

# LESS FRAZZLE, MORE SPARKLE E-BOOK

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It is a challenge to juggle life and find time to look after all your health needs. quite often those needs get pushed down the priority list and you end up feeling pretty burnt out.

This guide gives you some simple tips to get back on track and rediscovering your sparkle!

Enjoy

*Janet x*



This guide gives you 10 different tips for cleaning up your eating habits. Don't feel that you have to tackle them all at once - why not pick a few that you think might be easy to adopt and work on those. Then, as you build confidence add in a few more of the tips.

Working on your current eating habits doesn't have to feel like you are on a strict diet and it doesn't have an expiry date. Aim for consistent change and enjoy the benefits for life





## EAT A RAINBOW OF FRUIT & VEG

Did you know that the fibre in fruits and vegetables helps to eliminate toxins and cellular debris from the body. It also helps boost mood, energy levels and provides most of the vitamins and minerals your body needs to make it function optimally.

What makes each fruit or vegetable look and taste different is it's different set of nutrients. The more variety you consume of these the more nutrients you will ingest and the better chance for optimal health

I recommend people eat a rainbow. This means that each day you eat a fruit or vegetable from each colour: red, orange, yellow, green, purple, white



## INCREASE HYDRATION

Being dehydrated is exhausting for the body and a big contributing factor to feeling tired and moody. Water helps to boost energy and concentration, helps the body to breakdown fats and it also aids in eliminating toxins which effectively cleans you from the inside.

Hydrated means drinking roughly 2 litres daily, but might be less if you're petite or more if you are larger, exercise a lot or are in a hotter environment (heating on or holiday)

Drinks that are hydrating are water (still or sparkling) or herbal teas. All other drinks are actually dehydrating.

I recommend that you sip at water throughout the day and the "HYDRATE" water bottles with times down the side can really help with this.





## HAVE 4-5 HOUR GAPS BETWEEN MEAL

Digesting food is quite a big task for the body and so it understandably utilises a lot of resources and can zap energy (you know that feeling after you've eaten a huge meal where you want to flop on the sofa and snooze!)

Having longer gaps between meals, rather than constantly grazing can help stabilise energy levels and has the added benefit of supporting your super important gut bacteria too. These bacteria keep the digestive tract healthy, make some of our vitamins and they also help us digest foods. Food gaps allow these bacteria time to do their house keeping and this is very important for repair and digestive upkeep - very important if you have IBS or other digestive issues

I recommend having around 4-5 hours between each time you eat.



## LIMIT CAFFEINE

Caffeine is a stimulant which, when consumed in high levels, can have a negative impact on health. Did you know it can take up to 10 hours to clear one cup of coffee from the body!

Having one or two caffeinated drinks daily is fine and can even give us some positive health benefits....but any more is not recommended. I would also recommend having caffeine early in the day as it is known to negatively impact sleep.

Instead, why not drink some water (still or sparkling) or one of the many different herbal tea flavours that are now available



## LIMIT SUGAR

Terrible news I know but sugar is a big stress on the body, zaps your energy and kills off the good bacteria that are working hard on keeping your digestive system healthy. When avoiding energy zappers this is one of the major foods that should go!

My advice is to start with a good healthy protein rich breakfast (porridge or eggs) and limit foods high in sugar. Ideally it is good to have a few sugar free days each week if you can.

There is a blog on my website with lots of top tips for cutting out sugar and I recommend giving it a quick read. It's on [www.applestozinc.co.uk/blogs](http://www.applestozinc.co.uk/blogs)





## QUIT ARTIFICIAL SWEETENERS

Whilst it's a logical leap, when cutting out sugar, to switch to foods containing artificial sweeteners that claim to be sugar free.....this is actually a bad move.

Artificial sweeteners are highly toxic (so stressful again) and some research links them to brain issues. They also link to weight gain too. The brain thinks it is getting lots of sugar and is a bit miffed when it doesn't actually get the calories. It is thought that you end up eating more because the brain is triggering you to get the promised calories

Artificial sweeteners are found lurking in many diet products including the low sugar yoghurts, cereal bars and low cal squashes and fizzy drinks.



## LIMIT ALCOHOL

Probably not a big surprise to find this one in here. Alcohol is a toxin and the body will need to work hard to clear those toxins out of it and that's kind of tiring for it.

Alcohol also impacts sleep and therefore the more you drink the less refreshed you'll feel which is not likely to help any aspect of your health.

I recommend drinking on a maximum of 3 days per week and only have 1-2 drinks per sitting.



## AVOID PROCESSED FOODS

Processed foods are generally the foods you buy in packets or from fast food restaurants. The foods often have a lot of salt and sugar added as well as additives and preservatives. These are all chemicals that are harmful to the body and provide no nutritional benefits. They stress the body....and a stressed body is a frazzled one!

Aim to avoid these foods and instead opt for home cooked foods as often as possible - that way you can be really sure of exactly what you are eating





## MAKE TIME FOR RELAXATION

Even 5 minutes per day (but ideally around half an hour) away from everything and spending time quietly can really help to calm the body, bring down stress levels and balance blood glucose. A stable blood glucose level means stable energy!

Relaxation is not flopping in front of the TV. It's:

Being mindful or meditating  
Engaging in guided breathing techniques  
yoga or pilates  
time in nature  
etc



## PRIORITISE SLEEP

To gain energy we need to effectively recharge our batteries. Working on getting a good night's sleep might help

Get outside in the sunshine to reset your body clock

Avoid caffeine after lunchtime - go for herbal teas

Keep sugar intake low and avoid later in the day

Avoid blue lights (TV, phone, kindles, laptops etc) for an hour before bed

If you are a worrier try to jot down things on your mind or an action plan for the following day to help reduce the "whirring mind"

Get to bed at a decent time

Have a dark room and the best mattress you can afford