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HEALTH & WELLNESS



# MEN'S THERAPY PODCAST

**Men's Therapy Podcast**  
**Wednesday at 11 AM Pacific**  
**October 8th 2021: Nutrition for the Mind**

Food is Medicine. What we regularly eat has a massive effect on the health of both our body and our mind. In this episode we'll be sitting down with Executive Chef, Author, and Nourishment Coach Maria Cooper to talk about how nutrition influences mental health. Maria was diagnosed with Bipolar I at an early age and has used that struggle to prioritize her wellbeing. She strives for balance through a combination of a nourishing diet, mindfulness practice, and embodied movement. Be sure to listen in to hear an inspiring story about the power of holistic health.

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## Featured Guest



### Maria Cooper

In 2018, Maria Cooper published Heartful Kitchen: A Cookbook for Every Body and started an online and in-person Nourishment Coaching business to guide individuals, couples, and families with tools in the kitchen to create clean, healthy, and delicious meals. Maria Cooper was the Executive Chef at the Highland City Club in Boulder, CO for 10 years, the Chef and Consultant to open Harvest Restaurant in Madrid, Spain in 2008, Anjou in Boulder in 2007, and Café Zesta in Boulder in 2008. Since she began cooking professionally in 2005, she has worked in the field of natural and organic foods, and focused on special diet needs. In 2010, she was diagnosed with autoimmune challenges as well as insu

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