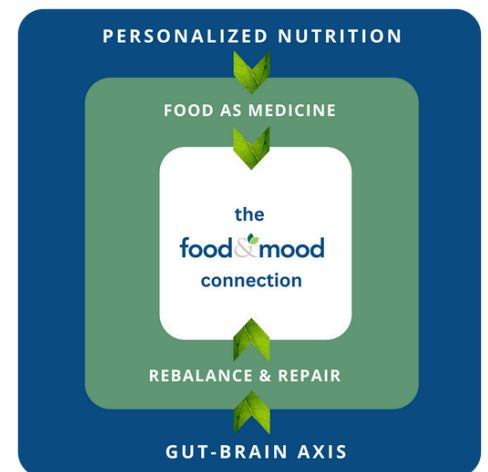
## SPEAKING TOPICS

- The Food & Mood Connection - Eat Right to Feel Right
- Gut Health & Mental Health - A Missing Piece in Healthcare
- Personalizing Nutrition using Nutrigenetics
- Nutritional Psychiatry - The Next Frontier



## ABOUT HOLLY

As a speaker, counselor, and writer, Holly DeLong is on a mission to help people discover the powerful connection between nutrition and mental health. With her innovative company, Food & Mood, she is working to fill a critical gap in healthcare. By vulnerably sharing her story overcoming mental illness, using food as medicine, she is able to truly connect with her audience. Her approachable delivery leaves audiences feeling informed and inspired. Holly's passion for spreading the word about the ground-breaking field of nutritional psychiatry lights up the stage!



## CONTACT



[yourfoodandmood.com](http://yourfoodandmood.com)

[Schedule a videochat](#)

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