Holly DeLong, MS, RD

DISCUSSION TOPICS

- Nutrition & Mental Health
- The Gut-Brain Connection
- Nutritional Psychiatry
- Overcoming Challenging Times

Eat Right to Feel Right: Change your Mood with Food

ABOUT HOLLY

Holly DeLong is a speaker, counselor, writer, and founder of Food & Mood. Blending her background in psychology and research with her experience as a Registered Dietitian, she brings a unique perspective to the wellness space.

In a time where mental health awareness is paramount, Holly's expertise fills a critical gap by highlighting the role of nutrition in mental well-being.

Through sharing her own story overcoming mental health struggles using food as medicine, Holly can truly connect with listeners on a deeper level, instilling hope, knowledge, and motivation for positive change. Holly has a passion for helping others discover the power of nutritional psychiatry that is contagious and engaging!

Check-out samples of Holly's Media Appearances

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food & mood

The intersection of nutrition and mental health.