

## Natural Foods and Mental Health



Rosario Ortigao, LMHC  
407-628-1009  
[www.ortigao.com](http://www.ortigao.com)  
And  
Chonteau  
McElvin, AADP CHC  
407-342-3913  
[www.sangomallc.com](http://www.sangomallc.com)

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Objectives:

- #1. Provide participants with an overview of holistic approaches to well-being.
- #2. Educate participants regarding the physical and mental health benefits of nutritional strategies through personal testimonies and examples - participants will be introduced to the holistic value of nutrient-dense smoothies.
- #3. Introduce participants to Qigong Master, Jeff Primack, and his approach with natural foods to depression and adhd.
- #4. Provide a discussion on the importance of herbs for physical and mental well being.

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- Rosario's and Chanteau's personal testimonies
- Jeff's video clip on ADHD
- Jeff's video clip on Depression
- Jeff's video clip on his favorite smoothie
- Herbs discussion

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