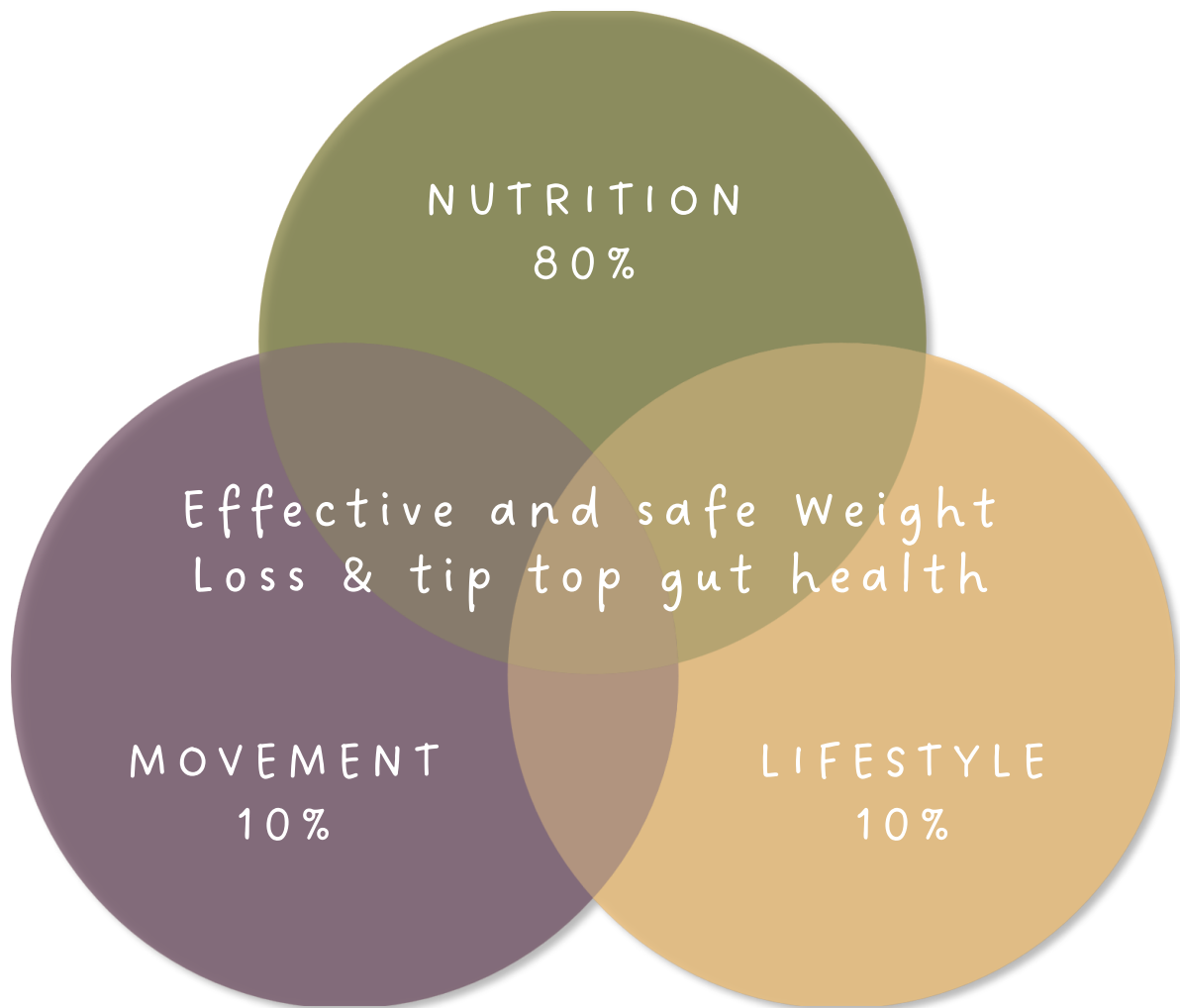




SUPER NUTRIENTS

Week 2

THE COMPLETE STORY



NUTRITION

- QUALITY PROTEIN
- HEALTHY FATS
- COLOURFUL VEGGIES
- OILY FISH
- FERMENTED FOODS OR DRINKS

MOVEMENT

- WALKING
- TONING
- CYCLING
- PILATES
- DANCING
- YOGA
- STRENGTH WORK
- DAILY CHORES

LIFESTSYLE

- PLENTY OF SLEEP
- ADEQUATE SUNSHINE
- MINIMAL STRESS
- GO BAREFOOT IN THE FRESH AIR
- HAVE FUN AND SOCIALISE

HEALTH IMPROVEMENTS



1

IBS & Digestive Distress

Replacing processed oils, sugars and grains automatically removes the major culprits for gut disruption and damage, paving the way for healing and rejuvenation allowing you to feel free from discomfort and pain.

2

Systemic Inflammation

A serious body wide condition found at the root cause of most illnesses and disease. Including gut inflammation leading to gut distress and actual damage.

3

Metabolic Syndrome

A collection of poor Health Markers such as High Blood Sugar and High Blood Pressure, all of which can be improved within 21 days.

4

Immune System

70% percent of your immune system is located around your gut, making improvements in gut health even more important. Keeping your gut healthy will also keep you healthy, helping to fend off illness, disease and viruses.

5

Mood and Clarity

80% percent of your feel good hormones, and 90% of neurotransmitters are produced by your beneficial gut bacteria. These are the signals sent between gut and brain, so it stands to reason you should keep your gut in tip top condition not just for now but for your future self too.

6

Auto-Immune Disorders

Your gut health has a direct connection with conditions such as Rheumatoid Arthritis, Hypothyroidism, Eczema and Fibromyalgia. There are over 100 of these conditions caused by direct damage to the gut lining, leading to an infiltration of the gut lining, triggering an immune response on your healthy cells

SUPER NUTRIENTS

OMEGA 3 OILS

for DHA & EPA
essential oils for brain and
heart health



Mackerel



Salmon



Eggs

FERMENTED FOOD

for pro-biotics, these supply
your gut with beneficial
bacterial



Kefir &
Kombucha



Fermented Veg



Yogurt

FRUITS & VEGGIES

these provide fibers which feed
the beneficial gut bugs



Leafy Greens



Avocado



All Berries



Bananas



Leafy Greens



Roots



Mackerel



Avocado



Green Veggies

SODIUM

an electrolyte to help
relieve muscle cramping



Sea salt

ORGAN MEATS & COLLAGEN

for connective tissue such as
joints, skin and nails



Liver



Heart



Bone Broth

ANTI-OXIDANTS

to protect against Free Radical
damage and aging.



Green &
Colorful



85%



All Berries

CALM & NATURE

for rejuvenation, balance,
better sleep, vitamin D and
lowered inflammation



Barefoot



SUPPLEMENTS

ENSURES GOOD HEALTH

Pro/Pre-biotics

A supply of pro-biotic strains to help create the perfect gut environment, aiding digestion and improving your immune system, together with pre-biotics, providing an elite fuel for your gut bugs.

Vitamin D3

“The Sunshine Vitamin” provides powerful immune support, working with both the emergency and longer term immune systems.

Omega 3 DHA/EPA

Oils sourced from cold water, fatty fish such as mackerel, anchovy, and sardine, known to be rich in EPA and DHA improving brain and heart health.

Magnesium

One of the essential electrolytes which collectively contribute to normal energy metabolism, plus assists with constipation and sleep due to the relaxing properties.

Collagen

Helps restore and refresh your body’s natural collagen supply, to increase cellular support of skin elasticity, hair and nail strength. Includes resveratrol, an anti-oxidant to help slow down Free Radical damage.

Action Plan

Week 2:

Follow the 3 Step Plan

FOCUS:

Eat only when hungry, DOUBLE CHECK yourself...make sure you are not eating out of habit, mood or due to an association of person or place.

TOP TIP:

Be MINDFULL when eating, take time out to concentrate on what you are eating and stop when you are comfortably satisfied, saving the rest for snacks.

TO DO:

BONUS TIP #1

Try to consume 2-3 portions of Oily Fish per week, this will supply you with Omega 3 Oils which include the essential DHA & EPA for Brain and Heart health.

BONUS TIP #2

Fermented foods and drinks should also be consumed, supplying you with a dose of probiotics, these are your beneficial gut bacteria and can be found in unpasteurised yoghurt, sauerkraut, kefir and kombucha.

BONUS TIP #3

If you find you are not getting these super nutrients by diet or lifestyle alone, you could consider supplementing. I currently use and supply [Synergy Products](#), which are science-led Health Supplements.

NOTES:
