

THE GLOW FORMULA

The science of *why* healthy eating works



THIS IS NOT A DIET.

These are the tools I used to heal my acne, loose fat, grow lean muscle & literally go from failing high school to thriving in a top science university and writing this book.

Welcome!

This is only a sneak peak at the first few chapters of The Glow Formula - I hope you absolutely love it!

In here you will find the Table of Contents for the entire Glow Formula book plus the first chapters about my story and how I healed my skin. Give it a read - if a skin health transformation and attaining your physique goals is something you want, check out the complete book here:

<https://nutritionbyelsa.com/>

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START HERE

Personalized nutrition works. It is the most effective way to improve total body health, your energy, mental performance, physique and happiness. Personalizing your nutrition means that you get to enjoy a diet tailored exactly to you. It fits your schedule, taste preferences, body goals and diet. Personalized nutrition is NOT someone else's diet, or someone else's food rules. Instead it puts your power right back in your hands. You are the one who gets to decide what to eat, what not to eat, how to move, how not to move... so you can start choosing to do the things you actually like doing!

The Glow Formula will empower you with the tools and information you need so you can figure out which foods to eat more of and which foods to eat less of. We cover what makes a healthy fat actually healthy, and what makes a "bad fat" not healthy, plus how to know if you are eating the good ones or not.

You will learn which carbs are optimal for total body health, the critical role carbs play in elevating our health, but also where things can go wrong... where to find high quality protein and get full clarity on what vitamins and minerals actually do, plus much much more on dairy, grains, protein powder, calories and sugar. This information will set you up with the tools you need to create a nutrient dense diet you can easily sustain and truly feel good about.

When you complete The Glow Formula, your diet will be loaded up with all the food that A: you love, and B: lights you up. You may be thinking, "Well, hang on Elsa... I really love ice cream and those peppermint girl scout cookies, they totally aren't healthy, but they sure do make me feel good... so I get to eat them everyday then?". Okay, so here is my answer... my philosophy is that what we do in our lives should always be for our own increase. I want you to be in peak health, peak performance, peak shape and peak cognitive function. I want you to increase happiness, freedom, energy and longevity. What we do in our lives should be making our lives even more awesome. Do more of what you like, less of what you don't like. That's the power of personalized nutrition.

So, if ice cream and peppermint patties are *truly truly truly* making you feel good, keep them. But with this book, you are going to discover fascinating information about sugar and metabolic health and have a deep understanding of eating for total body health. Most importantly, you will get connected with your body so that you can have full confidence in your eating decisions, no more being pulled both ways. When you listen to your body and follow its cues, it will make it very clear what's right for you to eat and what you should totally ditch. This is what makes healthy eating effortless.

When you know how a food makes you feel, your decisions to eat are driven by the really great, fresh and energized feelings you get from eating real, healthy food. When you pay attention to how your body, skin and digestion feel after a pizza, ice cream, pastry or fries, you will learn that these things don't actually make you feel good, and it will become effortless to break bad eating habits. But, do you know what? If you feel totally amazing after these foods, then by all means, keep them.

Inside The Glow Formula you'll find a personalized nutrition workbook, foods list, ultra-convenient guide and cheat sheet to perfect your portion sizes, and my fave part (also the part that gets the best reviews!): *The complete collection of my healthy eating tips and tricks!*

These tools, alongside the information in this book, have been curated together to give you the knowledge, understanding, awareness, tools and confidence you need to absolutely uplevel your health, transform your body and launch yourself towards peak performance. This is what learning this information gave me, and now I get to share it with you.

Here's my philosophy, my beliefs, and my WHY. I care about your nutrition because I know exactly what it feels like to keep getting knocked back to square one, stuck watching all your results fall apart in your hands despite your best, best, best efforts to get to the place you want to go. That is, to actually achieve your goals and make them stick.

My goals were to clear up my skin (my acne was brutal), fix my digestion (chronically constipated), elevate my energy (tired and grumpy), change my body composition and get into my ideal body (self conscious about my belly fat).

Everything worked, but nothing lasted. That was my problem. I exhausted myself trying everything, but it wasn't until I "gave up" that miracles actually started to happen... When I quit obsessing over diet trends and quick fixes, I was able to tune right into my own body and figure out what *it* wanted. When I ignored other people's food rules I could actually hear what my body was telling me. I started to discover what foods really made me feel GOOD and which didn't... and if these nourishing foods (cheese, rice, lamb, corn, pecans, peppers, etc.) happened to be on someone else's "red flag list", well! That's not my problem anymore!

I was eating more food - especially food that I liked, I was stress free and my body was changing. Reflecting back I now know exactly what I was doing wrong. I was trying so hard to do exactly what someone else was doing, and if that didn't work, then I would just copy the next person's meal plan, fitness plan and whole entire morning routine! That was the problem, I am not them. I don't eat like them, live like them or enjoy the same workout style as them, so how on earth was I going to heal my issues AND make my life better if I was completely ignoring my own desires?

Personalized nutrition solves this problem, and I didn't even realise that while I was on this epic, kinda wild yet totally awesome personalized nutrition journey.

MY STORY, MY STRUGGLES, AND HOW I GOT HERE

In all honesty, this is how it got started. In 2019, when I was 17, I simply got fed up. All my life I had been an athlete and this was ingrained in my identity. So during high school, when I gained a small amount of weight, it threw my self image off and knocked down my confidence.

My diet was certainly nothing special... Now, it wasn't a complete disaster, but it was definitely a driving factor of the struggles to come. I began to experience chronic constipation, bloating and, of course, with poor gut health came acne. Really bad acne. I used to have absolutely bulletproof confidence, but these changes had huge impacts. My body confidence completely plummeted, it felt as if my insecurities were undergoing an infinite growth phase with no conceivable end in sight. I had absolutely not a clue what on earth was happening to me, and honestly, it was kinda scary sometimes not knowing what was happening to my body, to my skin, and to my insides.

I knew nothing about health, nothing about diet, and if someone told me the way to clear up my skin was to change my diet, which would fix my gut and get me back to my athletic physique... I would have thought they were so completely crazy I wouldn't at all be surprised if I saw them the next day tying balloons to their arms and getting ready to fly to the moon!

Well, having gone through the wild healing journey this all turned out to be, I think I was the crazy one. It seems crazy to think about all the time and energy I spent experimenting with almost every diet just to fix one root problem (I was definitely the crazy one).

So to really paint a picture of my story, here's what I was doing when I started. My day started with a bagel with melted butter and a Starbucks seasonal beverage. I would show up to school a little less than nourished and with an abundance of dread. I had been diagnosed with ADHD and a variety of other "learning disorders". I essentially had it written on official documents that my brain was broken... and it most certainly felt that way. For the life of me, I could not focus. I wasn't a procrastinator, I was a "just-not-going-to-do-it-er". Despite my learning support team making special arrangements for me to use a calculator in maths, write tests with a support teacher, have extra time with school work, and even removing me from one course and replacing it with a learning support block, my grades sat happily just on the cusp of 50%. And again, if someone told me I needed to eat a little more fats in my diet, a little less bagel, and just a few pieces of fruit to make my brain light up, honestly I do not know what I would say back to them.

So, after my day started with a buttered bagel and ultra-sweetened coffee, I would go on to have a granola bar for snack, a sandwich for lunch and “a few” cookies when I got home from school. A typical dinner was almost always chicken with pasta, chicken with rice or a margherita pizza from the pizza shop down the block.

This was certainly a problem. My diet was deficient in antioxidants, vitamins, minerals, protein and healthy fats. Basically, everything you need to thrive. Instead, I was running on refined grains, simple sugars, ultra-processed snack bars and almost no fruit or vegetables.

Weight gain, brain fog, acne, gut issues, it all comes down to what we put in our bodies and, as you can probably tell, my diet certainly did not “light me up”.

As a 17 year old, the thing affecting me the most was my weight. So, when I asked Google “How to burn belly fat” the solution that made the most sense was to count calories. I got a calorie counting app and tracked like wild. I saw results fast, it worked, but I hated every part of it. I was eating the same foods, just less. I had a lean athletic physique but I wasn't any stronger, any fitter or any more energized... I was actually just weak and chronically exhausted. I had hardly any body fat, which gave the illusion of fitness and “toned” muscle. But I just wasn't healthy. My metabolism was slowed, my brain function was a mess, I could never think straight and, to be honest, everything sucked. I was not happy, I didn't feel good, and I hated what I was eating. I was eating healthy food, but I hated it. *I wasn't actually healthy because despite all the healthy things I was doing, they weren't lighting me up, they never made me feel good.*

I had no energy, I was still constipated, still bloated, still having such bad breakouts I felt like my forehead represented the ring of fire. Back to Google: “Why am I so bloated?”. And then I had my “Aha” moment number one: Google suggested I had Inflammatory Bowel Disease (IBS) or something called gut dysbiosis. It also suggested I had a number of serious diseases which I immediately ruled out, but that's just what happens when you ask the internet about your symptoms. Either way, it was clear I had something going on with my gut. I was so desperate for

answers, I decided to learn everything I could about gluten, legumes, fibres, fermented foods and all the fruits and vegetables.

I know exactly what it feels like to be so completely stuck, unhappy and trapped in a body that never feels energized or fresh, one I had little confidence in and was so unhappy with how it looked. This is what I went through.

In 2019 things got kinda crazy, but I could not be more grateful for my wild journey. Everything I went through got me to this exact spot where I am today, writing this book for you. My goal is to make your “health journey” effortless, so you can avoid the mistakes I fell into and to give you clarity on healthy eating, nutrients, calories and honestly, just create awareness about the science of food in your body so you can make your own decisions.

When you fully lean into your health transformation, body transformation, wellness journey, or whatever glow up super-boost you are here to achieve, you will experience some lovely side effects. Your skin gets better, your happiness improves, you wake up in the morning with a little extra pep, and your cognitive performance will improve like wild.

Before I ever thought of my own health, my brain practically wasn't working at all. This led to my “learning disabilities” diagnosis that was spelled out in detail in a Psychologist's official “Psychoeducational Assessment” report. The report said that my brilliant brain actually had disabilities in maths and reading comprehension, I had difficulty focusing, and was ultimately diagnosed with ADHD.

Then... When I started filling my plate with salmon, avocado, olive oil, berries, eggs, beets and dark green foods, my brain started waking up. It was like all the little neurons were celebrating “Yipeeee! Nourishment!”, and after they got that nourishment, they really kicked things into high gear. I was happier, smarter and fully able to tap into my true potential.

Officially Healing Your Skin (and gut), Plus How To Do It

The greatest things I gained in this whole journey are being able to fully discover my potential, have the nutritional tools to help me get there, and also simply being able to heal my skin.

Here are the top 3 steps you need to take to heal your skin:

1. Identify your trigger foods

Before you start changing anything, you need to know what actually causes flare-ups, break-outs and those really bad skin days.

Typically trigger foods are ultra-processed foods, greasy foods like pizza, donuts, fried anything, bacon, high sugar foods like sweets, ice cream, chocolate bars and gummies. Dairy can also be a common trigger, especially ultra-processed forms of dairy, but overall, any form of dairy can be a trigger for some people. I personally have no problem with dairy, I consume and enjoy goat's yogurt daily and often eat cheese with no problem.

Other trigger foods can be citrus fruits (oranges give me bad acne!), chickpeas, soy, peanuts, grains and bread. Fruits are high in sugar and can indeed induce a blood sugar spike. For some people, simply having higher blood sugar or more frequent spikes from even the healthiest fruits can trigger acne, so you really need to experiment for yourself.

Spicy foods can cause redness or irritate rosacea, but again this depends on your unique body and, particularly in the case of spices, it ultimately depends on your gut microbiome.

My trigger foods are all legumes. Peanuts, chickpeas, soy and other beans all give me horrible acne, breakouts and major constipation. I learned these were my trigger foods when I first cut out chickpeas. I stopped eating chickpeas and my gas and bloating went away. I also paid more attention to the effects of food on my skin and noticed garlic and black pepper gave me rosacea. I fully eliminated these at the

same time as I eliminated chickpeas. About 2 weeks later my acne calmed down. I had also become more fascinated with a paleo diet and realized how soy really is not the most health supporting food. So I removed soy and peanuts as part of becoming paleo.

A few weeks into this “no legume” thing, my gut was transformed. I don’t think my gut health has been normal and healthy since literally like ever. Of course, what followed was my skin calmed right down: no more oily skin but most importantly, no more massive pimples! YAY!

Removing these three foods worked perfectly for me and I do not miss these foods one bit. I feel so good not eating them. The desire for them is gone and I have a better life without them. Absolutely I have experimented with adding things back to see the effects on my body post-recovery. I learned that legumes are indeed a major trigger, but garlic and black pepper no longer have any effect. I would attribute this to having healed my gut by removing the trigger foods. Garlic and black pepper have the potential to trigger skin flare ups, but not when my gut health is in its optimal state.

It's sustainable and favourable for me to leave legumes behind, and that's what I want for you. If you remove a specific food from your diet, it should be because your life gets better without it.

I had to figure this all out on my own... my trigger foods and the connections between peanuts, soy and chickpeas (hint: all legumes). My hope is that you are able to learn from my journey, use the personalized nutrition templates and the food list to expedite this entire process, and get right into removing trigger foods and getting your skin and entire body into a glowing state of being.

2. Remove Trigger Foods and Recover

So by now it should be pretty clear you need to remove trigger foods, so you can recover your skin and gut health to fully heal.

For the most part, skin health is a direct reflection of gut health. Foods that damage the gut trigger issues in our skin. When you heal your skin by removing trigger foods, you are also healing your gut. If you suffer from acne related to food, there's likely some gut healing that needs to be prioritized.

The best foods for recovering your gut are prebiotic and probiotic foods, fruits, vegetables and fermented foods.

Prebiotics are the starches and fibres that feed the *good* bacteria in your gut, the good gut bacteria that do good things for you. They participate in the immune system, synthesize vitamins (biotin and vitamin K) and modulate and strengthen the gut wall. Cooked and cooled sweet potatoes, artichoke, asparagus, psyllium, cassava, pear and berries are all excellent examples of prebiotics.

Probiotics are the living bacteria in fermented foods. These help introduce new populations of bacteria to the gut and can help keep the population of healthy bacteria high.

Probiotics are any naturally fermented foods. Ensure that your fermented foods, such as pickles, sauerkraut or kimchi are found in the refrigerator section of the store and are raw or unpasteurized (pasteurisation kills the bacteria). Probiotics are living bacteria with highly specific living conditions. They are also diverse and high maintenance: if it is too hot they will die, if there is too much salt or sugar they might die, if there is not enough salt or sugar they could die. In summary, your "probiotic oatmeal" likely doesn't actually contain live probiotics, the bacteria probably died before the oats hit the shelves.

Prebiotics and probiotics are excellent for healing your gut, focus on those.

Bone broth, slow simmered and traditionally prepared, can also significantly improve gut health. Bone broth is rich in collagen, peptides, and gelatin. The amino acids you get from the collagen peptides can be used by gut cells to support the repair process.

If you have 'leaky gut' (increased intestinal permeability), gut cells need certain amino acids to facilitate the repair process. Bone broth has these essential amino acids and the gelatinous matrix found in bone broth is also excellent for nourishing gut cells and is especially anti-inflammatory.

3. Brighten & restore

Now that the trigger foods are gone from your diet, and the recovery process is complete... it's time to restore your skin and really finish achieving a full glow!

Antioxidant rich foods and healthy fats are best at helping skin maintain that hydrated, healthy and full brightness. Antioxidants can slow cellular aging, reduce sun and pollution damage, and slow wrinkling of the skin. Foods that are rich in antioxidants are also rich in the vitamins and minerals needed by skin cells to stay healthy.

Antioxidants slow skin aging by inhibiting free radicals that can damage collagen and skin cells. When free radicals damage collagen, it becomes misshapen and fails to support skin and to keep skin resistant to stretching, droopiness and wrinkling.

Healthy collagen keeps skin youthful, elastic, and resilient when under stress. This is also another reason why bone broth is great for the skin - it is the highest food source of collagen.

Healthy fats are used by skin cells to maintain a thick, protective barrier against dehydration. Skin cells literally insert specific fatty acids into their cell membranes so they can prevent excess water loss. These good fats ensure hydrated skin, and hydrated skin is happy, healthy skin.

Great foods for skin health are fresh fruits and vegetables, particularly lower sugar fruits, avocados, walnuts, olive oil, wild fish, eggs and, in general, high quality, natural foods, organic foods and foods with little to no processing. Foods rich in antioxidants like dark berries, cabbage and sprouts, are also great. Vitamin A rich foods, like carrots, peppers, pumpkin and squash, are great for ensuring healthy hydrated skin.

Ta-da! Your skin healing journey is entirely mapped out for you... here's the summary

1. Identify and remove triggers
2. Recover gut health
3. Restore and repair your skin

Just remember, skin and gut health is personal to everyone. Dairy might not be a trigger for me, but it could be the one and only thing that triggers you. To me, chickpeas are like activating the entire “ring of fire” (those volcanoes that are geographically connected), but, to you they might actually be the best food for healing your gut! NUTRITION IS PERSONAL.

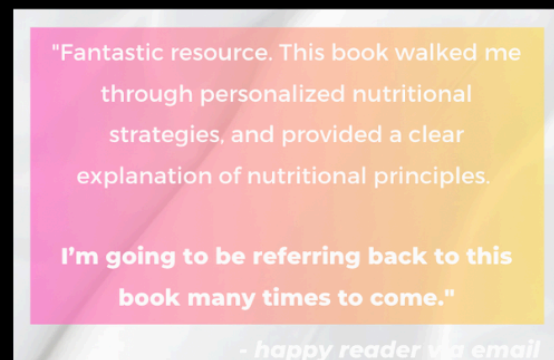
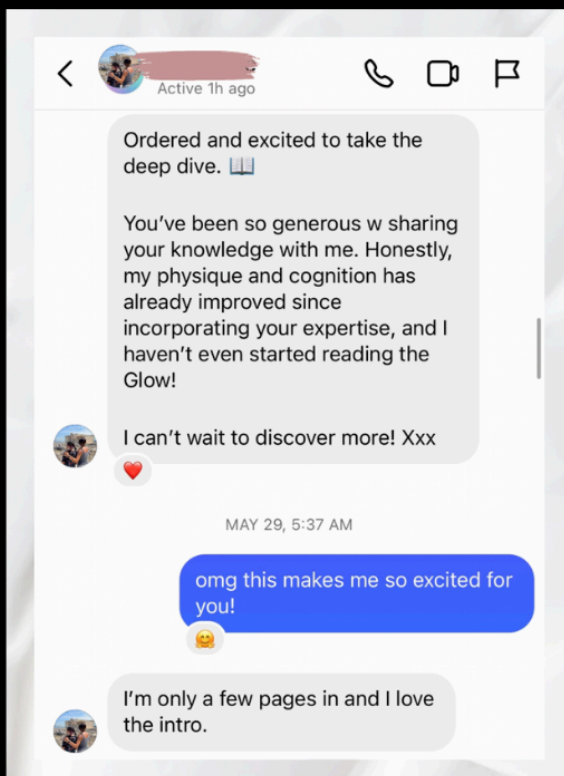
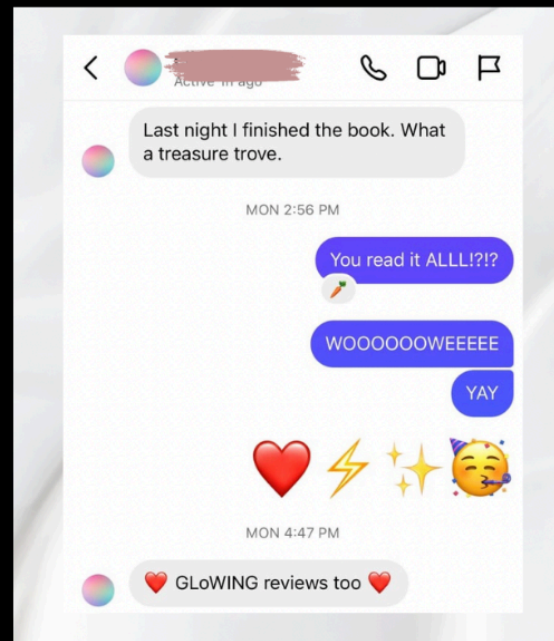
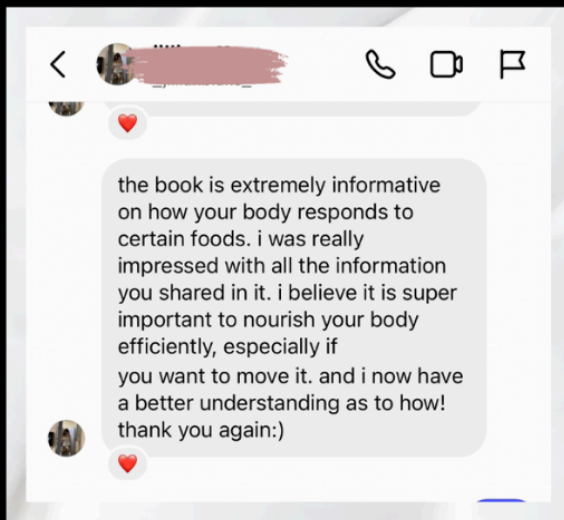
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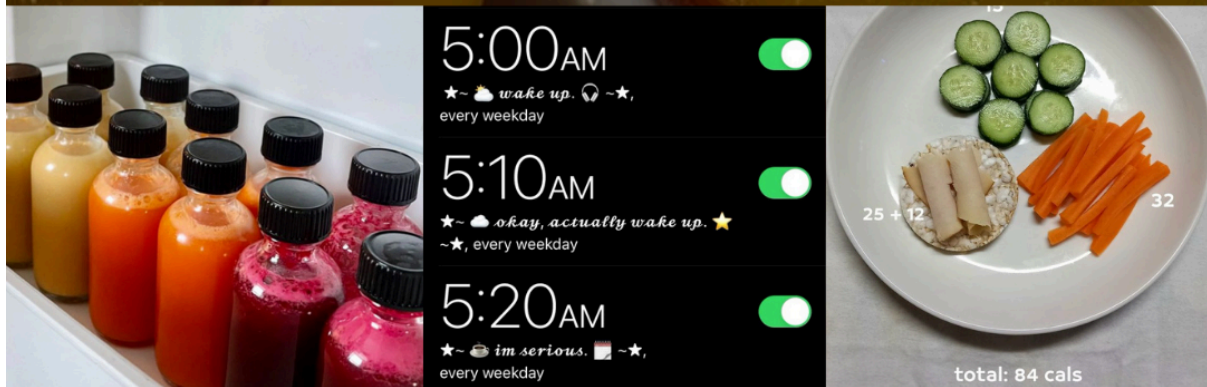
MY MISSION

**I help girls recover metabolic health
and restore their gut microbiome to
achieve their dream physique and
have skin that glows**

...without a juice cleanse

...without a low calorie diet regime

... and without 5am HIIT



(I help you get results *without* doing this)