

# THE ULTIMATE HEALTH AND WELLNESS CHEAT SHEET

The best food and lifestyle choices to fast-track your metabolic, digestive and immune health



[www.realhealthandwellness.com](http://www.realhealthandwellness.com)

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Hi there!

This little cheat sheet condenses down everything I have learned in managing my own health as well as through my nutrition and functional medicine training and years of experience helping people to take back control of their health.

The bottom line is that the food we eat sets up a chain of reactions that either works for us, or it works against us. Eat the sort of foods that enable the body to reach its own equilibrium and everything falls into place. But eat the sort of foods that the body doesn't really understand, and everything goes out of whack and all our symptoms get magnified. The absolute fact is that our body totally understands natural foods (in fact our DNA was created alongside them), what it doesn't understand so much is modern factory foods.

There is a lot of information in this Cheat Sheet and my advice is to take one thing at a time, rather than try to do everything at once.

My work as a Functional Health & Lifestyle Coach is all about helping people like you create an individualised plan that is exactly right for their unique biology - and what I have learned in that process is that we all need to work at different speeds.

Have fun, be curious, experiment a little bit with what works for you, and give it a go. If you feel you need to take things further, or dig a little deeper (perhaps with some testing to get some specific answers to your unique issues) drop me a line - I am here for you!

Wishing you all possible health and happiness,



Jan xx

# The 10 Golden Steps

FOR TOTAL METABOLIC, DIGESTIVE AND IMMUNE

HEALTH

1. Cut right back on all sugars or sweeteners of any type or any form. Aaagghh! This is a tough one, but it only takes 3 days to overcome sugar cravings and each wave of cravings only lasts about 30 seconds (although I know it feels more like 30 years!). You can do this, and the metabolic pay-off is massive!

- o No agave syrup, honey, maple syrup, organic cane syrup, high-fructose corn syrup, fruit juice, fruit juice extract, dried fruit, dextrose, sucrose, maltose, malto-dextrin
- o Use a natural sweetener like xylitol or stevia if needed to help wean you down from needing foods to taste so sweet

2. Avoid eating all foods made from any kind of flour - the body cannot tell the difference between flour and sugar

- o Yes, even if it's gluten free, wholemeal, stone-ground, organic and/or home-made.
- o This includes crackers, biscuits, oat-cakes, bread, pasta, wraps, rolls, scones, muffins, pizza, cake

3. Cut back on alcohol - (Oh no! is there any meaning left in life??)  
Alcohol is full of sugar AND detracts the liver from the important process of de-commissioning and eliminating other toxins.

Ok, so that's the really tough bit over with! I know it looks hard, but if you only do these three things, you'll have pretty much cracked it!

# The 10 Golden Steps

FOR TOTAL METABOLIC, DIGESTIVE AND IMMUNE HEALTH

4. Eat natural fats liberally - I know this sounds counter-intuitive, but trust me. Our hormones, nerves and brain cells are made out of fat - and we need all those things to be optimised if we're going to survive this!

- o Get most of your fat from foods (eg salmon, avocado, nuts, seeds, olives, eggs, coconut)
- o Don't eat any non-fat foods (eg low fat cereal bars)
- o Use ONLY cold press oils, primarily olive oil and coconut oil (and also small occasional amounts of sesame, walnut, avocado, grapeseed and other nut oils) .

5. Anchor your diet with vegetables, vegetables, and more vegetables - the more fibre and phyto-nutrients you can get into your system the better

6. Avoid all foods containing factory fats which have been ultra-heat treated (which makes them very inflammatory)

- o Oven ready foods
- o Packaged foods containing hydrogenated fats
- o Vegetable oils, margarines, mayonnaise

**This is primarily about avoiding packaged foods which contain huge amounts of gluten, dairy and toxic oils and fats. Keeping your food choices as close to nature as possible makes for happy hormones - happy hormones = happy you!**

# The 10 Golden Steps

FOR TOTAL METABOLIC, DIGESTIVE AND IMMUNE HEALTH

7. Eat at least 15 grams of protein for breakfast every day (equivalent to 2 eggs)

I recommend rotating between a protein smoothie and eggs with veggies, or even last night's left-overs.

8. Incorporate as much movement in your day as possible. Do something for 30 minutes that gets your heart rate up a bit and takes your mind away from any troubles. Do more if you can. Experiment with exercise 'snacks' eg 10 press-ups against the kitchen counter while waiting for the kettle to boil, or getting up and down from your chair 10 times every time you leave your desk.

9. Aim to drink a minimum of 8 glasses of water a day

10. Relax! Have a regular night-time routine to promote sleep. Explore meditation, breathing exercises and gratitude journaling

Free Bonus Point!

Slow down and savour your food. Leave at least 3 hours between each eating occasion. Don't eat anything for a full 3 hours before bed.

Does this seem like too much change to deal with? Start at the top of the list and tackle one of these at a time. You don't have to be perfect - every single little positive choice you make is taking you in the right direction and doing yourself and your body a huge favour!

# The Perfect Food Choices

## FOR TOTAL METABOLIC, DIGESTIVE AND IMMUNE HEALTH

All the vegetables that you want. Except ...

- o Limit amount of starchy vegetables you eat daily (eg. Sweet potato, winter squash, carrots or beetroot). If you struggle with stubborn weight, it may help to eliminate these completely for a short time.
- o Corn and white potatoes should be excluded completely as they are considered 100% starches.

High quality protein at every breakfast and lunch (optional for dinner, this is because we process carbs better in the evening)

- o Eggs, chicken, turkey, lamb, beef, venison, sardines, salmon. Opt for organic, grass fed and sustainably raised whenever you can
- o Rice, Hemp or Pea based (non GMO) protein powder
- o Minimise tuna (can contain mercury) and conventionally raised pork (organic pork is fine)
- o Tempeh (gluten free) is a good vegetarian option

Legumes (also good sources of plant based protein)

- o Eg black beans, lentils, kidney beans, cannelloni beans

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# The Perfect Food Choices

FOR TOTAL METABOLIC, DIGESTIVE AND IMMUNE HEALTH

## Nuts and Seeds

- o Pumpkin seeds, chia seeds, Brazil nuts, almonds, pine nuts, tiger nuts, sunflower seeds.

## Cold pressed olive oil and coconut oil

- o And small amounts of ghee and pressed sesame, walnut, avocado and grapeseed oils

## Whole grains (intact): one half cup daily

- o Eg quinoa, brown rice, GF oats, corn, millet, amaranth, buckwheat
- o Avoid gluten grains if you cn (wheat, rye, barley, oats)

## Fresh or frozen non-tropical fruit:

- o one piece (up to one cup) daily, apples pears, berries
- o reserve bananas, pineapples, mangoes as a treat

## One or two small squares of organic, dairy-free dark chocolate daily

- o NB ONLY if it doesn't make it harder for you to stay away from other sweets/sugar

# The Perfect Food Choices

FOR TOTAL METABOLIC, DIGESTIVE AND IMMUNE HEALTH

Water, herbal tea, one cup green tea a day

o Aim to drink a minimum of 8 glasses of water a day

Liberal use of unsweetened, natural flavourings and sauce ingredients (eg herbs, spices, vinegar, miso, tahini, ground flaxseed or chia seeds, mustards (no sugar), gluten free soy sauce, lemons, limes

Small amounts of stevia or xylitol to WEAN down your need for sweetener.



Eating well to balance your hormones, does not have to be boring or tasteless! Visit my website or join my Facebook Group and get loads of great recipes and all the support you need to embrace these changes one step at a time



# Three things to avoid

## FOR TOTAL METABOLIC, DIGESTIVE AND IMMUNE HEALTH

1. Avoid the risk of ingesting plastics - which act as endocrine (hormone) disruptors

Do not put hot food 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.

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. Check out [www.ewg.org](http://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. 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/](http://www.ewg.org/foodnews/)

The good news is that everything that is good for you, is also good for the planet. So taking care of yourself is also taking care of everyone else! For more support, information, tips and tricks visit my website: [www.realhealthandwellness.com](http://www.realhealthandwellness.com)