



RECOVER YOUR
HEALTH

NUTRITION AS
ENERGY HEALING

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Hello!

If you feel at the end of your tether with health issues and lack of vitality, then you are most definitely not alone. In a world where pressure is coming from all angles, it can feel overwhelming to create the time, space and effort needed to overhaul your diet and lifestyle. Yet at the same time, your body feels like it's calling out for you to do just that.

I won't lie, it does take dedication and consistency, but it doesn't have to feel so effortful and is truly enjoyable once you've made that decision to make changes.

I'm Olivia Shakespear, a naturopathic nutritional therapist and holistic healer. I believe that true healing comes when we stop fighting against ourselves and resisting all the signs and symptoms the body uses to get our attention. Once the shift occurs and you start working with your body, then it's amazing what can happen!



A little background info...

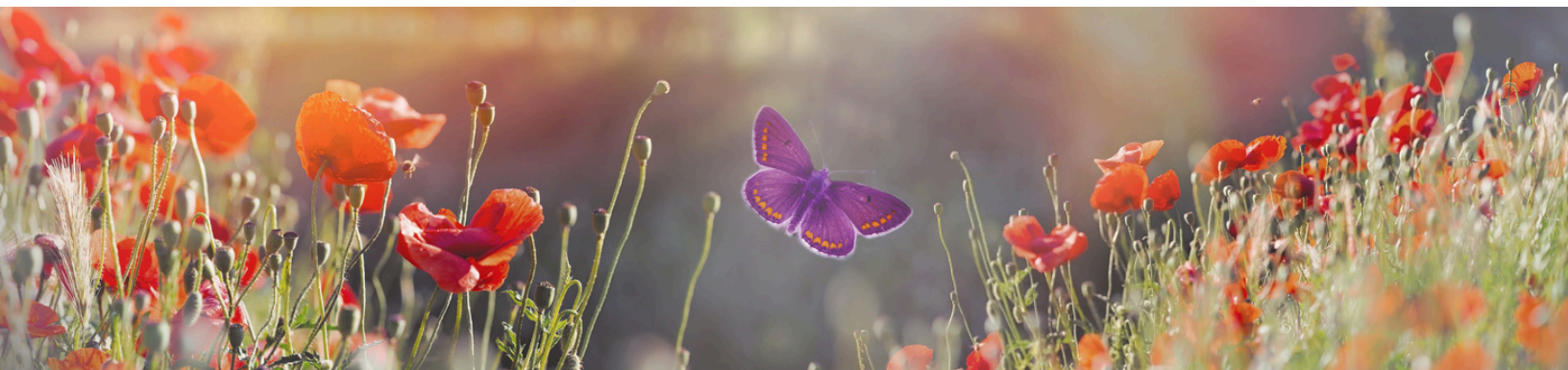
I feel it's important to give a bit of background information first. I've always found it harder to accept health advice from someone who has never experienced any health issues! From a young age I developed an eating disorder - bulimia, followed by decades of binge eating. At the same time, I developed other health issues, starting with chronic shoulder pain due to osteomyelitis in my collarbone. The pain got worse through my 20s and 30s, becoming debilitating to the point I had to give up my job as an occupational therapist.

Then around 15 years ago I started to get all sorts of other pains in my joints and muscles, leading to all the classic symptoms of fibromyalgia. As well as developing a hefty case of psoriasis! At the same time I started studying nutritional therapy. My love/hate relationship with food naturally steered me towards this subject. I started trying to use all this new information to fix my health, but the binge eating was getting in the way. I was drawn to the type of clean eating plan that I knew would get to grips with the underlying

issues, but rigid eating plans are a big trigger for binge eating relapses and definitely need to be avoided.

It was through this push and pull of feeling like I knew what would work, but not being able to put it into practice that finally led me into looking at a new way of healing. A more gentle, holistic approach that uses all the wonderful aspects of nutritional therapy, but also incorporates the power of our underlying beliefs, our thought patterns and emotions, including our beliefs around the foods we eat, and how these affect our health. I started to see nutrition as a form of energy healing, and once I did this then I opened up space for changes to happen much more rapidly and with greater ease.

Please note: I also work with people to overcome binge eating, as it can be important to get to grips with this first, or at least incorporate recovery principles into healing other chronic conditions. See my recovery guide on binge eating for details.



WHAT IS Nutritional Therapy?



Before going into more detail on the energetic nature of nutrition, let me explain a little about what nutritional therapy is. It's so often misunderstood as just giving people a few diet sheets!

Nutritional therapy essentially uses food to restore balance within the body, and it does this through understanding that the body works as a whole. Even though we may talk about discrete body systems, such as the immune system or nervous system, it's very much based on the principle that these systems are intricately linked and work as one unit. So if someone has a hormonal imbalance, then the way to address this may be through looking at the gut and liver.

Nutritional therapists look for root causes of disease, not just sticking plasters. A classic example of a sticking plaster approach is when someone starts taking antacids for reflux. Whilst effective at masking the symptoms for a while, it does nothing to address the underlying issues of imbalance in the gut, which ironically often go hand in hand with low stomach acid. So taking antacids long-term will just make matters worse!

Typical triggers & drivers include:

- Nutritional deficiencies
 - Overgrowth of pathogens
 - Toxic buildup from the environment and foods we eat
 - Stress
 - Hormonal imbalances
 - Emotional and lifestyle habits
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Explosion of Chronic Health Issues

Chronic health issues are increasingly common and starting at a younger and younger age. There's been an incredible increase in symptoms and conditions such as:

- Autoimmune conditions - multiple sclerosis, rheumatoid arthritis, Hashimoto's thyroiditis and fibromyalgia to name a few
- Weight issues/obesity
- Cardiovascular disease
- Diabetes
- Skin problems
- Gut health issues, such as IBS and food intolerances
- Low energy/fatigue
- Poor mental clarity/brain fog

Most people seem to have multiple things going on at once! This can make it feel complicated, but once you realise the underlying mechanisms are usually the same, just presenting in different ways, then it makes it more straightforward to tackle.

On top of this, when you see signs and symptoms as an alert signal from the body, calling on you to make changes, then you switch from feeling like a victim of circumstances to feeling empowered and grateful to your body for letting you know.

Nutritional therapy is a fantastic and empowering way to work with these underlying imbalances.



Ultra-Processed Foods

It's hard to mention the increase in chronic disease without mentioning the rise in dependency on ultra-processed foods. I feel these will be talked about more and more in relation to poor health unless we make some big changes. Whilst they are only a part of the problem, it's hard to ignore their role given that over 50% of the food consumed in the UK, and 70% in the States, would be classified as ultra-processed.

Ultra-processed foods are essentially a lab creation and are made from food staples such as grains, protein and oils that have been broken down into their constituent parts, rejigged and put together again into a form of synthetic "food". I use the term "food" loosely here! Further chemicals are added to give flavour and texture. These foods then last a long time on the shelf, which makes them better for profits.

Ultra-processed foods have been linked to heart disease, weight issues, disordered eating and other health issues. It's important to understand what they are, not because you have to cut them all out completely (great if you can, but a major challenge given how ubiquitous they are), but because one of the very best things you can do for any health condition is to drastically reduce them and find alternatives made from whole foods. For example, home-made cake is processed but not ultra-processed, whereas most supermarket cakes will be ultra-processed. A good rule of thumb is, if you wouldn't find the listed ingredients in the average kitchen, then it's likely to be ultra-processed. I realise cooking from scratch takes more time and buying less processed foods is often more expensive, but it's important that we know what we are buying, so we can make informed choices.



TAKING NUTRITION TO New Levels

The ideas here are ones I have developed over the course of 14 years studying naturopathic nutritional therapy and many are already well known, so I am not making any claims to the information as a whole, however in the last 2-3 years I have found myself tuning into the energy of food on a deeper and deeper level.

Energy medicine refers to techniques that directly work with the subtle energy fields of the body to promote balance. Practices such as acupuncture, Reiki and Qigong are all forms of energy medicine. For anyone who is not used to thinking of humans as energetic beings, this can seem strange at first. But if you take even a short trip into the world of quantum theory, it becomes clear that whilst reality may seem solid, at a subatomic level, matter can actually exist as either a particle or a wave - so not as solid as we might like to think!

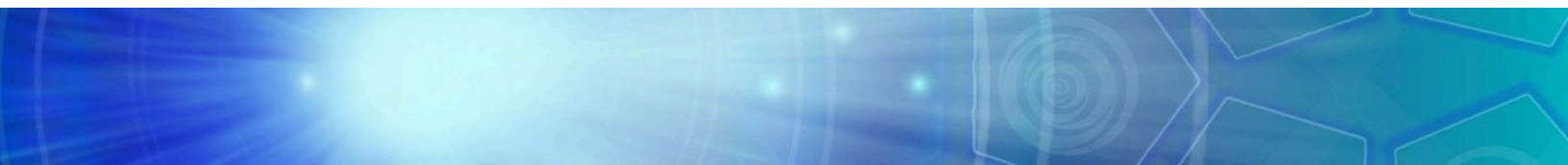
When looking at health and disease through the perspective of energetic fields, then health and vitality are the natural state of being when everything is flowing and aligned. Disease states and symptoms occur when there are energetic blockages and reduced flow. When you start working more explicitly with energy, you start to notice what happens

when you release stuck energy. It becomes more real to you then. Sensations can include a release of emotions, changes in body temperature, shaking and fasciculation in the muscle tissue - it will differ from person to person.

So what about applying these principles to nutrition? Can we use food to help restore energetic flow given that foods are also vibrational in nature? When we eat foods of high vibration (those closest to nature) then we take on the lighter frequency energy of these foods. At the same time, our energy fields, based on our thoughts and emotions, affect the foods we are eating. To understand this more have a look at the section on Dr Emoto below.

Once we have a conscious awareness of the interaction between our energy field and that of the high vibrational foods we eat, we can use this to enhance the benefits that the foods bring.

Let's take this one step further. It's no coincidence that fruit and vegetables come in all the colours of the rainbow. Colour is also a representation of the different frequencies of light. When we eat a full spectrum of fruit



and vegetables, this ensures we are assimilating the whole rainbow of light frequencies.

We have various energy centres within the body, also known as chakras. The seven chakras within the body go from the root (red), sacral (orange), solar plexus (yellow), heart (green), throat (blue), third eye (Indigo) and crown chakra (violet). When we eat foods of a predominant colour, then they provide even greater support to that particular energy centre. For example, eating orange fruit and vegetables will help flow within the sacral chakra. Particularly when you take a moment to bless the food beforehand.

Gratitude is a particularly powerful frequency and will put your body in the state of allowing. This allows the food or water you take in to interact with your body to your greatest benefit. Once you feel this on a deep level, you realise you can build a very personal bond with the food and water you consume. When

you think about it, people always have some form of relationship with food and a lot of the time it's an unhealthy, or a love/hate relationship. And just like any other relationship, this is ultimately a reflection of the relationship we have with ourselves – when we feel love and gratitude for ourselves then we are more likely to feel gratitude for the foods we eat. We are also more likely to naturally choose higher vibrational foods.

There are many ways we can release stuck energy and create flowing pathways in the body that support health and vitality. As well as acupuncture, Qigong and Reiki, there is also meditation, yoga, EFT, Donna Eden's energy medicine techniques - all of which are fantastic. So do we really have to use food? The short answer to this is no, there is no one right way to heal. But the thing about nutrition is that we have to eat and drink every day, multiple times, so why not use it to our advantage?

Dr Masaru Emoto

Dr Masaru Emoto's experiments with water show clearly that emotions and consciousness influence the molecular structure of water (if you haven't seen this then do have a look on YouTube – it's incredible). His experiments involved exposing water to different words, emotions, pictures and music before freezing the water. The frozen water crystals appear very different depending on the frequency of what they have been exposed to. For example, the beautiful water crystals that form after being exposed to gratitude are very different to those that form after exposure to hate. This is what you are doing when you direct love and blessings towards the food and water you consume. It is no coincidence that high vibrational foods, such as fruit and vegetables, are also foods with the highest water content. Living water, as I call it.

Putting it all together

Whilst it's important to understand the underlying drivers, such as pathogens, an overloaded liver or depleted adrenals, and this forms the basis of any nutritional therapy support plan, it's also important to understand what is going on with each individual in a broader sense. What are the emotional blockages that are contributing to the health condition? Handing out perfect eating plans just doesn't work as it ignores our own uniqueness. No two people present or respond in exactly the same way.

I emphasize a gentle approach to nutrition, even if people want to go to the extremes. Usually this isn't sustainable, and ultimately I don't believe it's necessary if you also include

addressing underlying belief patterns and emotional patterns. This way you slowly build a genuinely beautiful relationship with your diet and the foods you choose to eat. So much better to naturally want to eat high vibrational foods for the most part, but at the same time not freaking out if you find yourself tucking into a plate of cheesy pasta for your friend's birthday meal.

This puts nutrition in its rightful place, as an essential part of creating health in the body, within the broader perspective of creating physical, mental and emotional daily practices that allow more space and flow in our subtle energy fields that are the wellspring of abundance and vitality.



Rainbow Recipes!

I've put together a few simple recipes which are not only delicious and healthy, but will also hopefully inspire you to look at the energetic side of nutritional therapy as I've linked them to the different energy systems/chakras. I've combined the higher chakras due to the limited number of blue fruit and vegetables! Feel free to change up any ingredients and make them your own.

The most important thing is that you actually like them - sometimes it's worth including a few things just because they are good for you even if you aren't a fan, but to start with I'd recommend finding recipes you actually like. Nothing worse than a big batch of soup that you don't like but need to finish up! For long term changes to sustain, it's essential you enjoy what you eat 😊



Some of the recipes are inspired and adapted from the following websites:
www.tropeaka.co.uk, www.cookingwithayeh.com, www.sugarsaltmagic.com



Root Chakra

Ruby Red Smoothie - serves 1-2

Blitz together the following in a smoothie machine/Nutribullet and serve immediately:

- 1 large handful of frozen cherries
- 1 large banana
- 1 handful of fresh or frozen raspberries
- 4 small radishes
- 1-2 teaspoons hibiscus powder*
- A splash of ice cold water and/or coconut water

*you can find this online or in Holland and Barrett

Roasted beetroot and feta salad - serves 2

Ingredients:

- 6 medium beetroots
- ½ block of feta cheese - cubed
- 1 bag of rocket
- A small handful of walnut halves – chopped
- A small handful of pomegranate seeds

For the dressing: Simply mix together a splash of olive oil, a dash of balsamic, a few drops of maple syrup and a touch of Dijon mustard.

Method: Preheat oven to 400° F/180°C. To roast the beetroots first scrub them and cut off the stems and roots. Rub each one in a little coconut oil and sprinkle with sea salt. Place in the oven on a piece of baking paper (ideally avoid kitchen foil if you can) and roast until a knife or skewer slides easily into the middle of the beetroot. This takes roundabout 45 to 60 minutes. Spread the rocket onto a large flat bowl and sprinkle with feta, walnut and pomegranate seeds. Chop the roasted beetroots into generous chunks and add to the bowl. Drizzle generously with dressing.



Sacral Chakra

Citrus Elixir - serves 1-2

Simply juice the following and serve immediately (juices work best when you keep the fruit and vegetables cold in the fridge):

- 3 large carrots
- Half a grapefruit - peeled
- 1 orange – peeled
- 1 lemon – peeled
- ½ inch root ginger

Warming Winter Pumpkin soup - serves 3-4

Ingredients:

- 1 Hokkaido pumpkin - or butternut squash if you are unable to find pumpkins
- 1 large onion
- 2 large carrots
- 1 courgette
- 1 orange pepper
- 1 stick of celery

Method: Chop the onion and sauté in coconut oil. Place the Hokkaido pumpkin in the oven on a low heat and bake until soft. It is then fairly easy to peel away the skin and scoop out the seeds. Chop into small chunks and add to the onions. Chop up the other vegetables and add them to the mix. Cook for a good few minutes and then add boiling water (start with a little as you don't want it too watery, you can always add more later). Bring to boil and add sea salt and black pepper to taste. Cover and simmer until the vegetables are completely soft. Allow to cool, decant into a food processor and blend until fairly smooth, or blend half and mix with the remaining soup to make it slightly more textured.



Solar Plexus Chakra

Tropical sun burst smoothie - serves 1-2

Blitz together the following in a smoothie maker/Nutribullet and serve immediately:

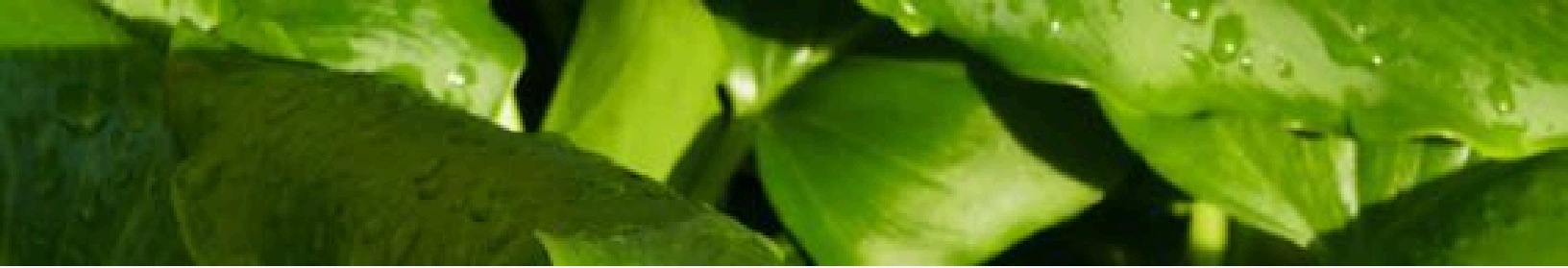
- A handful of fresh or frozen mango chunks
- A handful of fresh or frozen pineapple chunks
- 1 large banana
- 1 inch cucumber
- A tiny pinch of turmeric
- Ice cold water and/or coconut water

Sugar free lemon cake

Ingredients:

2 cups rolled oats	1/4 cup maple syrup or honey
3 eggs - room temperature	1/4 cup melted coconut oil
1 lemon	2 tsp baking powder
1/2 cup oat or almond milk	1 tsp vanilla essence

Method: Preheat oven to 350°F/175°C Blend rolled oats in high powered blender until fine oat flour consistency. Zest the lemon and juice into small bowl. Separately crack eggs into larger bowl and whisk lightly. Slowly add the milk, lemon zest and juice plus the vanilla to the eggs. Heat coconut oil in a pan and add the maple syrup to the oil. Add the oil and maple syrup to the eggs and lemon. Combine gently. Then slowly add the flour, baking powder and a pinch of salt to the bowl. Folding the mixture together ensuring no lumps. Line a loaf tin with baking paper and pour in the batter. Spread out evenly then bake for 35 mins (check with toothpick to ensure it's cooked through). Remove from tin and allow to cool before cutting and serving.



Heart Chakra

Fresh Coriander Pesto

- 2 large handfuls of fresh coriander leaves
- Small handful of walnuts or pinenuts
- 1 to 2 cloves of garlic – peeled
- Juice of half a lemon
- 1 heaped tbsp Parmesan cheese
- As much extra virgin olive oil as needed to make it smooth and creamy
- Salt and pepper

Method: Blitz all the ingredients in a small food processor until smooth. Serve with gluten-free pasta or if you have a spiralizer, try courgetti spaghetti!

Green Goddess Soup - serves 2-3

- 400ml vegetable stock
- ½ head broccoli
- ½ head cauliflower
- Small bag of spinach
- 1 carton of butter beans - drained - (or tin if you can't find a carton)
- 3 cloves garlic
- 2 tsp cumin
- 1 tsp turmeric
- ½ lime
- Plenty of salt and pepper

Method: Crush the garlic and fry with the cumin and turmeric in coconut oil. Chop the broccoli and cauliflower into small pieces, then add to the oil and spices. Stir for a few minutes before adding 400ml of boiling vegetable stock. Once the vegetables are soft add the spinach and cook for another minute or two. Allow to cool slightly before placing everything in a blender with the butter beans, salt and pepper and lime juice. Blend until smooth.



Throat, 3rd Eye and Crown Chakra

Dragon Fruit Energy Balls - makes 8-10 balls

Ingredients:

1 cup desiccated coconut	1/2 tbsp dried dragon fruit powder*
1/2 cup almond flour/ground almonds	1/4 cup maple syrup
2 tbsp chilled coconut cream	1 tsp vanilla essence

Method: Mix the coconut, almond flour and dragon fruit powder in a bowl. Add the remaining ingredients and mix well. If you need it a little wetter then you can add a tiny bit more coconut cream or even a drop or two of water. Shape into balls then coat in more desiccated coconut if desired.

*Dragon fruit powder can be found online. It's worth trying once because the colour is out of this world!

Dragon Fruit Iced Dessert - serves 1-2

Blitz together the following in a smoothie maker/Nutribullet and serve immediately:

- 1 large banana - precut and frozen in chunks
- Large handful of frozen blueberries or cherries
- 2 heaped tsp dried dragon fruit powder*
- Half a red apple - chopped
- 1 Medjool date





Rainbow Salad

Go wild with this one and change up any ingredients you like. The main aim is that it looks fresh, vibrant and contains all the colours of the rainbow! Ok, maybe the blue is tricky, but all the others. I've put a couple of dressings you can try 🌈

Ingredients:

- Fresh leafy greens of your choice - rocket, lamb's lettuce, butterhead lettuce and watercress all work well
- Cherry tomatoes - halved - red and yellow ones, if you can find them
- Slices of orange and yellow peppers
- A few purple grapes - halved
- Half a ripe avocado - sliced
- A few squares of feta or you could use a handful of chickpeas for protein
- A sprinkling of alfalfa or broccoli sprouts

Rich Tahini Dressing - blend together in high powered blender/Nutribullet

- 2 tbsp tahini
- 1 tbsp cold pressed oil of your choice
- 1 small clove garlic
- 1 Medjool date - chopped first
- 1/2 lemon - squeezed
- Pinch of salt & pepper
- Splash of cold water

Lemony Pumpkin Dressing: blend together in high powered blender/Nutribullet

- Large handful of pumpkin seeds - Soaked in the juice of 1lemon for 2 hours
- Add 2 cloves garlic and salt & pepper
- Large splash of extra virgin olive oil (add a little cold water too if needed)

Both dressings will keep in the fridge for a few days.

Booking A Free Starter Session

If you found this guide helpful and would like to take it further or find out more, then do book a free starter session using the link below:

<https://calendly.com/oliviashakespear/starter-session>

Or alternatively, find the booking links on my website:

www.lightworknutrition.co.uk

