

Wellness in a Nutshell



Steps towards a healthy body, mind, glowing skin and, and, and.....

The elusive ideal, it sometimes seems to think that we can have it all. I will ask you first thought, what does this mean to you? Each person has a different view or priority of life, and that is perfectly perfect. I will however, ask another question.

“If your health is under par, does this affect the rest of your life”? If you answered yes to this, you are not alone in this thinking, and demonstrated by the wellness’ industry strive to cure everyone from something.

This leads then to a set of other questions:

“Do I need to be worried about ‘.....’?”

“If I am happy, does it matter?”

“What good will it do anyway if.....?”

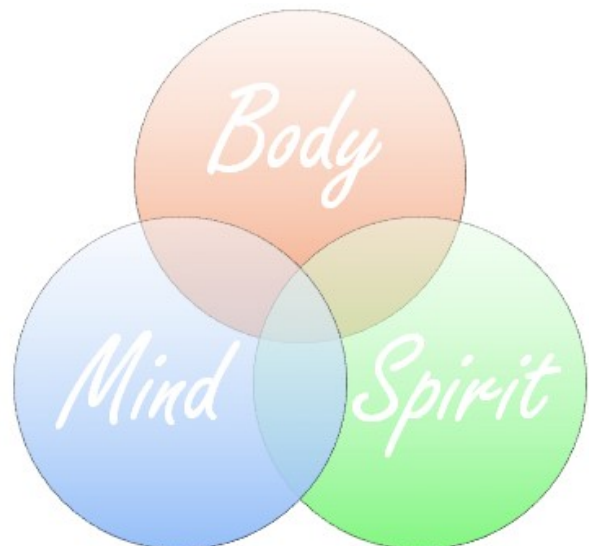
My answer to clients is usually something like “It doesn’t matter if you choose to not let it matter. You are in control of your life and your choices are yours. What you do with it is entirely up to you, however, consider where it will take you if you don’t make a change, and do you want that?”

After the shock of having someone putting control back in their corner, many ponder the questions again, and some choose to make changes for whatever their reasons are. Sometimes we talk about it, sometimes we don’t. The important thing is that awareness, choice and action are powerful driving factors, which, when harnessed can move mountains, and in the case of wellbeing, make things right again, whatever right is for the individual.

There is a lot of conflicting information in the media and so many diets that it is very confusing of what is needed to or what is the right thing to do. I really do understand how people at times put their hands up in the air out of pure frustration and not understanding. It is confusing at times for professionals too, especially if a person is ‘doing all the right things’ and not seeming to be making inroads towards their health goals.

We are not only a body!

Every person, if they acknowledge it or not knows there is more to us than a bundle of cells stuck together to create our physical body. The innate systems of right and wrong is the first glimpse and, the feeling of pure love – as a new born child melts the hardest of hearts attests. Personally, I believe

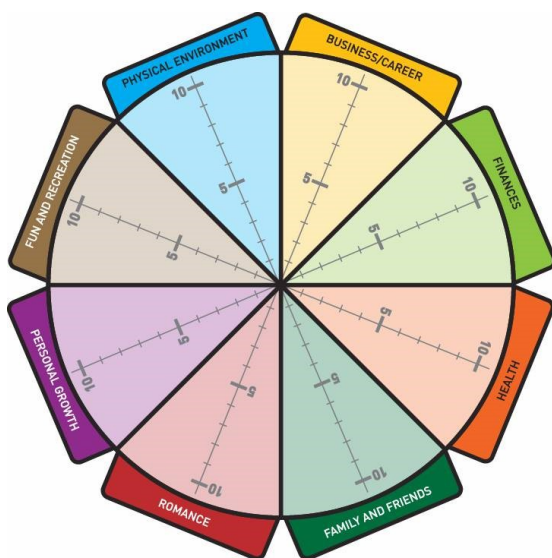


we are at least three layers that are intertwined in the most intimate way and just like anything that is so intimate, if one is out of kilter, the others are too.

I am talking about the body – the physical thing you can touch, cut and heal; ego many see this as the mind, is similar to one's character or one's guidance system, and then there is the soul which is the most innate part of ourselves. It is our centres for love, innate knowing, and of good and evil, our North Pole, so to speak.

Another way of looking at it is Soul is the life force energy grid; ego or mind directs how life force moves through the body, and the body responds by effective use of life force; or by re-directing, blocking or constricting it. The latter is the cause of disease and unsupportive choices.

So, now what? How do we make a difference, if we choose to? It is vital to take stock of where you



are now. What is your physical health like? How about your emotional/mind/self-view? How close are your relationships with yourself, and others? These are really simplistic questions, but they get one started on the path of self-discovery and to enable us to make different choices if we choose to. The wheel of life is a powerful tool to help us take stock where we are at and to monitor progress towards our ideals. It also helps to identify the priorities of life you. There isn't a right or wrong, as it is your truth. IF you don't like your priority list you have the power to change it. To make it a little easier, the segments are:

Business Career, Finances, Health, Family and friends, romance, personal growth, fun and recreation, physical environment. Naturally, each of these segments could be divided into sub

sections, depending on how much clarity you would like to create.

Take home message: Without clarity as to where you are, and where you would like to be, it is like walking through fog, or night without lights on. You may have an idea where things are and what they are like but it is easy to get lost or hurt yourself. Shine the light on your life, and take enlightened steps with more certainty Want help? www.stepstochange.com.au

For now, let's work on the parts that we easily see, touch and notice changes in. The physical body. There are a few guidelines which makes wellbeing, being well. The following is a tip of the iceberg of parts to look at, and by no means the entire list. Like all things, each point can be drilled down to smaller parts which when put together make the whole.

When working out the priority list, as health professionals, we must look at where the person is at, and help the client create the changes they can make based on choice. Remember, awareness is the first step and, in this case, be frankly honest with where the person is at. Look at the driving forces for the identified issues, then seek help in those areas. Using the wheel of life and consider the 8 segments of life can be a very useful start. Using this tool, is possible the first step is stress management, or it could

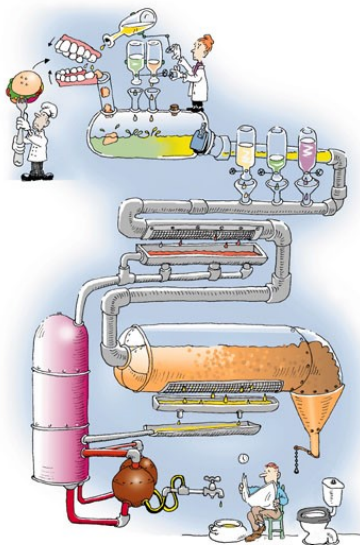
be eating habits, or even seeing things in a different light. Whatever the intervention choice, the ripple effect of this will, by decree make a difference somewhere in your life.

So, let's look at the principles of wellbeing, and you can get a feel for what Healthy Eats stands for, and how you might implement these ideas into your life. Well maybe.

The following is not in any prescriptive order, only segments of life that are often contributors to disease. I suggest you read through the list, and see which one feels the most accurate for you to consider in more detail. You may need more than one area addressed, you may not.

1. Check your digestive system: That is right, your digestive system is one of the central organ systems of the body, figuratively and relatively. It is the pipe that runs from your mouth through the centre of your body and out the other side. What this pipe does is nothing short of phenomenal!!

It tastes what is ingested, decides what to do with it; talks with the rest of the body then pumps out the correct digestive juices at the right proportion to ensure the ingested matter is broken down into the smallest molecules possible.



These molecules (amino acids, fatty acids, carbohydrates, vitamins, minerals and a whole heap of other particles), if possible, will be absorbed across the barrier and feed the body. Anything not absorbed – fibre, dead cells, wastes and muck at pushed out. A faulty or sluggish digestive system is similar to a poorly functioning sewer pipe and we all know what that will do if it gets blocked.

A simple way to improve gut health is to feed it, literally. Choose predominately a plant-based meal plan, with probiotics, water and healthy herbal teas that detox and support. Adding probiotics whether from fermented foods (carefully prepared) or probiotic supplements to support, treat and repair is up to you. Using liver tonic herbs and spices and go easy on stress, animal products and your food irritants all go a long way to supporting a healthy digestive system. Probiotics and liver tonics

ideally are seen as medication and monitored by a trained practitioner. The incorrect one or combination or in some health situations harm can be created.

*“A stinky pipe the evidence is smelt a mile off,
so what do you want to be remembered for?”*

Take home message: The digestive system is a central component of the body, which, literally talks to the rest of the body via the nerves, immune system and the types of chemicals it makes while performing its duties. Sludge up the gut, you are heading for a slow decline with overflow and toxic build-up.

2. Move your body!

Personally, I don't have a preference of what you do, but something must be done! Your health goals determine the best type of movement to do. For instance, weights build muscle and bone – important in physical jobs and for shape and tone. Cardio burns energy, and cleans the body's pipes, yes, all of them. The pure speed at which blood, lymphatic's moves through the muscles with cardio ensures the cells are fed, and wastes are taken away for processing. Waste filtration is increased and dumped into urine and intestines for removal from the body. Yoga, Pilates, and stretch relax the muscles, unfurls restricted fluid vessels and opens up energy movement through the body.

Any abdominal movement – cardio, weights, stretches and yoga/pilates stimulates the digestive system because the muscles are massaging the intestines, speeding up the removal of wastes from the body. Increased blood flow to the digestive system increases function and effectiveness.

Physical movement also ensures your brain has time out to think about something else. This very effective diversion technique enables the mind to move away from thoughts stuck in a loop to thoughts on technique, the environment; enabling more blood to get to the brain. The upside of this is simple, increased blood flow to feed the brain, diversion allows solutions to be created from another place of the brain – just like an outsider sees the problem and solutions differently to people stuck in the loop. Exercise increases endorphin production – the addictive, feel good hormones that make the world a better place.

Take home message: Movement makes the body work, feel and be happier by removing wasteful toxins, thoughts and creates a clean space for the body to heal and rejuvenate. The increased flow of nutrients, oxygen and communication to the cells increases the likelihood of the cells being able to perform their duties. Just as happy workers who get what they need to do the tasks at hand, and are looked after by management.

3. Eat for health

Healthy eating is an essential cornerstone for wellness. Eating well provides the body with energy and the building blocks to:

- Feed and detox the body so it can
- repair and maintain your body;
- communicate between the body parts and
- keep the body in fine working order.

Healthy eating is about balance and includes a few treats, but the most of the food coming from basic, nutrient dense foods that are unprocessed unless it is for their own good. An example of when processing is needed is cooking of legumes, lentils and some green leafy vegetables to denature the anti-nutrients which prevent some minerals being absorbed for good use and activation of lycopene in tomatoes improving their anti-prostate cancer mechanism for men. Basic, nutrient rich foods are fresh vegetables, fruit, lean meats, nuts, seeds, some dairy, healthy fats and fresh, filtered water, herbs, and spices. Each herb and spice have their own merit, and when combined creates a powerful effect, either positive or negative. For packet goods look for hidden sugars, fats, preservatives, colours, etc. The body needs to work harder to process these, and can for some be a major irritant. Care also may be needed for some people even when eating from the basic foods. Food intolerances to naturally occurring chemicals such as amines, glutamates, salicylates are plants way of protecting themselves from insects eating them so this is the one time

organic produce can be cause more harm than good. Some pre-biotics – which are fibres, sugars and sugar alcohols, can also cause a reaction if one is sensitive to them. Pre-biotics are predominately associated to triggering IBS symptoms and bloating, however, because they also trigger the nervous and immune systems, they can trigger symptoms elsewhere in the body.

The food intolerance wheel above indicates the types of symptoms people may have if they react to food chemicals, even those naturally present in food and should be there. Just look at the list of symptoms on the food intolerance wheel and see if there are any you relate to. To be sure, guided testing of foods and checking for reactions is about the only way to go. If you think you are **allergic** to anything, then you must be tested by trained allergist as they can be literally deadly if you react without the appropriate medication available. Allergic reactions are **No Joke!**



Eating for health has its own guidelines, which follow below. Again, it is suggested to get guidance to create the framework for you, based on your needs. Help takes the guess work out knowing if your current eating habits are creating health or not, or it may only need a tweak here. In which case, you may not be that far off the mark and you might be stressing over food for nothing!!

Take home message: Look at what you are eating, consider if you are reacting to something,

and ask for help to identify possible causes.

Guidelines for healthy eating

The basic premise of eating, is to feed the body so it can do what it needs to do. It might seem we live on very little nutrition – the typical western diet of processed and take away food, but the body decays and breaks down faster.

To maintain and repair, the body must receive the building blocks to do the work, just as a builder must have the correct bricks, mortar, reo, tool etc to build a structure. The body needs nutrients from food to ensure the body’s building blocks, and energy are available. Without this or an imbalance creates a dysfunctional, wobbly structure which rusts, breaks, squeaks and dries up faster.

The building blocks – nutrients come from basic produce – the five food groups. When we eat fresh food, we are eating in a nutrient dense way. Some of the foods need some preparation to make them safe or to increase their nutrient availability for absorption. Each of the food groups provides its own unique nutrient combination, and each nutrient is needed to help the body function.

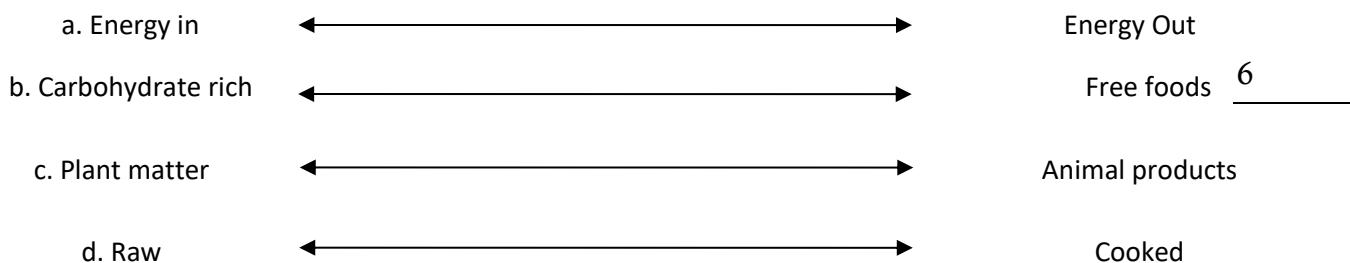


The five food groups

a. What's your balance?

Balance, that word is used for everything!! Yep, that's right, without it, we are ridged being hanging to the left or the right without the flexibility to respond to everyday changes of life. In this case, what is your energy balance – the amount of Kjoules going in, and how much is getting used up; the amount of fresh, raw produce and cooked; amount of plant and animal products; carbohydrates rich vs free foods. Each of these balances creates a significant impact on the body. Too many Kjoules puts on weight; too much protein and animal products increase acid and inflammation, while too much cooked, processed foods decrease digestive function and in many cases nutrient availability.

So, what is your balance? Look at the scale below, and mark what currently eat, then think about this when reading the information following.



a. Energy vs Energy out

Too much energy? Not sure? Ok, are you gaining weight especially around the tummy If yes, then, there is a possibility that you are eating too much. Ask to be sure! The next option is critical, and while we do need carbohydrates, the amount is in part determined by how much physical activity we do, too much, and we run into a risk zone.

• **Aim for a healthy weight – for you!**

What I mean by this is, consider your lifestyle, your work, and your body needs. There is no point in aiming for the perfect BMI if you must have muscle bulk to do your work, or prefer to have muscle bulk. It just doesn't work!!

Likewise, if you have a small frame; if your ethnicity is not Caucasian; are a teenager; expectant or breastfeeding mother; elderly, or have lost a limb then BMI will do you no favours to use as a guide. It is very possible to be 'overweight' and healthy, and using other measures as a guide is of much more value.

Consider what you need your body to do. Are you aiming for health or size? Do you want to look the part but feel flat, disinterested and not energised? If you would rather be fit, strong of body

and mind, and carry a little bit extra weight (remember muscle and bone weight much more than fat); have a healthy mind, energy, and enthusiasm for life rather the drop dead bored, then consider the bigger picture of life.

Energy comes from all the food groups. The macro or energy providing nutrients are Carbohydrates – fruit; starchy vegetables; grains; liquid dairy and derivatives of these foods. Proteins come from all animal products; nuts, seeds, and legumes. Fats – oils, margarines whether they are ‘healthy’ or not.

• **Carbohydrate (Carbs) foods:**

Carbohydrate (carbs), is the only macro nutrient that increases blood sugar levels. Carbs are essential for energy and life; broken down into the various types of sugar molecules and absorbed into the body. Blood glucose (BG) is raised when carbs, from fruit, starchy vegetables, breads, cakes, cereals, rice, pasta milk etc are digested.

Something to keep in mind is the amount or volume of carbs that are eaten at any one time. The larger the amount of carbs eaten the greater amount of blood sugar there to be processed. If you do tend to eat more, then an alternative is to be sure it is the Low GI version, and to exercise soon after to help remove the blood sugar out of the blood and burn it off.

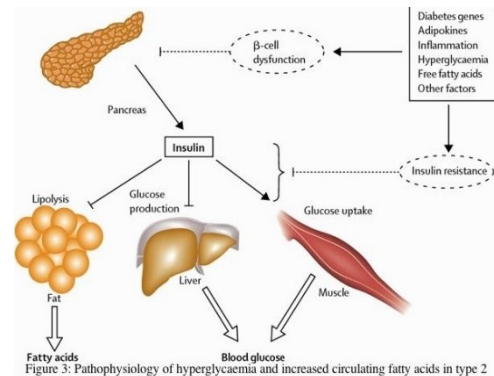


Figure 3: Pathophysiology of hyperglycaemia and increased circulating fatty acids in type 2 diabetes
 Glucose, when not used is directed by insulin for storage in the liver, muscles, and converted to fat.

<p>Grain based products: Wheat: Breads, wraps, lunch biscuits Cakes, biscuits, slices, pastas Spelt, sorghum, Breakfast cereals, muslie bars etc Rice – white and brown, rice noodles, rice pastas Gluten free substitutes.</p>	<p>Fruits – All fruits, fresh, frozen, tinned Dried Fruits are higher in concentration Fruit Juice, syrups, cordials</p> <p>Starchy Vegetables: Potato, Sweet Potato, Swedes, Parsnips</p>
<p>Lentils & Legumes: All tinned, dried, many Indian dishes contain lentils. Most vegetarian meals use lentils and legumes.</p>	<p>Dairy Products: Liquid and yoghurts, Includes Ice cream, custards</p>
<p>Added sugar products: Soft drinks, cordials, Lollies, chocolates, condiments</p>	<p>Alcohol: Sweet, mixed drinks, beers, fortified wines</p>

Blood Glucose control is complex with several contributing factors. In a very simplistic view blood glucose goes up when we eat carbs, Insulin the hormone takes blood glucose out. Insulin puts glucose into cells for them to use as energy or it is stored as glycogen in the liver, and large muscles; or converted to fatty acids and stored in our fat cells.

The other factors at play include: exercise; stress; inflammation; amount, type and location of fat distribution; some medications; the amount and type of foods; as well as genetics all contribute to effective blood glucose control. When one, or more of these factors change, it alters the effectiveness

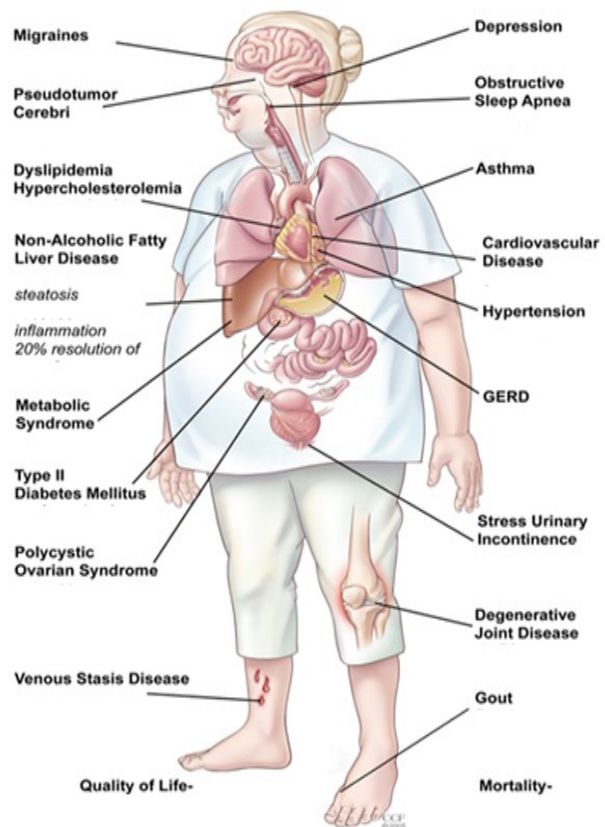
of blood glucose. If the body has poor glucose control for some time, then diabetes is diagnosed, and other diseases and symptoms such as heart disease, poor circulation, weight gain, hormone disruption, acid build up – gout are commonly also present. The brain and muscles are the biggest users of BG and so, as little as 30 minutes exercise a day, with Dr's ok, quickly improves blood sugar control. For people without diabetes this amount of exercise stimulates glucose use and removes it from the blood, reducing its storage in the muscle/liver and as fat. Whoo HOO

The result of sedentary lifestyle combined with, too much energy rich foods and inadequate nutritional balance increases the risk of serious conditions and disease as shown in by the lady below, either directly, or as side effects. The ripple effect is often the symptoms and diseases in the picture.

As discussed, eating carbs, not even sugar in its self is not 'bad', what it does in the body is provide energy and increase the blood glucose levels. Blood glucose if not used stresses the body, big time! This is what makes carbs a target in the current media frenzy on sugar. It comes down to making choices of where you want to get your blood sugar from – nutrient dense sources, or pure flavour? The question to ask is "Do I eat foods that are loaded with sugar, fats and not much else, or do I choose foods that also have fibre, vitamins, minerals, protecting phyto-nutrients and the like?" The how much is a difficult one to give without looking at one's lifestyle. For more guidance go to healthyeats.mobi and request the cheat sheet.

For the money, it is a healthier choice to eat fruit, vegetables, and basic foods, rather than, lollies, soft drinks and cordials (including diet), loads of breads, cereals, biscuits, cakes, flavoured milks etc. Hidden sugars are often in most packets, jar and tinned foods to add the extra flavour. Wines, beers and mixer alcohol drinks are also suppliers. Weaning yourself off high, carb loads supports your health. The upside is you get to eat more, clean your insides and save money simultaneously.

Take home message: Look at what you eat. Consider how much is pure carbohydrate, compared to the amount of exercise you do. Monitor and reduce your stress levels; and ensure to choose nutrient rich carbohydrates over empty ones.



- **Carbohydrates vs Free Food**

It is that time of the afternoon, month, season, emotion (boredom, anxiety, etc) and you need a carb fix to get you going again. Right? We all know that feeling of being tired, and looking for something to eat. The down side of what this habit is we tend to choose high carb, and /or high fat foods. Thanks marketing giants who tell we

will have a great free, fun filled life with your drink. Cake, biscuits, chocolate, soft drink, coffee, you get the picture. Sure, we get the sugar spike, feel good while it is in our mouth and the taste, HMMMMM. As we have seen though the impact on the body if indulged frequently does have an impact, for the worst.

To help achieve both basic needs – to eat, and to feel awake again, choose from the free foods. Yep, you got it, those greens, veggies or low carb fruits such as berries. You could also go for a salsa dip, tabouli, hummus etc, to spice things up go with nuts or nut spread. The idea is, especially if you don't exercise, or won't be for the next 2 - 4 hours to eat only 1 – 2 serves of carbs so that there isn't a blood sugar spike. Also, by eating carbs with nuts; protein – such as cheese, or meat; or healthy oils – avocado or nut spreads, low sugar fruits such as apple, pear, berries, watermelon the blood glucose spike is also reduced. The upside is you feel fuller for longer; feed the body with nutrients and reduce the carb load. Taste plus health, what more do we want.

- **Fats; Healthy vs Unhealthy**

Yes, fats are important for health, and please take this on board. An imbalance of healthy and unhealthy oils from our food means many of our body functions are compromised. Without healthy fats, our nerves and internal communication becomes faulty, our hormones go haywire and our cells, well they just play up. The bottom line healthy fats are

- used in the nervous system;
- the skeletons for communicating hormones including our sex hormones that inspire libido;
- padding around organs to protect against hard knocks and provide lubrication.

Bottom line, our skin becomes drier, immune system become dysfunctional, resulting in increased risk of inflammatory diseases such as heart disease, diabetes, arthritis, auto – immune diseases, changes in mood and thinking processes. Hope this is enough incentive to keep them in your eating plan.

Healthy oils are those from plants, other than Palm oil. As a good guide, and oil that is liquid at room temperature is predominately mono and polyunsaturated and feeds the body. Easy ways of increasing healthy oils are to include avocado as a spread, salad ingredient or right out of the skin; seeds and nut spreads; a variety of pouring oils in cooking and salad dressing. Peanuts are a legume and not a nut as the name suggests and some people react to them. If you are sensitive to nuts, avoid them and use different foods to increase your oil intake. If you have coeliac disease avoid oats, wheat, rye and barley. These are seeds of these grasses.

When choosing meat go for the leanest you can, cut off the visible fat. Dairy products are a source of saturated fats, which may, if over eaten or are susceptible to high cholesterol, may contribute to it. The trick here is to have them, in moderation and be real with it. To have full cream milk if you only have 100ml in coffee is not going to cause heart disease. Same if you only use 1-2 tsp of butter over the entire day and eat really healthy overall. The danger is when we over eat, period, choose highly processed foods that have a higher concentration of hydrogenated oils, from processed foods and take away. Change your total eating regime, and you can enjoy the simple pleasures in life.

Healthier animal fats are from deep sea fish. Some care is needed to ensure the heavy metal load is minimised, and if you react to farmed fish, then these too also need to be avoided. A report

came out recently describing the mutations in sea and plant matter as a result of the Japanese tsunami and the nuclear plant melt down a few years ago. They have mapped the radiation contamination to Hawaii, and it will spread. The world is round, without barriers and the laws of osmosis will mean the equalisation will occur with time.

If you choose to take fish or krill oil, be sure they are fresh, keep them in the fridge and if you have reflux with them, they may be rancid and through them out. Off oil is a toxin to the body, so fresher the better.

Take home message: Eat all things in moderation. Good oils while they contribute to total energy intake also feed the body which in turns supports the body to heal and rejuvenate. Keep things simple, and eat from all things unprocessed. (I wouldn't call butter processed unless it had canola, colour or added ingredients. Good butter is only butter fat with maybe Vit E as antioxidant)

- **Protein the other energy giver and stresses the body when excessive!**

While protein foods are delicious, the amount makes a big difference to health and wellbeing. Too much and you put too much energy into your body, and, puts a stress on the kidney and filtering organs of the body. Greater the chemical build up, especially acid in the body, the greater the risk of disease and side affects you don't want. The fat in animal products also carries many of the hormones, additives and chemicals from the animal's care into our body.

There has been research showing the emotion of the animal when slaughtered can also be carried into the being eating it. This is by the chemicals being released in the animal at the time of death being 'frozen' in time and in the animal flesh. We in turn consume the flesh and the chemicals that are in it. Solution? Not sure there is one. Eat enough to support growth, choose protein from non-animal sources such as legumes, lentils, brown rice, nuts, seeds – vegetarian choices. They will also clean out the gut and keep things moving through.

What is enough? Unless you are building muscle – children through to young adults growing; recovering from surgery or major injury, a baseline is smaller than most people think. The suggestion of using your palm of your hand as a guide helps. Eating variety and consider meat to be the 'side dish' to your free vegetables/salad and small carb load.

- **Water and nourishing fluids**

This is so important. The body, on average is at least 75% water. Water does a wide list of functions some of which include: keeping cells plump and cool; moves nutrients and wastes around the body; makes you look younger because your skin is clear of toxins, wastes and cells are plumb and healthier. Kidneys and bowels work easier to remove the wastes and toxins out of the body, so important. Keep nutrients and molecules suspended so they don't bump into each other so easily and cause micro-damage.

2. Pace your eating

Mindfulness, being present and allowing the time for the body to be prepared for the food coming in is essential. When we eat because it is the clock telling us, or distracted by the TV, work, or major distractions, the signals to the gut to prepare and look after digestion may not be effective. Plan your eating for the day and consider creating balance over the day. Plan to eat more carbs in the earlier part of the day when you are going to be more active, or in the event that you are more physically

active in the afternoon/evening due to work or exercise including dancing, then consider eating carbs later in the day to provide the energy you need when you need it.

Going to bed with a tummy full of readily available high energy isn't the most constructive thing to do. It can disrupt the circadian rhythm – your natural body clock which also guides your body processes. Remember too, any unused blood glucose is stored so plan to use the energy you consume.

3. Stress management and emotional awareness.

This segment is in many ways the core of change as our self-belief drives all that we do. Our thoughts, and emotions create our actions, and choices. As mentioned, emotions are powerful! That in itself is an understatement. Each emotion changes body chemistry, so being aware and in power over your emotions is invaluable. If you look at a scale, Love is the most positive and Anger is the opposite. All the other emotions come in between.

When lower emotions are felt, common ones being frustration, guilt, annoyance, ungrateful/discontentment, boredom etc.; they reduce our body's energy to function well. Each emotion has its own chemical configuration which alters cell function. Not only this, each emotion 'resonates' at a particular vibration and synchronises with a particular part of the body. So when looking at where the body is not working optimally, or is weaker, it can indicate the type of emotion that has/is still playing out in the psyche. The better way to address this is to ask for help and seek to recalibrate the emotional attachments to situations. Look at where you are at, and address the drivers of choices.

Make conscious choices of what you read, listen to and talk/think about. Thoughts become actions; actions become deeds and over time habits. What is it you would like to be different in your life and what steps are you prepared to make it different? Go back to the wheel of life at the beginning of this booklet and review it with a bit more clarity. What is it you would like your life to be greater the detail, the look, feel and be like. The easier it is to create. Ask for help to release the attachments created to unsupportive beliefs and ideologies that have created your life to date (and you want to change, be sure to keep and refine the ones you like.) Become clear and let go of things that do not serve you any more, this includes friendships, relationships and family members. You may not need to let go of these in the sense of divorce, cut off or stop talking to them, I am referring to the thoughts or beliefs you have around them as people the bits you can reconsider and change and see them for who they are and love them anyway.

Happiness is a much more potent cure than being slim and miserable!!

Ask for help, and get help from people you trust and know. Seek out support people and mentors who are where you want to be in your relationships, friendships, work and career. Learn from them and emulate the parts you would like to be. Try them on, see if it fits and change it if it isn't. There is nothing to lose, other than opportunity.

If you are ready to revolutionise your life, then this is one good place to start to consider your mental mindset, then move over to the Steps to Change website to book into speaking with your Personal Change Agent to revamp your lifestyle to support your life choices.

In summary:

This is the most important thing you can do look after yourself. See where you are at, and choose the changes you can make and work towards them. Making changes to your eating habits changes your blood glucose levels and impact they have, making it much easier for your body to reverse weight and possibly damage. How to do this?

- Support your gut as it is central to everything you do. It feeds, nourishes and talks to your body and emotions. Removes and protects the rest of the body from toxins, if you help it, so help it. Inflammation is the fundamental to most diseases. By keeping the gut 'clean' also reduces inflammation and the inflammation triggers.
- Choose foods that are naturally occurring – fruit, vegetables, lean meats, dairy, nuts, seeds, filtered water, healthy fats. These all give you nutrients to repair, maintain and keep your body working. Plant matter feeds the gut directly, helps to regulate the immune and nervous system, down plays inflammation, all of which can only be a good thing!
- Monitor and keep a diary of all food and drinks, their amounts eaten and the times you eat will make achieving a healthy weight easier. Ask for it to be reviews by a trained dietitian with similar principles to this and receive the guidance to make the changes that work for you and your current health goals. Going in to quick without the support mechanisms in place is like opening the flood gates of a damn if the downstream river is still not ready to receive the volume of water – destruction and possible danger.
- Choose fresh, somewhat raw plant matter that is predominately from the free food list. Start with adding one new fresh, raw item into the meal plan every two days to give your gut a chance to suss it out and build up the good probiotic colony to accept it. If not, gas, pain and explosive methane may be the result. Get your matches ready.
- Water, herbal teas and very dilute juice. These support the gut, skin, cardiovascular, lymphatics, kidney and lungs. Gee pretty much every part of the body. Keep it hydrated, keep it clean.
- Use healthy oils at every meal and enjoy the abundance of choice this creates in flavour and cooking styles. Use them in small amounts as not to overload your total energy amount. Too much of a good thing, is still too much.
- Regular exercise of choice, because it literally pulls the blood glucose out of the blood is paramount.
- Emotional management and learn easier ways to live life and love more. Practice truth, acceptance, appreciation and sharing of emotions. Let go of things that are serving you and seek help with the transition as it is often the hardest one to do.

Need tailored help or instruction for you, your lifestyle and emotional transformation, then, what are you waiting for?