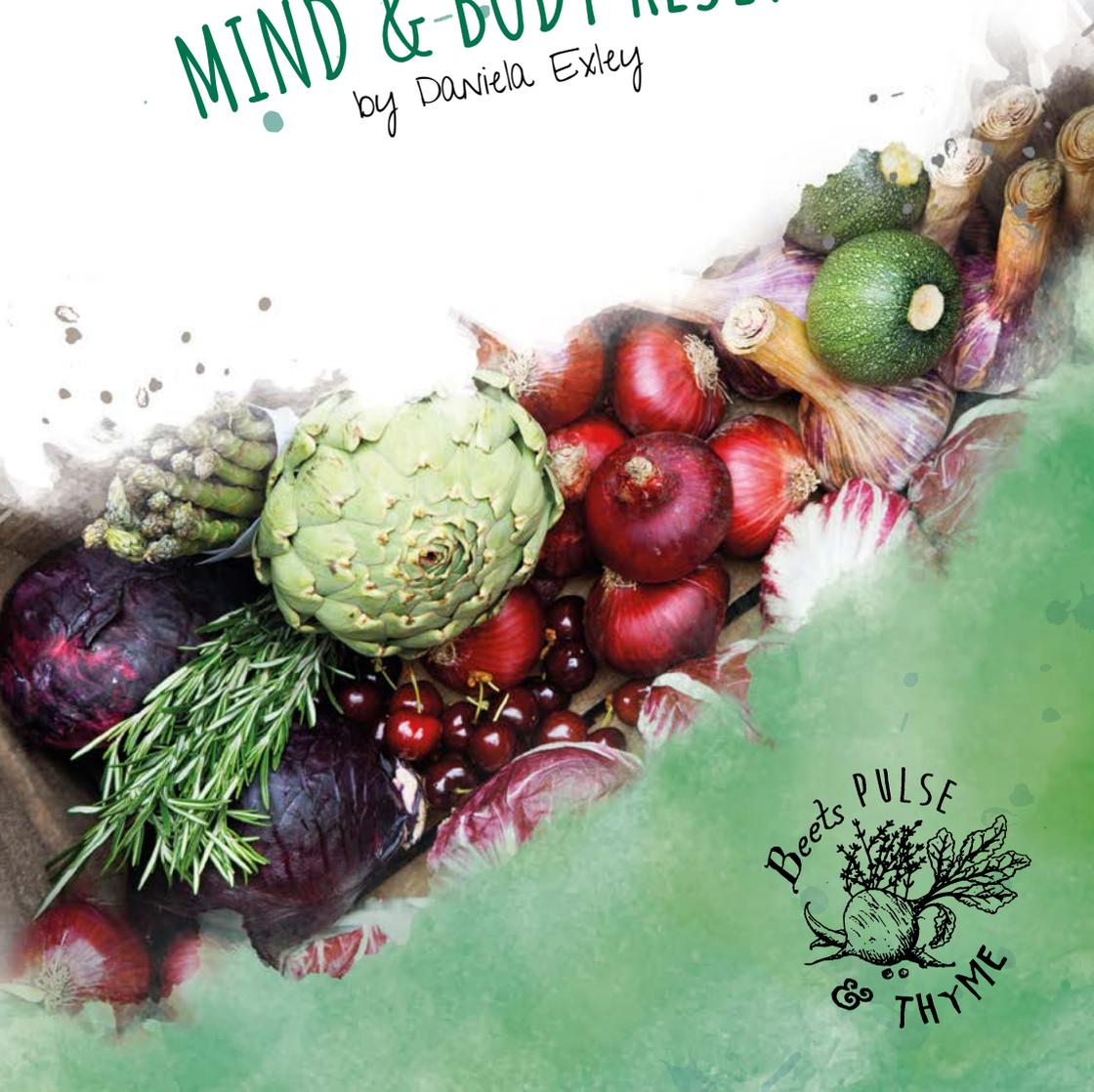


28 Day

MIND & BODY RESET

by Daniela Exley





www.BEETSPULSEANDTHYME.CO.UK

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Record your favourite recipes, so you can find them easily!

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JOURNEY INTO Nutrition

My name is Daniela...

I'm a mother of two beautiful children, a wife, naturopathic nutritionist, photographer, a retreat facilitator and passionate cook. Life is varied and beautiful, and my unique path has led me to write this book.

My journey into healthy eating, nutrition and personal development began in May 2013. Around September 2012 I started experiencing a huge array of symptoms, including extreme exhaustion, depression, new allergies, and severely painful joints, especially my wrists, shoulders and knees. Initially it was debilitating; some days I was unable to walk and the joints in my hands were so swollen that I couldn't pick anything up. At my lowest point I remember hobbling downstairs to get some breakfast and crying into my bowl of cereal...I couldn't chew because my jaw was locking up and the pain was excruciating.

At my first doctor's consultation I was told I was overdoing it at the gym, which is true, I was. I was also not eating properly, drinking enough alcohol to fill a lifetime, smoking, and drinking copious amounts of coffee. Looking back now I realize I had been numbing myself with various substances since my teens, because I never wanted to allow the emotional trauma I experienced in my childhood to ever reach the surface.. **The year leading up to my actual diagnosis had been a particularly stressful year,** with financial worries

and feeling socially misaligned, leading to anxiety and sleepless nights. Although I prepared home cooked meals, they revolved around red meat, a lot of dairy and refined grains – a pretty standard Western diet. I also ate quite a lot of chocolate and cakes as a reward for my intensive exercise! Something had to give. In the end my body couldn't cope with the huge amounts of acidity and inflammation caused by my diet and lifestyle, compounded by the mental and physical stress. What a perfect concoction to express my genetic makeup into a chronic disease!

After several trips to the doctors offices, I was finally diagnosed with Rheumatoid Arthritis in May 2013. I remember that day so well... I was with a good friend, photographing a beautiful house when I got the phone call. I remember my wrist was in a support, because it was agony to hold my camera without it, and knew that I could not continue this way. I'd quit smoking a couple of months before the diagnosis, and had already embarked on a three week raw cleanse.



The detox had me feeling even worse than I'd done before, because I had such a huge amount of toxicity in my system which was being detoxified too rapidly for me to cope with... I lost tons of weight and felt dreadful. However, taking the allopathic alternative of Methatrexate to suppress my immune system didn't really appeal to me either. I never say never to pharmaceutical drugs, because they are there to give us support when we need them, but in this instance, I followed my intuition, which told me there had to be another way. The raw vegan diet was not for me, but I continued reading and reading and reading, determined to find the answer that was right for me.

There were two factors which worried me the most at the time of my Rheumatoid Arthritis diagnosis: firstly was the worry that I wouldn't be able to be active with my kids who were then seven and eight, that I wouldn't be able to take them swimming, to kick a ball or even go out for walks with them when my feet hurt so badly. Secondly I worried that I might not be able to carry on with my photography career. How could I? I could barely hold my camera.

The motivation was definitely there. I had to get better!

September 2013 rolled around and I enrolled in the Naturopathic Nutrition Diploma program at the College of Naturopathic Medicine, to truly and deeply understand the inner workings of the human body, of my body.

And once I understood, there was no going back. I kept gluten, meat, dairy, alcohol and caffeine out of my diet, and while at college I was surrounded by incredible like minded people all on their own journey of learning and healing.

Over the years I have had lapses – especially on holiday or during the festive season, when it is easy to give in to temptation – however, after a few setbacks, I now manage my disease holistically through nutrition. I don't take any drugs and feel healthier and happier than ever before. I follow a well balanced whole food diet high in plant foods, wild oily fish, bone broths, eggs, fermented foods, nuts and seeds and occasionally some gluten free grains.

I feel very positive about what I've achieved so far, as I don't feel that the disease is progressing, my rheumatoid arthritis symptoms are under control and I live without constant pain in my life. I wrote this 28-day mind and body reset because I want to teach others how simple daily actions can impact their health and happiness. That by learning about nutrition and how food impacts every element of your system, you can proactively achieve the health benefits of such a diet.

I want you to achieve wellness, that I only achieved when I felt I had no other choice. You have a choice. You can choose your health. I'm here to help you succeed.

Wishing you health and happiness always,

Daniela

WHY AND HOW

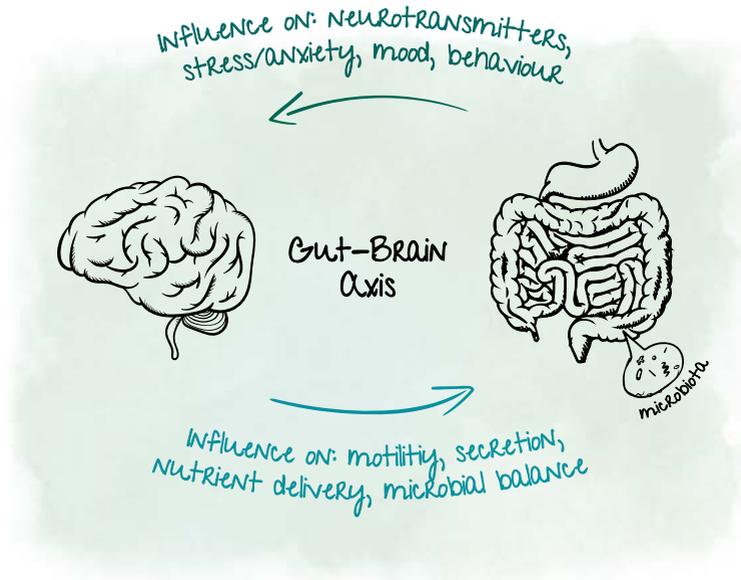
Nutrition Works

Naturopathic Nutrition aims to promote health and restore wellbeing, taking into account the interconnectedness of the mind, body, emotions and environmental factors as determining human health. The aim is to support the whole person rather than any specific disease, and as such I feel that all factors influencing health must be considered: environment, food, mental health, emotional wellbeing, beliefs, movement and exercise and socio economic factors to name a few. That said, my biggest “aha” moment was realising that it all starts with the gut!

Looking after our digestive system should be number one priority when it comes to health. Our gut microbiome is compromised by many lifestyle and food choices¹, so keeping the friendly bacteria topped up is hugely beneficial to overall health. I love fermented drinks like Kombucha and water kefir as well as fermented foods. However, it's not only the microbiome which is of importance, but the integrity of the gut lining as well as proper transition through the bowl.

Here are a few interactions between the gut and the body:

A healthy gut flora is very important to a healthy immune system². 70 to 80 percent of your immune tissue is situated in your digestive tract. Because our intestines are inside our bodies, most people don't realise that they form a protective barrier between our bloodstream and the external world.



Mental health is considerably improved once we begin to work on the gut. The brain and our gut are closely connected via the Vagus nerve, and the microbiome interaction³. Therefore, your mind can also affect your health in either a negative or positive way. Our thoughts are so much more powerful than we believe. Science has shown us that plants can be affected by the words spoken to them, so just imagine how powerful words and thoughts impact our body!

The health of our Skin relies heavily on a good microbial balance, both internally and externally. If our good guys, the friendly bacteria, aren't there to facilitate adequate detoxification in the gut, these toxins will be pushed out via the skin, our largest organ for elimination.

The 28 Day Mind & Body Reset is designed around what I believe to be the four important pillars of our health – The Gut, Blood Sugar Balance, Lymphatic & Skin Health and Hormonal Balance. Addressing the link between the physical body, mindset and emotional health is also incredibly important, because if these are ignored, we can drink all the green smoothies in the world and our health will still struggle to improve.

We are one – mind, body and spirit, and addressing body alone is a futile task.

The 28 Day Mind & Body Reset lays the foundations for improving health in the long term through diet, lifestyle and mindset.

The recipes are really quick and easy to follow and to incorporate with family life.

The information is broken up into weekly chunks to allow for time to read and absorb each of the four pillars of the programme.

New recipes are offered weekly so you can start simple and build up from there.

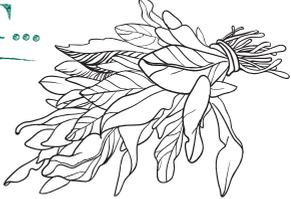
The best part, which really helps people keep on top of the program, is the online group where I share additional information regularly, where you can ask questions and share recipes and your experiences.

The 28 Day Mind & Body Reset is not a 'detox' although some 'detoxification symptoms' may be experienced during the initial 3-5 days. I personally don't recommend 'serious' detoxes unless someone has been working on clearing their elimination pathways for at least three months. The reason for this is that by increasing liver and kidney detoxification we can actually cause more toxins to be released into the body, which can ultimately cause more harm than good. Intense detoxes should be carried out under professional supervision. However, I do believe in a more gentle cleanse which addresses the digestive tract. Giving your body a break, especially with changes in the seasons, is extremely beneficial to health and vitality.

As always please consult your doctor if you have a specific condition and/or are on any medication.

HOW TO CLEANSE

BEFORE WE START...



First I want you to ask yourself:

- Are you ready to take your health into your own hands?
 - Do you want to improve digestion?
 - Do you want to balance hormones and lose weight?
 - Do you want to reduce aches and pains?
 - Do you want to improve the appearance of your skin?
 - Do you want to experience renewed energy and vitality?
-

If the answer to any of those questions is yes, then you're in the right place and I'm delighted that you're here!

Over the following 28 days we will address all the issues listed above, and more. We will focus on Gut Health, Blood Sugar Balancing, supporting the Adrenals and Balancing Hormones, supporting the largest detoxification organ of our body, the Skin, as well as one of the most overlooked body systems – the Lymphatic System. Although weight loss is of

ten a byproduct of the programme, the 28 Day Mind & Body Reset is about so much more than just weight loss.

It's about making lasting changes and becoming more aware of your mind body connection. It's about breaking old habits and developing new healthy ones. It's about looking beyond just the food we eat in order to become our best selves ever.

Is everyone going to see results in just 4 weeks?

Yes, given the chance your body will always respond in a positive way! By eating plenty of fresh, whole foods you will never feel hungry and by stabilising blood sugar levels your cravings will be under control. Drinking plenty of water will allow the body to let go of the water it retains inside cells if you are dehydrated, so you will feel lighter and your brain function will improve. If you are true to yourself and commit to the plan 100% the kind of results you can expect will be:

- Reduced inflammation, aches and pains
- Better sleep
- Mental clarity
- Weight loss
- Improved digestion and elimination
- Fewer hormonal problems related to either menstrual cycles, fertility, PMS or menopause
- Clearer skin
- A calmer and more peaceful mind

You can supercharge your health and vitality feeling fully supported along the way. Each week includes:

An overview of the week ahead

The healing principles in focus each week

Shopping Lists

Breakfast, lunch, dinner and snack recipes

Mind & Body activities designed to help you overcome the inevitable obstacles life throws at you.

Grab a pen and paper and write down your intentions for the 28 Day Mind & Body Reset. These can include bringing your focus to all the amazing healing foods you can eat. Setting time aside to read, watch documentaries, sleep and nurture your mind and body with nature walks and soothing baths.

By setting your intention to see this through you won't even entertain the idea of cheating, slipping up, or making excuses. Your 100% commitment to yourself is of utmost importance and anything less will undermine your efforts and results.

It only takes a small amount of any of the foods we're omitting to break the Reset, so it's important to commit to these 28 days. Life happens so just prepare!

If you have a family birthday coming up, I have an awesome birthday cake recipe for you that everyone will love! If you have a big party to go to, be prepared to only drink sparkling water and lime. If you're going on holiday, consider postponing till you return. You may record your weight and other health factors at the beginning and end of the programme. However, during the next 28 days, do not weigh or measure yourself and definitely do not count calories!

OVERCOME CHALLENGES

Making changes to your diet and lifestyle is definitely a journey, I know mine has been and still is. It's your given birth right and you totally deserve to be happy and healthy!

There are many things we tell ourselves in order to get out of doing something a little challenging. We all have that self-sabotaging part of our brain which says things like:

“I don't have time for this.”

“I can't afford to eat like this.”

“I can't cook.”

“It's just not for me.”

By acknowledging your self-sabotaging thoughts and realising it is not your true self speaking, we can learn to quiet this voice. Believe me, if I can do this then anyone can. I run two businesses, have two kids, a house and a husband, so saying “I'm too busy” just doesn't cut it! At the end of the day, it's only four weeks of your life and there must have been a motivating factor that brought you here in the first

place! Here are some of the challenges I've faced in the past while cleansing:

People often don't understand what and why you're doing what you're doing: So the easiest thing to say is that you're doing an experiment to see what happens if you don't eat or drink certain things for 28 days. You can bring a dish to a dinner party, drink kombucha instead of Prosecco and you can always politely say 'no'.

Becoming familiar with new foods, new ingredients and changing your usual shopping habits can be tricky: When I first changed my diet, I remember walking through the aisle of the supermarket almost mourning all the foods I wasn't able to eat anymore. It really didn't take long before I stopped walking down those aisles all together. The shopping lists are designed to make this process easier so rip them out and pop them in your bag or save them to your phone each week.

I highly recommend that the majority of your food over the next 28 days is home cooked, but here are some tips for eating out: Having to be away from home for a couple of days for work can be a big challenge. Research the area you're going to be in. There are plenty of eateries catering for dietary requirements these days, so again, no excuses there! Pret-A-Manger is great and has branches throughout the UK, but really all you have to do is ask and most places will be able to offer allergen free options; an omelette and a salad, or a grilled piece of fish or chicken breast and vegetables are all decent options. I've learned to pack plenty of

snacks such as nuts, almond butter, celery sticks, seed crackers, which keep me going if I really can't find a suitable meal.

Facing challenges: “Come one one glass of wine won't hurt...” or “This must be so hard!!!”: NO!!!! This really is not hard! What's hard is beating cancer, living with debilitating chronic pain, or losing someone close to you. Giving up coffee, wine, bread and cheese for 28 days is not hard!

You can do this! I'm sure you've done harder things before like maybe giving birth to a child, going through a relationship breakup or losing someone close to you...plus you have me and an amazing supportive community by your side throughout the 28 days and beyond.



PREPARATION IS KEY

We have 28 days together, to work on achieving your health goals, but the programme starts now with a couple of days set aside for you to prepare. This will allow you time to clear out some foods from your cupboard, go shopping and make sure that your family and friends know that you're taking part in this challenge. Their support will be very important throughout the 28 days. Maybe your partner, friend or colleague wants to join you? It's great to do this programme together with a partner, or a team, so you can support each other along the way.

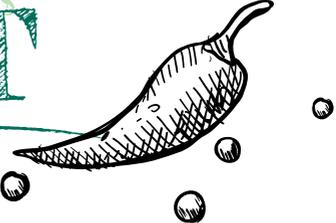
Consider taking time over the next couple of days to watch some inspiring documentaries about the food industry or about other people's success stories in changing their eating habits. It's really good and really important to know in advance that you really are not on your own. You're not on your own in the symptoms you feel and you're not on your own in wanting to make positive changes.

There is continued growth of awareness around health, and along with it, conscious eating. People are demanding real, whole foods, rather than processed, prepared, or junk foods. You are taking steps to join an incredible movement happening globally, one that demands changes in the food industry as a whole, and encourages more sustainable practices. Education is the first step in making those changes and changing the world. Welcome to the movement.

"The food you eat can be either the
safest and most powerful form of
medicine or the slowest form of poison."
Ann Wigmore



PREPARING FOR RESET



During the following 28 days I want you to focus on all the lovely delicious things you can eat. This includes plenty of vegetables with a good rainbow variety, good fats from oils, nuts, seeds, fruit, wild seafood, and organic eggs. Eat natural, unprocessed foods with no lists of unpronounceable ingredients. The main emphasis throughout the programme is on: **Eating Real Food**

By omitting just a few ingredients you may begin to, reduce systemic inflammation, regain your vitality and discover how these foods are truly impacting your health, fitness and quality of life.

FOODS TO OMIT

Red Meat is an inflammatory food as the livestock is more often than not fed grains rather than grass, making the meat high in Omega 6 which is inflammatory in the body. Animals are also given antibiotics and hormones which can all have a negative effect on our own health.

Dairy is an acid forming food and may cause inflammation in the body, while the hormones present in dairy could be potential risk factors for chronic disease.²¹

Soy is another food which is being genetically modified and heavily sprayed. When it is highly processed, in the case of dairy alternative options such as milk and cheese, it also becomes unhealthy for us to consume. You can include soy which is organic and fermented such as tofu, tempeh and miso, but avoid soy milk, cheese or yoghurt.

Gluten is the cause of a lot of poor health symptoms in people, from brain fog to painful joints (20), and the more obvious digestive problems such as coeliac disease. Gluten is the protein found in the following grains: Wheat, Barley, Rye and Spelt. It is also found in many ready made, processed foods such as soups, sauces, cakes and pies, cereals, crisps, processed meats, pasta and pastries. Wheat crops in particular, are overly sprayed with glyphosphate which causes many disruptions in our body systems, while at the same time the wheat grain itself has been hybridised to provide a much stickier, gluey grain which serves the mass food production industry better, but gums up our stomachs.

Corn proves to cause a lot of intolerance as it's a grain which is being genetically modified and highly sprayed with chemicals. During the coming 28 days we will avoid it, and all its reincarnations in processed foods.

Hydrogenated fats and **refined oils** include margarine, sunflower oil, vegetable oil, and canola oil. Our bodies do not know how to process these man-made fats, so the body stores them away in our fatty tissues. They are highly inflammatory! Avoid all of these at all costs! ²²

Processed foods contain hydrogenated, highly refined oils, sugar and often gluten and corn. For this reason we will avoid all processed foods. If you do have to eat something which comes in a packet, make sure you thoroughly examine the label. Processed foods includes gluten free bread options and all other 'healthy' processed, packaged foods. Don't forget to eliminate drinks such as squashes and fizzy drinks as well.

Refined sugar offers empty calories and spikes our blood sugar levels, causing inflammation. All sugar must be avoided, as well as agave syrup which is very processed. Honey & maple syrup are permitted in moderation (maximum of one teaspoon per day), but try to avoid wherever possible. Although these contain other nutrients which can be beneficial to us, for our Reset we will try to keep these to a minimum. That said, I'd rather you choose something like a turmeric latte with a little bit of honey or dates with some almond butter than reaching out for a bar of milk chocolate.

Alcohol overloads our liver and impedes proper detoxification. As alcohol is highly toxic to us, as long as there is alcohol present the liver can only deal with its detoxification, meaning other toxins are stored by the body in our fatty tissues. Alcohol also depletes the system of important vitamin and minerals²³, so in order to Reset, we must give our liver the chance to heal and detoxify the toxins stored in our body.

Caffeine is out for the duration of the 28 days, as it is a stimulant. It causes blood sugar spikes and overloads the adrenals. Drinking caffeinated drinks also drains minerals such as calcium²⁴, which is incredibly important for many bodily functions.

SO WHAT TO EAT?

We now know which foods we will be removing but with various celebrity 'nutrition experts' disagreeing as to exactly what we should be eating, it can be very confusing to know what to eat. This is the very reason I went to study nutrition in the first place! The answer really is that there is no right or wrong diet and ultimately it's down to the individual.

To make this easier, for the next 28 days we're going to go back to basics, to the well studied Mediterranean diet model⁴ which is based around plenty of fresh vegetables, high-quality proteins, seafood, fats from nuts and cold pressed oils, and starchy carbs in moderation.

Adaptable for vegans, vegetarians and omnivores, the Mediterranean diet focuses on fresh, seasonal and lovingly prepared food, drawing our attention to eating high quality proteins with every meal, including healthy fats and complex carbohydrates while also providing the body with ample antioxidants, vitamins and minerals.

MACROS & MICROS

Understanding our food is incredibly important and is a great start in making the transition to a healthier lifestyle.

On the following pages I will explain more detailed the role of macronutrients – protein, fats and carbohydrates – as well as the importance of vitamins, minerals and antioxidants.

PROTEIN

Proteins are the foundation of life, they are the building blocks for muscles, hair, skin, our organs and hormones. A lack of protein in our diet will cause degeneration of muscle tissue and organs, causing things like hair loss and hormonal imbalances. Breaking down and processing protein takes a lot more energy and much more time than it does to break down other nutrients. In other words, the body has to work a lot harder to digest protein than it does carbohydrates, meaning we feel fuller for longer, which reduces cravings and hunger pangs.

There are 20 amino acids which the body commonly uses to make up all human proteins. Of these, 11 are considered non essential as the body can produce them, while the other nine amino acids are considered essential and must be obtained through the foods we eat. Histidine, lysine, leucine, isoleucine, methionine, phenylalanine, threonine, tryptophan, and valine are the essential amino acids that are not made by the body. We get all these amino acids when we consume protein sources like fish, poultry, legumes and grains.

Protein sources which contain adequate amounts of all of the amino acids are called 'complete proteins' and these are generally obtained from animal food sources. Chia seeds and quinoa also provide us with all nine essential amino acids. Foods which do not contain all acids are known as 'incomplete proteins'. However, by eating a wide variety and a combination of vegetables, gluten free grains and legumes we can provide the body with the required essential amino acids.

CARBOHYDRATES

Simple carbohydrates are sugars, made of just one or two sugar molecules. Simple carbs are easily digested and provide a very quick source of energy. They are found in refined sugars, and foods and products made from sugars like biscuits, cakes, sweets and so on, but also in foods like fruit and milk. Simple carbohydrates cause blood sugar spikes, which over time cause inflammation, weight gain, potentially leading to insulin resistance.

Complex carbohydrates are known as starches. They are found in whole plant foods, are rich in fibre which makes for a slower release of energy, as well as being beneficial for digestion and provide us with vitamins and minerals. Whole plant foods which provide great complex carbohydrates are green vegetables, whole grains, sweet potatoes, pumpkin, beans, lentils and peas. Like simple carbohydrates, complex carbohydrates can be refined, a process which strips away much of the vitamins, protein and fibre. Unrefined carbohydrates cause less insulin spikes and because of that, they are considered to be the healthier option.

FATS

Fats, also known as lipids, have many functions in the body; from energy production, insulation and protection of our organs, absorption of fat soluble vitamins, brain function which relies on several different lipids, hormones and our cell mem-

brane structure. While we can go for long periods of time without fat, we cannot live without it completely. The fats that we cannot live without are known as essential fatty acids (EFAs). These are found in oily fish, some nuts and seeds, and seaweed.

Research has shown that these EFAs actually help us burn the stubborn, stored body fat, in addition to numerous other health benefits such as regulation of inflammatory pathways and cell membrane integrity.

Not all fats are good however, so over the 28 days we will be avoiding trans-fats, which are found in margarines and most baked and processed foods. These can be extremely harmful for our bodies causing oxidative damage to our cells. Processed and over heated fats can also be harmful as they become altered and toxic.

Over the last couple of decades or more, fat has been regarded as the bad guy. So much so, that it has become ingrained in our way of thinking to intuitively reach for anything that says “low fat”! More recent studies however, have proven that it is in fact sugar that makes us fat, not fat.

FRUIT & VEGETABLES

You will often hear me mention eating a **rainbow selection** or rainbow variety of fruit and veg. By this I mean eating purple, blue, red, yellow, white and green varieties of fruit and vegetables. Phytonutrients are found in the colours which provide us with the most abundant selection of

antioxidants. These include beta-carotene, lycopene, and anthocyanins. These nutrients are beneficial for our health by acting against free-radicals, supporting eye and skin health, they are anti-inflammatory and have anti-cancer properties, among many other health benefits.

Cruciferous Vegetables include broccoli, kale, kohlrabi, watercress, mustard greens, brussels sprouts, cabbage, bok choy and cauliflower. These vegetables contain a unique set of nutrients which research has shown to be hugely beneficial to human health, most significantly they are believed to be anti-carcinogenic and anti-inflammatory. Additionally they also contain some omega-3 fatty acids, vitamin K and iron, supporting bone health and blood production.

Legumes include beans, chickpeas, peas and lentils, which can provide us with a good source of protein, in particular when eating a plant based diet. They also contain lignans which research suggests may reduce the risk of hormone-associated cancers, help maintain bone density and reduce the risk of cardiovascular disease. Legumes are high in insoluble fibre which helps remove toxins from our colon and prevent constipation. They also contain soluble fibre, which helps keep blood sugar balanced and lowers the amount of cholesterol in our bloodstream.

THE HEALTHY PLATE

A Healthy Plate should comprise:

1/2 vegetables of a rainbow variety, including spinach, broccoli, chard, tomatoes, cucumber, asparagus, onion, bell peppers, kale

1/4 should be good quality **protein**, including organic tofu or tempeh, legumes, lentils, eggs or if you eat chicken or fish keep to serving size

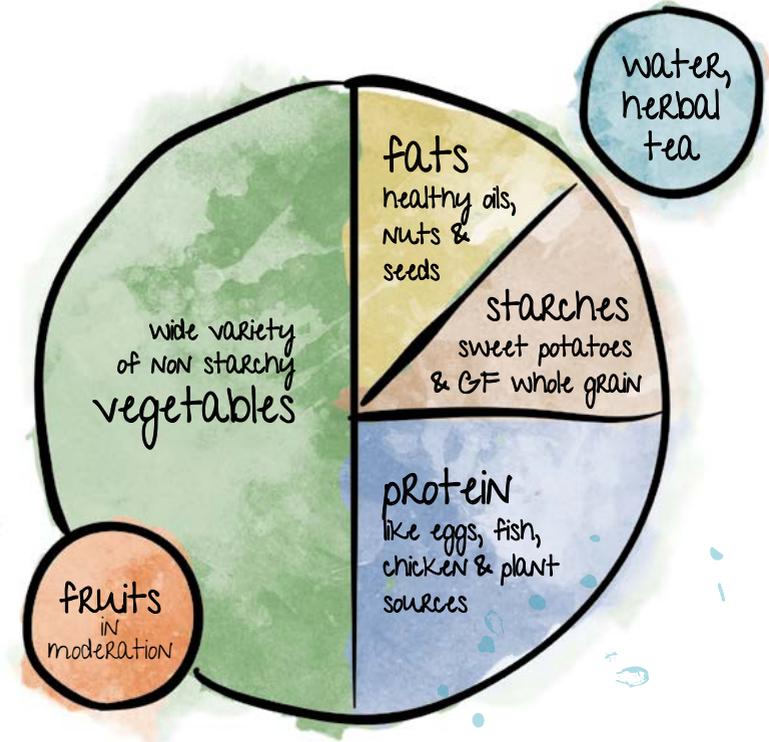
1/8 should be **starchy veg or grains**, including quinoa, buckwheat, sweet potatoes, millet

The remaining **1/8** should be **healthy fats**, these can be included in dressings or can be things like avocado, nuts and seeds, tahini, hummus, nut butters, olive oil, hemp seed oil

Fruits are permitted in moderation (2 servings per day)

Eating two-three meals a day is the ideal. Try not to snack in-between meals and eat at least two hours before bed-time, ideally before 7pm. You can have herbal teas after this time only. Take your time to eat your meal in a relaxed way, without distractions such as the TV, phones or computers, while chewing slowly and enjoying your food!

Drink plenty of non-caffeinated drinks – water and herbal teas are great. If you want to jazz up your water add mint leaves, cucumber slices or berries.



PORTION SIZES

When it comes to knowing your portion sizes, the best way to eat for your body size is to use your own hands as measures. Recent research published in the Journal of Nutrition Science⁵ showed that people are much more likely to accurately estimate sizes when using their hands. Per meal the following portion sizes are recommended:

- Protein should be the size of your palm when open
- Oils and fats should be the size of your thumb
- Nuts and seeds, up to one closed handful per serving
- 1/2 avocado per meal
- Olives or flaked/ desiccated coconut – one heaped handful
- Vegetables can be 2-3 handfuls, potentially filling up half of your plate – include a rainbow variety and plenty of dark green veg
- Fruit such as berries and apples – keep to a handful per portion. Try to avoid very sweet fruit such as bananas, mango, grapes. Should you want to include banana, use half per day, storing the other half in the fridge. It should also always be eaten in the morning only. Dates keep to 2 per day maximum and avoid having them daily

PREPARATION FOR EACH WEEK

Once you have read the information at the beginning of each week you can begin to prepare for the week ahead. Here are some ideas for food prep you can do in advance so you don't always have to stop in your day to cook each meal.

Plan your meals for the week with the meal planner provided

Refer to the weekly recipes as they address the different topics covered for that particular week

Go shopping and make sure you have all the ingredients you need to prepare your meals

Batch cook grains and store in glass storage containers in the fridge

Cook a massive stew or soup, freeze half to have later on in the week

Double up on any recipe and have again for lunch the following day

Boil 6 eggs at once, keep in the fridge for up to 3 days

Make enough dips to last for 3 days

Make dressings and keep in glass jars in the fridge for up to 1 week

Roast a tray of chicken legs or pieces of salmon (they're lovely cold in salad bowls)

Wash, chop, and prepare a bunch of different veggies for the week, and store them in containers in the fridge

Roast a big batch of root veg to add to salad bowls. Keep in the fridge for up to 3 days

Prepare 2-3 days worth of lunches in mason jars

Prepare a tray of breakfast egg and veggie muffins which will last for 3 days

Prepare some breakfast bars which keep in an airtight container for 5 days

Make a batch of sugar free granola for the week ahead and store in a mason jar

COOKING TIPS

Follow these time saving tips to create delicious simple, healthy meals:

Cook once, eat all day: If I'm really pressed for time I will roast a big batch of veggies, butternut squash, sweet potato, courgette, as well as some protein – baking some salmon or roasting some chickpeas. This will all be cooked in the oven in 45 minutes in the morning while I'm getting ready. I will pack it in 3 big mason jars, add some fermented veg, maybe chuck in some extra salad leaves, olive oil, lemon and voila, 3 meals done!

Hard Boiled Eggs: I cook 6 eggs at a time and keep them in

the fridge, or take a couple with me if I'm going to be out for the day. Then when I need to eat a quick meal I can just grab some hummus, spinach, salad and cucumber with a little bit of sea salt and have an awesome meal.

Make a One Pot Meal: I am queen of the “One pot Wonder”. I very often chuck in a load of veggies, some lentils or beans, a jar of chopped tomatoes and some herbs and spices and simmer till it's hot and delicious. Serve with some salad or steamed kale. Serve for lunch the following day too!

Slow cook everything: If you're going to be out for the day, you can add almost anything to a slow cooker and know that you'll get back to an amazing smelling house and a dinner to tuck into. Chicken and a few veg, chickpeas and squash, anything goes.

Batch Cook: Make 3 or 4 times the amount of quinoa, rice, proteins, and store in the fridge in airtight glass containers. Then you can just grab some with some salad and fermented veg and have very quick meals ready to eat.

THE KITCHEN DETOX

Over the following 28 days you will want to have as few temptations around as possible, so the best place to start is with your kitchen. Bag up any junk foods you have and take them to a food bank or give them to the neighbours. Your family members need to be on board with these changes, and respect them, in order to support you on this journey. Everyone in the household can benefit from 28 days of

healthy eating – boyfriends, husbands, girlfriends, house-mates or kids, get them involved! Your enthusiasm will be contagious!

Make sure you remove:

- Refined sugar & syrups
- Alcohol
- Chees & dairy produce
- Crisps
- Juices, squash & pop
- Chocolate
- Processed meats
- Biscuits

HABITS & CRAVINGS

Research has shown that cravings only really last for a maximum of five minutes, so in that time you can make a cup of cinnamon tea (cinnamon is particularly useful in curbing sweet cravings), put your favourite song on really loud and dance, go out for a walk round the block, call a friend for a chat or do some yoga sun salutations! Before you know it the cravings will have passed.

Start thinking and planning for the kind of meals you will be having. They really don't have to be complicated and often require no real recipe. For example breakfast can be a two egg omelette with a tomato, cucumber and spinach salad, lunch can be grilled salmon with a harissa topping with steamed cauliflower and broccoli florets, while dinner can be a baked sweet potato with black bean chilli.

Trying new things is so exciting! New flavours and food combinations, new drinks, get excited about it all, it will make the ride much more fun. Remember you can find more recipes ideas at www.beetspulseandthyme.co.uk

KITCHEN EQUIPMENT

Over the next four weeks and onwards, the following pieces of kitchen equipment will be very useful:

Blender – for making smoothies

Food processor – a small hand held one is fine, I've only just got a big grown up recently :) it's excellent for making soups, chopping veg, making dips and dressings.

Spiruliser – spirulise everything!

Juicer – There is a lot of debate around about the type of juicer we should be using... Yes a masticator type of juicer is better at preserving some of the plant enzymes than a centrifugal one, but they are also much more expensive and take longer to juice. The best juicer to get is the one you will use! If you know time is of the essence to you, then the faster juicer is the best option. If money and time is of no concern to you then the masticator is your best option.

Glass storage boxes, mason jars, glass bottles – using glass instead of plastic minimises our exposure to xenoestrogens which can interfere with our oestrogen metabolism.

Slow cooker – I love my slow cooker because I can go out in the morning having chucked a few ingredients into it and come home to a lovely hot meal! It's like having a live-in Grandma!

Pots and pans – options for non teflon pans, the teflon is a toxic element which we want to avoid, go for cast iron or ceramic non stick pans. Stainless steel and glass are good options too.

For a selection of my favourite pieces of kitchen equipment go to: www.beetspulseandthyme.co.uk/essentials

MAKE IT PUBLIC

Last but not least, tell anyone and everyone about what you're doing! Write your start date on the whiteboard at work, the blackboard in the kitchen, create a 28 day count-down calendar, or keep a daily diary and share it on Facebook and Instagram. Making it public will make your journey much easier, as everyone around you will be aware of what you're doing, meaning they're less likely to try to tempt you to fall off the wagon. Let everyone know how important it is to you and why you're choosing to embark on the 28 Day Mind & Body Reset.

Accountability will help keep you on track! Share your plates of food on your social media with the hashtag #28daymindandbodyreset

Finally if you're part of a networking group, a gym, school or office, see if you can find someone to do the programme

with you, making it more fun and the commitment stronger. Being held accountable is a very powerful tool we can utilise to help us fulfil our intentions.

Congratulations!!!
You are now officially part of the
28 Day Mind & Body Reset.

STOCK UP

COMMON FOOD SWAPS



One of the first steps to a healthier, happier and more vibrant you is to acknowledge that some things will have to change. Below is a list of food swaps to begin with.

Bread. As we're trying to break old habits and form new healthy ones, all types of gluten free breads will be out of bounds for the next 28 days. You can replace bread with any of the following: gluten free oat crackers, flaxseed crackers, almond crackers, juice pulp crackers.

Milk can be replaced with almond milk, coconut milk or cashew milk. Rice milk is usually very sweet and refined. No soya milk either.

Yoghurt can be replaced by coconut yoghurt.

Black tea can be replaced by green tea. Replace your morning coffee with Matcha Latte or Turmeric Latte.

Mashed potatoes can be swapped with mashed cauliflower, mashed sweet potato or mashed parsnips.

Spaghetti can be swapped for buckwheat noodles, spiralized courgette or whole grain rice noodles.

Sugary drinks can be swapped for herbal teas or infused water.

Alcohol can be swapped for fermented drinks like kombucha or water kefir.

Table salt should be replaced with Sea or Himalayan Salt.

Jacket potatoes should be swapped with healthy baked sweet potatoes.

Chocolate can be swapped with a trail mix including raw cacao nibs, nuts and seeds, or almond butter mixed with raw cacao stuffed into a medjool date (careful! you have to be able to limit this to maximum 2 per Week).

White or refined sugar can be swapped with mashed banana, dates, cinnamon and berries.

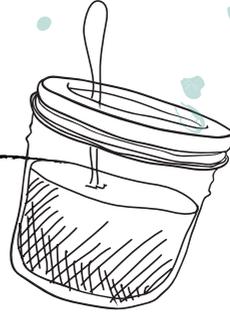
Mayonnaise can be swapped with mashed avocado, hummus and other dips.

Sunflower or vegetable oil should be swapped with coconut and olive oil.

Crisps can be swapped with home made vegetable crisps (no shop bought vegetable crisps!) or home made kale crisps.

DIPS

AND PATES



I tend to make 2-4 dips every week, they keep in the fridge for 3 days in an airtight container so you can always have something on hand if you need to put together a quick meal, e.g. a dollop of Black Bean Hummus added to a nutritious salad bowl gives you extra protein, healthy fats and fibre.

Dips and plant based pates are great to serve with gluten free oat crackers, flaxseed crackers or crudité's of your choice as a snack.



The aim of this cleanse is not to go hungry but to become more conscious of your choices, because every single choice we make is what we will live with in the future.

Preparing dressings and sauces to keep in the fridge is another great way to guarantee a wonderfully delicious salad or snack and makes it quick and easy to knock a lovely meal together in no time at all.



SIMPLE HUMMUS

- 250g dried chickpeas
- 1 tablespoon light tahini paste
- 1 tablespoon olive oil (more to garnish)
- 4 tablespoons lemon juice
- 2 garlic cloves, crushed
- 50 ml ice cold water
- Pinch sea salt

Add all the ingredients to a food processor and blend until smooth. Add more water if too thick.

ARTICHOKE DIP

- 1 tin of artichoke hearts in water
- 1 clove of garlic
- 2 tablespoons of lemon juice
- 1 tablespoon of light tahini
- 1/2 teaspoon ground cumin
- 1 tablespoon of olive oil
- Sea salt and pepper to taste

Drain the liquid from the artichoke hearts and add them to a food processor together with all the other ingredients. Blitz until smooth.

BLACK BEAN HUMMUS

250g cooked black beans
3 cloves garlic
Salt to taste
3 generous tsp light tahini
1 tablespoon of olive oil
1/2 teaspoon of ground cumin
Juice from 1/2 lemon

Whether you've cooked the black beans yourself or are using from a tin, drain and rinse them and add to a food processor together with the remaining ingredients and one tablespoon cold water. Mix for a few minutes, until smooth. Taste and feel the consistency, adding more salt or water if desired. At this point, you can also add some olive oil for an extra rich hummus. Mix again. Place in an airtight container in the fridge if you are not eating it immediately. Serve with homemade sweet potato and beetroot crisps.



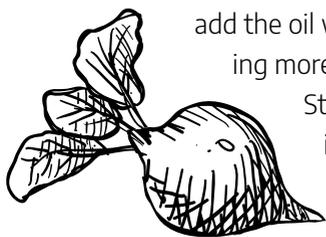
BEETROOT DIP

- 1 kg beetroot
- 1 large clove garlic
- 1/2 teaspoon chilli flakes (to taste)
- 2 teaspoons strong horseradish (gluten & dairy free)
- 2 tablespoons coconut yoghurt (optional)
- 2 tablespoons olive oil
- Handful of fresh mint
- Handful of fresh coriander

Trim the leaves of the beets, then clean and scrub it well. Wrap them in foil and roast in the oven on medium heat for 1 hour, until soft when you poke a fork in. Let them cool cool, then peel and roughly chop it.

Add all ingredients to the food processor, except for the oil, and blitz for 1 to 2 minutes until well combined. Slowly add the oil while the mixture is processing, adding more as needed, until nice and creamy.

Stir in some coconut yoghurt to make it creamier.





SUN-DRIED TOMATO BASIL & SEEDS PATE

200g sunflower and pumpkin seeds
12 sun-dried tomatoes
1 clove garlic
1/2 cup basil
2 tablespoons olive oil
Juice of 1/2 lemon
1 teaspoon tamari
1 teaspoon honey/maple
Salt and pepper

Soak the seeds overnight in cold water. Soak the sun dried tomatoes in cold water for 20 min. Drain, keeping the liquid. Drain the liquid from the seeds and sundried tomatoes and add all ingredients to a food processor and blend until the right consistency is achieved, adding some of the sun-dried tomatoes liquid if needed.



PUMPKIN HUMMUS

1/2 small pumpkin
1 tins chickpeas
1 teaspoon tahini
1 teaspoon sesame oil
1 clove garlic
Salt and pepper

Cut the pumpkin in quarters and roast in the oven for 45 minutes or until tender. Scoop out the flesh and allow to cool. Add the pumpkin and remaining ingredients to a blender and blend until smooth.



BASIL PESTO

- 1 bunch of basil
- 1 clove garlic
- Pinch of salt
- 20g toasted pine nuts
- 2 tablespoons of extra virgin olive oil
- Pinch of nutritional yeast (optional)

Blend all ingredients together in a pestle and mortar or food processor. Add more olive oil if needed.



WALNUT ROCKET PATE/PESTO

- 120g Rocket
- 150g walnuts
- 2 tablespoons of olive oil
- 1 clove garlic
- Juice 1/2 lemon
- Salt

Add all the ingredients to a food processor and blend until smooth. Use as a dip or pesto.



OLIVE TAPENADE

1 jar black pitted olives 160g
2 tablespoons of olive oil
juice 1/2 lemon
1 clove garlic

Add all the ingredients to a food processor and blend.



DRESSINGS

& SAUCES

make these dressings up in advance, and use them to add flavour to any vegetables or salads throughout the four weeks.

TAHINI DRESSING

- 2 tablespoons tahini paste
- 1 tablespoon extra virgin olive oil
- Juice of 1/2 lemon
- 3 tablespoons water
- 1/2 teaspoon ground cumin
- 1 finely minced garlic clove
- Sea salt + pepper to taste

Add all the ingredients to a mixing bowl and whisk together with a fork. Taste and add more seasoning or lemon juice to taste.

CASHEW DRESSING

- 1 tablespoon cashew butter
- 1 tablespoon tahini
- 1/2 lemon juice
- Pinch salt
- 2 tablespoon water

Mix well with a fork, add to a jar and store in the fridge.

SIMPLE SALAD DRESSING

- 3 tablespoons olive oil
- Juice 1 lemon
- 1 teaspoon grainy mustard
- 2 tablespoon water
- Pinch salt

Place in a jar and shake. Keep in the fridge.



HARISSA PASTE

- 1 red pepper
- 3 fresh red finger-length chillies
- 1/2 teaspoon ground coriander
- 1/2 teaspoon ground cumin
- 3 garlic cloves, roughly chopped
- 1 small red onion, roughly chopped
- 1/2 teaspoon sea salt flakes
- 2 teaspoon tomato purée
- 2 1/2 teaspoon lemon juice
- 1/2 tablespoon light olive oil

Place the red pepper under a very hot grill and cook until soft with a blackened outer. Let it stand on the side to cool, then peel the skin and remove the seeds and stalk. Heat the the olive oil in a pan, add the onion and chillies and cook until soft, for about 10 minutes. Add the garlic and spices and tomato puree, stir through with the heat off. Transfer to a food processor with the remaining ingredients and the red pepper and blitz until smooth. Add more olive oil if needed. Store in a glass jar in the fridge for 1 week. Lovely on chicken, fish, add to stews or roast veggies with it.

CRACKERS

& CRISPS



FLAXSEED & CHIA CRACKERS

50g golden flax seeds

50g brown flax seeds

(you can just use one or the other)

25g chia seeds

150ml cold water

1 teaspoon cumin

1 teaspoon salt

1/4 teaspoon cayenne pepper (optional)

Add all the ingredients to a mixing bowl and add 100ml cold water. Stir well with a fork as the chia seeds tend to clump together. Let stand for 10-15 minutes until the water is well absorbed. If it's too dry, add a little bit more water. You want a gloopy kind of consistency, not too wet but not too dry either. Place some parchment paper on a baking tray and using the back of a spoon spread the mixture as thinly and as evenly as possible. Place in a preheated oven on low temperature of around 100° C and bake for approximately one hour. When the sides begin to curl up you can carefully peel the cracker off the parchment paper and flip it onto the other side.

It's ready when there are no wet bits on it. Let it cool, snap into pieces and enjoy with nut butters, hummus and other dips.

ALMOND & FLAX CRACKERS

- 2 cups ground almonds
- 1 cup ground flaxseeds
- 3 tbs olive oil
- 2 eggs
- 1 teaspoon salt
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary

Preheat the oven to 170°C. In a bowl combine together the dry ingredients. In a separate bowl whisk the eggs and olive oil together then pour into the dry ingredients. Bring the dough together with your hands. Place it in between 2 sheets of parchment paper and roll out to approx 1/2cm thick. Remove the top sheet and transfer the bottom sheet with the rolled out dough onto a baking tray. Mark the dough into squares with a knife and bake in the oven for 12-15 minutes until golden. Let the crackers cool, then store in an airtight container. Lovely with dips or with pesto and grilled courgette and aubergines.



KALE CRISPS

4-5 large kale leaves
1 teaspoon olive oil
Salt
Spices (optional)

Preheat the oven to 140°C Trim the kale to to remove any thick stems and tear the leaves into large pieces. Wash the kale in cold water and dry thoroughly with kitchen paper. Rub a tiny amount of olive oil into the leaves, but don't overdo it – too much will make them greasy. Lightly season with fine salt. You can also add cumin, paprika and / or cayenne pepper. Arrange the leaves on a tray lined with baking paper, making sure they don't overlap. Bake in the oven for about 10-15 minutes until they feel dry to the touch. They can burn very quickly depending on how hot your oven gets, so make sure to check them. Leave to cool and become crispy completely before eating. Eat kale chips by themselves or with hummus as a snack.



BEETROOT & SWEET POTATO CRISPS

- 1 medium-sized sweet potatoes
- 1 medium sized beetroot
- 1 tablespoon olive oil
- 1 teaspoon salt

Preheat the oven to 200°C and cover 2 baking sheets with parchment paper. Cut the sweet potato and beetroot into really thin slices, as thin as you get (4 mm seems about the average). Place the slices in a bowl, pour the olive oil over and toss until they are coated. Spread them out on the baking sheets and bake for about 25 minutes or until crispy, turning them over half way through. Take them out of the oven and sprinkle with salt. Serve together with black bean hummus or any other dip you fancy.



INFUSED WATER

If you find it hard to drink plenty of water, try infusing it with fruit, cucumber, mint or lemon for a more tasty water. Keep old jars and tomato sauce bottles as these are really handy for storing your drinks in the fridge.

Try different combinations:

- mint, cucumber and lemon
- raspberry, strawberry and blackberry
- strawberry and mint

HERBAL TEAS

All herbal teas are permitted, especially beneficial are:

Cinnamon tea for helping curb sugar cravings

Liquorice tea for indigestion, acid reflux and aiding the liver to neutralise toxins. Do not use if you suffer with high blood pressure.

Peppermint or **fennel tea** for digestion

Chamomile tea for relaxation

Dandelion Tea for detoxification

Nettle tea for blood purification and detoxification



GREEN TEA

Green tea is great during the Reset as it contains some caffeine so can help with the caffeine withdrawals. It contains epicatechin, epigallocatechin, epicatechin-3-gallate, and epigallocatechin-3-gallate, which have anti-carcinogenic, anti-inflammatory and antioxidant properties. It also boosts your metabolism aiding weight loss. You can consume it loose or as tea bags. Make sure that you don't fully boil the kettle, as it should be brewed at 80 degrees Celsius for best flavour and to not spoil it's antioxidant benefits.

HOMEMADE ALMOND MILK

100g almonds
1ltr filtered water
1/2 tsp vanilla bean paste
1 date
Tiny pinch of salt

Soak to almonds overnight. Discard the water in the morning, then add all the ingredients to a blender. Strain using a nut milk bag or muslin. Store in a glass bottle in the fridge for up to 3 days.



FRESH JUICES

You can have juices with your breakfast or lunch or an afternoon or mid-morning snack. Put all the ingredients through your juicer and serve, or bottle and keep some for later.



Detoxifying Herbs

2 handfuls spinach
1/2 cucumber
2 celery stalks
Handful coriander
Handful parsley
1/2 lemon

Blood Builder

1 carrot
1 beetroot
1 apple
Large handful of Kale
1/2 lemon
2 celery stalks

Super Green

1 apple
1 lime
Handful of coriander
1/2 cucumber
2 handfuls of spinach

Immune Boost

5cm turmeric root
3cm ginger
1 lemon
1 pear
2 carrots
2 celery stalks

Digestive

1 fennel bulb
Handful of rocket
1 apple
Handful of Kale
Handful of parsley
2 celery stalks

Simple carrot, apple, ginger

2 carrots
1 apple
2cm ginger
1/4 cucumber

SMOOTHIES

Add ingredients to a blender and blend until smooth and silky. Pour into a glass or a takeout mug and enjoy!

Coconutty

- 1 tablespoon desiccated coconut
- Handful blueberries
- 1 cup coconut milk
- 1 cup spinach
- 1 tablespoon soaked chia seeds
- 1 teaspoon almond butter
- 1 tablespoon/scoop vegan protein

Anti-inflammatory

- 1 cm ginger
- 1/2 avocado
- 1/4 cucumber
- 1 celery stalk
- 1/4 teaspoon turmeric
- 1 cup almond milk

Green Goddess

- 1 scoop greens powder
- 1 tablespoon/scoop Vegan Protein
- 1 tablespoon Flax Meal
- 1/2 avocado
- 50g spinach
- 1/2 banana
- 250ml Coconut water

BPT Mega Smoothie

Handful blueberries

Handful cherries

2 inch cucumber

1 celery stalk

Handful spinach

1 teaspoon acai powder

1 scoop greens powder

1 tablespoon flax meal

2 teaspoon hemp seeds

1 teaspoon almond butter

1 tablespoon pea protein

1 cup coconut water



TURMERIC TEA

2cm piece of fresh turmeric thinly sliced
(or use 1 tsp of ground turmeric or ready made
paste as described above)

2-3 slices of fresh ginger

1 slice of lemon

Pinch of ground black pepper

1 teaspoon of raw honey

Add all the ingredients to your favourite mug, cover with
boiling water, stir and let it infuse for 10 minutes.



TURMERIC CINNAMON LATTE

As well as adding turmeric to our food, turmeric makes a wonderful soothing drink. It's great for stomach upsets, colds, headaches or any aches and pains as it acts as a fantastic anti-inflammatory and pain relief. When mixed with other ingredients such as cinnamon, ginger, even cayenne pepper it makes for a wonderful powerful remedy. Always combine with black pepper to aid absorption.

1 heaped teaspoon turmeric
1 cup almond milk
1/2+sp cinnamon
1/2+sp RAW coconut oil
1/2+sp honey (optional)
generous pinch black pepper

Add all the ingredients except the honey to a saucepan and stir using a whisk. Heat through, pour into a cup and add the honey if using. Serve immediately.

To save time you can make five times the amount of turmeric, cinnamon and black pepper. Add 1 cup of water, bring to the boil and reduce to a paste. Store in a jar in the fridge, taking out a heaped teaspoonful as required and mixing with hot almond or coconut milk.

MACA HOT CHOCOLATE

Maca is a fantastic food for balancing hormones, it has a lovely malty sweet taste and works beautifully in hot chocolate.

1 teaspoon cacao

1 teaspoon maca

1/4 teaspoon cinnamon

1 cup coconut milk

Add all the powders to a mug with a little bit of the milk and whisk into a paste. Add the remaining milk to a pan and heat up. Pour the hot milk into the mug and whisk to make sure all the ingredients are well combined. I find the maca sweet enough, but you can add a little honey if needed. Enjoy as a warming drink morning or evening.



MATCHA TEA

Even more potent than green tea is Matcha Green Tea powder. The entire leaf is dried into a powder and consumed. Add one scoop of Matcha powder to your cup, add a dash of water and whisk into a paste. Top with hot water at 80 °C (not boiling as it deactivates the antioxidants) and enjoy.

MATCHA LATTE

Alternatively you can make a delicious Matcha Latte by adding one scoop of matcha powder to a cup, add a drop of warm water and whisk. In a pan heat up some coconut or almond milk then pour over the matcha paste. Stir and serve immediately.

THE GUT

Welcome to **Week One** of your healthier lifestyle! This week we will focus on our foundation of all digestion: The gut. We daily use expressions like 'Listen to your gut', 'trust your gut feeling', 'butterflies in the tummy', but are we paying attention to the messages? I encourage you to listen, to feel and to honour this beautiful vessel you inhabit!





"ALL DISEASE BEGINS IN THE GUT"

- Hippocrates

Often, in our busy modern day lives we have a tendency to live from the neck upwards, forgetting to tune in to how our body is responding to food and environmental triggers in the rest of our body, like the skin, gut or joints. We're urged on by the taste on our lips and the dopamine released in our brain. We have an incredibly innate ability to heal our physical selves when we begin to listen to our body's signs and signals – especially those of our gut.

Over the past 20–30 years there has been extensive research into the gut microbiome, bringing to our attention the importance of our gut health in relation to not only digestion and assimilation of foods, but it's significance in relation to our overall health⁷. This really highlights how our body is not just made up of separate systems but an intricate web that works together.

As our overall health and wellbeing is a direct reflection of how well our digestion is operating, the focus for the first week of our Reset is about supporting our gut health. By addressing digestive issues first, we will ensure better absorption of nutrients from all the delicious foods we'll be eating, as well as improving our elimination of toxins.

We're going to support gut repair by eliminating the most allergenic and inflammatory foods in our diet. These are; gluten, dairy, red meat, refined sugar, caffeine, trans fats, alcohol and processed foods. Although the digestive tract is on

the inside of our body, it is in constant contact with the exterior world, because it is exposed to everything we put into our mouths. These foods in particular, can irritate the lining of the gut causing the intestinal lining to become permeable, something more commonly known as “leaky gut” (8). “Leaky gut” is important to address as a starting point, as we not only want to eat lots of beautiful delicious foods without digestive discomfort, but also absorb and assimilate all the amazing nutrients from that food over the course of the next four weeks, and beyond..

In order to support the integrity of the gut lining, we must include certain nutrients and foods in our diet. One of the most healing foods for the intestinal lining is Turmeric.⁹ Turmeric has a long history of traditional use in Ayurvedic Medicine, and over the past few years the scientific world has also taken an interest in turmeric and its benefits to human health. Several studies have revealed that Turmeric has wide therapeutic actions such as anti-inflammatory, antispasmodic, antimicrobial, anticancer properties, as well as being beneficial for the liver and protecting our nervous system¹⁰. We can include this wonderful spice generously in our foods as well as drinks.

Another very important nutrient for healing the gut is Glutamine. This amino acid allows the body to restore the epithelial lining of the intestines¹¹. Over in the recipe section you will find some Bone Broth and Vegetable Broth recipes which are really important to add to your eating plan. Bone broths contain glutamine and if you're vegan or vegetarian make sure to include some cabbage in your broths for some extra glutamine.

To improve the integrity of the gut even further we must also look at improving the gut microbiome. The beneficial bacteria in our gut, known as probiotics, are just that, hugely beneficial for our health. They produce some of our vitamins, help digest our food and regulate our hormones, and have many other health benefits¹². We will be adding some fermented foods and drinks to our diet starting from day one. If you are unfamiliar with these flavours, please persevere as you will soon adjust to the taste. Start with one teaspoon of raw sauerkraut for example, and build up the amount to one tablespoon added to salads. If you really can not tolerate the taste of fermented foods, or your stomach is sensitive to these foods, you may want to consider introducing a probiotic supplement containing Lactobacillus and Bifidobacterium strains into your routine each morning (for some supplement recommendations go to www.beetspulseandthyme.co.uk/essentials). Probiotic foods have amazing benefits for our gut and overall health, but equally important are prebiotics. These are usually found in different types of fibre and literally act as food for the gut bacteria. In order for us to have a thriving gut microbiome, it's really important to feed and support the gut bacteria with fibre rich foods in order to ensure a healthy colony.

THE GUT BRAIN CONNECTION

The gut brain connection is incredibly powerful, scientifically proven and completely fascinating.¹³ The thoughts we have impact our gut through a whole series of chemicals released by our brain which impact our gut by triggering cravings, binges and even leaky gut. On the other hand, if our gut is

irritated or exposed to a barrage of sugars, alcohol and gluten to name just a few, a whole series of hormones send stress signals to our brain, affecting our thoughts, causing brain fog and more cravings.

This extremely close interrelation between mind and gut means that in order to begin healing the gut, we also need to look at techniques which involve calming the mind and the nervous system.

THE MIND MESSAGE FOR THIS WEEK IS "SELF LOVE".

This is not some kind of airy-fairy hippie self love. This is a concept that is scientifically anchored and here to help you overcome feelings of guilt related to food. Beating yourself up for gaining a few extra pounds, blaming yourself for your sugar addiction or for your aches, pains or hormone problems, will just add to the stress chemicals sent out by your brain which affect your gut. To begin the process of self acceptance, we need to start letting go and releasing certain patterns of thought. Through meditation we can identify and accept these thought patterns, then we can begin the process of becoming kinder and less negative about our bodies, these beautiful physical temples, we have been entrusted with. Your thoughts and words are extremely powerful, and we can harness the positive aspect of this incredible innate healing through visualisation, mantras and meditations.

Introduce some meditation practice into your daily routine this week. Start with the practice of just being in the present. As soon as your mind starts going into negative self criticism,

just return to the present by taking a few deep breaths. Focus on breathing. Focus on accepting the way you are right now. Concentrate on the wonderful things you're doing for yourself simply by being right here, right now, reading this book.

Go to www.beetspulseandthyme.co.uk/essentials to find links to free guided meditations, as well as some apps you can download to your phone to guide you in practice. Meditation does not have to be done in a quiet room with candles, sitting in a cross legged position. You can practice meditation on the train, the bus or whilst walking. Start with just two minutes a day, and you can practice right now, just set your timer and bring your attention to your breath, flowing through your body like a gentle calming wave.

We all know that exercise is hugely beneficial to our health, but exercise can also help you overcome feelings of guilt and negativity as endorphins are released during and after exercise.¹⁴ Exercise will boost your strength and self confidence, allowing you to practice more Self Love. If you are not already practising a regular exercise routine, you can start by incorporating some very simple easy exercises into your day, the key point is to do something each and every day. There are many free exercise routines online, for all levels of fitness.

I'm not a personal trainer, but here are just a few ideas for some simple exercises you can start with today. It doesn't have to be fancy, it's just about moving your body.

Take a walk around the park

Choose to walk rather than drive for your next errand

Exercising outdoors helps us feel connected with nature and reduces stress levels

Run up and down a staircase, be it in the park, the office or at home

Put on your favourite playlist and dance for ten minutes

Swimming is fantastic, especially in the wild. See if you can find a swimming group near you.

Try a Yoga or Pilates class or follow a video online – you can find many free yoga and pilates short videos on YouTube so you don't even have to go to a class to part take in these exercises

Do ten jumping jacks while you boil the kettle

Do ten lateral leg lifts on each side while you brush your teeth in the morning

Do three sets of ten squats while you run a bath

Do the plank for 20 seconds every day

Go to www.beetspulseandthyme.co.uk/essentials where you can find links to easy to follow exercises for free, my favourite online yoga classes and meditation apps.

REWARD YOURSELF

Make sure you reward yourself at the end of the day, the week or whenever you feel that you've achieved something, whatever that may be. May simply be that you are happy that you've reached the end of the first week, or that you managed to meditate and be in the present this week, or that you have conducted some form of exercise every day.

They are all really amazing achievements and should be rewarded. The key habit to aim to break here is not to reward yourself with food! Remember food is our fuel, it heals and nourishes us. The items of food we associate with being a treat are anything but healing or nourishing. They make us feel guilty, make us put on weight, and/or cause pain. Treats should make us feel amazing!

Taking a break from work and chilling out with an interiors magazine is my favourite treat, but can be anything! Listen to an inspiring podcast or YouTube video, read a book, sit in the garden with a cup of herbal tea and pay attention to all the activity going on around you like a curious child. Take a nap, take a bath, get a facial, take Sunday off, switch off all technology and have an awesome walk in the woods, the beach or countryside, get a massage, watch a funny, feel good movie in bed on a Friday night. It's time to let go of old habits, develop new healthy ones, find balance that leads to true health and happiness. And most important of all – do everything with a deep sense of Self Love.



HEALTHY GUT FOCUS FOODS



Fermented Foods: Fermentation is not a technique invented by humans, it is the alchemy of time, salt, water and the invisible world of microorganisms. The art of fermentation is something that we as humans have learned, and are still learning to manipulate. Fermentation processes may often have been happy accidents, where certain foods mixed with water and salt may have produced an interesting sour taste or alcoholic beverage, as well as successfully preserving food. This ancient tradition preceded modern technology of chilling or preserving foods. The increased health benefits as well as successful food preservation meant that the wonder of fermentation rapidly spread across the globe through different cultures: from miso, nato and tofu in Japan, Kvass, sauerkraut and fermented vegetables in Eastern Europe, sourdough bread and beer in the UK. To this day, fermentation is still practiced in many cultures, as fermented foods are extremely beneficial for the recolonisation of the gut bacteria and human health..

Turmeric: Turmeric's incredible healing powers have been utilised by Eastern cultures for millenia. The medicinal properties of turmeric come from its bright orange compound – curcumin, which acts as a potent anti-inflammatory, anti-bacterial and anti-viral. It's soothing to the gut lining, liv-

er detoxifier and incredible for radiant skin. Turmeric is just an amazing antioxidant agent! It is an excellent remedy for colds and in particular for coughs¹⁵, as it helps relieve chest congestion and phlegm.

Glutamine: Amino acids are the building blocks of protein and glutamine is the most abundant free amino acid in our body, supporting the gut functions and the immune system especially in times of stress. It's also important for providing "fuel" (nitrogen and carbon) to many different cells in the body and a co factor in the production of other amino acids and glucose¹⁶.

Vitamin A: Vitamin A is produced in the body from beta carotenes in plants such as carrots, pumpkins and dark green leafy veg, or assimilated from animal sources such as fish. Vitamin A helps maintain membrane integrity and the gut mucosal barrier, which stops pathogens from entering our body via the gut¹⁷.

Zinc: Zinc is found in eggs, oysters, ginger, sunflower and pumpkin seeds and is hugely beneficial in the maintenance of the immune system as well as healing wounds. This mineral helps the body with maintenance and repair when it comes to gut healing¹⁸.

Fibre: As well as feeding the gut bacteria, fibre helps with the elimination of toxic waste via the bowel. If you suffer with constipation, i.e. you don't have a regular bowel movement, daily or twice daily, it is essential to increase your fibre intake. Fibre may help you to lose weight and improves the detoxification of hormones from your digestive system¹⁹.

To get plenty of fibre in your diet you can increase your vegetable intake to 6 to 9 servings of per day. You can also add soaked flax seeds or chia seeds, flax meal and psyllium husks to your smoothies, or sprinkle them over porridge or salads. Both soluble and insoluble fibre are beneficial to gut health.

Examples of Insoluble Fibre:

- Artichokes
- Garlic
- Leeks
- Chicory
- Onions
- Asparagus
- Green bananas

Examples of Soluble Fibre:

- Legumes
- Oats
- Ground flaxseeds
- Brown, red, black rice
- Green leafy veg
- Psyllium seed husks

If you suffer from constipation, herbal teas such as dandelion or peppermint tea before bedtime can also help move things along in the digestive tract.

SOAKING NUTS

In order to aid their digestion I recommend soaking nuts before consuming them. Nuts contain phytic acids which block

the absorption of minerals such as magnesium, calcium and iron in the gut. They are also high in tannins and contain enzyme inhibitors which can put a strain on digestive function. By soaking nuts before consumption you also increase the availability of B vitamins.

Eg. Soak almonds overnight to use for making almond milk or place on a baking tray and dry off in a low heat oven, then consume as a snack.

WATER, JUICES & SMOOTHIES

This week we will add some juices and smoothies into our meal plans, to help aid digestion and elimination of toxins, while providing our body with easily absorbable nutrients, vitamins and minerals. The benefits of including juices and smoothies in the Reset are immense. They:

Allow your digestive system time to repair

Use the minimal amount of body energy to assimilate nutrients

Enable you to take in more vitamins and minerals from vegetables than we can consume whole

Improve energy as the body clears out toxins and begins to convert food into energy faster

Make sure you mostly juice vegetables with very few fruits to avoid spiking blood sugar levels. Enjoy the juice with your breakfast or lunch. If you really feel like snacking in between meals make it a vegetable juice, but don't include any fruit at all to avoid spikes in blood sugar levels. (More on blood sugar levels will be explained in Week Two)

Juices help **increase your liquid intake**, but make sure you also drink plenty of water and herbal teas. We need plenty of water in our system to aid detoxification. It will also help reduce headaches and cravings while coming off sugar. You should aim to **drink 2 litres of non caffeinated drinks per day**. Ginger, peppermint and fennel are all excellent teas for cleansing the digestive tract. Water allows toxins to be drawn out of our cells, as well as allowing better motility for the waste products to be eliminated via the large intestine. You can add a slice of lemon, cucumber slices, a sprig of mint, or a handful of berries to your water bottle. You'll have beautiful delicious flavoured water with zero added sugar. See the Drinks Recipes for full instructions.

As juicing takes out all the fibre from our fruit and vegetables, and because I hate food waste, I love experimenting with making juice pulp crackers. Simply mix one cup of pulp with half a cup of ground flax meal, season with some herbs, salt and pepper, and spread on a piece of parchment paper. Bake in the oven for about 45 min on low heat and voila! They are really delicious with some homemade hummus!

Smoothies include the entire plant so here the fibre is retained. A well balanced smoothie with protein and healthy fats makes for a healthy breakfast or lunch in itself!



RECIPES

week one



MORNING

CHIA PORRIDGE

1/2 cup gluten free oats
1/2 tablespoon chia seeds
1 cup almond or coconut milk
(see DRINKS recipes for homemade Almond Milk)

Add the oats and chia seeds to a pan and cover with one cup of almond milk (or nut milk of your choice). Allow to stand for 10 minutes, then cook on medium heat while continuously stirring for 5-8 minutes until cooked. Add more liquid as needed. Transfer to a bowl and cover with your choice of a variety of toppings:

1/2 banana
1/4 teaspoon cinnamon
Toasted almonds & walnuts
Handful of blueberries, coconut flakes
OR desiccated coconut
Stewed apples
1/4 teaspoon cinnamon

Adding vegetables to your breakfast is a great way to start the day, knowing that you've already boosted your fibre, mineral and vitamin intake. Adding courgette to your oats is a great way to achieve this. Follow the instructions above but you can also mix it up by adding a quarter of grated courgette and half the grated apple to your mixture just before you cook the porridge. Top with a selection of berries, nuts and seeds.

SMOOTHIES

Fruit is super healthy, and full of fibre, but without protein and healthy fats mixed in your smoothie, fruit-only smoothies will spike your blood sugar levels, leaving you feeling hungry soon after breakfast. Add a vegan protein powder, almond milk, avocado, nuts or nut butter, chia seeds, hemp seed or flax meal for a more satisfying breakfast. Adding extra fibre, minerals and vitamins is great too, so add some greens like kale or spinach, celery or cucumber, as well as superfoods such as maca, acai or baobab, and last, but not least, it's great to add a greens powder in too. See drinks section for recipes.

Instead of drinking your smoothie, put it in a bowl and top it with toasted almonds and coconut flakes, bee pollen, cacao nibs and hemp seeds for a more filling breakfast.



GREEN OMELETTE

2 handfuls of spinach
2 eggs
Knob of coconut oil
Sea salt & pepper to taste

Add the spinach to a colander and wash, then pour a kettle full of boiling water over it to wilt it. Add to a blender and blitz. In a bowl, whisk the eggs, season with salt and pepper then add the blended spinach and whisk together. Add a knob of coconut oil to a skillet, melt and then add the egg mixture. Cook for 2-3 minutes then finish off under the grill for another 2-3 minutes. Serve immediately with a big salad.



MEXICAN BLACK BEANS & AVOCADO WITH POACHED EGG

(enough for 2-3 servings):

350g cooked black beans

1 small red onion

1 clove garlic

1 cup passata

1/4 teaspoon cinnamon

1/2 teaspoon cumin

1/2 teaspoon cayenne pepper

1/2 teaspoon cacao powder

1 tablespoon olive oil

Sea salt + pepper

Add the olive oil to a heavy based pan and heat. Add the chopped onion and saute until it becomes translucent. Add the spices, black beans, garlic and tomato sauce (passata) and continue cooking for 15-20 minutes, stirring regularly.

Poach 2 eggs. Bring a pan of water to the boil, you'll need about 10 cm of water in the pan. Turn down the heat and simmer. Make sure your eggs are really fresh for poaching otherwise they will break. Crack 2 eggs into the water and continue to simmer for 3-5 minutes until the whites are cooked but the yolks are still soft.

Slice 1/2 avocado, sprinkle with salt and pepper, add to the eggs and some black beans and serve.



Healing Broths

Broths are great in the morning, in the afternoon or in the evening!

VEGETABLE BROTH

You can add so many different vegetables to have an amazing warming vegetable broth. Here is my favourite.

1 celery stalk
1 onion
1 sweet potato
2 carrots
1/4 white cabbage
1/2 lemon juice
4 cups water
Sea salt + pepper

In a heavy bottomed pan add one tablespoon of olive oil, heat, then add the onion, carrot and celery. Put the lid on and sweat the vegetables on low heat until soft. Add the rest of the ingredients to the pan, cover with water, bring to the boil, then simmer for an hour. Add the lemon juice and season to taste. Serve with all the chunky ingredients in, puree it or drain the liquid and just drink the warming nourishing broth.

MISO BROTH

1 inch piece of ginger
Small handful of Kombu seaweed
1 tablespoon of miso paste
2 cups water

Bring the water to a boil, add ginger and seaweed and boil for one hour. Discard the sea weed and ginger, add a generous tablespoon of miso paste and stir through. In two bowls arrange some lightly steamed greens, buckwheat noodles, mushrooms, baked tofu, spring onions and thinly sliced radish.



CHICKEN BROTH

1 chicken carcass (either after a roast or bones from the butcher)

Organic is best, as pesticides can be stored in the bones.

1 celery stalk chopped up

2 small carrots, peeled and roughly chopped

Juice from half a lemon

Sea salt + pepper

Add the carcass to a large pan and cover with water. Add the celery, carrots and juice from half a lemon. Season with sea salt and some black pepper. Bring to a boil, then simmer on low heat for 6-8 hours. When it's ready, drain the liquid. You can add the carrots back in with the liquid and blend together. Add some leftover chicken and you can also add some buckwheat or brown rice noodles and fresh parsley. Serve hot.



NOON!

IMMUNE BOOSTING BEAN SOUP

1/4 cup extra virgin olive oil
1 red onion, finely diced
4 garlic cloves, minced or finely chopped
2 medium carrots, finely diced
1 celery stalk, finely diced
2 tablespoons ginger, finely grated
4 cups cooked (or from cans) cannellini beans
1 teaspoon turmeric powder
1.5 litres of water
1 small bunch of kale, roughly chopped
Sea salt + pepper

In a large saucepan, heat the oil on medium, add the celery, onion and carrot and saute. Add in the ginger, beans and turmeric cooking for a further couple of minutes. Once the ingredients are well combined, pour in the water or some homemade vegetable stock. Bring to a boil and simmer for 10 minutes. Add in the kale and garlic, and season to taste.

Once the kale softens the soup is ready.

BEETROOT SOUP / BORSCHT

- 4 medium beetroots
- 1 parsnip, finely chopped
- 1 carrot, finely chopped
- 3 cloves of garlic, chopped
- 1 celery stalk, finely chopped
- 1 small red onion, finely chopped
- 1 tin or carton cannellini beans, drained
- 1/4 savoy cabbage, shredded
- 1 bay leaf
- 1.5 litres of vegetable stock
- Sea salt + pepper
- Lemon juice from 1/2 lemon

Roast the beets in foil in the oven on medium heat for about 1 hour until tender. Add the celery stalk, red onion, carrot and parsnip to a large heavy bottomed pan with one tablespoon of olive oil. Cook on low/medium heat until the onion is soft.

Add all the stock, bring to the boil and simmer for 20 minutes. Peel the beetroots, roughly chop them and add them to the pot with the garlic. Add the bay leaf, beans and shredded cabbage and cook for a further 5-10 min. until the cabbage is tender. Add more boiling water if needed. Finally, take off the heat, add a good squeeze of lemon and season to taste.



SALAD BOWLS

The art of the salad bowl is a very worthwhile skill to learn! A good salad makes for a very satisfying and delicious meal, and can work for breakfast, lunch or dinner.

There's a bit of a formula, but with these tools you can make endless delicious salads, without ever getting bored. Always cook plenty of quinoa, brown rice or buckwheat and keep in the fridge for up to three days. Here is my formula and I have included some of my favourites to get you started this week.

Half your plate should be comprised of vegetables of a rainbow variety and can include either raw, roasted or steamed varieties as well as fermented (see next page).



SALAD INGREDIENTS:

Celery

Courgette/Courgetti

Cucumber

Broccoli

Brussel Sprouts

Bell Pepper - red, yellow, green

Tomatoes

Onions

Salad greens of all sorts: rocket, watercress,
mustard greens, beet tops, lollo rose etc.

Asparagus

Mushrooms

Kimchi

Sauerkraut

One quarter of the plate should contain protein:

Black Beans

Chickpeas/Hummus

Tofu

Tempen

Oily Fish: Salmon, Mackerel, Anchovies, Sardines, Herring

Chicken or Lean meat

Eggs: boiled, poached, omelette

One eighth of the plate can contain some starchy vegetables
and/or grains such as:

Sweet potato, carrots, beetroot

Quinoa

Buckwheat

Amaranth

Rice - brown, red or black

The last eighth of the plate will include your healthy fats, herbs and spices which you can prepare into delicious dressings or just add as individual items:

Avocado
Tahini
Olive oil
Lemon juice
Lime juice
Cayenne pepper
Flaxseed oil
Fresh herbs

An eighth of the plate may seem like a lot, it is applicable if you're filling an eighth of your plate with avocado but not necessarily with olive oil so just use your judgement here, these are just guidelines.

Spicy Chickpeas
1 jar / can of chickpeas drained
1 teaspoon turmeric
1 teaspoon cumin
1 teaspoon cayenne pepper
Pinch of sea salt
1 teaspoon coconut oil

Heat the coconut oil in a frying pan, then add the chickpeas and the spices, tossing them to coat. Cook for 5-10 minutes regularly stirring the chickpeas. They are ready when they start to pop. In a bowl, add some green leafy vegetable of your choice – steamed kale, spinach, watercress, rocket. Then slice half and avocado, add some sauerkraut, the chickpeas, some cooked quinoa and serve.

BLACK BEAN SALAD

1 tin black beans, drained
1 small Red onion
1 Ripe tomato
Handful of parsley, chopped
1/2 tablespoon olive oil
Lemon juice

Finely chop the onion, chop the tomato and mix with the black beans. Add the olive oil and lemon juice and stir through. Serve with mixed green salad leaves – rocket, watercress, mustard greens, lollo rosso, avocado, quinoa or brown rice.



BEETROOT, CARROT & APPLE SALAD

1 beetroot - grated
2 medium carrots - grated
1 medium apple - grated
Juice of 1/2 lemon
2 tablespoon olive oil
Sea salt + pepper

In a bowl mix the carrot, beetroot and apple, add the lemon juice and olive oil and season to taste. This salad is a great addition to a Nourishing Salad Bowl with some grilled chicken, hard boiled eggs or some falafels and salad greens. Makes enough for 2-3 servings. Keep the rest in the fridge and have the following day too.



TURMERIC MASHED SWEET POTATOES

4 small sweet potatoes, cut into chunks
1 tablespoon of olive oil
1 teaspoon turmeric
2 cloves garlic, minced
1 cups water
Sea salt + pepper

Heat the sweet potatoes with olive oil in a skillet over medium high heat. Add the turmeric and toss to coat. Add the garlic and water. Simmer until the potatoes are soft and the liquid is all absorbed. Add more water as needed. Transfer to a small bowl and roughly mash with a fork. Season with salt and pepper.

Lovely served with some grilled salmon and a large abundant salad of mixed greens with olive oil and lemon juice.





EVENING

ROAST CHICKEN WITH CAULIFLOWER MASH & GREENS

- 1 whole organic chicken (Serves 4)
- 1 cauliflower
- 1 cups of peas
- 3 handfuls kale
- 1 broccoli head
- Lemon
- Thyme

Add the chicken to a baking tray, drizzle with olive oil, pour the juice of one lemon over, sprinkle with salt, pepper and thyme. Place in a preheated oven and cook on medium heat for about 1.5 hours or until the juices run clear.

In the meantime, cut the cauliflower into chunks and steam. When soft, transfer to a food processor with a bit of the hot water, some olive oil, salt and pepper and blitz till its smooth.

Bring a pan of water to the boil and add one cup of frozen peas. Cook for five minutes, drain and serve with chicken and cauliflower, using some of the chicken jus to drizzle over. (Use some leftover chicken for a salad bowl the following day as well as using the carcass to make chicken broth.)

BAKED SWEET POTATOES

WITH AVOCADO SALSA & CANNELLINI BEAN HUMMUS

Serves 2-3

1 large sweet potato per person (or 2 small ones)

1 Ripe avocado

2 tomatoes

1 Red onion

Handful fresh parsley

Handful fresh coriander

Dash of EVOO (extra virgin olive oil)

Squeeze lemon juice

For the Hummus:

1 tin / carton of cannellini beans

1 clove garlic

Juice 1/2 lemon

1/4 teaspoon cumin powder

Sea salt & pepper to taste

1 tablespoon EVOO

Place the sweet potatoes on a baking tray and place in the oven on a medium heat for 30-45 min until soft when pierced with a fork. In the meantime, make the bean hummus by adding all the ingredients to a food processor and mixing until well combined. Add a tablespoon of water if the consistency is too thick.

To make the Avocado salsa, chop the avocado, the tomatoes and red onion into pieces and mix together. Roughly chop the herbs and mix through. Add a squeeze of lemon juice and

a dash of extra virgin olive oil. Season with some salt and pepper to taste. To serve, slice the sweet potatoes down to middle, add some of the bean hummus and top with the avocado salsa.



COCONUT LENTIL CURRY WITH CAULIFLOWER RICE

Serves 4

1 tablespoon coconut oil

1 teaspoon each: fennel seeds, cumin seeds and coriander seeds

1/2 teaspoon cayenne pepper or 1 fresh chilli (to taste)

1 tablespoon fresh ginger, finely grated

1 teaspoon ground coriander

1 teaspoon turmeric powder

4 cloves of garlic, minced

2 tablespoons tomato puree

1 cup dried green or brown lentils (or 2 cans of lentils)

1 large white onion

2 carrots finely chopped

1 celery stalk, finely chopped

1 can coconut milk

1 cup chopped coriander

Sea salt + pepper

Heat the coconut oil in a large heavy bottomed pot over medium-high heat. Add the onion, carrots and celery and cook until the onion is translucent. Add the spices and stir through cooking for one minute. Add the tomato puree, ginger and chilli to the pot and cook for two minutes, stirring regularly. Add the lentils, two cups of water and bring it to a boil. Reduce the heat to low, cover and let it simmer for 30 minutes, or until the lentils are soft. Stir a few times to prevent the len-

tils from sticking to the bottom adding more boiling water as needed. Once the lentils are soft, add the coconut milk and garlic and bring back to a simmer. Remove the pot from the heat and stir in the coriander.

CAULIFLOWER RICE

1 head of cauliflower
1 tablespoon olive oil
1 teaspoon ground cumin powder
Sea salt + pepper

Trim the core of the cauliflower and cut up into florets. Add to a food processor and pulse until it's broken up into small rice sized pieces. Add some olive oil to a frying pan and add the cauliflower in batches. Allow to brown gently and repeat. Makes an excellent alternative to grains and makes a great side with curries!



WARM QUINOA WITH BUTTERNUT SQUASH

1/2 tablespoon extra virgin olive oil
1/2 butternut squash peeled, chopped
1 teaspoon sweet paprika
1 teaspoon ground cumin
1 red pepper, thinly sliced
1 cup quinoa
1/2 red onion, thinly sliced
1/2 cup fresh pomegranate seeds
Juice of 1/2 orange OR 1 clementine
Juice of 1/2 lemon
Olive oil

Place quinoa in a bowl and cover with water. Let stand for a min. of 10 minutes, then add to a fine-mesh strainer and rinse thoroughly with cool water. Drain. Soaking quinoa before cooking will remove the saponins which give it its natural bitter or soapy taste. Transfer to a saucepan, cover with water, cover with a lid and bring to a boil. Reduce the heat and cook for 10-15 minutes on low setting. Turn off and let stand covered for 5 minutes. Fluff with a fork and set aside.

Add the chopped butternut squash and pepper to a baking tray, drizzle with olive oil, add the paprika, sprinkle with sea salt and stir through with your hands making sure. Bake on medium heat until brown on the outside and soft on the inside, about 15 min. In a bowl mix the cooked quinoa with the roasted vegetables and add onion and pomegranate.

For the dressing whisk together the lemon and orange juice with olive oil. Season with sea salt and freshly cracked pepper, to taste. Drizzle over warm salad and serve immediately.

CHILLI BAKED SALMON & GREEN VEGETABLES

2 salmon pieces
2 teaspoon tamari
½ teaspoon honey / maple syrup
½ teaspoon chilli flakes or ½ fresh chilli finely chopped
Olive oil
Broccoli florets from one head of broccoli
4-5 big chard leaves
10 asparagus spears
(any other green vegetables you have in the fridge!)
Lemon juice
Sea salt + pepper to taste

Crush 1/2 the chilli with some olive oil, the tamari and honey in a pestle and mortar and spread over the salmon pieces. Place the salmon on a baking tray and bake in the oven for 10-15 minutes. In the meantime, chop the vegetables and steam. Squeeze some lemon juice over the fish and vegetables, share onto 2 plates and enjoy!



Sweet

TWO INGREDIENT COOKIES

2 medium bananas

3/4 cup / 105g Gluten Free Rolled Oats

Toppings (optional):

cacao nibs, desiccated coconut, raisins

Preheat the oven to gas mark 4 / 180C. Peel the bananas and mash well with a fork. Mix in the oats. As all bananas are not the same, you can add the oats slowly to make sure you end up with a nice dough like consistency, not too wet

and not too dry. Equally add more oats if needed. Once you have the perfect cookie dough like consistency, use a table spoon to scoop onto a baking tray. I got 9 cookies out of my mixture.

If you fancy adding some toppings now's the time to sprinkle them on. Place the baking tray in the middle of the oven and bake for 15-20 min until golden brown. Remove from the oven, let cool for a couple of minutes and tuck in!



LEMON, CASHEW & COCONUT ENERGY BALLS

1 cup cashew nuts

10 medjool dates

½ cup desiccated coconut

Juice of ½ lemon

6 drop Lemon essential oil

(optional, only use food grade oils like doTERRA)

Makes 6-8

Begin by placing the cashew nuts in the food processor and pulsing until they are nicely crushed.

Add the rest of the ingredients and pulse until fully mixed. Take a tablespoon of the mixture and roll with your hands into a balls. Place the rolled balls into the freezer for around 1 hour, then remove and store in an airtight container in the fridge. Will keep for up to a week.



MEAL PLANNING

Plan to eat three Meals per day, filling enough so you don't need to snack in between as much as possible. That said, don't go hungry to the point of wanting to reach for an omitted food. Nuts, hummus, veggie sticks or a veggie juice are ok.

Include protein with every meal

Include healing foods – fermented foods and drinks, turmeric and broths – every day

Drink two litres of non caffeinated liquids every day

Follow the healthy plate diagram and always fill half your plate up with a big raw veggie salad or steamed veg such as kale, broccoli and cauliflower

Include healthy fats like avocado, olive oil, coconut oil

Avoid all the foods as mentioned previously

Avoid all fizzy drinks & squashes even if they are "sugar free"

If it comes in a package avoid it, as much as possible, even if it says – "gluten free" or "healthy" on the packaging

If you do go for something packaged out of necessity, check the label thoroughly for restricted ingredients

I don't want to be overly prescriptive with meal plans simply because I want you to take control and make your own healthy choices, following recipes from this book or from my website beetspulseandthyme.co.uk.

Breakfast, lunch and dinner recipes are all interchangeable. I love curry, soup or baked sweet potatoes for breakfast! And vice versa, some of my breakfast recipes make for lovely lunches or dinners. To get started, here is a sample of what your food intake might look like during week one:

DAY ONE

BREAKFAST: berry Mega protein smoothie, Matcha tea

LUNCH: spinach omelette with mixed leaf salad, cucumber and sauerkraut, Veg Juice

DINNER: bone/veg broth & black bean noodles, herbal tea

DAY TWO

BREAKFAST: chia porridge with banana, cinnamon and toasted almonds, glass of Kombucha

LUNCH: warm quinoa with butternut squash, kale and pomegranate, green juice

DINNER: miso soup with bok choy & poached, herbal Tea

Planning for the week ahead is a great way to stay on top of things. By knowing what meals you're going to have, you can be sure to succeed on your new plan. You can buy in all the ingredients you need for your meals, prep if you're going to be away, pack lunches for work and make meals in advance.

7 DAY PLAN

Now's your turn to take control and make a difference to your life and the lives of those close to you who may be sharing in your journey.

	Breakfast	Lunch	Dinner
Day 1			
Day 2			
Day 3			

Day 4	Day 5	Day 6	Day 7

WEEK ONE reflection

A very important part of the Mind & Body Reset is looking inward at old limiting beliefs surrounding food and our self image. I'd like you to use this part of the programme to dig a little deeper. Write it all out, no-one ever has to see this but you. It is yours and yours alone. Make yourself a tasty Turmeric Latte, and let your thoughts flow out onto these pages.

what am I grateful for in my life right now?

what thoughts, behaviours & habits are not serving me?

what am I resisting letting go of? why?

what do I want more of in my life?

what do I want less of in my life?

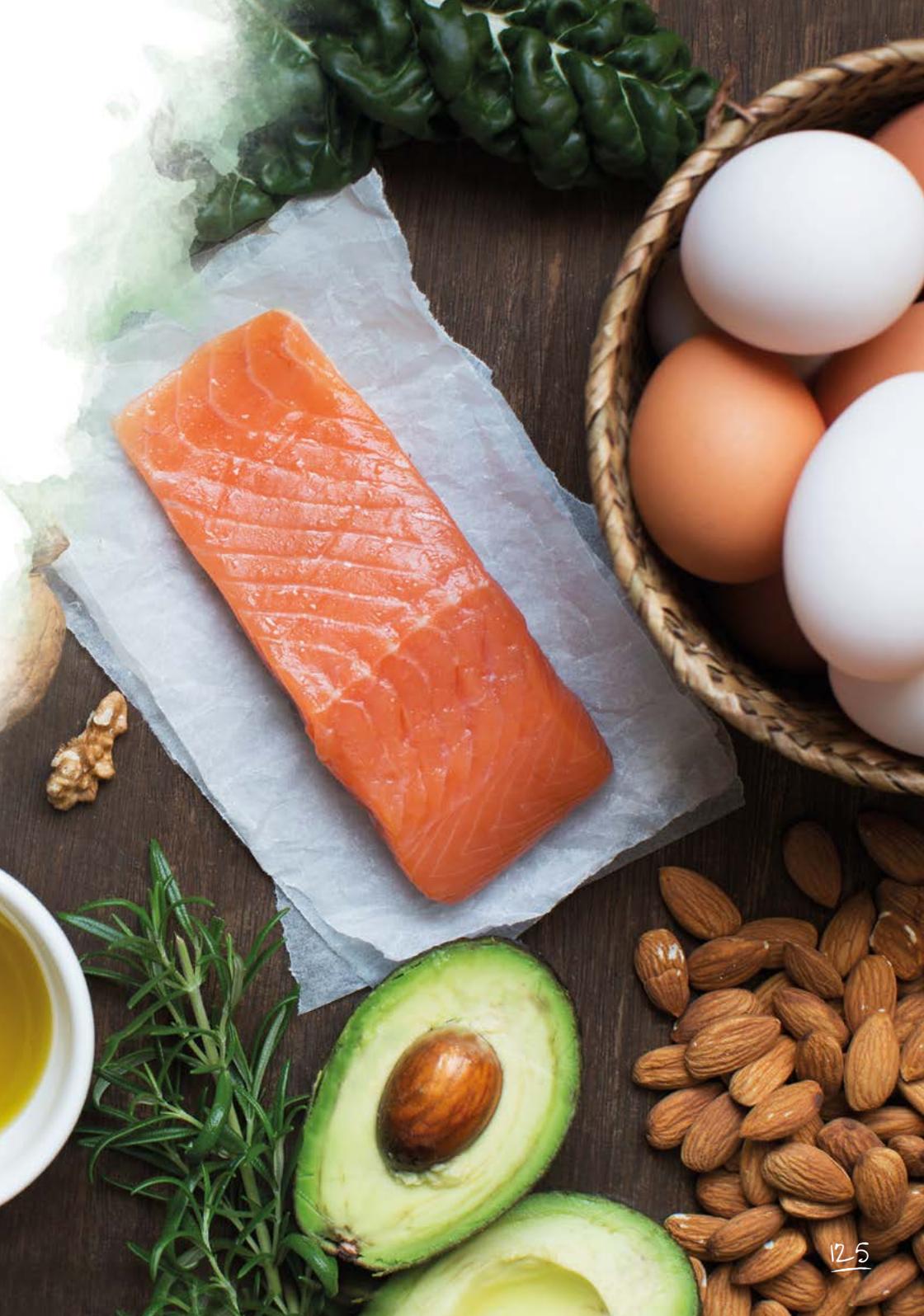
what new habits do I want to cultivate during this programme to serve me in the long term?

BLOOD SUGAR BALANCE and the adrenals



Welcome to *Week two* of your healthier lifestyle! This week we will focus on our favourite topic, sugar, more specifically blood sugar balance and the adrenals.





“IT IS NOT PRIMARILY OUR PHYSICAL SELVES THAT LIMIT US, BUT RATHER OUR MINDSET ABOUT OUR PHYSICAL LIMITS.” -ELLEN J LANGER

In a world where busy-ness is highly regarded, we're feeling more and more stressed out, tired and overwhelmed, leaving us feeling lethargic and lacking vitality. But we don't need to move to a far off island to overcome this, instead, we can learn to make better, more informed choices to support our life, to support our body and to support our adrenal glands!

This week I want to keep our focus on keeping your blood sugar levels in balance, and understanding how this is important for reducing stress, fatigue and brain fog, among other health benefits.

Living on a roller coaster of sugar highs and lows creates cravings, afternoon slumps, and low moods. The sugar lows trigger the brain, which depends on glucose for energy, into thinking we're in a state of emergency. This causes a cascade of stress hormones to be released leading to inflammation, weight gain, menopausal symptoms, low moods or anxiety and impacting the health of our adrenal glands. Our adrenals are situated on top of our kidneys and produce our stress hormones, so by balancing our blood sugar levels we can avoid dips of energy and afternoon slumps, reducing cravings as well as reducing overall inflammation.

So often in our busy modern world, we find ourselves in a perpetual stress response²⁵, day in, day out. This kind of

chronic stress can cause the adrenal glands to become over-worked and burned out. Whether for a short time or chronically, most people struggle with adrenal fatigue at some point in their lives.

Symptoms may include:

- Aches and pains
- Fatigue
- Racing thoughts
- Cravings for sweet and salty foods
- Trouble concentrating
- Moodiness and irritability
- Feeling overwhelmed
- Hormone imbalance

As women, if we enter menopause with burnt out adrenals we are likely to suffer with symptoms such as hot flashes, mood swings, fatigue and weight gain. During perimenopause, the ovaries naturally slow down production of sex hormones²⁶. In healthy individuals, the adrenal glands should increase or balance the lower oestrogen production and there should be no, or very mild, symptoms. But if this doesn't happen, symptoms will occur. Lets nurture our adrenals!

By addressing and supporting the adrenal glands we can come a step closer to coming into our optimal health, with regained vitality and boundless energy. During times of anxiety, stress or depression we crave the foods which the adrenals feed off, these being fat, sugar and salt. However we don't tend to reach for the healthier options, but rather we crave the junk food options.

HOW CAN WE SUPPORT THE ADRENALS?

Eat fat and protein for breakfast: Eat healthy fats and protein for breakfast rather than carbohydrates. Eggs are a great way to start the day. Other options include adding some vegan protein powder to your smoothie, as well as some fats such as almond butter, coconut oil and hemp seeds. Or consider enjoying overnight chia oats which are high in both proteins and fats.

Ditch the refined grains: Instead of obtaining carbohydrates from refined grains, which are converted to sugars very quickly, opt for healthy carbs from whole (gluten free) grains, fresh fruit and vegetables. These carbs do not perpetuate inflammation or intestinal damage like refined grains do. Enjoy fresh fruits in season, as well as a variety of fresh or frozen berries. Sweet potatoes, carrots, celeriac, beets and other root vegetables also provide a nutrient-rich source of healthy carbs. Remember, to balance blood sugar levels you can enjoy whole grains, fruits and root vegetables together with healthy fats and protein. Try parsnip mash, cauliflower mash, cauliflower rice, sweet potato mash, spiralised courgettes or spiralised butternut squash instead of the usual refined grain pasta or white potato options.

To snack or not to snack: The topic of eating little and often, versus intermittent fasting, is a highly debated one. While the ideal eating method is to eat just two to three meals per day with no snacking in between, if you are just transitioning from a typical western diet, adrenal fatigue, chronic fatigue, compromised digestion or chronic inflam-

mation, snacking can be beneficial for you. Make sure you have some protein or fat with all your snacks to help balance blood sugar levels.

Remember a good snack includes both fats and protein, like a hard boiled egg with a little bit of spinach or cucumber, handful of olives and some almonds, walnuts and a handful of blueberries. Make sure you don't go hungry, as restricting yourself can lead to further cravings and you are more likely to reach out for something off limits. If you really crave something sweet, having something after your meal is better than in between meals. Chia pudding, stewed apples with cinnamon and seeds, or coconut milk yoghurt with berries are all healthy tasty desserts.

Sleep, glorious sleep: Sleep deprivation is sometimes just part of life – like when you have a newborn baby or have long working hours. However, we want to achieve good sleep as soon as we can as sleep deprivation can wreak havoc on blood sugar levels. Not only does it affect our fat metabolism, but waking up tired in the morning can have us reaching for all the wrong things just to get a quick energy boost, like a latte and danish for breakfast, which perpetuates the cycle of sugar highs and lows.

On the bright side, improving your sleep will go a long way in supporting blood sugar levels. Ashwaganda is an adaptogenic herb which may be beneficial to you if you suffer from poor sleep and/or stress. In Ayurvedic medicine it is mixed with milk and honey, but you can also add one teaspoon to a smoothie. Meditation, yoga and epsom salts baths can also help you achieve relaxation and a good night's sleep.

Allow time for healing and repair: In order for our body to have the energy to heal and repair, it needs time. Digestion is one of the most energy consuming functions of the body, so if your body is constantly tied up with digestion, it will put other tasks on hold. Intermittent fasting is the practice of allowing between 12 and 20 hours overnight in between meals. For example if you have dinner at 7pm you can eat again at 7am allowing a 12 hour fast in between²⁷. Here are some benefits this practice can have on your body:

Begins important cellular repair

Changes hormone levels making stored body fat more accessible for use as energy source

Increasing your metabolic rate helps burn more calories

Drops blood levels of insulin significantly, which facilitates fat burning

Increases the blood levels of growth hormone, which facilitates fat burning and muscle gain

Undertakes important cellular repair processes, such as removing waste material from cells aiding detoxification

Changes in the SIRT genes related to longevity and protection against disease²⁸

Fight inflammation with intermittent fasting; studies show that allowing 12-16 hours over night between your evening meal and morning meal can help fight inflammation, a key driver of common chronic diseases

Eating late at night and then again first thing in the morning simply does not allow the body to undertake any of the tasks above. Twelve hours is the minimum, this can be increased to up to 16 hours, meaning you would eat your last meal at 5pm and breakfast at 9am. Meals can be kept the same, breakfast, lunch and dinner, it's not about restricting calories but about allowing our body to heal and Reset.

During the following three weeks we will allow at least a 12 hour gap in between meals overnight. Herbal teas and water are fine to include after your evening meal and first thing in the morning.

MIND BODY CONNECTION

This week I want you to pay close attention to your body. Your body is constantly sending you messages, but we've forgotten how to listen. Take a couple of minutes after each meal to pay attention to how you feel. Try to stop eating when you are 80% full. We need the 20% space for gastric secretions to aid digestion.

The key to restoring your adrenal function is addressing the impact your mind and stress have on your body – so pay close attention to your body!

Rest when you feel tired

Sleep 8-9 hours a night

Avoid staying up late and stay on a regular sleep cycle

Go to bed at the same time every evening, by 10 pm is ideal

Laugh and do something fun or silly every day

Try to minimise your personal or work stress

Eat regularly and don't skip meals

Avoid negative people and negative self-talk

Take time for yourself to do something relaxing

Seek counselling or support for traumatic past experiences

I can't stress enough, how important it is to keep check of our mindset. It's so easy to get stuck in the mindset of what's wrong in life, what we don't have, comparing ourselves to others and thinking that everyone else's life is so much better.

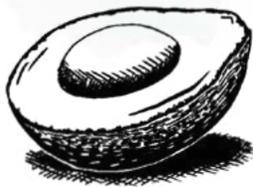
Gratitude is the ability to flip a situation around and be grateful for whatever lesson the day has taught you. Practicing gratitude – and yes it is something you have to practice in order to overcome those destructive old thought patterns and feelings – is the antidote to negativity. It helps Reset our nervous system, helping us come out of the adrenal overdrive into a place of calm, even if we just do it for a couple of minutes every day. Take some time to appreciate what you have in your life, go as far as to record it in the space provided within this workbook so you can remind yourself every single day.

Practicing stress reduction with simple **meditation** techniques (as introduced in Week One) for two to three minutes a day will help quiet the mind, calm the nervous system, help your cortisol levels return to normal, and reduce worries. We so often come up with excuses for not having time for this or time for that, yet we can all waste hours in front of social media, comparing ourselves to others and stirring up feeling of jealousy and negativity. Use some of that time to bring your attention to your own wellbeing.

Laughter is fantastic for our mindset, our heart, digestion and exercising our facial muscles. It increases serotonin levels which helps combat negative thinking and pulls us out of a dark place. Laughter is infectious – be silly and child-like and make others laugh too. Laughter yoga is another incredible tool we can use. For more recommendations go to www.beetspulseandthyme.co.uk/essentials.

BLOOD SUGAR BALANCE & ADRENAL HEALTH

FOCUS FOODS



The foods you eat, as well as the foods you choose not to eat, are a critical part of healing your adrenals and restoring hormonal balance. The three key foods we need to avoid in order to support the adrenals are:

Caffeine – caffeine can interfere with your sleep cycle and cause anxiety²⁹; if you're thinking of reintroducing caffeine after the 28 days, keep it to only one in the morning

Sugar – avoid all highly refined sugars in order to balance blood sugar levels

Hydrogenated fats which are found in most processed foods and confectionery; they are highly inflammatory and can cause adrenal inflammation

Although we already removed these foods at the beginning, it's essential to reiterate the importance of keeping these foods out of the diet for the duration of the Reset.

Benefits of balancing blood sugar levels:

Consuming healthy complex carbohydrates with plenty of good fats and protein, will allow the glucose from our meals to be released into the bloodstream slowly. As a result the pancreas will release an adequate amount of insulin allowing the glucose to enter our cells and be used for energy.

Inflammation will be minimised since there will not be excess insulin and glucose in the bloodstream. Chronic low grade inflammation is one of the biggest causes of chronic diseases.

Balanced blood sugar levels will help balance female hormones. Insulin spikes which occur after eating meals high in simple carbohydrates, can lead to lowered sex hormone binding globulin (SHBG)³⁰. SHBG is responsible for binding excess oestrogen and testosterone, but when SHBG is low, these hormone levels increase. Insulin increases the production of testosterone, which is converted into even more oestrogen by the visceral fatty tissue – the fat in our belly. This means the ratio of oestrogen to progesterone – known for keeping us calm and happy, is way too high, leading to irritability, anxiety or insomnia. As women reach menopause, symptoms can become more intense and can include hot flashes and night sweats.

Reduced “sugar highs” and “sugar lows” with balanced blood sugar, meaning less anxiety, mood swings and irritability. We can easily go three hours or more between eating without experiencing sugar cravings, feeling shaky or tired.

Stable blood sugar levels means no sugar or carbohydrate cravings, even stubborn weight starts to disappear!

The nutrients beneficial for supporting the adrenals are:

B vitamins act as cofactors for the enzymatic reactions needed to facilitate recovery from adrenal fatigue and stress. They are necessary for many enzymatic functions which involve the production of energy and tissue repair. B vitamins are found in foods such as salmon, dark leafy greens, eggs and legumes. If you are feeling totally burnt out you may want to supplement your diet with a B vitamin complex for a period of recovery. (For more supplement recommendations go to www.beetspulseandthyme.co.uk/essentials)

Protein: Some protein needs to be from an animal source such as poultry, fish or eggs, always making sure to choose organic and wild where possible. Animal protein is an essential part of the dietary recovery protocol for adrenal burnout.

Healthy Fats: Fats from plant sources such as seed and nut oils, should be cold-pressed or fresh. The adrenals produce hormones – cortisol, adrenaline and noradrenaline, and in turn hormones are made up of cholesterol. We need fats in our diet in order to produce all our hormones!

Minerals: You can begin to replenish your mineral balance by adding a tiny pinch of himalayan salt to your drinking water. This is often very revitalizing, especially in the morning and during the low energy periods of the day. Including plenty of dark green leafy vegetables in your diet every day will ensure you're increasing your magnesium intake.

Vitamin C: The adrenals need more vitamin C than any other organ or tissue in the body, especially during times of stress. Vitamin C is found in high amounts in Acerola Cherries, bell peppers, black currants, parsley, mustard greens, kale, broccoli, lemons and strawberries.



Ashwagandha is a herb used in Ayurvedic medicine for those suffering from long-term stress. This herb works as an adaptogen and can be utilized at any point during or before a stressful time for support. You can add this in a powder form to smoothies. (For more supplement recommendations go to www.beetspulseandthyme.co.uk/essentials)



RECIPES

week two



MORNING

EASY OVERNIGHT CHIA PUDDING

- 2 tablespoons chia seeds
- 1 cup UNSWEETENED coconut milk
- 1 teaspoon Lucuma or Maca powder (optional)

Place all the ingredients in a jar, stir well, close with a tight fitting lid and put in the fridge the night before. In the morning transfer to a bowl, then top with toasted almonds, or some grain free granola, a handful of berries or some stewed apple and cinnamon. Add more liquid if necessary.

SPINACH & POACHED EGGS

- 2 eggs
- 2 generous handfuls of spinach
- Salt + Pepper to season

Bring a pan of water to a boil, you'll need about 10 cm of water in the pan. Turn down the heat and simmer. Make sure your eggs are really fresh for poaching otherwise they break. Crack two eggs into the water and continue to simmer for 3-5 minutes until the whites are cooked but the yolk still soft.

In the meantime add two handfuls of spinach to a colander, wash, then pour boiling water from the kettle over the spinach to wilt it.. Transfer to a plate, scoop the eggs out of the water and place on top of the spinach, drizzle with olive oil and add a pinch of salt and pepper.

GLUTEN FREE GRANOLA

- 50g gluten free oats
- 50g coconut flakes
- 50g almond flakes
- 25g pumpkin/sunflower seeds/pine nuts mix
- 25g hemp seeds
- 2 tablespoons melted coconut oil
- 1 heaped teaspoon cinnamon

Scatter the oats, nuts and seeds onto a baking tray, add the coconut oil and mix with your hands, rubbing the oil into the ingredients. Add the cinnamon and stir through. Bake in a preheated oven at 150C for approximately 10 minutes, turning half way through, until golden. Keep a close eye on the oven as they can easily burn!!





SOFT BOILED EGGS & STEAMED ASPARAGUS

2 eggs
5-6 sprigs of asparagus
Olive oil
Salt + Pepper to season

Place two eggs in a pan and cover with boiling water from the kettle. Boil for 5 minutes, then remove from the hot water. Run cold water over them. In the meantime add a bunch of trimmed asparagus to another pan and again cover with boiling water. Simmer for 3 minutes and remove from the water to a plate. Add the peeled eggs and asparagus to a plate, drizzle with olive oil and season with salt and pepper. Enjoy!

NOON

CLEANSING GREEN SOUP WITH TOFU

- 1 medium white onion, finely chopped
- 1 celery stalk, finely chopped
- 2 cloves of garlic, finely chopped
- Piece of ginger grated
- 1 teaspoon of cumin
- Pinch of coarse salt
- 1 head of Broccoli and stalk
- 2 handfuls of Kale
- 2 handfuls of Spinach
- 2 cups of homemade vegetable stock
(or organic low salt stock cube)
- Coconut oil
- Organic firm tofu

Start by cutting your block of firm tofu into cubes and arranging it on a baking tray. Season, then bake in the oven on medium heat for 15-20 minutes until golden and crispy. Add a tablespoon of coconut oil to a large pot on medium heat and add in the celery and onion. Sprinkle in the cumin and a good pinch of coarse salt and stir well.

Pop the lid on and let the onions sweat for about three minutes. Add the ginger, then add the chopped broccoli florets and the stalk (trim the outer layer off the stalk and chop it into 1cm thick pieces). Stir, then pour in the stock and stir again. Add the garlic, the roughly chopped kale and spinach and stir. Don't worry if the stock doesn't cover all of

the vegetables, as the vegetables soften, it will. Adjust the heat to allow it to come to a simmer and then pop the lid on. Leave it to simmer for about 5-10 minutes, or until the broccoli is tender.

When the broccoli is soft, you can turn the heat off and blend the soup using a hand held blender or transfer to a food processor. Serve into bowls and add toppings of your choice. Lemony tahini dressing is awesome with this soup!

Top with some toasted Nuts & Seeds – pumpkin seeds, flax seeds, flaked almonds (for the Tahini Sauce see Dips, Dressings & Crackers).



WARM LENTIL & BUTTERNUT SQUASH SALAD

1 cup uncooked puy / French lentils
2/3 to 1/2 butternut squash depending on size
1 tablespoon coconut oil
1/2 teaspoon cumin powder
1 teaspoon fennel seeds
1/2 red onion finely sliced
Bunch of fresh parsley - chopped
Juice of 1/2 lemon
Sea salt to taste

Place the lentils in a pan and cover with water, soak for an hour before you start cooking them. In the meantime peel and slice the butternut squash and place on a baking tray with the coconut oil and a pinch of salt. Drain & rinse the lentils, place back in the pan and cover with water. Add the cumin and fennel seeds, bring to a boil and cook until the lentils are tender (approximately 20 minutes). You may need to top up the water, in which case add hot water from the kettle.

Place the butternut squash in a preheated oven and bake on medium heat for 20 minutes until soft and golden. Once the butternut squash is ready take it out, and let it sit on the side until the lentils are cooked. Remove the cooked lentils from the pan and place in a large bowl. Mix in the sliced red onion, chopped parsley, lemon juice and salt to taste. Finally add the baked slices of butternut squash and serve. Keep the remaining slices in the fridge in an airtight glass container.



EGG CUPS 2 WAYS

WITH ROASTED BUTTERNUT SQUASH & THYME

1/2 butternut squash peeled and chopped into 2 cm cubes

6 eggs

Thyme

Sea salt + Pepper

Coconut oil

Add the butternut squash to a baking tray with a large knob of coconut oil. Roast in the oven on medium heat for 20-30 minutes until the vegetables are soft. In the meantime whisk the eggs in a bowl, adding some fresh thyme leaves or half a teaspoon of dried thyme. Place 12 muffin cases in a muffin tray and divide the egg mixture into the cases equally. When the butternut squash and sweet potatoes are ready add a few pieces into each muffin case. Store the remaining roasted vegetables in an airtight container in the fridge and add to salads.

Place the muffin tray in a preheated oven on medium heat for 15 minutes until the tops are firm to touch.

Lovely for breakfast or as an addition to a nutritious salad bowl for lunch or dinner.

WITH MUSHROOMS & SPINACH

6 mushrooms

1 clove garlic

Olive oil

1 handful of spinach

6 eggs

Oregano, Sea salt + Pepper

Chop the mushrooms and sauté them in a frying pan with the olive oil. Once the mushrooms are cooked, add the crushed garlic and stir through. Add the spinach to a colander and pour over boiling water from the kettle to wilt it. In the meantime whisk the eggs in a bowl, adding a pinch of dried oregano. Place 12 muffin cases in a muffin tray and divide the egg mixture into the cases equally. Add some mushrooms and some spinach to each muffin case.

Place the muffin tray in a preheated oven on medium heat for 15 minutes until the tops are firm to touch.



MINISTRONE SOUP

- 1 medium onion, finely chopped
- 1 celery stalk, finely chopped
- 1 medium carrot, finely chopped
- 1/2 butternut squash, peeled and cubed
- 1 large clove of garlic, finely chopped
- 200g passata
- 300ml boiling water
- 1 tin pre cooked cannellini beans (230g)
- 100g green beans, trimmed
- 1 tablespoon coconut oil
- 1 tablespoon olive oil
- 1/2 teaspoon ground cumin
- Squeeze of lemon juice
- Generous pinch of coarse salt and pepper to taste

In a heavy bottom pan, heat the coconut oil, then add the carrot, onion and celery and gently sauté for three minutes. Add the cubed butternut squash and continue to cook on low heat with the lid on for 10 minutes. Stir regularly. Add the garlic and cumin and stir through, then add the passata and water. Bring to a boil, cover with the lid and simmer for 20 minutes or until the butternut squash is soft. You can now add both the cannellini beans and the green beans, and continue cooking for a further 10 minutes.

Season with salt and pepper, a squeeze of lemon and add the olive oil. Serve immediately!



SUPER SLAW

- 1 cup shredded red cabbage
- 1 cup shredded white cabbage
- 1 grated carrot
- 1/4 cup fresh coriander
- 1 medium red onion thinly sliced
- 1 tablespoon each sunflower seeds, pumpkin seeds and hemp seeds
- Cashew tahini dressing (see Dips, Dressings & Crackers)

Mix all the ingredients together with your hands and drizzle with the dressing. Add to your Nutritious Salad bowls

EVENING

VEGGIE FRITTATA

- 7 eggs
- 1 medium courgette thinly sliced
- 1 small red onion thinly sliced
- 1 red pepper thinly sliced
- 1 small aubergine thinly sliced
- Big bunch of spinach

Heat the oven to 180C. Add the onion, courgette, aubergine and pepper to a baking tray with a drizzle of olive oil and some salt and pepper and bake in the oven for 15-20 minutes. In the meantime crack the eggs into a mixing bowl and season with salt and pepper. Add the spinach to a colander and gently pour over a kettle full of boiling water to wilt it.

Once the vegetables are roasted, add the spinach and pour over the beaten eggs. Place back in the oven for 10-15 minutes.

Serve with a large green salad and some fermented vegetables.



SALMON FISHCAKES

- 2 salmon fillets
- 1 cup ground almonds
- 2 eggs
- Zest from 1 lemon
- 1 tablespoon finely chopped fresh dill
- 2 tablespoons coconut oil for frying

Pat the salmon dry with some paper towel, remove the skin and cut into 1cm cubes. In a large bowl combine all the ingredients together and mix with your hands. Form the mixture into patties, should make about four. Heat the coconut oil in a large non stick pan over medium to high heat. Cook the salmon fishcakes for 3-4 minutes on each side until golden brown. Transfer to paper towels to absorb the excess oil.

You can serve with an abundant rainbow salad or lots of steamed vegetables – cauliflower, broccoli and kale.





ROASTED CAULIFLOWER WITH CHICKPEAS, SPINACH & VINE TOMATOES

- 1 small cauliflower
- 1 tin cooked chickpeas
- Two handfuls of cherry tomatoes
- Big bunch of spinach
(spinach always wilts down tremendously!)
- 1 teaspoon turmeric
- 1/2 teaspoon cumin
- 4 cloves of garlic, crushed
- 1 tablespoon coconut oil

Cut the cauliflower into florets, rub with a mixture of coconut oil, cumin and turmeric, then cook in the oven on medium heat for 30 minutes until tender. Remove the dish from the oven and add the cooked chickpeas, the garlic cloves and vine cherry tomatoes and cook for a further 20 minutes. Lastly, add a bunch of spinach leaves and a sprinkle of water, cover the dish with foil and bake for 3-5 minutes until the spinach has wilted. Serve with roasted sweet potatoes or quinoa.

PAPRIKA CHICKEN STEW

- 4 chicken legs
- 2 white onions, finely chopped
- 1/2 kg carrots peeled and chopped into rounds
- 1/4 cup olive oil
- 2 teaspoon ground paprika
- 1/2 litre vegetable stock

If cooking in a slow cooker: Place all ingredients, except the water, in the slow cooker and use your hands to mix everything together, and make sure the chicken is evenly coated in the salt and spices. Add the stock, set the slow cooker to the slow-cook low setting, and cook for 6-8 hours.

If cooking on the hob: Add olive oil to a heavy bottomed pan, heat and add the chicken legs. Sear the meat on all sides, then add onions and continue to stir and cook for five minutes. Add paprika and stir through. Now add carrots and stock, cover and bring to the boil. Turn the heat down and simmer for one hour until the meat is tender and falling off the bone.

Serve with steamed kale and quinoa.



BUCKWHEAT & MUSHROOM RISOTTO

150g buckwheat groats - rinsed

1 small white onion - finely chopped

3 garlic cloves - finely chopped

Fresh thyme

250ml vegetable stock (homemade OR organic gluten free stock cube)

1/2 x 400ml can coconut milk

Juice of half a lemon

200g mushrooms - sliced - you can use any mushrooms you like.

Coconut oil for frying

Sea salt + Pepper

Heat a knob of coconut oil in a large pan with a lid, on a medium heat. Add the onion to the pan. Allow the onion to soften then remove the leaves from 5-6 sprigs of thyme and add to the pan. Add the buckwheat and season with salt and pepper. Mix well and allow the ingredients to sauté for 2-3 minutes. Pour in the vegetable stock and add two of the garlic cloves and allow to simmer with the lid on for 5-8 minutes. Keep in mind that buckwheat cooks really fast!

Meanwhile, in a separate frying pan, heat a knob of coconut oil on medium/high heat. Add the mushrooms to the pan with the third garlic clove. Place in a few sprigs of thyme and fry all together until the mushrooms are soft and golden.

Add the lemon juice and coconut milk to the buckwheat risotto, stirring on a medium/high heat. Continue stirring for

five minutes until the buckwheat is soft and the mixture is thick and creamy. Add salt and pepper to taste. Mix half the mushrooms in with the buckwheat risotto, then spoon the risotto into bowls and divide the remaining mushrooms on top. You can serve with some grilled chicken if you like.



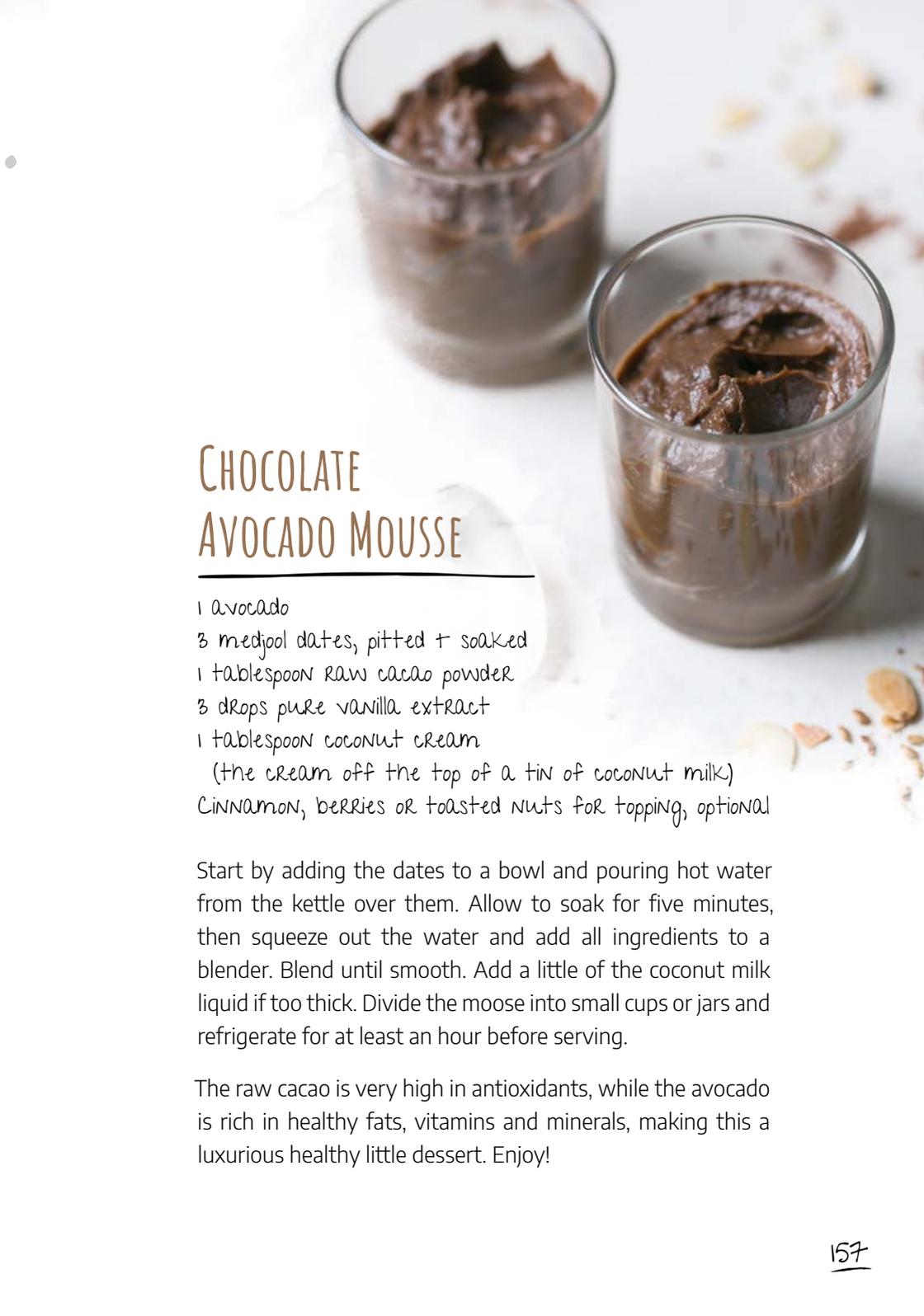
Sweet

COCONUT YOGHURT WITH TOASTED NUTS & BERRIES

- 2-3 tablespoon coconut yoghurt
- 2 teaspoon nuts (flaked almonds, cashews, pecans, walnuts)
- 1 teaspoon pumpkin, sunflower, flax seeds
- 1/2 tablespoons pine nuts
- 1 teaspoon coconut flakes
- 1/4 teaspoon cinnamon
- 1/2 teaspoon honey (optional)
- 1 tablespoon blueberries and raspberries

Toast the nuts and seeds in a dry pan for 3-5 minutes until golden. Add the cinnamon and stir through. Spoon out the coconut yoghurt into a bowl and add a handful of blueberries and raspberries and top with toasted nuts and seeds. Enjoy as a dessert or for breakfast.





CHOCOLATE AVOCADO MOUSSE

- 1 avocado
- 3 medjool dates, pitted + soaked
- 1 tablespoon raw cacao powder
- 3 drops pure vanilla extract
- 1 tablespoon coconut cream
(the cream off the top of a tin of coconut milk)
- Cinnamon, berries or toasted nuts for topping, optional

Start by adding the dates to a bowl and pouring hot water from the kettle over them. Allow to soak for five minutes, then squeeze out the water and add all ingredients to a blender. Blend until smooth. Add a little of the coconut milk liquid if too thick. Divide the mousse into small cups or jars and refrigerate for at least an hour before serving.

The raw cacao is very high in antioxidants, while the avocado is rich in healthy fats, vitamins and minerals, making this a luxurious healthy little dessert. Enjoy!

MEAL PLANNING

As discussed, planning for the week ahead is a great way to stay on top of things. By knowing what meals you're going to have, you can be sure to succeed and stay on track. You can buy all the ingredients for your meals in advance, prep if you're going to be away, pack lunches for work and make meals in advance. Focus for week two is:

Avoid white potatoes and all mentioned foods: gluten, dairy, red meat, sugar, caffeine, trans & hydrogenated fats, alcohol, processed foods, fizzy drinks & squashes (even if sugar free)

Include whole gluten free grains and other starchy vegetables

If it's in a package, avoid it If you do go for something packaged out of necessity make sure to thoroughly read the label

Eat three Meals per day which are filling enough so you don't need to snack in between meals as much as possible

Include Omega 3 fatty acids from oily fish in particular

Don't go hungry to the point of wanting to reach for an out of limits food, try to snack nuts, hummus, veggie sticks/juice

Include protein, either plant or animal, with every meal

Increase Vitamin D, from exposure to the sun, oily fish/eggs; consider supplementing it if you are vegan/vegetarian

Increase Vitamin C (bell peppers, berries, citrus fruit, parsley)

Increase Magnesium, this can be obtained from dark green leafy vegetables as well as Epsom salts baths

Holy Basil (Tulsi) tea may be useful in reducing stress

Ginseng can also help the adrenals – Pukka Green tea and Ginseng or Yogi Ginseng Tea

Drink two litres of non caffeinated liquids every day

Follow the healthy plate diagram and fill half with a big raw veggie salad or steamed kale, broccoli and cauliflower

Breakfast, lunch and dinner recipes are all interchangeable.

Example DAY ONE

BREAKFAST: 2z boiled eggs and steamed asparagus,
Immune boost juice

LUNCH: grilled salmon, abundant rainbow salad,
super green juice

DINNER: Cleansing green soup with tofu, tulsi tea

Example DAY TWO

BREAKFAST: Green Goddess Smoothie, Matcha Latte

LUNCH: veggie Frittata with big mixed green salad,
Simple Apple Carrot & Ginger Juice

DINNER: HARRISA topped grilled chicken breast with
steamed kale, broccoli and cauliflower.

7 DAY PLAN

Take control and make a difference to your life and the lives of those close to you by planning ahead!

	Breakfast	Lunch	Dinner
Day 1			
Day 2			
Day 3			

Day 4	Day 5	Day 6	Day 7

Q

WEEK TWO reflection

Take five minutes each day to reflect on five things that you feel grateful for. It can be as simple as waking up in the morning with a roof over your head or food on the table, or something much more elaborate like surviving cancer. Use the space provided to record your gratitude and revisit these pages when you need a positive push.

WHAT ARE THE THINGS YOU'RE ESPECIALLY GRATEFUL FOR IN YOUR LIFE?

Day 1

Day 1

Day 3

Day 4

Day 5

Day 6

Day 7

The Skin and the LYMPHATIC SYSTEM

Welcome to *Week Three*

of your healthier lifestyle! This week we will further build on what we have already learned during Week One and Week Two. We will address two other body systems involved in ridding the body of toxins - The Lymphatic System and our Skin.







“BE GOOD TO YOUR SKIN, YOU’LL WEAR IT EVERY DAY FOR THE REST OF YOUR LIFE.”

- RENNE ROUJEAN

Half way through!! Amazing! Congratulations! Only 14 days to go, but a whole lifetime to reap the benefits, because in my experience at least some of the lessons learned here will stay with you for good. This week we focus on two other important body systems for detoxification – the Lymphatic system and our skin.

Our skin is the largest organ of our bodies, it protects us from the outside world, but also together with the lymphatic system, it acts as an elimination organ, in particular when our other elimination pathways are underperforming. When the gut and the liver are under pressure, our skin can become the mirror of this imbalance. We focused on the Gut during Week One and will continue to support gut health throughout the 28 days, but this week we will reinforce its health by supporting the lymphatic system and the skin too.

The skin is a two-way barrier; as well as eliminating toxins, our skin also absorbs substances, toxins, vitamins and minerals into the body. These substances can either be beneficial or they may be adding further pressure on our liver. We know all about the gut microbiome, but we also have a skin microbiome³¹ which can be easily disrupted by harsh products we apply to our skin. This can lead to dry skin, irritation or break outs. It is really important to be aware of

personal care products and what ingredients they contain. During The Introduction we talked about a Kitchen Detox, so this week I want you to think about a Bathroom Detox. Check the labels of your products for toxic ingredients such as the five listed here:

Parabens – a widely used preservative associated with increased risk of cancer ³²

Phthalates – known endocrine disruptor, linked to increased risk of cancer ³³

Formaldehyde – linked to allergic skin reaction, harmful to the immune system, a human Carcinogen ^{34, 35}

Synthetic colours – derived from petroleum and coal tar sources, suspected human Carcinogens

Toluene – also seen as benzene, toluol, phenyl methane, methylbenzene – linked to skin irritation and immune system toxicity ³⁶

I don't expect you to immediately throw away all the products in your bathroom, but as and when you run out of things like shampoo, body washes or cosmetics, make conscious choices about the products you replace them with. (See Resources and Recommendations for my favourite skin and hair products.)

While external factors can contribute to the toxicity of our skin and body, we need to remember that the skin is a two-way system.

Some of the most common causes of acne or eczema for example stem from the gut, and are diet related ³⁷. Processed foods, foods high in trans fats and sugar are all very inflammatory and can cause disruption to our skin. We can experience radiant skin by removing these foods, but also important for the skin is the inclusion of certain minerals and vitamins which are listed over the following pages.

The Lymphatic System: The lymphatic system is closely linked to the appearance of our skin, as it's the body's way of eliminating waste from our cells. The function of the lymphatic system is to drain fluid from the tissues, to help absorption of fat and fat soluble vitamins, and to create immunity, as part of our immune system cells are matured in the lymph organs. The lymphatic veins collect the debris from the body's cells, eventually emptying into the subclavian veins, where, via the liver, the blood takes the waste products to be eliminated.

Dry Skin Brushing: Dry skin brushing is a fantastic way to stimulate lymphatic drainage and therefore helping the body to remove stored up toxins.

As well as being very invigorating and stress relieving, dry skin brushing offers a light whole-body massage, exfoliates the skin allowing it to breathe and improves the appearance of cellulite, by softening the hard fat deposits under the skin and removing toxins.

How to do it:

Get a brush with a long handle to be able to reach your back

Work upwards: start with the soles of your feet and your legs

Then move to the buttocks, your arms, your stomach, chest and your back

Always brush towards the heart, never away

You can repeat this as many times as you like, anywhere from two to fifteen minutes

Incorporate this into your daily routine, ideally before your bath or shower in the morning

Try adding a drop of Lemon and a drop of Cypress Essential Oils to your palm, then rub the bristles of your brush in the oils before you dry brush. Both these essential oils are fantastic for stimulating the lymphatic system and encouraging lymphatic drainage.

Exercise: Rebounding, trampolining and skipping are excellent exercises for engaging the lymphatic system, and therefore assist in removal and elimination of toxins from the body. They are also a really fun way to raise your heart rate, increasing the release of serotonin, the hormone responsible for making us feel happy. You can try finding an adult trampolining class near you, rebound on a small trampette at home, or

get a skipping rope and skip in the garden or the park. Skipping and trampolining are fantastic because they also bring out the inner child! If this is too high impact for you, walking at a fast pace and climbing stairs can also be very beneficial.

MIND & BODY CONNECTION

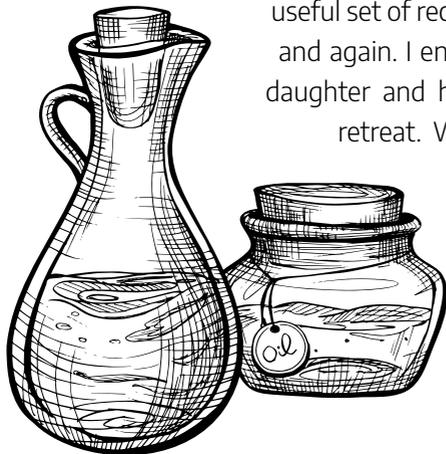
Aside from the physical benefits of awareness around skin care products, dry skin brushing, detoxifying baths, creating a home spa and exercise, these pleasurable, self care activities will also stimulate serotonin production in the brain.

There are many beneficial consequences of increasing serotonin naturally. These include a positive effect on mood, promoting happiness, relaxation and the ability to get a good night's sleep. This week is all about bringing the focus back to yourself, making 'me time' non negotiable! If you're a busy mum, entrepreneur or politician, think of it like this: you are the mother ship floating on an ocean. Now if this ship is not maintained it will start to rust and leak and all the passengers will be at risk. Allowing time for yourself is not a luxury or something to feel guilty about, it's called maintenance, self respect, and self care, but the important thing to recognize is that everyone around you will benefit from the more relaxed, happier and productive you!

CREATE YOUR OWN HOME SPA

As you now know, many toxic ingredients can be found in regular beauty and personal care products. However it is inexpensive and fun making your own beauty products using some ingredients from your kitchen, while the addition of some pure essential oils provides a deeper cleanse (Go to www.beetspulseandthyme.co.uk/essentials for essential oil recommendations). Making a face mask can be such as a lovely treat for yourself!

Here are just a few of my favourite recipes for homemade beauty products, including: bath salts, face scrubs, face masks, deodorant, and a body scrub. Obviously you don't have to make all of these this week, but it is a useful set of recipes to come back to again and again. I enjoy making these with my daughter and having a lovely home spa retreat. While some of the recipes



keep for a few days or even weeks, some of them use fresh ingredients such as avocado, and have to be used straight away.

DETOXIFYING BATHS

Replenishing detoxifying baths help draw out toxins, lower stress related hormones and balance pH levels. Indulge in a 20 minute soak two to three times a week. Run a hot bath and add:

1/2 cup epsom salts

1/4 cup bicarbonate of soda

10-15 drops lavender essential oil

Epsom Salts contain magnesium which is known as the universal relaxant, beneficial for improved sleep, relaxing muscles and stress reduction

Bicarbonate of soda is an alkaline compound which helps balance pH levels, helps draw out toxins, kills off skin fungi, and reduces muscle pain

The Latin name of lavender is Lavare, which means “to wash”, due to its beautiful clean aroma. There are many health benefits of lavender essential oil, it helps to:

- Eliminate nervous tension
- Disinfect the scalp & skin
- Reduce anxiety & stress
- Promote restful sleep
- Improve eczema and psoriasis & reduces acne
- Relieve pain
- Enhance blood circulation
- Heal burns and wounds
- Restore skin complexion
- Slow ageing with powerful antioxidants

FACE SCRUBS

FOR COMBINATION / OILY SKIN

Mix the following together in a bowl, and apply to face and neck rubbing gently with your fingertips in circular motion.

2 teaspoons of bicarb of soda

1 egg white

½ teaspoon of cinnamon

3 drops wild orange essential oil

Bicarbonate of Soda – good for all skin types, especially oily skin as it absorbs excess oil

Egg White – great for oily or ageing skin, tightening and firming, fighting off fine lines and wrinkles

Cinnamon – reduces inflammation and breakouts, antiseptic, antibacterial

Wild Orange essential oil – antiseptic and anti-inflammatory which makes it an ideal ingredient in your skin routine; this oil isn't just for acne-prone skin though, it's also been shown to increase the ability to absorb vitamin C, collagen production, and blood flow, all of which are essential for smoothing wrinkles. (Note – citrus oils cause photosensitivity so do not apply to your skin if you plan on being out in the sunshine within 12 hours.)

FOR DRY/MATURE SKIN

Mix the following together in a bowl, and apply to the face and neck rubbing gently with the fingertips in circular motion.

- 1 teaspoon ground almonds
- 1 teaspoon of melted coconut oil
- 3 drops of Frankincense essential oil

Ground Almonds – gentle exfoliant providing the skin with vitamins A and E

Coconut Oil – moisturising, antiseptic, maintains a healthy skin pH

Frankincense essential oil – helps lift and tighten the skin to naturally slow signs of ageing

FOR SENSITIVE SKIN

Mix the following together in a bowl, and apply to the face and neck rubbing gently with the fingertips in circular motion.

- 1 teaspoon oatmeal
- 1 teaspoon aloe vera gel
- ½ teaspoon of honey
- 5 drops lavender essential oil

Oatmeal – unclogs pores and soothes irritation

Aloe Vera Gel – reduces inflammation, keeps skin clear and healthy

Honey – plumps skin, kills bacteria, soothes

Lavender essential oil – soothing and helps replenish and hydrate the skin



FACE MASKS

HONEY LEMON MATCHA (ANTI-AGEING, ANTI-INFLAMMATORY)

- 1 tablespoon of RAW honey
- 1/8 teaspoon matcha powder
- 3 drops of lemon essential oil

Mix together in a bowl, apply to your face and neck, let sit for 10-20 min, then rinse off with a flannel and warm water.

AVOCADO CACAO HONEY (ANTIOXIDANT, MOISTURISING)

- 1/4 avocado
- 1 teaspoon cacao
- 1 teaspoon RAW honey

Mix together in a bowl, apply to your face and neck, let sit for 10-20 min, then rinse off with a flannel and warm water.

BLUE GREEN ALGAE (ACNE REDUCING, CLEAR SKIN)

- 1 tablespoon Aloe Vera Gel
- 1 tablespoon of RAW honey
- 1 teaspoon Spirulina powder

Mix together in a bowl, apply to your face and neck, let sit for 10-20 min, then rinse off with a flannel and warm water.

Don't forget to pop some cucumber slices over your eyes while you lay back and relax, and let all these amazing ingredients do their work.

DEODORANT

FRESH AND CLEAN CITRUS & TEA TREE DEODORANT

- 2 tablespoons soft coconut oil
- 2 tablespoons bicarbonate of soda
- 4 drops Lemon essential oil
- 4 drop Wild Orange essential oil
- 4 drops Melaleuca (Tea Tree) essential oil

Add the bicarb, coconut oil and essential oils to a bowl and mix thoroughly. Put in a small glass jar and apply a small amount to the underarms after a bath or shower. Cautions: Some people with sensitive skin may find bicarbonate of soda to be irritating. Take care with delicate fabrics like silk, as the oil may stain.

COFFEE & OLIVE OIL BODY SCRUB

(ANTI CELLULITE, ANTI-OXIDANT, MOISTURISING)

- ½ cup organic ground coffee
- ¼ cup cold pressed Olive Oil
- ¼ cup brown sugar

Mix the ingredients together in a mixing bowl and store in an airtight container in the bathroom. Take a handful of the mixture and apply to the desired area, massaging in a circular motion. Rinse off with warm water, ideally follow with a cold shower to further stimulate the circulation and minimise the appearance of cellulite.

PEPPERMINT SUGAR FOOT SCRUB

INVIGORATING & MOISTURISING

- 1 cup white sugar
- ¼ cup melted coconut oil
- 10 drops peppermint essential oil

Mix the ingredients together in a mixing bowl and store in an airtight container in the bathroom. Take a handful of the mixture and apply all over the body, massaging in a circular motion. Rinse off with warm water.

MAKE UP REMOVER

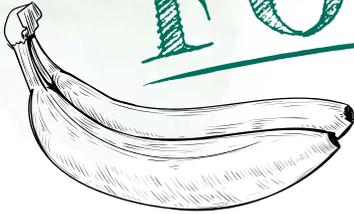
Simply use virgin coconut oil to remove all makeup. Suitable for all skin types.

Here are just some of its benefits for skin:

- **Hydrating** for the sensitive area around the eyes
- **Reduces wrinkles** and prevents premature ageing
- **Antibacterial & antifungal**

Apply to the entire face and neck area, allow to stay on the skin for a minute or two then using a soft flannel and warm water wipe off.

VITAMIN & MINERAL FOCUS



Zinc is of great importance for normal skin function³⁸. Low zinc serum levels during puberty are often due to an increased requirement for zinc due to hormonal production. This is a time when teenagers are more prone to acne as zinc is shunted to hormone production. A diet low in zinc may also lead to skin prone to breakouts later in life. Good sources of zinc are: fresh oysters, pumpkin seeds, ginger, brazil nuts, almonds, walnuts, buckwheat and lentils.

Silica is a trace mineral which contributes to the strength of our connective tissue. Connective tissue is what holds our bodies together, it's the intercellular cement. Cucumbers are an excellent source of silica and can be used topically for various skin problems such as swelling under the eyes, sunburn, burns and dermatitis³⁹.

Ascorbic acid and caffeic acid, which are also components of cucumbers, prevent water retention, so consuming cucumber can also be beneficial to reduce puffiness of the skin and tissue caused by water retention.

Sulphur is an essential nutrient for detoxification support. The body's detoxification system requires an ample supply of sulphur to work effectively. Foods such as brussel sprouts, rocket, coconut oil, garlic, eggs and pulses are rich in sulphur-containing nutrients needed for the body's detoxification system to work properly. Collagen production in our body also depends on sulphur to create healthy skin and heal scars. Sulphur improves the appearance of acne by resolving scars, aids the removal of toxins from the skin, supports the liver to neutralise toxins which may have been absorbed through the skin and helps create healthy new skin cells ⁴⁰.

Essential Fatty Acids are a key nutrient in a natural skin care diet. Essential fatty acids like omega-3s and omega-6s are the building blocks of healthy cell membranes⁴¹, helping to produce the skin's natural oil barrier, critical in keeping skin hydrated and younger looking. While both omega-3s and omega-6s are essential, we don't produce them within our body and our typical western diets often lack omega-3s and are too rich in omega-6s. Due to the opposing effects of omega-3 and omega-6 fatty acids, a healthy diet should contain a balanced omega-6:omega-3 ratio. Human beings evolved eating a diet with a omega-6:omega-3 ratio of about 1:1. However, modern Western diets consist of omega-6:omega-3 ratios ranging between 15:1 to 17:1.

Omega-3 fatty acids found in oily fish such as salmon, mackerel, sardines, anchovies and herring, as well as flaxseed, hempseed and walnuts, are anti-inflammatory. Omega-6 fatty acids on the other hand, promote inflammatory pathways and are abundantly found in grains, refined cooking oils, as well as baked and processed foods.

Vitamin A, is a fat soluble vitamin, particularly important for maintaining the health and structure of the skin³⁸. While vitamin A may benefit skin disorders such as acne and psoriasis, it is also very important for our immune function, eye health, reproductive system, manufacturing and activity of adrenal and thyroid hormones, cell growth and structure, and the function of nerve cells. Beta-carotene is converted to vitamin A in the body, so by including plenty of beta-carotene rich foods and healthy fats, we can support the health of our skin. These include: butternut squash, pumpkin, carrots, kale, collard greens, spinach and sweet potatoes.

Vitamin C is imperative in the production of collagen³⁸. As we age, collagen levels decrease. Our skin becomes thinner and loses its elasticity, resulting in the appearance of wrinkles and lines on our face. Vitamins A, C and E can help replenish collagen levels and delay the ageing process. Vitamin C also offers us free radical-fighting antioxidants, which are important for cellular renewal. Vitamin C is not only high in citrus fruit, it's very high in parsley, bell peppers, kale, broccoli and berries too.

Water: I said it last week and I will say it again this week: drink plenty of water and herbal teas to aid detoxification. Every cell in our body needs water to help remove toxins. Drinking plenty of water will also reduce headaches and cravings while removing sugar. This really is one of the easiest steps we can take for a healthier body and mind. Many people allow themselves to get dehydrated, by drinking too much coffee and tea, or alcohol, and simply not drinking enough water.

Water makes up approximately 60% of our body and we need to consume around 1.5-2 litres per day. Some of this comes from the foods we eat, including vegetables, fruit, soups and herbal teas, which all contribute to our 1.5-2 litres.

Water plays a vital role to life, including:

Helping regulate our body temperature

Assists flushing of wastes from our cells

Lubricates joints

Helping the brain with mental function, reducing brain fog and fatigue

Keeping our skin healthy

Aiding metabolism

Don't wait until you're thirsty! Rather, start the day with a glass of water and keep a glass bottle with you at all times and drink throughout the day. If you're thirsty it means you're already dehydrated. As the body needs water for so many functions, if we don't consume enough, the body will retain water in the cells, giving skin the appearance of puffiness. Once you start drinking plenty of liquids you will notice a drop in weight too as the cells let go of water they retained due to dehydration.

RECIPES

week three



MORNING

TURMERIC & MUSHROOM OMELETTE

2 eggs
1/2 teaspoon turmeric powder
4-5 mushrooms, chopped
1 clove garlic, crushed
Sea salt + Pepper

In a frying pan add a knob of coconut oil, then add the mushrooms and cook until browned. Add the garlic and stir through. In a bowl whisk together the eggs, turmeric powder and season with salt and pepper. Pour over the mushrooms and allow to cook for three minutes. Place the pan under the grill to cook the top until golden.

SMASHED AVOCADO WITH FLAXSEED CRACKERS & CHERRY TOMATOES

1/2 avocado
Flaxseed crackers (see Dips, Dressings and Crackers)
Cherry tomatoes

Break up the avocado with a fork, then scoop on to your flaxseed crackers. Top with halved cherry tomatoes. Season with Himalayan salt and black pepper.

RASPBERRY OVERNIGHT OATS

1/2 cup gluten free rolled oats
1 cup unsweetened dairy free milk of your choice
1 tablespoon chia seeds
1/2 teaspoon vanilla bean paste
Pinch of sea salt
Handful of fresh or frozen raspberries

Mix all ingredients together, except the raspberries, in a medium-sized mixing bowl. Then fold in the raspberries and spoon into a jar with a tight-fitting lid. Refrigerate for at least four hours, but preferably overnight, before eating.

This is a great breakfast to make if you have to leave the house in a hurry. Portable so you can have it on the train.





SAVOURY BREAKFAST MUFFINS

180g Buckwheat Flour
1 teaspoon baking powder
1/2 teaspoon sea salt
6 medium eggs
100g spinach, washed & wilted
1 medium courgette grated, juice squeezed out
Pinch of dried thyme & black pepper

Prepare your muffin tray with muffin cups or by cutting squares of parchment paper. Preheat the oven to 200°C (gas mark 6). Crack the eggs into a mixing bowl and whisk. Add the spinach and grated courgette and mix through. Gradually add the buckwheat flour mixing it in thoroughly. Add the seasoning, thyme and baking powder. Using a spoon, carefully transfer the mixture into the muffin cups. Bake in the oven for 20-25 minutes until firm to touch and golden on top.

Serve warm or cold, for breakfast or lunch with a big salad.
Can be stored in an airtight container in the fridge for 3 days.

NOON

ROASTED CAULIFLOWER SOUP

1 medium sized cauliflower
5 cloves garlic
Handful of cashew nuts
1/2 litre vegetable stock
1 celery stalk
Sprig of fresh thyme
1 teaspoon ground cumin
1/4 teaspoon smoked paprika

Cut the cauliflower into florets, drizzle with olive oil, and add the whole garlic cloves, cumin and paprika. Using your hands, coat the cauliflower in the spices and oil. Roast on medium heat in the oven for 20 minutes until soft and golden. Add the rest of the ingredients to a pan with the cauliflower and cook for 20 minutes. Remove the thyme sprig and blend using a hand held blender or Vitamix.



SALMON NIÇOISE SALAD (SERVES 2)

- 1 shallot, finely diced
- 1 tablespoon capers
- Handful fresh parsley, chopped
- 2 salmon pieces, grilled and cooled.
- 2 tablespoons lemon juice
- 1 tablespoon olive oil
- 2 cups salad greens including plenty of rocket
- 1/2 cup green beans, blanched
- 1 small avocado, thinly sliced
- 2 hard boiled eggs, halved
- 2 tablespoons black olives (or your favorite olives)

Break up the salmon with a fork and combine with the shallot, capers, parsley, olive oil and lemon juice. Set aside. To assemble, toss salad greens, green beans together, add the salmon mixture, then arrange the avocado, olives, and boiled egg on top and finish with a good drizzle of hemp seed oil, lemon juice and black pepper.



RAW ASIAN SALAD

1 cucumber

2 carrots

1 courgette

1 yellow pepper

1 teaspoon sea salt

For the dressing:

Juice of 1/2 lime

1 teaspoon honey or maple syrup

1 teaspoon sesame oil

1 teaspoon tamari

1 tablespoon cashew butter

Pinch of chilli flakes, to taste

1 clove garlic

1 tablespoon water

For topping:

2 tablespoons toasted sesame seeds, flax seeds,
hemp seeds, flaked almonds

2 spring onions, sliced

2 tablespoons fresh coriander, chopped

You can use a spiralizer or a julienne peeler to create long thin cucumber, courgette and carrot noodles. Thinly slice the bell pepper.

Place the spiralized cucumber into a strainer and mix with one teaspoon sea salt. Let the cucumber drain for a few minutes to remove excess water. Once the cucumber has drained, spread it onto a layer of paper towels and gently pat out as much moisture as you can. Place all the vegetable noodles into a large bowl.



Blitz the dressing ingredients in a food processor, then pour over the noodles and top with the spring onions, toasted seeds and nuts and coriander.

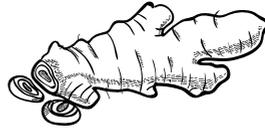
Best served immediately as the cucumber will continue to release water and it can all become a little soggy if not eaten right away.



GINGER & LEMONGRASS INFUSED THAI SOUP

WITH GRILLED CHICKEN OR CRISPY TEMPEH (SERVES 2)

- 1 teaspoon coconut oil
- 1 pack of extra firm tofu OR 2 chicken breasts
- 1/4 cup GF tamari sauce
- 1 onion, finely chopped
- 2 carrots, peeled and chopped into rounds
- 1 bunch spring onions, chopped
- 4 cloves garlic, crushed
- 1 inch piece of ginger, peeled and chopped
- 1 stalk lemongrass, leave whole and cut an x in the bottom of the root end (this will help release the lemongrass flavour)
- 3 cups vegetable broth
- 1 can full fat coconut milk
- Zest and juice on 1 lime



For serving: Coriander and toasted flaked almonds OR brown rice vermicelli noodles

If having chicken: Place the chicken breasts under the grill and cook for approx 8-10 minutes on each side. Make sure it is cooked through. Slice into strips.

If having tempeh: Cut tempeh into cubes and drizzle with tamari. Place on a baking tray and bake in the oven for 15-20 minutes until crispy.

Heat the coconut oil in a heavy bottomed pan. Add the onion and carrots and cook until soft. Add the garlic, ginger, and lemongrass. Cook for 2-3 minutes until very fragrant. Add the stock and coconut milk and bring the mixture to a boil. Once boiling, reduce to a simmer and cook for 15 minutes. Remove lemongrass from pan and discard it. Add the brown rice vermicelli and cook for two more minutes.

Season the soup with salt and pepper to taste and add the lime zest and juice. Scoop some soup into bowls and top with either tempeh or strips of grilled chicken, spring onions, coriander and toasted almonds. Enjoy!

EVENING

VEGGIE BEAN CHILLI

- 1 sweet potato, chopped into small cubes
- 1 large carrot, chopped into small cubes
- 1 Red onion, finely chopped
- 2 cloves garlic, crushed
- 1 tin black beans
- 1 tin cannellini beans
- 1 bottle pasata (700ml)
- 1 tablespoon cumin
- 1/2 Red chilli, finely sliced (take out the seeds for less heat) OR 1/2 teaspoon cayenne pepper OR to taste
- 1 tablespoon coconut oil

In a heavy bottomed pan heat the coconut oil. Add the carrots, onion and sweet potato, pop the lid on and cook for around 10 minutes stirring regularly. Now add the cumin, red chilli and continue to cook and stir for another 5 minutes. When the vegetables have softened, add the garlic, beans and pasata and season with salt and pepper. Put the lid back on and cook for 30 minutes on low heat.

Serve with brown rice, cauliflower rice or quinoa. Lovely with tahini sauce drizzled over and some avocado on the side.

Socca with Pesto, Roasted Mediterranean Vegetables and Anchovies

For the socca base:

150g chickpea flour / gram flour

50ml luke warm water

1 tablespoon olive oil

Pinch of sea salt

Add the flour to a mixing bowl and slowly add the water, whisking the mixture until it reaches the consistency of a thick pancake batter. Add the olive oil and salt and mix in. Pour the mixture into a large greased or parchment paper lined oven tray and bake on gas mark 6 for 15-20 minutes. This tastes best when baked really thin, around 3mm thick is best.





SIMPLE CHICKPEA CURRY

- 1 tablespoon of coconut oil
- 1 teaspoon mustard seeds,
1 teaspoon cumin seeds,
- 2 tins of chickpeas, drained
- Chopped spinach, big bunch
- 1 teaspoon turmeric powder
- Sea salt, to taste
- 2 cloves garlic chopped
- 1 teaspoon ground cumin,
- 1 teaspoon of ground coriander
- 1 tablespoon tomato paste
- Cayenne powder, to taste
- 1 handful of fresh coriander, chopped

Put a large heavy bottomed pan on high heat and add the coconut oil. When hot add the mustard seeds and cumin seeds. Cook for a couple of minutes until they start to pop, then quickly add the drained chickpeas.

Add the salt, chilli powder, coriander and cumin powder and turmeric powder, chopped garlic and tomato paste and stir. Add 1/4 cup of water then add the chopped spinach. Cover the pan and leave on a medium heat for about 15 minutes. Stir the fresh coriander through. Serve with cauliflower rice.

ROASTED FENNEL, SWEET POTATO & RED ONION

Serves 3-4

2 large fennel bulbs, cut into wedges lengthwise
2 medium red onions, peeled and cut in 8 wedges each
2 large sweet potatoes cut into wedges
Coconut oil or olive oil

Add the fennel, onion wedges and sweet potato wedges to a baking tray and add 1-2 teaspoons of coconut oil and season with sea salt and freshly ground pepper. Toss to evenly coat, and roast in the pre-heated oven until soft, for about 30-40 minutes. While the vegetables roast you can prepare some protein, such as chicken breast, poached egg or piece of fish and some greens. This is a really nice quick veggie side dish.

Any leftover vegetables can be stored in an airtight container in the fridge.



COURGETTI WITH ROCKET & CHERRY TOMATO SALSA (SERVES 2)

1 large courgette, spiralized

For the Salsa:

Handful of cherry tomatoes, halved

1/4 red onion, finely chopped

1 tablespoon capers

Big handful of rocket, washed and chopped

DRIZZLE of olive oil & Juice of half a lemon

Topping:

Handful of walnut pieces

1 tablespoon pine nuts

Sprinkle of hemp seeds and nigella seeds (optional)

Start off by making the salsa to allow it to sit for a few minutes so that the flavours infuse. Mix all the ingredients to-



gether in a bowl, cover with a plate and allow to rest while you prepare the courgetti.

Using a spiralizer, spiralize your courgette. Add to a pan and pour boiling water from a kettle over the courgetti. Without turning on the cooker, just allow the courgetti to soften in the boiling water for 5 minutes. In the meantime, add the nuts to a dry pan and roast over a medium heat tossing the pan regularly. Once they start to brown remove from the heat and transfer the nuts to a plate.

When the courgetti has softened (you don't want it to get too soft and soggy) drain the water and share between 2 bowls. Top with your salsa and the toasted nuts, then sprinkle some seeds and add a little more olive oil to taste.

Serve immediately.

ROASTED MEDITERRANEAN VEGETABLES

1 red bell pepper
1 courgette
1 small aubergine
2 tablespoons olive oil

Thinly slice the bell peppers, courgette and aubergine sprinkle with olive oil and salt and bake in the oven on medium heat for 20 - 30 minutes until well cooked.

When the socca is baked, spread a thin layer of homemade pesto (see Dips, Dressings and Crackers), pile roasted vegetables, olives, toasted pine nuts, rocket and anchovies on top. Slice up and enjoy.

Sweet

GRAIN-FREE COCONUT COOKIES

2 Ripe bananas

1 cup desiccated unsweetened coconut

1/4 cup almonds – roughly crushed in pestle & mortar

Handful raw cacao nibs

Preheat oven 160°C. Mash bananas with a fork and stir in remaining ingredients. Scoop out tablespoons of 'dough' onto a parchment lined baking tray and gently flatten with the back of the spoon. Bake for 15 minutes, then let cool a little before eating.





CACAO WALNUT BITES

Cacao has fantastic antioxidant properties beneficial for combating toxins and for glowing radiant skin, while walnuts are high in omega-3 fatty acids beneficial for the structure and integrity of our cells.

100g walnuts
100g medjool dates (if you're using other dried dates,
soak them for an hour before)
1 tablespoon cacao powder
1/2 tablespoon coconut oil

Begin by placing the walnuts in the food processor and pulsing until they are nicely crushed.

Add the medjool dates and coconut oil and pulse until fully mixed. Add the cacao and then mix again in the food processor. Take a tablespoon of the mixture and roll with your hands into a ball. Make them as small as possible, that way you can have 2 or 3 which psychologically will feel more satisfying.

Store in an airtight container in the fridge for up to a week.

MEAL PLANNING

Once again, planning for the week ahead is a great way to stay on top of things. By knowing what meals you're going to have, you can be sure to succeed and stay on track. Our focus for week three is going to be:

Continue to avoid: gluten, dairy, sugar, caffeine, trans fats, alcohol and processed foods. Avoid packaged foods or thoroughly read the label, checking for sugar and additives.

Eat three meals per day which are filling enough so you don't need to snack in between meals as much as possible

Don't go hungry to the point of wanting to reach for an out of limits food, try to snack nuts, hummus, veggie sticks/juice.

Include protein with every meal to assist maintenance and repair as well as balancing blood sugar levels

Include skin friendly foods – foods rich in zinc, beta-carotenes, sulphur and vitamin C

Eat anti-inflammatory red foods to support the lymphatic system – cherries, raspberries, beetroot

Include plenty of garlic to boost immune function and combat harmful microbes; garlic is rich in sulphur and also improves circulation and aids in the cleansing of toxins

Ginger is beneficial for digestion and circulation, two systems which are directly linked to the lymphatic system

Turmeric helps reduce inflammation, thins blood, and improves circulation, aiding in lymphatic circulation

Include bone broths (fish bones are good too) as they are rich in collagen which is great for glowing skin

Drink two litres of non caffeinated liquids every day; this includes soups, herbal teas, veggie juices and filtered water.

Include fresh vegetable based juices every day; fresh, not shop bought, as they are always pasteurised and very sweet

Include healthy fats in particular those rich in Omega 3 fatty acids - oily fish, flax oil, flax seeds, hemp seeds, hemp seed oil

Example DAY ONE

Breakfast: overnight raspberry chia oats, digestive Juice

Lunch: omelette with mushrooms,
turmeric and garlic with a big green salad

Dinner: grilled whole mackerel
with cauliflower rice and steamed broccoli.

Example DAY TWO

Breakfast: savoury breakfast muffin, blood Builder Juice

Lunch: salmon nicoise salad, Immune boost juice

Dinner: chickpea curry with brown rice

7 DAY PLAN

Plan your meals for the week ahead and buy all your ingredients in advance. Prep your meals if you're going to be away, pack lunches for work and make meals in advance.

	Breakfast	Lunch	Dinner
Day 1			
Day 2			
Day 3			

Day 4	Day 5	Day 6	Day 7

WEEK THREE reflection

During this week it's really important that you begin to schedule in 'me' time. Use the table below to plan your week and ensure there is time set aside, anything from 20 minutes to a whole day. Use this time to practice self care rituals such as getting into nature, or spending time doing things which simply make you smile and feel that gorgeous warm fuzzy feeling in your tummy...with no guilt attached!

"You're never too old to become younger." - Mae West

Monday	am	pm
Tuesday	am	pm
wednesday	am	pm

Thursday	am	pm
Friday	am	pm
Saturday	am	pm
Sunday	AM	PM

HORMONE BALANCING for health and vitality

Welcome to *Week four* the last week of the program, and hasn't time just flown by! Our area of focus this week will be on foods that are beneficial for balancing hormones, in particular, thyroid hormone and sex hormones.



“IN THE 21ST CENTURY OUR TASTE BUDS, OUR BRAIN CHEMISTRY, OUR BIOCHEMISTRY, OUR HORMONES & OUR KITCHENS HAVE BEEN HIJACKED BY THE FOOD INDUSTRY.”

- mark Hyman MD

We are not linear beings, and our hormones are a direct reflection of this fact; these incredible signalling molecules are responsible for all our bodily functions, yet we don't often really stop to give them credit. Other than saying, “I'm so hormonal”, what are we actually doing to make sure these extremely important messengers are in harmonious communication with each other?

When we talk about balancing hormones, such as cortisol, thyroid hormone, insulin and sex hormones, you have to imagine that you are the conductor of an orchestra. All hormones act together and influence one another, so if your violinist is out of tune, you can be sure the whole orchestra won't sound quite right.

Keep in mind that hormonal imbalances don't only affect women, we are seeing more and more men suffering from hormonal disruptions due to environmental factors, as well as lifestyle.

The thyroid is a butterfly shaped gland at the front of our throat, which is responsible for producing thyroid hormones. These hormones are responsible for a large number of func-

tions in the body, including metabolism, growth, brain functions such as intelligence and memory, neural development, and dental and bone maintenance. Of course all of these are incredibly important functions, which when disrupted, can cause a whole array of symptoms.

Many people may put these down to simply getting older, and go on living with symptoms for many years. Thyroid issues are becoming more and more common amongst the population in the Western world, whether underactive or overactive, thyroid dysfunction can impact our lives in dramatic ways.⁴² Symptoms may vary, but can include:

- Weight gain/loss
- Fatigue & depression
- Constipation
- Low libido
- Thinning hair
- Dry skin
- Changes in menstrual cycle
- Memory problems
- Increased sensitivity to cold
- Irregular menstruation
- Swollen & painful joints
- Elevated cholesterol

When women in their forties and fifties experience symptoms such as those listed above, they may just assume they have entered perimenopause, the transitional period leading to menopause during which hormonal changes begin to take place, but these symptoms can also result from thyroid hormone imbalance. Women may also experience thyroid issues immediately after giving birth.

Stress, be it mental, physical or environmental can have a huge impact on thyroid hormone production, thus reducing or accelerating hormone production⁴⁴. The adrenals and the thyroid are closely linked, and as the brain is responsible for triggering both the release of cortisol from the adrenals and thyroid hormone from the thyroid gland, there is a big overlap in how we can support both our adrenals – which we learned about during week two – and our thyroid.

Other causes and risk factors for Thyroid imbalance are:

Environmental toxins

Recreational drugs and smoking

Autoimmune conditions

A family history of thyroid disease

Suffering a severe infection

Suffering with chronic systemic inflammation

Food intolerances to gluten or casein (a protein found in dairy)

High cortisol levels due to chronic stress

With fluctuations of **sex hormones** right from puberty through the monthly cycles and into menopause, many women go through their reproductive life with much suffering. Mood swings, premenstrual symptoms, menstrual cramps,

menopausal symptoms, poor libido, anxiety and poor sleep don't have to be part of our life. In the vast majority of cases, this suffering is unnecessary and is often due to poor eating and lifestyle habits, including smoking, alcohol, eating a diet high in refined carbohydrates and processed foods, high dairy and gluten consumption, or not exercising enough. Equally, as our environment becomes more toxic ⁴³, we are seeing disruptions in oestrogen metabolism, which again has a huge detrimental impact on women's lives. Many environmental and physical factors, such as stress, obesity, blood sugar imbalances, pesticides from food, hormones from dairy and xenoestrogens from plastics can all disrupt oestrogen metabolism and potentially lead to fertility problems, hormone related cancers and menopausal symptoms.

The impact of hormonal imbalance can be just as devastating to men, leading to infertility, low libido, depression, weight gain and insomnia. Male hormone imbalance can be brought on by stress, acute injury or illness, poor nutrition, inadequate exercise and environmental factors.

WHAT CAN WE DO TO BALANCE HORMONE?

Back in the introduction I mentioned using glass containers for storing food and drinks. This is very important for reducing our exposure to xenoestrogens and balancing hormones. Use glass jars, glass bottles, glass tupperware or metal tins for your packed lunches and storage.

Eat organically in order to avoid as many pesticides as possible, especially if you suffer from hormonal imbalances⁴⁵.

If you're still transitioning to organic foods and self care products, you can download the Dirty Dozen and Clean 15 document from the EWG.org website. Additionally, begin making better choices when it comes to your cosmetics, body washes and creams, replacing them with less toxic options when they run out. Make these changes for life, not just during the course of these 28 days!

Exercise is essential to health but exercising to the point of exhaustion can put your adrenals back into stress mode, elevate cortisol levels and put you back in a spiral of hormonal dysfunction. So yes, exercise, yes, get out of breath, but also make sure you're not over doing it in order to give your adrenals the chance to rest and heal. Yoga, qi-gong, tai chi and walking in nature are all great alternative options to more strenuous activities or exercises.

Sleep is extremely important for hormonal balance, for improving our mood and even helps us shift weight!⁴⁶ Sometimes changing our sleep patterns is easier said than done, but they are patterns and habits which absolutely can be changed **with a little perseverance, adequate nutrition and mindfulness practice.**

Aim to achieve 8 hours of uninterrupted sleep every night

Create bedtime rituals, like a bath, lighting a candle, or reading a real book

Keep technology (including TV watching) permanently out of the bedroom

Go to bed at the same time every day and wake up at the same time every day

Don't partake in vigorous exercise after dinner

Write lists of things you have to do and any worries you are experiencing, down on paper an hour or two before bedtime to quiet your mind

Do some stretches or a gentle yoga sequence

Meditation and breathing exercises are effective in improving sleep, practice these just before bedtime

MIND AND BODY

This week we will address the feelings of overwhelm I know so many of you experience. Managing jobs, children, a house, cooking and cleaning, often with no or very little help is bound to feel overwhelming. In addition to external pressures, our body and mind can easily become overwhelmed by the burdens of stress, a poor diet, lack of sleep and the bombardment of environmental toxins which we face in our world today.

I speak from experience when I say that it's often not until we become ill that we are willing to re-evaluate our priorities in life. But you don't have to wait until that day! Instead, re-asses the things that are most important in your life right

now. It can start with very simple questions about everyday tasks, or delve deeper into what you truly want from your life. Use the reflection part of this section to download your feelings around this subject.

Before the digital age really took off, people expected that we'd have plenty of time off to do as we pleased once computers minimised our workload. Quite the contrary is in fact true. We find ourselves maniacally multi tasking and doing the jobs of many people on a daily basis.

Here are 3 strategies for alleviating feelings of overwhelm:

Learn to say 'no'. Learning how to say no – diplomatically and graciously – can be a life-saver. People who are the most overwhelmed simply don't know how to say no, or aren't willing to set reasonable boundaries for themselves, and so end up committing to much more than they can reasonably accomplish. Learning to say no is important for our sanity.

Ask for help. Whether you feel overwhelmed in your personal or professional life, when it comes down to it, all you have to do is ask someone for help. Too often we're too proud or too worried to ask for help due to fear of rejection. My moto is: If you don't ask, you don't get.

Being busy is not always a positive. We've become so wrapped up in the illusion that if we appear to be busy we must be successful. In fact we've made ourselves so 'busy' that our health is suffering due to the stress of overwhelm. Live in the present, focus all your attention on one task at a time. Remember that you can only do what you can do.

If you're feeling overwhelmed, try to just take a step back, zoom out from the situation to allow for some clarity. **To help alleviate stress you can do any of the following:**

Get outside! Take a walk in nature

Gentle exercise outdoors is ideal

If you can't get outdoors this week, open the windows wide and do a yoga routine, breathing in deeply

Practice breathing exercises

If it's the evening and you find yourself working away on a computer stop! Getting off technology two hours before bed-time will ensure you get a better nights sleep. (You can go back to the task again in the morning!)

Take an epsom salt bath

Read a self help book

Do 15 minutes of stretching, yoga or meditation

Alleviating stress is one of the most impactful ways in which to balance hormones. You can also revisit some of the relaxation practices I've shared over the past three weeks, and remember something is better than nothing. Even two minutes of breathing, or mediation goes a long way.

A few last words on feelings of overwhelm:

You can do anything, but not everything

Just because you can do it, it doesn't mean you have to do it

Turn down the volume on your inner critic

Remember that life is long and beautiful, and this is just a busy period and it too, will pass

Multi-tasking is a myth, we can only do any one thing at a time

Be kind to yourself

On that note, remember to **always** be kind to yourself; with what you put inside your body, the people you associate with and relationships in your life, and reduce the mental pressures you put on yourself.

A group of six people are sitting on yoga mats on a balcony, practicing yoga. They are surrounded by a scenic view of a lush, green mountain valley with a river in the foreground. The balcony has a black metal railing, and laundry is hanging on a line. The sky is blue with some clouds. In the top left corner, there are some decorative blue dots and a faint outline of a person's head.

"Success is liking
yourself, liking what
you do, and liking
how you do it.
Maya Angelou

HORMONAL BALANCE FOCUS



Phytoestrogens: In many cultures around the world, women experience minimal to no menopausal symptoms. In fact, in the Far East breast cancer rates are significantly lower than in the West, which stirred the curiosity of scientists who have since studied the diets in these cultures.⁴⁷ What they found was that plant hormones called phytoestrogens latch onto receptor sites on breast tissue, stopping our own more potent, dangerous oestrogens from attaching onto these receptor sites. Including phytoestrogens from foods such as flax seeds, legumes, tofu and miso can help balance and regulate hormones.

Vitamin A: Vitamin A is important for Thyroid function. In the case of hypothyroidism, the body may not be able to convert beta carotenes from plant sources to the usable form of vitamin A. Foods from animal sources such as fish and eggs can provide readily available Vitamin A.

Vitamin B3: Vitamin B3 is needed to keep all the body's cells in efficient working order, including our hormone producing glands. Sources of B3 can be found in chicken, mushrooms, green peas, sunflower seeds, avocado.

Vitamin B12: People with an under active thyroid are often deficient in vitamin B12.⁵¹ A lack of B12 may lead to tiredness, weakness, lightheadedness, shortness of breath, constipation or diarrhoea, nerve problems like numbness and tingling, muscle weakness. While B12 is available to us from animal sources, a B12 supplement may be beneficial in particular if you are vegan or vegetarian.

Selenium: Three brazil nuts daily will give you the selenium needed to support the thyroid⁴⁸. Other sources include: tuna (from glass jars), sardines, organic chicken, salmon, prawns.

Magnesium: Magnesium is required for the conversion of T4 into T3, which is the active form of thyroid hormone.⁴⁹ A diet high in refined food and caffeine encourages magnesium loss, as does excessive sweating. A diet rich in dark green leafy vegetables will provide a good source of magnesium.

Zinc: Research has shown that both hypothyroidism and hyperthyroidism result in zinc deficiency. Zinc also plays a role the functioning of the immune system and is needed to convert T4 into T3, so this mineral is a must⁵⁰. It can be found in oysters, prawns, spinach, pumpkin seeds and flax seeds.

Fermented foods and drinks: Many of our health problems these days stem from an unhealthy gut flora. And that's not surprising as most of us unknowingly kill off the good bacteria needed by our system through antibiotics, stress, alcohol, processed foods and chlorinated water, without replenishing our bodies with the probiotics needed for health. Fermented foods can help reduce oestrogen dominance as they improve digestive function, and therefore assist the body in removing excess oestrogen more efficiently via the intestinal tract.⁵³

Brassica vegetables: Brassica vegetables include broccoli, cabbage, cauliflower, bok choy, rocket, brussels sprouts, kale, collards, watercress, turnips, kohlrabi and horseradish. These vegetables contain a compound called glucosinolate which supports the liver in detoxifying hormones.⁵² When the liver is not functioning optimally – rather than being cleared out, hormones can recirculate through the body and lead to hormonal excesses and imbalances. (Note: If you suffer with an under active thyroid avoid raw brassica vegetables. Cooked are safe to use.)

Adaptogens: Adaptogens are nutrients which work with a person's body and help them adapt, most notably, to stress. Adaptogens can help in dealing with persistent stress and fatigue because they work with regulating important hormones. Several health benefits of adaptogens include:

- boosting the immune system
- supporting a healthy weight
- increasing physical endurance and mental focus
- achieving a balanced mood

Omega-3's: Omega-3's are an important essential fatty acid, meaning our bodies can't produce them, they are found in wild oily fish, flax, chia seeds and walnuts. When it comes to balancing hormones and mitigating symptoms caused by such imbalances, omega-3's offer anti-inflammatory, mood stabilising and brain-boosting properties. Studies have shown that omega-3's have a direct effect on hormones and are useful for regulating the menstrual cycle both in women with polycystic ovarian syndrome (PCOS) and premenstrual stress (PMS).⁵⁴

Adaptogenic herbs beneficial for hormone balancing are:

“Maca” is wonderful in helping balance female hormones. Maca can regulate the hormone balance when entering menopause, reducing depression and anxiety, and is often related to this transformative biological process. For men and women, Maca can improve libido.⁵⁵ Available as powder, easy to add to smoothies or energy balls. (1 teaspoon/day)

“Ashwaganda” has been used for thousands of years in Chinese medicine it supports the system to adapt and deal with stress.⁵⁶ In clinical studies it was found to support subclinical hypothyroidism.⁵⁷ (1 teaspoon/day)

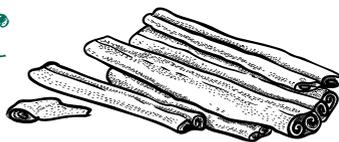
“Holy Basil (Tulsi)” is another adaptogenic herb which you can get in tea form. (1-2 cups per day)⁵⁸

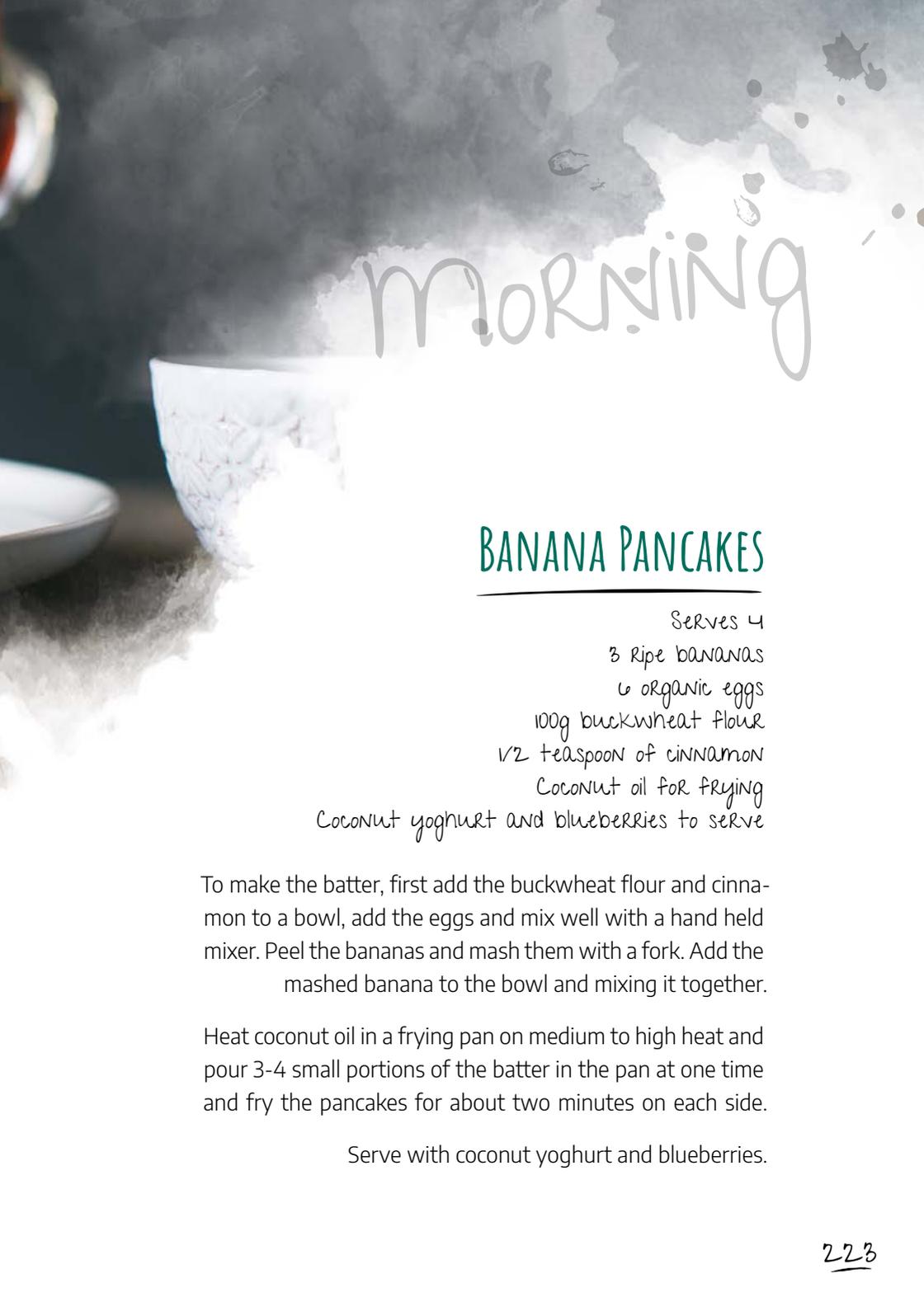
“Liquorice Root” has been used to promote many aspects of wellness, including normal metabolic function. (Note: limit this to 2 cups/day and avoid if you suffer with hypertension)



RECIPES

week four





MORNING

BANANA PANCAKES

Serves 4

3 Ripe BANANAS

6 organic eggs

100g buckwheat flour

1/2 teaspoon of cinnamon

Coconut oil for frying

Coconut yoghurt and blueberries to serve

To make the batter, first add the buckwheat flour and cinnamon to a bowl, add the eggs and mix well with a hand held mixer. Peel the bananas and mash them with a fork. Add the mashed banana to the bowl and mixing it together.

Heat coconut oil in a frying pan on medium to high heat and pour 3-4 small portions of the batter in the pan at one time and fry the pancakes for about two minutes on each side.

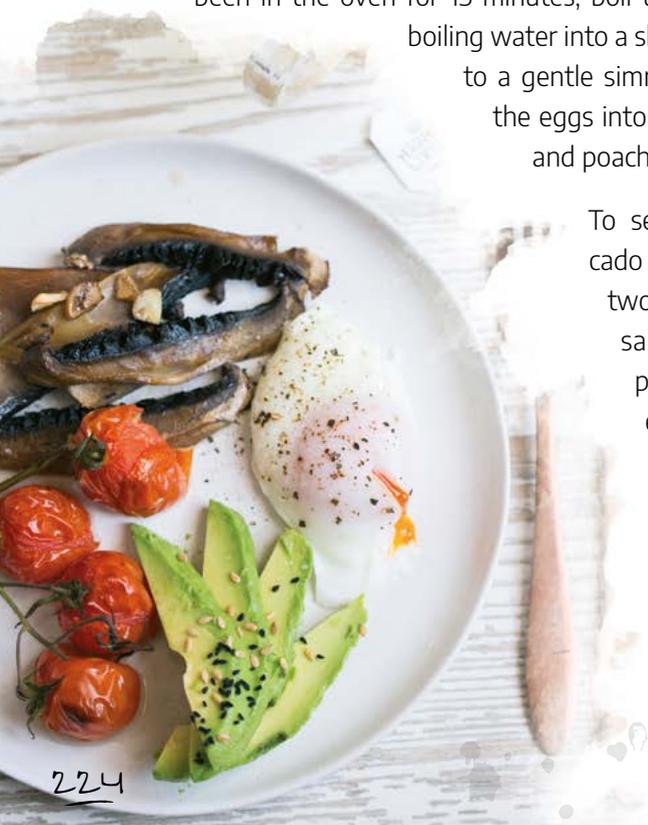
Serve with coconut yoghurt and blueberries.

BIG BREAKFAST FOR TWO

Vine cherry tomatoes
2-3 large portobello mushrooms - sliced
1 avocado
1 cup sauerkraut
4 very fresh eggs
1 clove garlic, sliced
1 tablespoon olive oil

Place the mushrooms and vine cherry tomatoes on a baking tray, sprinkle with garlic and olive oil and bake in the oven on medium heat for 20 minutes. When the vegetables have been in the oven for 15 minutes, boil the kettle, pour the boiling water into a shallow pan bringing to a gentle simmer. Carefully crack the eggs into the water carefully and poach for three minutes.

To serve, slice the avocado and share between two plates, add some sauerkraut to each plate, then the roasted vegetables and the poached eggs. Enjoy a healthy big breakfast!



A close-up photograph of a smoothie bowl. The bowl is filled with a thick, brown smoothie. It is topped with fresh raspberries, blueberries, pumpkin seeds, and shredded coconut flakes. A wooden spoon is visible to the left of the bowl. The background is a light, textured surface.

HORMONE BALANCING SMOOTHIE BOWL

- 1 banana
- 1 teaspoon maca
- 1 teaspoon ashwagandha
- 1 teaspoon cacao
- Handful of pumpkin seeds
- 1 tablespoon ground flax
- 1 tablespoon hemp protein
- 1 cup almond milk

Blitz in a blender, pour into a bowl and top with toasted nuts and berries. Serve immediately.

NOON

WINTER SALAD BOWL

½ butternut squash
Pomegranate kernels
Kale

Quick pickled onions:

1 red onion, sliced
¼ cup apple cider vinegar
½ teaspoon sea salt
½ teaspoon maple syrup

Add the onion, apple cider vinegar, salt and maple syrup to a jar, close the lid and shake well. Let stand for 1-2 hours, or make the night before.

Spicy chickpeas (see Week One Recipes)

Tahini dressing (see Dips, Dressings and Crackers)

Slice the butternut squash, add to a baking tray with 1 tablespoon of coconut oil. Place in a preheated oven and cook on medium heat for 20-30 minutes until soft. Lightly steam the kale.

To serve, add kale, roasted pumpkin, pickled onions, spicy chickpeas, pomegranate kernels and drizzle with tahini dressing



CASHEW BROCCOLI SOUP WITH HERB COULIS

2 handfuls of cashews
2 heads of broccoli
2 garlic cloves (crushed)
2 cups vegetable stock (depending on the size of your broccoli heads you may want to add a bit more - you want it smooth and creamy but not too thick!)

Cut your broccoli into large florets and rinse them, don't forget to include the stem. Add all the ingredients to a large pan, cover with the stock and cook until the broccoli is soft. Add to a blender, and blend until very smooth. Add salt and pepper to taste.

For the herb coulis:
Mint, 1 handful
Parsley, 1 handful
2 tablespoons extra virgin olive oil
Juice of 1 lemon
Himalayan salt
Avocado oil, to drizzle over

Blend the herb coulis ingredients and drizzle over the soup.

You can use a combination of any herbs you like, such as basil, dill, parsley, oregano, chives, and rosemary and mint.

TAKE AWAY POT NOODLES

1 small carrot

Handful of kale – cut in strips

1/2 courgette spiralized or cut in thin strips

Spring onions, cut in long strips

Piece of ginger, finely grated

Buckwheat noodles

Miso paste

Chilli flakes (optional)

Start by lightly steaming all the vegetables, then packing them down into a mason jar. Cook the noodles and add to the jar. Now add the grated ginger and a dollop of miso paste and some chilli flakes. Close the lid and pop it in your bag. At lunchtime, boil the kettle and add water to your mason jar. Carefully stir in the miso paste, allow to sit for a couple of minutes and enjoy a hot lunch!



NOODLE SALAD BOWL

70g black rice noodles
1 cup red cabbage, finely sliced
1/2 courgette, grated
1 carrot, grated
2 spring onion, sliced
1 apple, cut into thin matchsticks
Handful sunflower seeds
Miso dressing:
1 teaspoon miso paste
1 teaspoon cashew butter
2 teaspoon tamari sauce
Juice of 1 inch piece of ginger (grate it finely then squeeze out the juice)
Juice 1/2 lime
1 clove garlic, crushed
Splash of water if needed

Mix all dressing ingredients well, either by hand or in a food processor. Cook the noodles as per the pack instructions, then add all the shredded vegetables and toss together. Top with the miso dressing.





EVENING

BUTTERNUT SQUASH NOODLES WITH KING PRAWN STIR FRY

1/2 butternut squash, spiralized
500g King prawns (ready cooked)
1/4 savoy cabbage, finely sliced
4 spring onions, sliced longways
1 inch of ginger, finely grated
2 cloves garlic, crushed
1 green chilli, finely chopped (optional)
Drizzle tamari sauce
Knob of coconut oil

Add the spiralized butternut squash to a pan of boiling water and allow to simmer for 8-10 minutes. In the meantime heat up a knob of coconut oil and add the prawns, ginger, chilli and cook on high heat for 3-4 minutes. Add the spring onions, garlic and cabbage and stir through. Add a splash of water and a drizzle of tamari sauce, and continue cooking for 4-5 minutes.

Remove the butternut squash noodles from the pan and serve with the stir fried prawns and vegetables.

HARISSA SARDINES WITH HERBY CAULIFLOWER RICE

1 head cauliflower, made into cauliflower rice
6 sardines, from sustainable sources, scaled, gutted,
gills removed (2-3 per person) - the small bones of
sardines are edible, chew them well and they provide
a good source of calcium, but fresh mackerel is also
nice in this recipe if you find sardines too boney
1 heaped tablespoon harissa paste (See Dips, Dressings
and Crackers)

Extra virgin olive oil

1/2 lemon

Handful fresh dill

Handful fresh mint

Sea salt + pepper

Start by making the cauliflower rice.

(see Week One Recipes)

Now move on to the sardines. Put a skillet on a high heat.
Once it's really hot, add a little bit of oil to the pan, then add
the sardines to the pan. Sprinkle over a little salt and cook
for about 3-4 minutes. Turn your sardines over in the pan
then brush them with the harissa sauce. Squeeze half a lemon
over and put the lemon half, face down into the pan.

Chop up your herbs and add them to a bowl. Make sure
to turn the cauliflower over a couple of times, you want a



nice bit of colour to it. When it's ready, add to the bowl and gently mix it together with the herbs, adding some salt and pepper to taste.

To check your fish is cooked go to the thickest part of the flesh and it should pinch away easily, you'll be able to cleanly pull the bone away. Pile the cauliflower rice on your plates and top with the sardines.

FALAFELS

400g chickpeas

1 medium onion

4 garlic cloves

Generous handful of fresh parsley

Generous handful of fresh coriander

1 teaspoon cayenne pepper (optional)

1 tablespoon chickpea flour (gram flour)

2 teaspoon cumin

1 teaspoon sea salt

1 teaspoon baking powder

Coconut oil for frying

Dressing:

2 tablespoon tahini

1 tablespoon cashew butter

1/2 lemon juiced

Sea salt + pepper to taste

Add the onion and garlic cloves to a food processor and pulse until they are finely minced. Remove the mixture and set it aside. Add the chickpeas, parsley, coriander, salt, chilli powder, and cumin to the food processor and pulse until blended but not pureed.

Return the onion mixture to the food processor, along with the baking powder and the flour so that when you pulse the processor, the mixture begins to form a small ball but is not sticky. You can add more flour if the mixture is too wet. Transfer the falafel mixture to a bowl, cover it with plastic wrap and refrigerate it for 1 hour.

While the falafel mixture is chilling, prepare the tahini sauce by mixing together the cashew butter, tahini and lemon juice. Season with salt and pepper, cover and place in the fridge.

Once the falafel mixture has chilled, roll into balls using your hands. Set a large sauté pan over medium heat and add a liberal amount of coconut oil so that the pan is well-coated. Let the pan preheat for a couple of minutes and then add the falafels one by one, browning them on the first side for 3 minutes, then flipping them and browning the second side, then turn on the sides until the mixture is cooked throughout. Transfer the falafels to a paper towel-lined plate. Repeat this process until you have cooked all of the falafel.

Place three or four falafels onto a lettuce leaf and drizzle with the prepared tahini sauce.



MACA TRUFFLES

- 1 teaspoon maca powder
- 2 teaspoon raw cacao
- 3 tablespoon smooth almond butter
- 1/2 tablespoon virgin coconut oil
- 6 medjool dates
- 2 tablespoon desiccated coconut
- Pinch of sea salt
- 1/2 teaspoon cinnamon

Add all the ingredients to a blender and process everything together. If the mixture is too wet add more desiccated coconut. If too dry you can add a little bit of water. Roll into balls in your hand and dust with cacao powder. Chill in fridge for at least an hour. Makes about 10.



— AGAR CHOCOLATE PUDDING

1 can full fat coconut milk
50g good quality dark chocolate,
chopped into small pieces
2 level tablespoons of agar flakes
Berries or clementine slices for toppings

Agar flakes are an extract from Red Sea algae. It is tasteless and odorless and a great substitute for gelatine, plus a great way to include sea vegetables in your dessert! It's high in calcium and as it is a form of fibre it supports digestive health.

Add the coconut milk to a pan, sprinkle over the agar flakes and chocolate pieces and heat. Stir well using a whisk. Once the mixture reaches boiling point and all the ingredients are dissolved, turn the heat off. Pour the mixture into individual portions and place in the fridge to set. Once set, top with your choice of berries or clementine slices.

MEAL PLANNING

Our focus for Week Four is:

Avoid all foods as before: gluten, dairy, sugar, caffeine, trans fats, alcohol and processed foods, fizzy drinks and squashes

Avoid packaged foods; if you do go for something packaged out of necessity make sure to read the label thoroughly

Eat three meals per day which are filling enough so you don't need to snack in between meals as much as possible

That said, don't go hungry to the point of wanting to reach for out of limits food; try to snack on nuts, hummus, vegetable sticks, olives, fresh coconut or a vegetable juice

Include protein with every meal

Increase Zinc and Selenium rich foods – brazil nuts, oily fish, chicken, grass fed meat.

Increase Magnesium which can be obtained from dark green leafy vegetables as well as Epsom salts baths

Increase B vitamins from chicken, mushrooms, avocado, almonds, spinach

Include plenty of fibre, flax seeds are fantastic for fibre, which helps bind and excrete excess hormones

Include Maca in smoothies & sugar free chocolate/energy balls

Include Ashwaganda powder in smoothies

Keep fermented foods in the diet, as a healthy gut flora is beneficial for hormone metabolism

Include wild oily fish and other sources of Omega-3 fatty acids - flax seeds, chia seeds, hemp seeds

Include plenty of brassicas in stir fries, soups and salads

Example DAY ONE

Breakfast: Hormone Balancing Smoothie

Lunch: falafels in gem lettuce, Immune Boosting Juice

Dinner: cashew, broccoli and cauliflower soup

Example DAY TWO

Breakfast: Banana Pancakes with coconut yoghurt and blueberries, Tulsi Tea

Lunch: Take out Mason Jar Noodles, Carrot Apple and Ginger Juice

Dinner: warming winter salad bowl, hot chocolate.

7 DAY PLAN

Plan your meals for the week ahead and buy all your ingredients in advance. Prep your meals if you're going to be away, pack lunches for work and make meals in advance.

	Breakfast	Lunch	Dinner
Day 1			
Day 2			
Day 3			

Day 4	Day 5	Day 6	Day 7

WEEK FOUR reflection

During Week 4 we want to address overcoming overwhelm. Consider the following questions and write your responses down in the space provided. Emptying the mind of worries and concerns is very freeing and helps overcome overwhelm.

what is my number one priority in my life?

what can wait on my to-do list?

What am I resisting which projects do I really want to take on right now?

What (or who) is no longer serving me, or no longer in alignment with my beliefs?

BEYOND

28 Days?!



First thing's first. Well done for completing the 28 Day Mind & Body Reset and joining me on this journey! You should be so so proud of yourself for taking this step towards achieving a happier and healthier self.

Let's be honest, some of you may be approaching the end of the 28 days thinking 'I can't wait to have all those off limits foods'... ! Some of you on the other hand are enjoying the feeling of lightness in the tummy, sleeping better, craving less junk food, or enjoying clearer skin and less brain fog.

So how are you feeling? Check in with your body. Are you listening? Is your body thanking you for the cleansing and resetting??

Whatever you're feeling right now, I want to encourage you **not to go out and binge** as soon as you've finished the 28 day programme. By binge I am not only referring to alcohol, but also an overload of processed foods, fried foods, gluten, dairy, sugar and coffee, all at the same time. You will so quickly undo all the hard work you've put in over the past 28 days. Take it slowly and be kind to yourself.

MAINTENANCE

As I said at the beginning this is not a diet, it is a set of life lessons which I hope will stay with you for good. You may not want to practice everything to the extent of the past 28 days, but some good habits and elements will remain. Maybe you will continue eating and drinking fermented foods. Maybe you will continue to avoid gluten or caffeine.

Or maybe you've discovered meditation or yoga. Whatever it is that you really enjoyed, keep it with you.

The way to come away from the 28 Day Mind & Body Reset is gently. Introduce the food items we omitted one at a time, rather than everything straight away.

Diary – Start with some goat or sheep dairy for three days, noticing if you have any digestive discomfort or the return of any other symptoms. You can include some feta on your sweet potato, or grate some hard goat cheese on your gluten free noodles. Try some goat yoghurt too. If you've really got into fermenting you can look into starting your own goat milk kefir. If all is well and no symptoms return, then you can keep dairy in (I would always recommend goat or sheep dairy rather than cow's milk, as it is easier for us to digest)

Gluten – Days four to six after the Reset, you can introduce gluten as well, and again pay attention to any changes, like digestive discomfort, rashes, headaches or fatigue. Remember to pay attention to your body after each meal. If all is well you can keep it in, but if you notice any discomfort you may want to keep gluten out of your diet for 3-6 months, then try re-introducing again. Or if you feel really good with gluten out of your diet then just keep it out.

Caffeine – I am not going to encourage you to re-introduce caffeine, alcohol or refined sugar back into your diet, as these are all anti-nutrients. They drain our system of the nutrients we need for everyday functions, while also causing systemic inflammation. But we're all human and I am well aware that these habits can slip back into our lives. So be mindful, again

noticing the effects they have on your body. Moderation is key when it comes to sugar, alcohol and caffeine!

If you've enjoyed the recipes you can continue including these into your daily life, keep track of your favourites in the "My table of contents" section in the front of the book, and don't forget to go over to the blog so you can see all the new recipes as they are posted: beetspulseandthyme.co.uk

Never stop listening, your body is always sending messages. Re-learning to listen to your body and taking heed is a fantastic way of looking after your health on a long term basis.

RESET REPEAT

For the best results, you can continue this program for another month, or return to it with change of the season. I love eating this way; seasonally, organically, including whole foods, healthy fats and protein, supplying my body with the nutrients it needs and setting up the best possible internal environment for health.

If you choose to adopt this way of eating as an ongoing lifestyle, my recommendation is to adopt the 80/20 rule. By this I mean that 80% of the time you stick to this way of eating and 20% of the time, every now and then, you can have something off the plan. Like when you go out to dinner with friends, or so you can enjoy a glass of red wine with dinner on the weekend. This way you never feel that you're denying yourself.

WHAT'S NEXT

If you have valued the information and guidance in this book and are wondering “what’s next?” then consider continuing your journey with me in a variety of ways.

Supported Membership: Commit to yourself and your health by joining our supported community. A great way to gain access to my team of experts in nutrition, psychology, and yoga as you conduct the Reset. Beyond the Reset you will benefit from continued support within our closed Facebook group, where you can have all your questions answered, as well as extra programmes, videos, new recipes and the latest scientific research and information in health and wellbeing. Become a member for less than 50p per day plus one month free, by going to:

www.beetspulseandthyme.co.uk/supported-first-month-free

Nutritional Consultation: You may want to see me for an in-depth Nutritional Therapy session where we can look at a personalised eating and supplement plan for your specific health needs. I work in a holistic way taking into account the whole person, spiritually, mentally and physically, with one-to-one, as well as Skype consultations and am fully insured and registered with BANT and CNHC. For my 28 Day Mind & Body Reset graduates I offer a discount off consultation fees

Talks & Workshops: If you’ve enjoyed using some essential oils during the cleanse, but would like to learn more, I run regular essential oil talks, as well as healthy cookery workshops and nutrition talks

Deep Connect Nature Retreat: If you'd like to experience a deeply healing experience in the mountains of Romania, with hiking, swimming in lakes and bathing in thermal waters, then get in touch about the Deep Connect Nature Retreat. www.beetspulseandthyme.co.uk/deep-connect-nature-retreat-romania/

If you have any questions or want to book me, email me at: hello@beetspulseandthyme.co.uk

Don't forget to connect with me on social media for more recipes, nutrition education, and healthy living inspiration. It's also where you can find out about future talks and workshops: [@beetspulseandthyme](https://www.instagram.com/beetspulseandthyme)

Lastly, share your new-found wisdom, happiness and health! Encourage your friends and loved ones to join the supported 28 Day Mind & Body Reset, or simply gift them this workbook so they can start living healthier right away.

Thank you for taking the challenge and being part of The 28 Day Mind & Body Reset!

Much love

Daniela

ABOUT THE AUTHOR

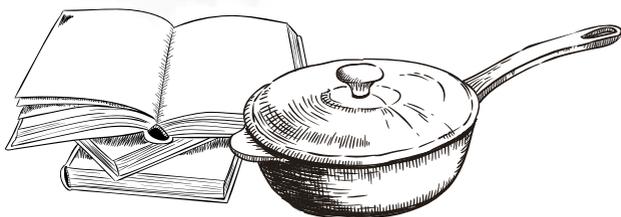
Daniela Exley, founder of Beets Pulse & Thyme, is a Naturopathic Nutritionist, passionate plant-based cook, and photographer. Through group cleansing, one to one consultations, cooking classes and nature retreats, Daniela strives to empower people to call on their innate ability to heal through nutrition, exposure to nature, and the connection to the authentic self.

Daniela uses her own healing journey to help others recognize their lows and understand how to heal themselves. Since 2016 she has been able to share her experiences of navigating new lifestyle choices and tackling deeper subconscious beliefs to not only overcome physical pain, but also regain vitality through the medium of her blog beetspulseandthyme.co.uk.

   @beetspulseandthyme



RESOURCES and RECOMMENDATIONS



I am often asked about products I would recommend, so I have created a page on my website dedicated to all my favourite health foods, equipment, suppliers, things for the bathroom, online yoga, meditation and exercises videos as well as documentaries which to inspire you.

For all my recommendations, always keep in mind to keep within your budget. Whether you get a cheap or expensive blender, juicer or dry skin brush, it really does not matter as long as you use it and get the most out of everything you have. I used a cheap little hand held blender for years to make hummus and other dips as well as blend soups, and it was absolutely fine until I finally got a MagiMix.

What I'm trying to say is that you can do a lot with a little, don't let equipment (or the lack of) hold you back. If you're

starting out and don't have all the equipment why not ask around and see if you can borrow a juicer or food processor from someone for 28 days?

THINGS TO BE FOUND

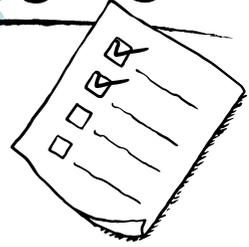
- Kitchen Equipment
 - Essential Oils
 - Bathroom Essentials
 - Podcasts
 - Skin & Beauty
 - Documentaries
 - Larder Essentials
 - Yoga & Exercise
 - Supplements
 - Meditation
 - Books
 - Therapists & Healers
- ...and much more!
-

Find all recommendations at:

www.beetspulseandthyme.co.uk/essentials

SHOPPING LISTS

TO TAKE WITH YOU



Larder List

To stock up your larder here are some core ingredients to keep on hand.

HERBS & SPICES

- | | |
|---------------------------------------|--|
| <input type="checkbox"/> Allspice | <input type="checkbox"/> Basil |
| <input type="checkbox"/> Bay Leaves | <input type="checkbox"/> Black Pepper |
| <input type="checkbox"/> Cayenne | <input type="checkbox"/> Celtic Sea Salt |
| <input type="checkbox"/> Chili Powder | <input type="checkbox"/> Chives |
| <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Cloves |
| <input type="checkbox"/> Coriander | <input type="checkbox"/> Cumin |
| <input type="checkbox"/> Dill | <input type="checkbox"/> Garam Masala |
| <input type="checkbox"/> Ginger | <input type="checkbox"/> Himalayan Salt |
| <input type="checkbox"/> Lemongrass | <input type="checkbox"/> Mint |
| <input type="checkbox"/> Oregano | <input type="checkbox"/> Paprika |
| <input type="checkbox"/> Parsley | <input type="checkbox"/> Rosemary |
| <input type="checkbox"/> Sage | <input type="checkbox"/> Thyme |
| <input type="checkbox"/> Turmeric | <input type="checkbox"/> Vanilla Extract |

PROTEIN

- | | |
|----------------------------------|---|
| <input type="checkbox"/> Eggs | <input type="checkbox"/> Chickpeas |
| <input type="checkbox"/> Lentils | <input type="checkbox"/> All types of beans |

GRAINS & PSEUDOGRAINS

- Quinoa
- Brown Rice
- Gluten Free Oats
- Buckwheat

NUTS & SEEDS

- Almonds
- Ground Almonds
- Almond Butter
- Brazil Nuts
- Cashew Nuts
- Cashew Butter
- Chia Seeds
- Flaxseeds
- Hazelnuts
- Hempseed
- Macadamia Nuts
- Pecans
- Pine Nuts
- Pistachio Nuts
- Pumpkin Seeds
- Sesame Seeds
- Sunflower Seeds
- Walnuts
- Coconut (desiccated or flaked)

FREEZER

- Berries
- Peas
- Spinach

FATS

- Coconut Oil
- Avocado Oil
- Olive Oil

POWDERS

- Acai Berry Powder
- Chlorella Powder
- Cacao (100% raw cacao)
- Maca Powder
- Seaweed - Dulse, Kelp, Nori, Arame
- Organic vegan protein powder

DRINKS

- Coconut water
- Herbal Teas (all)
- water Kefir
- Glass bottled water
- Spring water
- Green Tea
- Kombucha
- Filtered water

TINS AND BOTTLES

- Apple Cider Vinegar
- Artichoke (tins, jars)
- Black Beans (tins, jars)
- Cannellini Beans (tins, jars)
- Capers
- Chickpeas (tins, jars)
- Lentils (all varieties)
- Miso paste
- Mustard (make sure it's gluten /dairy free)
- Horseradish (make sure it's gluten /dairy free)
- Nut Milks (almond milk, coconut milk, cashew milk)
- Pasata - best in bottles
- Sauerkraut - raw with no added vinegars
- Tahini
- Tofu
- Tempeh
- Tuna - (in jars)
- Anchovies

Shopping list: Week one

GRAINS & PSEUDOGRAINS

- brown Rice
- quinoa
- buckwheat
- gluten free oats

NUTS & SEEDS

- almonds
- cashew nuts
- pine nuts
- sesame seeds
- chia seeds
- flax seeds (golden and/or brown)
- brazil nuts
- walnuts
- pumpkin seeds
- hemp seeds
- desiccated coconut

Stock up on some almond milk and coconut milk, as well as coconut water. Again check the labels for added sugars and make sure you get an unsweetened variety.

PROTEIN

Protein is really important for maintenance and repair, among many other functions. We will all be including plant based proteins and organic eggs this week. If you are vegan or vegetarian stick to these, for omnivores you may also want to include some of the highest quality animal protein you can afford. Wild fish such as salmon or mackerel, organic chicken or game are excellent choices.

- whole Chicken
- salmon
- mackerel

Vegetarian sources of protein can be found in legumes and beans. These provide fibre as well as protein. This week stock up on:

- black beans
- cannellini beans
- chickpeas

(for the beans and peas: tins/jars are fine for ease or dry if you prefer to soak and cook your own)

- brown lentils - dry
- peas (fresh or frozen)
- organic tofu and tempeh

LIVER FRIENDLY FOODS

As the liver is intrinsically linked with the digestive system, we're going to introduce some liver friendly foods to aid detoxification and elimination. These include:

- beetroots
- garlic
- carrots
- artichokes (in a tin in water rather than in oil - see my artichoke dip recipe!)

Other excellent vegetables to make sure you get plenty of this week are:

- sweet potatoes
- butternut squash
- celery
- Cauliflower
- Parsnip
- broccoli
- spring onions
- leeks
- Kale
- Greens
- Mushrooms
- Radishes
- spinach
- Rocket
- Asparagus
- savoy cabbage
- Red & white onions
- garlic
- cucumber
- fresh tomatoes
- courgette
- watercress
- Tomatoes
- Cherry tomatoes
- different leafy salad varieties

FRUIT

Fruit is full of vitamins and antioxidants, but also high in sugars. Keep sweet fruit, such as banana, dates or grapes, to a minimum. For a snack keep to the fruit listed below as much as possible.

- bananas (on the green side)
- blueberries
- lemon
- strawberries
- pears
- apples
- blackberries
- cherries
- lime
- raspberries
- pomegranate
- Mejuol dates

FATS

After many years of misguided information about fats and low fat diets, the research has finally caught up, and we now know that we need good quality fats to support the nervous system and the brain (which is made up primarily of fat), supporting good mood and maintaining steady blood sugar levels. All the fats you consume should be cold pressed, in dark glass containers. You can include:

- avocado oil and avocados
- hemp seed oil
- extra virgin olive oil
- tahini
- coconut oil
- flaxseed oil
- black & green olives

HERBS & SPICES

Herbs and spices can offer wonderful healing benefits, so I would like you to make a huge effort this week to include the following:

- Turmeric
- Cacao nibs
- Ginger
- Fennel seeds
- Sweet paprika
- Mustard seeds
- Cayenne
- Cumin
- Coriander seeds
- Cinnamon
- Thyme
- Bay leaves
- Fresh coriander
- Fresh parsley
- Bay leaves

OTHER INGREDIENTS & SUPERFOODS

- Raw cacao
 - can be included in savoury dishes or added to smoothies and hot chocolate (see Hot & Cold Drinks recipes)
- Use sea salt or Himalayan salt to season food
- Vegan protein powders
 - are great to use in smoothies: chlorella, Acai, Maca, Spirulina, Barley Grass, Wheat Grass powders (or a green superfood mix) are all really good to have on hand for smoothies

FERMENTED FOODS & DRINKS

- sauerkraut
- kimchi
- kombucha
- water kefir
- brown rice miso paste

OTHER INGREDIENTS

- almond and/or coconut milk
- Pasata
 - try to get all pre-cooked tomatoes in glass jars rather than tins. The acidity of the tomatoes can leach chemicals from the tin linings, otherwise ensure the tin lining is BPA free.

Shopping list: Week two

This week's focus is on reducing foods which spike blood sugar levels. You may already have some ingredients in your larder from last week, so just top up the things you need.

GRAINS

- roasted buckwheat (kasha)
- quinoa
- gluten free oats

PROTEIN

High quality Protein is really important for maintenance and repair, in particular for the adrenals. This week you will need

- wild salmon
- organic chicken legs
- organic eggs

Vegetarian sources of protein to be included this week:

- black beans
- cannellini beans
- chickpeas
- green beans
- French lentils / Brown lentils
- firm tofu

NUTS & SEEDS

- flaked almonds
- sunflower seeds
- pumpkin seeds

HERBS & SPICES

- fresh thyme
- fresh parsley
- turmeric (fresh or ground)
- paprika
- cumin seeds
- fennel seeds
- cayenne
- fresh coriander
- fresh dill
- fresh ginger
- ground cumin
- coriander seeds
- cinnamon

FRUITS

Fruit are permitted in moderation. Keep very sweet fruit to a minimum and if including combine with healthy proteins (nuts and seeds).

- lemons
- raspberries
- apples
- blueberries
- medjool dates

VEGETABLES

All vegetables apart from white potatoes are allowed, include plenty of colourful veggies in salads, soups and stews.

- butternut squash
- mushrooms - any
- Red bell pepper
- avocado
- Kale
- Red cabbage
- celery
- Red onion
- carrots
- garlic
- sweet potatoes
- courgette
- cauliflower
- spinach
- broccoli
- white cabbage
- white onion
- asparagus
- green beans
- cherry tomatoes

FRIDGE & LARDER

- coconut yoghurt
- coconut milk - tin
- passata
- ground almonds
- ashwaghandha powder
- ginseng Tea
- organic low salt stock cubes
OR homemade veg broth
- coconut milk
- coconut oil
- chopped tomatoes
- raw cacao
- lucuma powder
- green Tea
- tulsi Tea



Shopping list: Week three

You may already have plenty of ingredients in your larder from last week, so just top up with the things you need.

GLUTEN FREE GRAINS/PSEUDO GRAINS & FLOUR

- brown rice
- buckwheat flour
- chickpea flour/gram flour
- GF oats

NUTS AND SEEDS & FAT

- flaked almonds
- almonds
- cashews
- walnuts
- hemp seeds
- chia seeds
- desiccated coconut
- flax seeds
- ground flax meal
- cashew butter
- sesame seeds
- sesame oil
- almond milk

PROTEIN

High quality Protein. As last week, if you eat meat, keep the following in your diet:

- wild salmon
- jar anchovies
- organic chicken breast
- organic eggs

Vegetarian sources of protein to be included this week:

- black beans
- cannellini beans
- chickpeas
- firm tofu

FRUITS

Fruit are permitted in moderation. Keep very sweet fruit to a minimum and if including combine with healthy proteins (nuts and seeds).

- lemon
- raspberries - fresh or frozen
- lime
- apples
- medjool dates

VEGETABLES

All vegetables apart from white potatoes are allowed, make sure you include plenty of colourful veggies in salads, soups and stews. Also replenish supplies of green salad leaves.

- sweet potatoes
- mushrooms - any
- courgette
- cauliflower
- spinach
- celery
- spring onions
- white onion
- fresh red chilli
- garlic
- butternut squash
- fennel bulb
- bell pepper
- avocado
- carrots
- cucumber
- shallots
- red onion
- green beans
- cherry tomatoes

HERBS & SPICES

- dry thyme
- fresh coriander
- lemongrass
- turmeric (fresh or ground)
- mustard seeds
- cayenne
- chilli flakes
- fresh thyme
- fresh parsley
- fresh ginger
- ground cumin
- cinnamon
- smoked paprika

FRIDGE & LARDER

- coconut milk
- coconut oil
- RAW cacao Nibs
- capers
- tamari sauce
- maple syrup
- vanilla extract
- coconut milk - tin
- passata
- RAW cacao
- olives
- RAW honey
- baking powder

Shopping list: Week four

PROTEIN

High quality Protein is really important for maintenance and repair, in particular to support hormone balance. Make sure all meat is of the highest possible quality:

- sardines/mackerel
- King prawns
- organic eggs

Vegetarian sources of protein:

- chickpea flour or gram flour
- black bean Noodles
- chickpeas
- peas
- pea protein powder

NUTS & SEEDS

- pumpkin seeds
- ground flaxseeds
- cashews
- desiccated coconut
- almond milk
- coconut milk
- cashew butter
- almond butter
- tahini

GRAINS & PSEUDOGRAINS

- buckwheat Noodles
- buckwheat flour
- quinoa

HERBS & SPICES

- fresh coriander
- fresh dill
- fresh sage
- garlic
- cayenne
- chilli flakes
- fresh mint
- fresh parsley
- ginger
- turmeric
- cumin

VEGETABLES

All vegetables apart from potatoes are allowed, include plenty of colourful veggies in salads, soups and stews.

- butternut squash
- Red cabbage
- savoy cabbage
- green chilli
- vine cherry tomatoes
- cauliflower
- portobello mushrooms
- avocado
- Red onions
- carrots
- kale
- courgette
- spring onions
- broccoli

FERMENTED FOODS

Include fermented foods such as **sauerkraut, kimchi**, and drinks like **kombucha, water kefir** and **coconut yoghurt**.

FRUITS

Fruit are permitted in moderation as in previous weeks.

- Apples
- medjool dates
- pomegranate
- bananas
- blueberries
- lemons

ADAPTOGENIC HERBS TO BE INCLUDED

- Ashwaganda
- Holy Basil (Tulsi) Tea
- Maca

OTHER INGREDIENTS

- miso paste
- raw Cacao
- Apple Cider vinegar
- moringa Powder (optional)
- harrisa paste
(see Dips, DRINKS & CRACKERS)
- olive Oil
- coconut Oil
- avocado Oil

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This program is for educational and informative purposes only, and is not intended to replace medical advice. No action or inaction should be taken based solely on the contents of this information. Before beginning this or any other nutritional program or exercise regimen, consult your doctor to be sure it is appropriate for you. The use of diet and nutrition to control metabolic disorders and disease is a very complicated science, and is not the purpose of this program. The purpose of this program is to help healthy people reach their cosmetic fitness goals by educating them in proper nutrition and exercise guidelines. **If you are currently taking any medications make sure to check if there are any contraindications with foods, supplements or essential oils you may want to use.**

No health claims are made for this programme. The information and opinions expressed here are believed to be accurate, based on the best judgement available to the author. This nutrition and exercise program will not help cure, heal, or correct any illness, metabolic disorder, or medical condition.

The author is not a medical doctor, she is a nutrition consultant. If you suffer with diabetes, chronic hypertension, high blood cholesterol, cardiovascular disease, cancer or any other medical condition or metabolic disorder requiring special nutritional considerations, you must consult a primary health care professional for health advice. Your nutrition plan will not be effective by itself. You must combine a good diet with an appropriate exercise program for optimal results. If you have been sedentary and are unaccustomed to vigorous exercise, you should obtain your doctor's clearance before beginning an exercise programme.

The author shall have neither liability nor responsibility to any person or entity with respect to any of the information contained in this manual. Readers who fail to consult with appropriate health authorities assume the risk of any injuries, loss or damage caused or alleged to be caused, directly or indirectly by using any information described in this course.

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28 DAY MIND & BODY RESET

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Beets Pulse & Thyme is the passion project of Daniela Exley, she uses this platform to share healthy whole food plant based recipes, as well as a holistic approach to health and wellbeing. Food, whether cooked, used as medicine, photographed or enjoyed with family and friends, is central to all our lives and as such it should be treated with utmost gratitude and appreciation.

Allow Beets Pulse & Thyme to inspire you to re-discover the healing potential within your own body.

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