

5 Simple Steps

to

REVOLUTIONISE YOUR HEALTH



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5 SIMPLE STEPS TO REVOLUTIONISE YOUR HEALTH

No matter where you are in your health journey, but especially if you have a chronic illness such as autoimmune disease, chronic fatigue (CFS/ME), fibromyalgia or unexplained illness, making changes to your diet and your lifestyle is fundamental. Here are 5 simple but effective steps to move you towards optimal health.

1. Delete the Wheat, Ditch the Grains and Dump the Dairy

Think going Gluten Free is 'faddy'? Well if you're struggling with a chronic health problem, then it's being driven by inflammation and gluten is inflammatory whether or not you have coeliac disease.

Already Gluten Free? Well then it's time to take the next step forwards if you still have health problems, and look at the rest of the grains you're eating. It's true that some are worse than others (I'm looking at you, corn) but if your diet has lots of GF grains in it, then it's time to swap them out for less inflammatory, more nutrient dense substitutions such as sweet potato, cauliflower rice or 'zoodles' (spiralised veggie noodles).

Ditto for Dairy. If you are struggling with ongoing, chronic health problems, then dairy is not your friend I'm afraid. Even in the absence of true allergy or intolerance, dairy products, in the main, are inherently inflammatory and will be adding fuel to your fire. Swap them out for coconut, hazelnut or almond based alternatives, and bulk up on the green leafy vegetables and seafood for extra calcium.



2. Just say NO to alcohol

Yes, I know that you read the article about red wine being good for your heart. And the one about the antioxidants in it. And the one about one glass of wine being the same as an hour in the gym. I also know how good it can feel to unwind with a glass at the end of a long or stressful day or week, or how much you enjoy sharing a bottle with your spouse or BFF on a weekend night.

But, no matter what the magazines say, alcohol is not a health food. If you are tired, inflamed or having gut or immune troubles then even a single glass of alcohol can perpetuate your illness and prevent you from moving forward. Alcohol inflames the lining of the stomach, it depletes the body of B-Vitamins and glutathione (a very important antioxidant) and it burdens the liver which increases oxidative stress. In a healthy person, all these things may not have a big impact, but in someone who is autoimmune, fatigued or chronically ill, even a small glass can have a very big, negative effect and it might just be the thing that is standing in the way of you getting well.





4. Get one more hour of sleep per night

There is a huge amount of data on the importance of sleep to health, and we all feel better when we are well rested and feel rubbish and foggy headed when we are tired.

Just a small amount of sleep debt causes inflammation, even in young and healthy people!

However getting enough sleep is also about repairing the body and modulating the immune system, and if you have a chronic health condition or an autoimmune disease, then these are two critical functions.

Tissue repair is predominantly performed during the night, while you are asleep!

Lastly, sleep deprivation affects the decisions you make. NOBODY makes good decision about food or their health when they are tired, so if you are going to succeed, you will need to be well rested.

Getting 1 extra hour probably means you have to give up an hour of TV or another leisure activity, but your health is worth it!

3. Say Sayonara to Sugar

Basic common sense tells us that an apple is better for you than a Snickers. But when you are chronically tired or chronically stressed, it's very easy to dip into the candy-jar for a quick pick me up.



Refined sugar has multiple, detrimental effects on the body and it will certainly stand firmly in the way of you achieving your health goals if you can't kick it to the curb.

It causes huge swings in blood sugar, making you feel even more tired, foggy headed, moody and leaving you with cravings.

Refined sugar is massively inflammatory, counteracting all the good work you are doing with smoothies, salmon and your greens and throwing fuel on the inflammation-fires that are at the heart of your symptoms.

Sugar disrupts your hormones, which affects gut health, brain health, fertility, energy and healing.

I really recommend that you try a Whole30 or a 21Day Sugar Detox. I'm sure you will have the same profound results as so many others!

5. Prepare your home

Always have meals, snacks and ingredients easily available, that are health promoting for you. This means taking the time to plan your grocery list and shopping ahead of time. Spending some time preparing food for the week is also a good idea, so you have cooked, chopped or packaged foods ready to grab when you are hungry!

Remove completely from the house, anything that is the devil on your shoulder. If you don't have it in the house then you won't eat it. I'm afraid that this means your family might have to do without ice-cream at home for a while, if ice-cream is the food that you have trouble saying NO to. Compromise with foods they like, but you can leave alone.

Are you ready to reclaim your health?

If you're serious about changing your health and your future and you're ready to get started, all you have to do is **click here** and drop me a line. Let's do it!