How to Promote Healthy Immunity & Mental Health Through Food

Presented By:
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Agenda

- **Introduction**
  - Jessica & Naihomy
  - Food Made Simple
- **The Basics**
  - What Can Everyone Do to Keep Healthy
- **Emphasis on Food**
  - 7 Nutrients Found In Food That Boost Immunity and Mental Health
- **Q&A**
Dr. Jessica Arrendol Kiely

- Class of 2005
- Wellness Educator, Consultant, Researcher, and Strategist
- CEO and Founder of Wellness Lit - a Wellness Education and Research Company
- Dr. Arrendol Kiely creates courses and workshops for women, children, and families, in order to promote optimal wellness by establishing sustainable healthy lifestyle practices and routines
- Mom of 2 young girls
Naihomy Jerez

- Class of 2008 and Posse 5
- Food Guidance & Health Coach
- Owner of Bagels and Brussels, a wellness consultancy
- I help tired moms lose weight without dieting and manage stress to get their energy, confidence and sass back
- I flip recipes our favorite dishes to be both nourishing and delicious
- Mom of 2 young boys
Food Trends and Individuality

Is it really this complicated?
The Basics

What can everyone do to keep healthy?
Emphasis on Food
7 Nutrients Found In Food That Boost Immunity and Mental Health

1. Hydration
   • Liquids
   • Fruits and Vegetables

2. Phytonutrients
   • Fruits & Vegetables with antioxidant and anti-inflammatory properties
7 Nutrients Found In Food That Boost Immunity and Mental Health

3. **Protein**
   - Animal
   - Plant Based

4. **Complex Carbohydrates**
   - Whole grains
   - Starchy vegetables

5. **Healthy Fats**
   - Oils, nuts, fish, fruits (avocado)
7 Nutrients Found In Food That Boost Immunity and Mental Health

6. Prebiotics & Probiotics
   - Complex carbs, fermented foods
   - Importance of Supplementation

7. Essential Vitamins
   - Fruits, Vegetables, Fatty Fish
   - Importance of Supplementation
Thank you!

Q&A

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