

GET *Real!*



Improve your quality of life,
for the long-haul

A fast-track to having more energy, less pain and a better relationship with food

www.realhealthandwellness.com



Hello there!

My name is Fran McElwaine and I am a Functional Health Practitioner and Longevity Coach.

Congratulations on downloading this guide to increasing your health-span!

There is possibly a lot in this guide that will surprise you. If so, that's great! If you've been doing the same old things without success for many years, now may be exactly the time to try a different approach.

Sadly, good health these days is outside the norm - unhealthy food and lifestyle choices have been so normalised that it is very difficult for many of us to make healthy choices, especially as most of the conventional wisdom has been leading us up the garden path. Now is the time to unlearn everything you have taken for granted and try a new, tried and tested, evidence-based approach to taking back your health!

I can't wait for you to get started!

Don't forget to get in touch in you need extra support or just want to find out more. I am here for you!

With love,

www.realhealthandwellness.com





Are you feeling overwhelmed?

If you are fed up with conflicting messages or being fobbed off by a medical system that doesn't understand chronic health issues, you are in the right place! Whatever it is that is troubling you, there are certain foundational things we can do to start taking back ownership of our own health.

In this document I have brought together all my experience and learning and tried to make it all as easy and accessible for you as possible.

Time to Get Real!

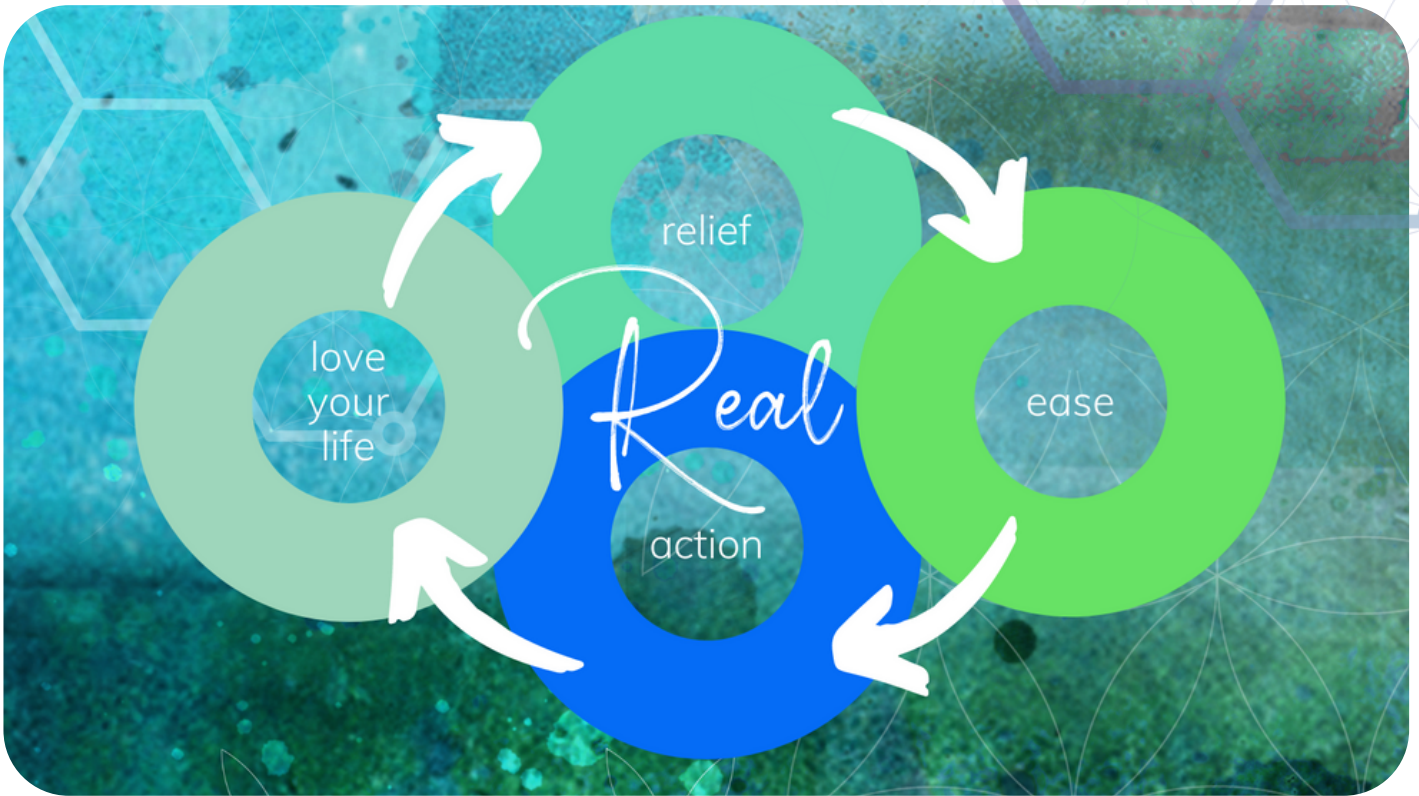
This easy, 4-step approach is the result of years of experience helping people to overcome food addiction, take back control and improve their relationship with food, once and for all.

I hope it makes things easier for you and opens up a whole new way of thinking about food and health.

Some of the concepts here may seem surprising - basically I am turning everything on its head. but if you've been struggling with calorie counting low fat diets and they haven't worked for you - now is the perfect time to try something different. Something different that works.

To get all the low-down and support you need to implement this (and so much more) into your life, head over to my Free Facebook Group ([the Real Health and Wellness Hub](#)) and join the wonderful community there so you, too, can start to love your life!

If you would like more in-depth support to get root-cause resolution of a particular issue that is bothering you, then please feel free to send me an email at fran@realhealthandwellness.com and we can book you in for a free call to chat through your case in detail.



Here's what it means to Get Real

- Real Food - the four foods you should eat every day.
- Real Change - The Four Lifestyle choices that will have the biggest impact on your health
- Real Insight - The surprising foods that are undermining your best efforts to be well and happy
- Real Help - a shopping list template to make it as easy as possible to you to start taking back control.
- Real support - everything you need to lose weight, improve your metabolic health and change your future

Honouring yourself by doing the simple, foundational things outlined here, will set you up for life! But just because something is simple, it doesn't mean it is easy. If you are like most people, the concepts in this e-book may seem pretty radical, and that's because they are! There are lots of myths and mic-conceptions when it comes to health which explains why we have all been trying so hard to do the 'right' thing all these years and yet we still have struggles with our weight, or suffer from chronic illnesses. The fact is, the old information does not work - time for something that does!

If you would like more help to Get Real (and let's face it changing habits is hard!) then why not join my lovely Facebook Group - where you can get ongoing support, loads of additional resources and motivation AND be part of a wonderful like-minded community. It's called the Real Health and Wellness \hub, and you can sign up by clicking [this link](#).

But first, let's take a look at the foundational principles of Getting Real!

4 foods to eat every day

Every day aim for approximately

450g protein foods

(1 egg = 60g, 1 chicken breast = 225g, 1 salmon fillet = 150g, 2 lamb chops = 250g, sirloin steak = 225g)

50g unprocessed starch/carb

(approx 1 cup cooked quinoa or brown rice or half a sweet potato)

500g non-starchy veg

(and low sugar fruit)

2 tablespoons unprocessed fat

(butter, lard, olive, avocado or coconut oil).

Raw weight

What are non-starchy veg?

Leafy greens (cabbage, brussels sprouts, spinach, kale, lettuce, chard, spring greens), asparagus, artichokes, courgettes, green beans, cucumber, avocado, mushrooms, tomatoes, onions, peppers, sprouts, cauliflower

What are unprocessed starches?

Non-gluten grains such as gluten-free whole oats, brown rice, quinoa and buckwheat (buckwheat is not wheat, it's not even a grain, but is a seed), beans and legumes* and root veg, tubers and squashes such as sweet potato, beetroot, winter squash, pumpkin, spaghetti squash, and butternut squash.

PS: non-starchy veg are everything except root veg, tubers and squashes which are considered unprocessed starches



What are the best protein choices?

Opt for grass fed, free-range, organic..

Eat as much oily (SMASH) fish as you can. Plant based protein includes beans, legumes and seeds such as pumpkin or chia.

SMASH stands for Sardines, Mackerel, Anchovies, Salmon and Herring..

***NB Beans and legumes are also unprocessed starches so stick to one serving a day, unless vegetarian.**

What are low sugar fruits

Apples, pears, peaches, plums, oranges, tangerines, grapefruit, lemons, any berries, kiwi fruit, any melon. Avoid tropical fruit and dried fruit

4 foods to avoid every day

These are all Ultra-processed foods (UPFs). UPFs are defined as those that contain more than five ingredients, or contain ingredients that you wouldn't normally find in a kitchen.

Processed/fast food



Industrially processed vegetable oils (corn, sunflower, rape-seed, soy and palm oil)



Sugar



Foods made from processed starch (baked goods, cereals, pasta)



Most UPF's contain a combination of all of these

4 Daily Lifestyle Choices

That will protect your health

1. Avoid the risk of ingesting plastics which act as endocrine (hormone) disruptors
Do not put hot food or liquid into plastic containers, heat food in plastic or allow cling film to touch hot food as the chemicals leach out of the plastic and into the food. and drinks.

2. Be aware of the chemicals you are putting on your skin and hair. Parabens, phtalates, BPA, triclosan, sodium lauryl sulphate and many other ingredients in personal care products are also hormone disruptors and are easily absorbed through the skin to create an extra burden on the liver and block weightloss. Check out www.ewg.org for more information.

3. Eat as much organic food as you can reasonably afford in order to limit exposure to pesticides and fertilisers which also disrupt hormones and the microbiome. To cut down costs, familiarise yourself with the Clean Fifteen (non organic foods which are safe to eat) and the Dirty Dozen (foods which contain the highest levels of agricultural chemicals)
www.ewg.org/foodnews/

4. Bring joy and calm into your life as much as you can. Movement, mindfulness, gratitude, nature hugs, laughter are all ways we can re-connect with our real selves, switch off stress and feel better about life. Try and incorporate at least one of these into your day.



List of addictive foods*

These are the foods that sabotage your best efforts

Sweeteners: All kinds of sweeteners, whether natural or artificial, are linked to a range of health problems. Research shows an impact on dopamine function which may be associated with mood swings.

High fructose corn syrup has been compared to corn alcohol in terms of its impact on health.

Flour: Once a plant has been ground into a powder such as flour, it is absorbed into our system quickly creating imbalances which our body works hard to overcome. Flour products include biscuits, baked goods, any kind of bread, and pasta. All kinds of flour are refined by definition.

Processed Fats: Transfats are associated with heart disease, systemic inflammation and some cancers.

Dairy: Dairy products are composed of lactose (sugar), fat, and casomorphines. Dairy is designed to make a baby calf grow from 100 to 600 pounds in a year.

Caffeine: Caffeine is associated with fatigue and mood swings including irritability and sleep problems. Caffeine appears to have a 2-3 week withdrawal syndrome.

Wheat: Modern wheat has a gluteomorphin which may be associated with irritable bowel and mood disorders. Also exclude close relatives of wheat including kamut, rye, and spelt.

Soy: Soy has been associated with hormone imbalances.

Genetically modified foods: Insecticides have been genetically inserted into these foods which massively disrupt our microbiome

White potato: White potatoes are a very high-glycaemic food. in all forms. Chips are fried in pro-inflammatory oils, baked potato skins are high in carcinogenic Advanced Glycation End Products (AGE's)

Puffed Grains: Puffed grains include rice cakes and popcorn. The structure of the grain is altered which increases glycaemic value and de-natures the fibre.

*Note how many of these foods are found in Ultra Processed Foods (UPFs)



Shopping List

(for 1 person for 7 days)

This list assumes that 20% of fruit and veg will go to waste in trimming and allows for shrinkage of animal protein in cooking.

- Cold pressed oils (coconut, olive)
- Spices (avoid blends that contain salt, sugar or dextrose)
- Mineral salt (sea salt, rock salt)
- 1.75 kg Low-sugar fruit (maximum)
- 3.0 kg Non-starchy vegetables (minimum)
- 350 - 500g Unprocessed carbs (whole grains, beans, legumes, root veg)
- 2.5 kg Proteins
- 1 dozen eggs
- (If not using eggs, increase proteins to 3 kg)



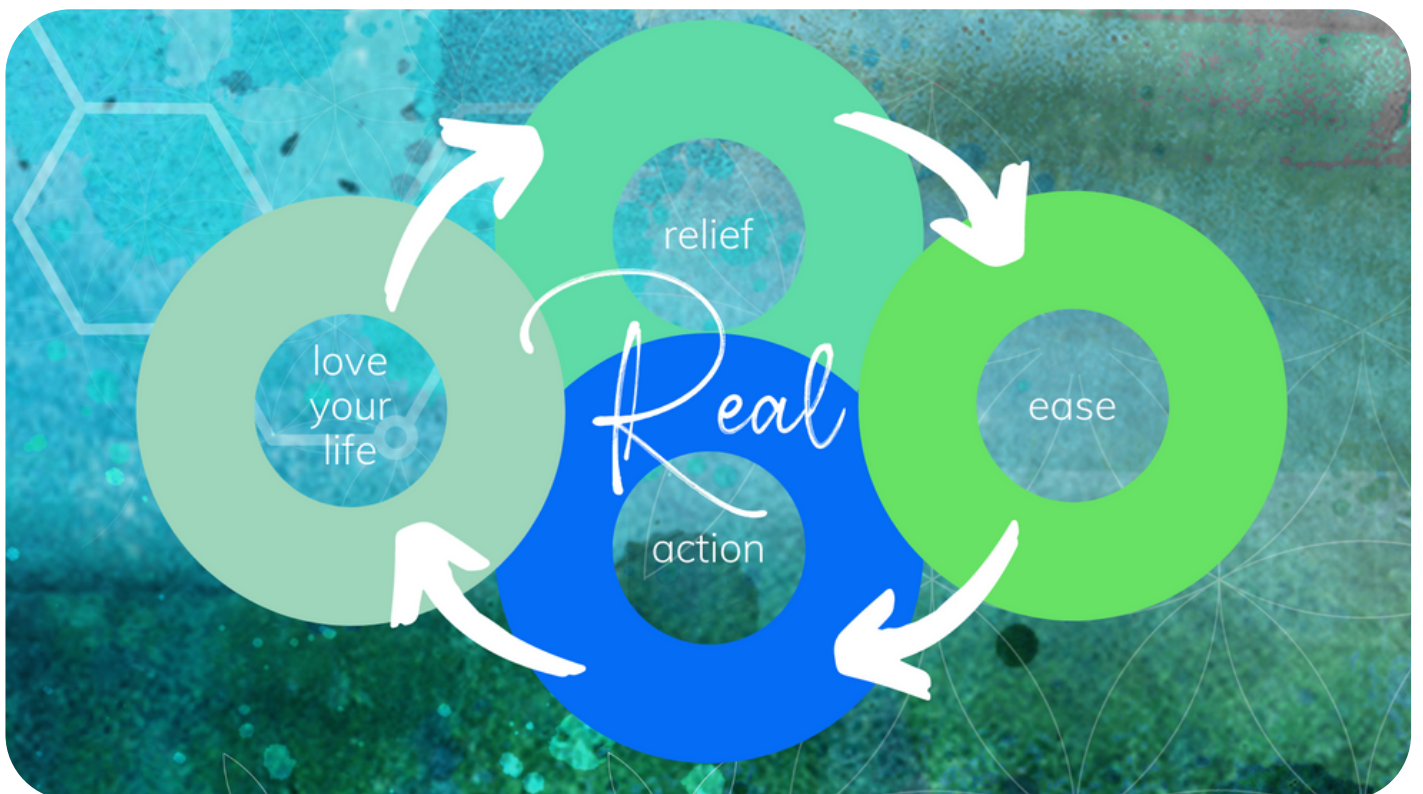
This is only a guide - feel free to use this as a starting point and make it your own!

For more information and individualised support, head over to [my facebook group](#)

What's next?

Here's how to get extra support so you can really start to feel the benefits

- [Join my free Facebook Group](#) - the Real Health and Wellness Hub. A lovely community of like-minded people all on the same journey, weekly calls, your questions answered, and a bit of fun along the way
- Sign up for the Get Real Newsletter and receive weekly inspiration and information on the topics that are going to make the most impact on your health
- Work with me privately 1:2:1 to resolve health issues, understand exactly what is going on in your body and get the information and support you need to take back control. Here's the link to [book in for an initial free consultation](#)
- Drop me an email: fran@realhealthandwellness.com





Feel free to get in touch if
you would like more info, to
talk about yours pecific
situation or to discover more
about how best I can help
you
fran@realhealthandwellness.com



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