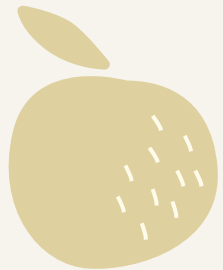


Holistic Nutrition

Holistic nutrition is about having a healthy relationship with your body and with food, it's not about restriction. Remember variety is key for well rounded nutrition and do not fear any food groups. When in doubt get personalised advice from a professional.



Nourishing the Body.



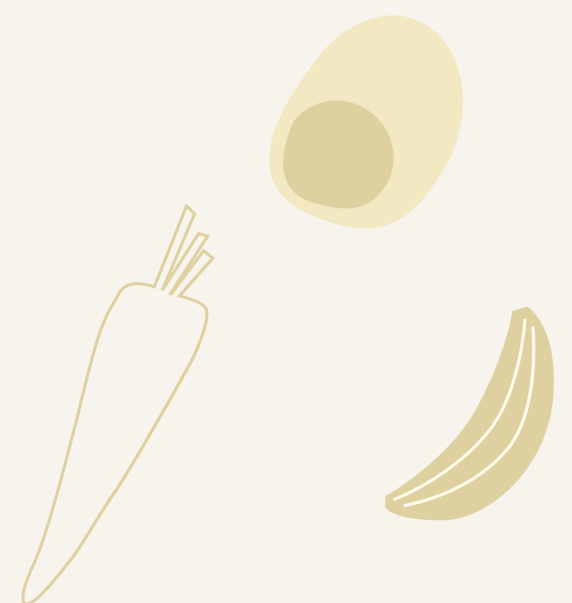
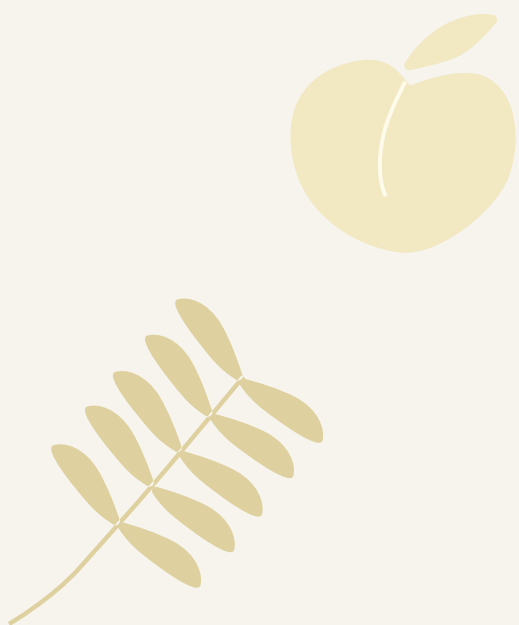
Focus on vegetables aiming to eat 5 serves per day and 2 servings of fruit.

Healthy fats, such as nuts, seeds, olive oil and eggs should be eaten most days and oily fish 2-3 times per week.

Focus on 1-2, 1/2c serves of whole grains, legumes, beans, whole grains per day and other fibre rich, starchy vegetables.

Have a protein source with every meal, whether in the form of bean, nuts and seeds, or eggs, fish or lean meats, aim for a palm sized portion with each meal.

Stay hydrated with water and herbal teas.



Eating with Intention.

Enjoy your food and eat in a relaxed environment, when you eat, be all there.

Remember when we are in a rushed and stressed state we don't produce adequate digestive enzymes to break down our food because our bodies priority is keeping us alive and getting away from the threat.

Try taking a few deep breaths before a meal and prepare your body to digest food.

