

## **A NEW YOU FOR 2018**

How to feel good, look great and be fitter, sexier, healthier and more energetic next year than you have ever been before!

From the fertilised egg to old age, health is determined by nutrition. Of course there are other factors – genes, environment, accidents, smoking, and alcohol – but inevitably, poor diet means poor health, low vitality, reduced libido and a permanent bad hair day.

Glowing health is every woman's birth right throughout a life full of energy together with a positive outlook, peace of mind and spirit. You deserve the health that brings you a clear skin, bright eyes, shining hair, and freedom from menstrual and menopausal problems, as well as avoiding osteoporosis, PMS, infertility, difficult pregnancies and chronic fatigue.

During each era of life there are specific nutritional needs but these are in addition to the essential Vitality Eating Plan which is a woman's passport to good health. No amount of sensible eating is a guarantee of a problem-free life but it certainly stacks the odds heavily in your favour. But don't make the mistake of becoming a fanatic – there's nothing worse than the friend who brings a paper bag of mung beans and grated organic carrots when they're invited to your house for a meal.

Healthy eating means what you do most of the time, so never forget that 'a little of what you fancy' is nearly always good for the soul.

### ***VITALITY EATING***

Vitality means having both the physical and mental vigour that can be yours with a regular combination of these simple guidelines:

1. Have a mixed diet of many different foods.
2. Make sure to include a daily selection of seeds, sprouted seeds, fresh nuts and a wide variety of dried fruits.
3. Have masses of fresh fruit, salads and vegetables.
4. Use wholegrain cereals.
5. Make time for meals and eat regularly
6. Have frequent, but modest amounts of eggs, low fat cheeses and other dairy products.
7. Get more protein from fish, poultry, pulses, and less from meat
8. Drink plenty of fruit and vegetable juices, lots of water and modest quantities of tea, coffee and alcohol.
9. Bread, pasta, rice and potatoes are healthy, so eat lots but go easy on butter and the chip-pan.
10. One third of your food should be raw produce. For the other two thirds, get into the kitchen and use wholesome, nourishing ingredients.

### ***PRIMETIME LIVING***

Between 40 and 50 is the Prime Time of life and you'll never have more natural energy than now, or a better ability to combine the glow of youth with maturity, poise and confidence. You may well be running a home, a job, raising a family and wondering how on earth you got yourself into such a poor state. This isn't the time for the quick fix of caffeine, nicotine or alcohol. Above all, don't try and save a few minutes by resorting to TV dinners, microwave meals or take-aways.

Good nutrition and the Vitality Eating Plan is what you need – there are plenty of vegetables and fruits that will stay fresh for a week if you keep them in a cool dark place, so there is no excuse for running out. Use whole grains, fresh fruits, vegetables, salads and try sprouting some seeds on the

windowsill. Make sure that you get maximum benefit from the high nutritional content of a good variety of seeds, nuts and dried fruits.

### ***Primetime problems***

Watch your heart – you're probably under stress and pressure and have less time to look after yourself. Eat plenty of high fibre foods, oily fish, millet, buckwheat.

Eating a substantial amount of Soya protein, all the cabbage family, sage and vitamin D rich foods will help to protect against breast cancer.

Your bones really matter now so push up your calcium and vitamin D consumption. More oily fish, yoghurt, cheese, seeds, nuts, root vegetables, chickpeas. Get plenty of weight bearing exercise and daylight.

Just to give you an idea of what's happening to other women at this time of life, on average:

- 98% will not get enough folic acid, iron, selenium or zinc
- 97% have most of their teeth
- 12% exceed 14 units of alcohol a week
- 34% smoke
- 20% are on the pill
- 20% use condoms

### ***ESSENTIAL FOODS***

These are the foods you really need to be eating on a regular basis to give your body the optimum chance of super health.

- Almonds: Rich in vitamin E, protein, zinc, magnesium, potassium and iron.
- Cashews; For copper and magnesium
- Peanuts: with lots of folic acid, niacin and protein
- Walnuts; One of the richest non fish sources of the essential omega3 fats.
- Pumpkin seeds; the richest non animal source of essential zinc
- Brazil Nuts: to replace the missing selenium in the UK diet.
- Dates; Rich in iron and calcium
- Coconut; For iron and fibre
- Figs; Vitamins A, C, B as well as fibre and minerals
- Prunes; B vitamins, iron and one of the best sources of anti-oxidants.
- Dried Apricots; Super rich in beta carotene, fibre and protective phytochemicals.
- Celery: A strong diuretic and nerve tonic.
- Cheese: Rich in protein, calcium and vitamins.
- Sardines: Rich in protein, vitamins D, B12, calcium, iron and zinc.
- Sprouted Seeds: Highly nutritious and cheap to grow on your windowsill.

Healthy snacks can make an important contribution to your total nutrition, so chose low sugar Fruit bars, any wholegrain cereal with fruit juice, milk or yoghurt. Homemade soups are a treasure trove of easy to absorb nutrients. Try using any mixture of veg that you have in the kitchen. It is vital to keep the good bacteria in your gut as healthy as possible.

Eating the type of food listed above will provide the probiotic food source of soluble fibre, but you should add a small pot of the fermented milk drink Yakult each day.

The unique lactobacillus it contains prevents constipation, helps good digestion and the problems of IBS and will boost immunity by improving the good gut bugs.