

thrive[®]

Issue 17 Spring 2018

NEW FEATURE
Readers - Real Life Food Journey

Your quarterly natural health, nutrition & fitness magazine



EATING FOR BETTER QUALITY SLEEP

Which foods could help you get a better night's sleep?

DO WE REALLY NEED SUPPLEMENTS?

What role do supplements play in nutrition? Leading Harley Street Nutritionist Rhiannon Lambert discusses.

HEALTH BENEFITS OF PROBIOTICS

What do they do and why do we need them?

CHANGE YOUR MINDSET CHANGE YOUR HABITS

Dr Priya Rajyaguru, helps us to understand our habits.

STOP DIETING - START EATING

How our busy lifestyles are having a negative affect on our diet and health.

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Susan Hay
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Spring 2018

As I write this it's officially the first day of spring 2018. It's not looking particularly spring-like outside and we've had our share of wintry weather in the UK lately! But spring it is and we're already seeing an abundance of seasonal recipes and colourful foods in the media and online.

We've got some expert health features for you inside this issue, including:

'Eating for Better Sleep' on (pg 8-9). with Nutritionist Melissa Pierson. Eating foods that contain the key vitamins & minerals can have a profound effect on your sleep.

We welcome back leading Harley Street Nutritionist Rhiannon Lambert as she discusses 'Do We Really Need Supplements' on (pg 10-11).

We take a closer look at probiotics in our feature 'The Power of Probiotics' on (pg 16-17). And on (pg 22-23) we look closely at flavanols and their health benefits.

Our article with CNM College, this issue, focuses on 'A Natural Approach to Diabetes' on (pg 26-27) and on (pg 28-29) Sarah Shakespear gives us some wise advice in 'Stop Dieting and Start Eating'.

On (pg 30-31) we delve deep into mindset and share ways to 'Change your Mindset, Change your Habits. And professional fitness trainer Nicholas Jobson joins us on (pg 32-33) to give you simple ways to include exercise in your everyday routine.

We've another moving 'Real Life Food Journey' with Dani on (pg 34-35). What a health transformation Dani has been on!

We also have some delicious healthy recipes for you to try including; a beetroot speltotto, vegan ramen bowl, Mediterranean halloumi bake, pear and frangipane cake and some raspberry cheesecake bites.

Happy Spring...

sue@thrive x

Thrive is focused on Health, Nutrition and Fitness... so if you'd like to feature your natural, food or health product or share your Food Journey with our audience then drop us an email at hello@thrivepublishing.co.uk



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Next Issue - Summer
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Thrive's experts on health, nutrition and wellness

Set the table and meet our experts and contributors for our Spring issue of thrive magazine. Bringing you clarity on the latest health and nutrition news and expert advice and knowledge. Big thumbs up for our writers and contributors - they're the experts.



Melissa Pierson

Registered Nutritionist Melissa wrote our feature on 'Eat for Better Sleep' on (pg 8-9). www.rootsandshootsnutrition.com



Sarah Shakespear

Sarah is a Nutritional Therapist. Sarah wrote our feature on (pg28-29) Stop Dieting - Start Eating. www.sarahshakespeare.uk



Rhiannon Lambert BSc MSc ANatr

Rhiannon is a BANT registered leading Harley Street Nutritionist. Specialising in Weight Management. Rhiannon wrote our feature on (pg10-11) Do We Need Supplements. www.rhitrition.com



Dr Priya Rajyaguru, MBBCh, BSc (hons), MRCPsych

is a psychiatrist and writer. Priya wrote our feature Change Your Mindset, Change Your Habits on (pg30-31). www.honeyandmind.com



Elisabetta Sicciero

Elisabetta has recently graduated from Westminster University in Human Nutrition. She wrote our feature on (pg16-17) The Power of Probiotics. Instagram: @raven__100



Nicholas Jobson

Fitness Trainer Nick is focused on helping people to adopt new fitness regimes and stick to them. He wrote our feature 'Pressing Weights in Pressing Time' on (pg32-33) [@Facebook.com/NextStepF](https://www.facebook.com/NextStepF)

Recipes for this issue supplied from: www.thewrightfoodie.com / www.valueyourmind.com / www.thehealthytart.com / www.cookfirst.co.uk / www.eighty20nutrition.com / www.christinebailey.co.uk

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healthy new finds

Each issue we highlight the newest product finds from healthy food and natural beauty products, to healthy lifestyle brands.

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www.kindsnacks.co.uk

11. Mount Olympus Kefir
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Melissa Pierson
is a Registered Nutritional
Therapist practising in
London & online as seen
on Sky News & London
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Eating for better

SLEEP?

🦋 Eating foods that contain the key vitamins & minerals to support your nervous system can have a profound effect on your sleep 🦋

There are a lot of factors to play when it comes to a good night's sleep. I see lots of clients who suffer from insomnia & lack of sleep, which can often manifest further into lack of energy, low mood, poor concentration....and the list goes on. Research has also shown that lack of sleep may cause you to overeat the next day, specifically craving sugary and processed foods.

Eating foods that contain the key vitamins & minerals to support your nervous system can have a profound effect on your sleep.

One of the most important things to consider is your blood sugar balance. When we eat sugary and highly processed foods, this can cause a spike in blood sugar which can affect the levels of insulin & our stress hormone cortisol, and in turn, how well we sleep.

When we get a blood sugar spike, this can often be followed by a dip which can actually wake us up through the night. So, it's best to opt for whole grains over refined foods, complex over simple carbohydrates, and to reduce your sugar intake.

Here are some other foods you should focus on to improve your sleep routine:

Omega 3 essential fatty acids

Higher levels of Omega 3 in your diet can lead to better sleep, and a higher ratio of Omega 3:6 can also aid sleep. Research may also suggest it may stimulate your melatonin levels, the hormone that regulates sleep. You can find Omega 3 in oily fish, chia seeds, flax seeds & walnuts.

Magnesium

Magnesium is crucial for good quality sleep, it relaxes your muscles and can decrease your anxiety levels. Magnesium

rich foods include nuts (particularly almonds & walnuts) & seeds, dark leafy greens (spinach, chard, lettuce) and cocoa (raw chocolate) too.

Fibre

Fibre can lead to a more deep and restorative sleep so opt for getting your recommended 35g of fibre per day – choosing fruits, vegetables & wholegrain foods will help to increase your daily intake. Foods such as porridge oats, raspberries, strawberries, oranges, brown rice, sweet potato, kidney beans, apples & pears.

Tryptophan

Tryptophan is an amino acid that promotes sleep. It is a precursor to serotonin and melatonin which aid sleep. The best tryptophan rich foods include turkey, chicken, meat, eggs & fish.

Melatonin rich foods

Melatonin can also be found in some foods so by increasing our consumption of these foods, we can increase our body's melatonin levels. The top melatonin rich foods include cherries, bananas, oats, tomatoes & pineapple.

Serotonin rich foods

The same goes for serotonin and increasing our levels through foods – the best sources being kiwifruit, potatoes, pork, chicken, kidney beans, bananas, eggs, mushrooms, & oats.

Vitamin B12

Vitamin B12 is essential for energy during the day & proper nerve function, so low levels can impact our sleep routine. Eggs are a great source, as well as most meats and dairy products.

L-theanine

L-theanine is an amino acid that helps to promote relaxation. It's mostly found in teas so drinking teas such as chamomile, Tulsi & Lemon balm can help too.

There are other things apart from food that are equally as important to aiding your sleep routine such as:

Finish eating a couple of hours before bedtime

Our digestion slows down at night so eating a big meal just before we go to bed can make you feel uncomfortable and hinder you getting to sleep.

Trying some essential oils like Lavender, Chamomile or Marjoram.

Taking an Epsom salt bath

Epsom salts are filled with magnesium so it's a great, relaxing way to absorb magnesium transdermally (through the skin).

Switching off digital devices one hour before bed

Lots of research can be found on the effects of blue light from these screens and how they can interfere with your natural sleep cycles.

Trying out some restorative and relaxing exercise such as yoga

Yoga can help us to unwind and relax, and prepare our bodies for a deep sleep.

There are also things to avoid to improve sleep quality:

Highly processed & sugary foods

Which can spike your blood sugar levels.

Alcohol

It is said to decrease our levels of REM sleep.

Caffeine & caffeinated energy drinks

And finally, caffeine, which has a disruptive effect on our sleep - there is a direct link between caffeine consumption and reduced sleep quality.

Do we really need to be taking

SUPPLEMENTS?

We caught up with leading Harley Street registered Nutritionist Rhiannon Lambert to find out the role that supplements play in nutrition.

Vitamins are compounds that are needed in small quantities to maintain optimum wellbeing. They should ideally be obtained by a variety of foods however, over the years, vitamins in the form of supplements have become more and more popular.

But do we really need to supplement them? The answer is, we should be aiming to get all the vitamins, minerals and nutrients we need just from our daily diet, not a supplement.

It's important to remember that dietary supplements can't take the place of a well-balanced diet. Some people believe that

popping a multivitamin pill can make up for poor eating habits. However, vitamin and mineral supplements don't offer a magic solution.

If you suspect that you aren't getting the nutrients you need, consider your dietary habits. According to the Mayo Clinic (1) nutrient-rich whole foods — such as fruits, vegetables, and whole grains, provide many more benefits over supplements. These include:

- Whole foods contain multiple micronutrients that may work together to provide more benefits than they would alone.
- Many whole foods are rich sources of dietary fibre. A diet rich in fibre can help

lower your risk of many health conditions, including constipation and heart disease.

- Many whole foods also contain phytochemicals. These substances may help protect you against heart disease, diabetes, cancer and other health conditions.

It is also important to bear in mind that, if we do, for some reason turn to supplements, a large majority of the vitamins available on the shelf have poor bio-availability, meaning that they are not very well absorbed by the body. Which means you have wasted your money.



Additionally, different vitamins need different nutrients to ensure maximum absorption. Fat soluble vitamins include A, D, E and K and are stored in the fatty tissues of the body and the liver. These are easier to store than water-soluble vitamins and can stay in body as reserves for days. Vitamins A, D, E and K are absorbed through the intestinal tract with the help of fats or lipids. Thus, it is crucial that we include essential fats in our diet that can be found in foods such as nuts, oily fish, avocado and olive oil in our diet.

👉 **Whole foods contain multiple micronutrients that may work together to provide more benefits than they would alone.** 🍷

Water soluble vitamins do not stay in the body for long because the body cannot store them. Therefore, they are secreted as urine, meaning they need to be replaced more often than fat soluble vitamins. Vitamin C and B vitamins are all water soluble.

What supplements should we consider?

It is very much possible to function optimally without supplements, as long as we eat a

balanced and well varied diet that includes plenty of colourful foods. The only reason someone should consider supplementation, is if you have been diagnosed by your GP with a deficiency, or if you do not consume certain food groups. For example, cutting out meat and dairy will most likely mean you will need to supplement vitamin B12 and omega 3s. These are extremely important for energy metabolism and healthy heart and brain function. But, always make sure you supplement with the help of a qualified nutrition professional. As mentioned, a lot of the time, supplements in the form of a pill are not bio-available to the body.

Research suggests that in the Winter months (from October- March), we should all be supplementing 10mcg of Vitamin D a day. This is extremely important for bone health and immune system function.

Furthermore, there is now a lot of research suggesting that probiotics are a beneficial supplement to take. Probiotics promote a healthy balance of gut bacteria and have been linked to a wide range of health benefits. These include benefits for weight loss, digestive health, immune function and more ^(2, 3).

If you're someone who has a history of being on antibiotics, or have travelled a lot, probiotic

supplementation is thought to result in the ability to restore the natural balance of gut bacteria ⁽⁴⁾.

👉 **Some people believe that popping a multivitamin pill can make up for poor eating habits. However, vitamin and mineral supplements don't offer a magic solution.** 🍷

Overall, it is far better to aim to consume a varied diet that provides a variety of nutrients. Before you consider any form of supplementation, you should consult a registered nutritionist or dietitian.

References:

- [1] <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/supplements/art-20044894?pg=1>
- [2] <https://www.ncbi.nlm.nih.gov/pubmed/21229254>
- [3] <https://www.ncbi.nlm.nih.gov/pubmed/24780623>
- [4] <https://www.ncbi.nlm.nih.gov/pubmed/15481739>





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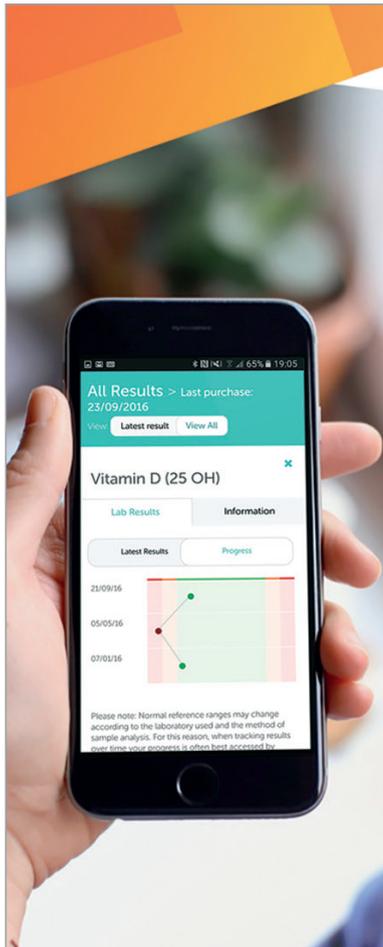
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cassava

Cassava is a root vegetable that has been shown to provide some important nutrients and resistant starch. It's a nutty flavoured tuber native to South America and is otherwise known as the yucca plant. Also known to Americans as tapioca, this pudding favorite is produced from the roots of this bush-like plant. But the crop can have deadly consequences. If prepared incorrectly, the cassava plant can produce cyanide, a deadly compound when consumed.

Note: Always check with your GP before trying any new supplements or herbs.



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Camu camu is a low-growing shrub found throughout the Amazon rain forests of Peru and Brazil. It's packed with more natural vitamin C than any other food source recorded on the planet, in addition to beta-carotene, potassium, calcium, iron, niacin, phosphorus, protein, serine, thiamin, leucine, and valine. One teaspoon of this camu camu powder contains over 600 mg of vitamin C! This is over 1000% of the RDA of this vitamin. It's a true Vitamin C powerhouse!

everyday superfoods

The term superfood is overused, we take a look at some of the everyday and not so everyday foods that have huge nutritional benefits and deserve the limelight...



almonds

Almonds are native to the Middle East, but the United States is now the world's largest producer. They are a highly nutritional nut and a rich source of vitamin E, calcium, phosphorus, iron, and magnesium. Almonds also contain zinc, selenium, copper, and niacin. The mono-unsaturated fats in almonds are instrumental in heart health. Unsaturated fats have been shown to boost serotonin levels during the day, which in turn will help you sleep better at night.

switchel

Switchel is a rival to kombucha for health benefits. It's a fermented drink made from apple cider vinegar, ginger root and a form of sweetener. Ginger has shown to be effective for fighting inflammation. And a 2014 study^[1] found that doses of ginger volatile oil reduced the symptoms of ulcerative colitis, an inflammatory bowel disease. And with the powerful benefits of apple cider vinegar too, switchel is a drink to try.



ghee

Ghee has a very high smoke point (you can cook and fry with ghee and it does not break down into free radicals like many other oils). Ghee is rich in medium chain fatty acids, which are absorbed directly by the liver and burned by the body as an energy source. Ghee is also rich in conjugated linoleic acid, or CLA, a fatty acid known to be protective against carcinogens, artery plaque and diabetes ^[2].



CAUTION / NOTE:

[1] Ref: <https://www.ncbi.nlm.nih.gov/pubmed/24666677> / [2] <https://www.ncbi.nlm.nih.gov/pubmed/23923985#sthash.x5WD6IAO.dpuf>

Please note, all information about herbs included on these pages are purely for information only, it does not constitute advice or recommendations.

Please always check with your GP before trying any new herbal remedy or food.

MOTION NUTRITION

EASING YOUR MIND



.....
🗣️ Here's the thing:
We tend to be so
focused on our
physical health
that rarely do we
consider what we
eat as fuel for our
brain. 🗣️
.....



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Imagine being able to completely unplug in the evening: quelling all feelings of stress and anxiety, welcoming a new soothing mood and getting deep, restorative sleep – night after night.

Now picture yourself waking up replenished from a solid night's sleep. Imagine powering up for the day to achieve your best performance with laser-sharp focus and in a great mood.

Imagine doing all of that, and simultaneously increasing your chances of living a long and healthy life free of degenerative brain diseases.

Here's the thing: we tend to be so focused on our physical health that rarely do we consider what we eat as the fuel for our brain. Yet modern lifestyles are extremely taxing to our mental faculties and nervous system. We are constantly stimulated by externalities, often reducing the quality of our sleep.

Our diets have shifted from whole foods to often relying on convenient but less nutritious options. All these factors affect our daily mental performance, our mood, and our brain's ability to protect against neuro-degenerative diseases such as Alzheimer's. It is time we gave brain health the attention it deserves.

Our brain controls our mental performance, our focus and memory. It regulates our mood, controls our feelings of anxiety and stress. It can make us feel fabulous, but it can also keep us awake at night, needlessly and endlessly worrying. Is there a way to provide the nutrients the brain needs for better performance and wellbeing, while promoting healthy, disease-free longevity?

This is exactly what Motion Nutrition have been working on. Through world-leading research in brain health and anti-aging, this health-focused UK start-up has created two market disrupting products with endless therapeutic applications.

MEET UPLUG

Your new de-stresser! **Unplug** eases your mind and brings you home. By cleverly combining stress-relieving Rhodiola and Ashwaganda with sleep-promoting Montmorency Cherry and Bacopa Monnieri, Unplug is the perfect evening nootropic. With the addition of the most bioavailable sources of Magnesium, Zinc and Iodine, Unplug will give your brain the tools for healthy development and for the prevention of brain damage over time.

MEET POWER UP

Your new wake up call. **Power Up** lights up your brain. When you Power Up, you'll find yourself remembering those names, numbers and places you'd have easily forgotten. You'll find yourself powering through the day with laser sharp focus, and in good mood – thanks to the combination of easily-digested forms of B-vitamins, including the crucial Nicotinamide Riboside, with Koren Panax Ginseng and L-Taurine.

As well as focusing on better daily performance, Power Up provides key nutrients for better long-term neuro protection, with rich extracts from Gotu Kola and Lion's Mane mushroom.

Designed as standalone day-time and night-time nootropics, **Power Up** and Unplug actually work even better when taken together and over time. The immediate effects can have a tremendous impact on everyday performance.

And the long-term benefits? Medical research showed that the brain changes leading to degenerative diseases unfold twenty to thirty years before a diagnosis. And since first symptoms of Alzheimer's for most people appear at some point between the age of 40 and 65, it really is time to give brain health the attention it deserves.

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MEET UPLUG



MEET POWER UP

The Power of...

PROBIOTICS

Probiotics are live bacteria that are good for your digestive system. But, why do we need them? Where can we find them in their natural form? And how can taking them help to improve your gut health.

What are probiotics?

Probiotics are live bacteria commonly described as “friendly” and “good” bacteria that are beneficial for our health.

We usually think of bacteria as foreign and harmful micro-organisms that cause diseases but actually, our body is full of bacteria and some of them help to protect our immune system and help us to maintain a good healthy balance.

The intestinal flora is considered as a “virtual organ” composed by 500 different species of bacteria (including probiotics) which contributes to the health of the whole human body [1]. This ecological environment in normal, healthy conditions, is in a perfectly balanced state. [1] [2].

The gut flora has several important functions. It helps with the breakdown of food during digestion, for example it breaks down proteins and helps with the digestion of dairy products. It also plays an important role in the synthesis of vitamins such as vitamins B and K, allowing their absorption.

Plus it also changes some types of starches and sugars into sources of energy for the body [3]. Finally, intestinal flora protects the body against infections by inhibiting the growth of harmful organisms. [4].

Why do we need probiotics?

The word probiotic derives from the Greek word pro, meaning “promoting” and biotic, meaning “life”. Indeed, several studies have

shown that these bacteria help to maintain the well-being of the digestive system, in particular, of the intestinal tract [5].

When we take an antibiotic to kill harmful bacteria that cause infections, this indirectly also affects the good bacteria that naturally live in our gut.

Probiotics restore the natural balance of bacteria and, for this reason, it is recommended to take them along with antibiotics, even after the treatment [5] [6].

.....
👉 The word probiotic derives from the Greek word ‘pro’ meaning promoting and biotic meaning ‘life’! 👉
.....

Some recent studies show that probiotics can also be seen to lower low density lipoprotein levels (LDL), which is the ‘bad cholesterol’.

LDL can lead to the development of cardiovascular diseases such as heart attack, coronary heart disease, hypertension or atherosclerosis. [7]

Besides these benefits, taking a good quality probiotic could also improve the symptoms of Irritable Bowel Diseases (IBS) such as bloating and cramping and, in general, they help the intestinal regularity. [7] [8].

Where to find natural probiotics?

Fermented Foods:

Some examples are: sauerkraut (fermented cabbage), kimchi (fermented vegetables, usually cabbage and Korean radishes), tempeh (fermented soya), miso (fermented soybeans with barley or rice) kombucha (fermented green or black tea), natto (soybeans fermented with *Bacillus subtilis*) and kefir (fermented milk drink).

Yogurt:

Nowadays, it is easy to find lactose free yogurt, for people who are intolerant. Also, several vegan options with added live cultures are available in the supermarket.

Raw, unrefined and unfiltered apple cider vinegar with the “Mother”:

The Mother appears as a cloudy substance floating at the bottom of the bottle and it is rich in natural protein and healthy bacteria.

Cheese:

Certain type of fermented cheese contains probiotics; some examples are Gouda, Parmesan, Cheddar, Swiss, Feta, Edam and Emmental. These cheeses contain cultures that can survive the journey through the GI tract.

Supplements:

Supplements are especially useful for those who suffer from IBS or problems with digestion. (It is preferable to change brand from time to time so the gut does not get used to the specific blend of bacteria).

.....
👉 Our body is full of bacteria and some of them help to protect our immune system and help us to maintain a good healthy balance. 👈
.....

Article by: Elisabetta Sicchiero - Elisabetta has recently graduated in Human Nutrition with a first class honours degree from University of Westminster.

📷 @raven__100

Two tasty recipes to start the day with a good source of probiotics:

Smoothie

- 1 cup of fresh blueberries
- 1 small bottle of natural kefir (250ml)
- 1 medium banana
- 2 to 3 strawberries

Blend everything and enjoy!

Tonic

- 1 to 2 tablespoon of apple cider vinegar with the mother
- Half glass of water
- 1 teaspoon of honey
- 1 tablespoon of lemon juice (optional)

Mix everything and drink!

This tonic helps also to clear the digestive tract, if drunk in the morning in a fasting state, and to clear and invigorate the skin.

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ALL ABOUT MAGNESIUM

The Mighty Mineral...

Although little heralded, magnesium may be one of the most important health-promoting minerals. Nature's Best's health expert, Keri Filtness, is here to explain more...

Why is magnesium such an essential nutrient?

Our very existence relies on the biological marvels that happen in the body, and magnesium is required for more than 300 of these vital chemical reactions. It's involved in everything from energy production, to nerve function, to muscle relaxation, and to bone and tooth formation.

How can you identify a magnesium deficiency?

The symptoms of a magnesium deficiency can be very debilitating. They include muscle cramps and spasms, low thyroid, trouble sleeping, anxiety and depression, fatigue, poor memory and heart problems. So, as you can see, it's pretty important!

And why would you recommend MagAsorb® 375mg?

Our MagAsorb® 375mg supplement is a convenient, one-a-day formula that contains a unique blend of four different magnesium compounds. Each tablet is easy to swallow, gentle on the tummy, and provides a full 375mg of magnesium – so don't underestimate its small size! Better still, it's entirely UK-made.

“ A recent study found that 7/10 women and 4/10 men aged 19-50 have magnesium intakes well below the reference intake amount. ”

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Magnesium is an especially abundant mineral in the body, so if your levels are lagging, then it's likely your overall wellbeing is too!

Why you could be lacking in magnesium?

In today's fast-food, ready-meal obsessed era, it's no surprise that we often run short of our daily mineral requirements, especially where magnesium is concerned.

Why? Well, the simple truth is that while processed and refined foods contain high-levels of sugar, salt and saturated fats, they (unsurprisingly) pack a poor nutritional punch. In fact, a recent study found that 7/10 women and 4/10 men aged 19-50 have magnesium intakes well below the RNI! Shocking, isn't it? What's more, magnesium reserves are easily depleted by a number of other factors including stress, certain diseases, medications and intense exercise.

What are the health benefits of taking a magnesium supplement?

You can obtain magnesium from a range of foods including spinach, swiss chard, dark chocolate, cashews, almonds and Brazil nuts. However, to properly safeguard against a deficiency and bolster the body's natural reserves, we would always advise adding a high-strength, quality magnesium supplement to the diet – provided, of course, it contains an easily absorbed form of the mineral.

Taking a magnesium supplement can support the reduction in tiredness and helps stabilise energy levels throughout the day. It also contributes to normal psychological and muscle function (including the heart), and assists with bone maintenance. Its far-reaching health benefits make it a firm favourite amongst Nature's Best® customers.



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Lemon Tea



Lovely Lemonade



Tropical Punch



Raspberry Lemonade

Spring is in the air and it's a great time to shake off the winter blues and get out and enjoy longer runs or dust off the bike. Stur is the perfect way to hydrate without being loaded with sugar and calories. It is also packed full of Vitamin C which supports your energy levels and metabolism!

Apart from the obvious benefit of keeping you hydrated and flushing out your entire system, drinking more water has also been shown to aid weight loss, kick-start your metabolism and it most certainly improves the appearance of your skin.

Stur is the simple and delicious way to help you drink more water - naturally! Made solely with natural fruit and tea flavours and lightly sweetened with the highest quality, natural stevia leaf extract. It has zero calories, zero sugar and in addition, every squeeze of Stur contains 100% of your recommended daily dose of vitamin C, plus six other essential vitamins. It's the perfect way to stay hydrated throughout your day.

Each bottle of Stur contains 30 squeezes and comes in six delicious flavours that are the perfect alternative to other high-sugar, high-calorie juices and won't damage your teeth.

"We love the fact that Stur is made from real fruit and brewed tea but has zero sugar and calories". Thrive Team

We've just launched our new Organic Mix Sticks - simple shots of delicious flavour, plant based and high in antioxidants. These powdered drink Mix Sticks dissolve easily into 500ml of water - perfect for sports bottles at the gym or your yoga class, or anywhere that you need to stay hydrated whilst on-the-go!

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All about flavanols

What are flavanols?

Flavanols are a type of polyphenol, a broad group of natural compounds found in plants. They help protect plants from environmental toxins and help repair damage. They are abundant in many foods and drinks, such as tea, red wine, blueberries, pears, cherries, and in the seeds of the cacao tree—cacao beans.

When we eat foods rich in flavonoids, it appears that we also benefit from this 'antioxidant effect' too.

Flavanols have a bitter taste and are responsible for the bitterness of pure cacao and dark chocolate.

The health benefits

When we consume flavanols, they're thought to have a protective or antioxidant effect. A recent study^[1] has shown regular consumption of dietary flavanols can promote healthy blood vessel function.

Cocoa flavanols are unique. You've probably heard that dark chocolate is good for you – but why? It's because of the flavanols. Cocoa flavanols are unique phytonutrients found naturally in cocoa beans and shown to contribute to heart health by supporting healthy blood flow.

Maintaining healthy circulation is important not just for exercise performance, but also for cardiovascular health. Although it is assumed all dark chocolate is high in flavanols, studies show that cocoa percentage has no direct correlation with the level of flavanols in chocolate.^[2]

So, is chocolate good for you?

This is a key question and one that's been covered many times in the media. Research has found that dark chocolate has a higher level of flavanols than milk chocolate but the highest cocoa samples were not necessarily the most rich in flavanols.

What makes the difference?

Processing, origin and the diversity of manufacturing methods has been shown to have a direct effect on the levels of flavanols that remain in the finished product.

There has been a call for brands to display the flavanol content on the wrapper to allow consumers to choose wisely. The good news is that most major chocolate manufacturers are looking for ways to keep the flavanols in their processed chocolates.

What about the fat content?

The fat in chocolate comes from cocoa butter and is made up of equal amounts of oleic acid (a heart-healthy monounsaturated fat also found in olive oil), stearic and palmitic acids. Stearic and palmitic acids are forms of saturated fat.

You have heard that saturated fats are linked to increases in LDL cholesterol and a higher risk of heart disease.

Research shows, however, that stearic acid appears to have a neutral effect on cholesterol, neither raising nor lowering it.^[3] Still, this does not mean you can eat all the dark chocolate you'd like. Watch out for those extra ingredients that can add lots of extra fat and calories. Once again as with all aspects of nutrition, it's about moderation and balance.

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flavanols

Cocoa flavanols are unique phytonutrients found naturally in cocoa beans and shown to contribute to heart health by supporting healthy blood flow.

Our 'what is it called' feature introduces some of the more unfamiliar ingredients and nutrients. Tweet us to suggest what we should focus on next issue.

#whatisitcalled

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Blood vessels play an important role in the inner you.

Your blood nourishes your whole body and it's the blood vessels that carry blood throughout your whole body. Unfortunately blood vessel function diminishes with age.

Cocoa flavanols help maintain the elasticity of blood vessels, which contributes to normal blood flow[†].

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Looking after your blood vessel health to support normal blood flow is part of being healthy and maintaining who you are.

[†]A minimum daily consumption of 200 mg cocoa flavanols required to support these benefits. Health Claim approved by Commission Regulation (EU) 2015/539. This claim has been licensed from Barry Callebaut Belgium NV for use.



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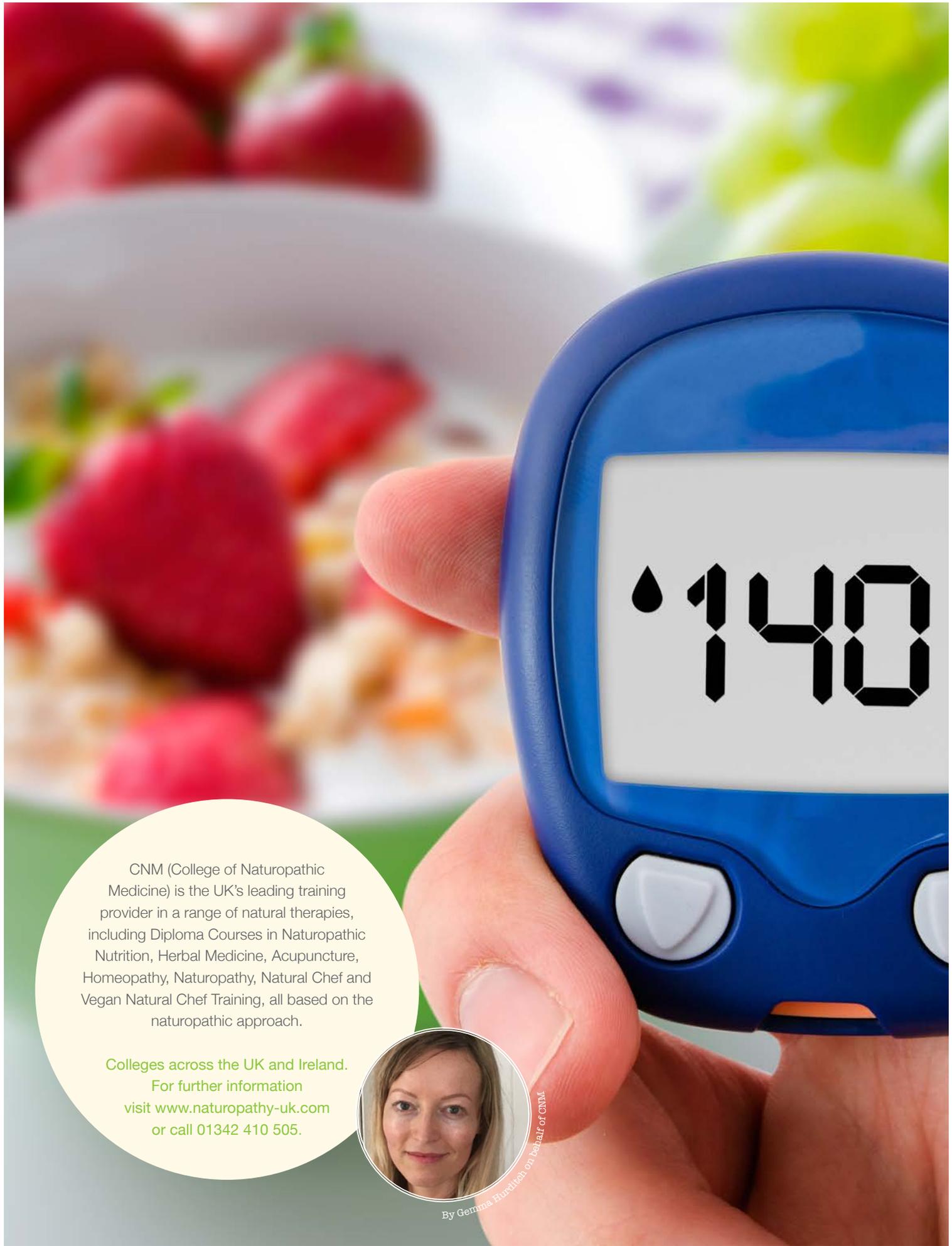
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By Gemma Hurdin on behalf of CNM



TYPE II DIABETES

a natural approach to avoiding it

By Gemma Hurditch for CNM (College of Naturopathic Medicine).

Type II Diabetes has grown to become one of the greatest health issues worldwide, negatively affecting an increasing number of adults and children.

The good news is that if you are looking to reduce your risk of developing Type II Diabetes there is plenty that you can do about it, with help from natural therapies.

Exercise

Exercise is a crucial part of preventing Type II Diabetes. One of the easiest ways to regulate blood sugar levels (which lies at the core of Type II Diabetes), and combat obesity is to exercise regularly. Prioritise exercise in your daily routine, take the stairs instead of the lift, get off the bus one or two stops early, find activity you enjoy and do it frequently.

.....

“Keep the sugar ‘hit’ of your meals low, by eating foods which have a low glycaemic load (GL). They enable the body to better moderate insulin, blood sugar and energy levels.”

.....

Re-think your diet

Swap fast food and ready meals for cook-from-scratch fresh whole-foods, preferably organic. Ditch artificial ingredients for real ones, and steer clear of ‘low sugar’ options that mean artificial sweeteners have been used.

Keep the sugar ‘hit’ of your meals low, by eating foods which have a low glycaemic load (GL). They enable the body to better moderate insulin, blood sugar and energy levels. Reduce or replace foods which exacerbate insulin desensitisation, such as refined carbohydrate foods which encourage high insulin responses. Diets high in saturated fat are also ill-advised as they are under investigation for reducing insulin sensitivity, replace with unsaturated fat where possible.

Avoid:

- Sweets, chocolate and honey
- White flour bread, pasta and pastry products such as cakes and biscuits
- White rice
- Fruit juice, fizzy drinks or soda pop
- Alcohol
- Lots of fatty meats and dairy

Eat:

- Meals or snacks with some fat and protein, never carbohydrate only
- Cinnamon and nutmeg – to replace sugar or honey
- More fibre – in the form of fresh vegetables and plenty of salad greens
- Lean protein - legumes such as chickpeas, lentils and beans, more fish, mushrooms, quinoa, brown rice and rolled oats
- Tree nuts - preferably raw and unsalted
- Onions and garlic, fenugreek tea and ginseng tea.

Extra help

A qualified natural health practitioner can help create a tailor-made dietary and lifestyle plan to support your health, taking into account your health history, current state of health, medications and their side effects, personal weight loss or lifestyle goals, and any drug-nutrient interactions of which you need to be mindful.

Your practitioner may consider nutritional supplements and herbal preparations to improve glucose tolerance, insulin response, or to support vascular integrity, for example. Please don't self-prescribe. See a qualified natural health practitioner for education and

to determine appropriate support for your specific circumstances.

Address stress

Stress is a contributory factor in all ill health, which is why natural health practitioners take a holistic view of physical, mental and emotional factors. Identify and deal with your causes of stress.

.....

“Always see a qualified natural health practitioner for education and to determine appropriate support for your specific circumstances”

.....

Acupuncture

Acupuncture can help to combat obesity, which is a primary risk factor for developing Type II Diabetes. It can also help you manage diabetic symptoms and provide support for complications of the disease if you have it.

Clean up your act

It's not only agricultural residues and artificial additives in the foods we consume that can increase our toxic burden and make us more susceptible to illness and being overweight. Personal care products and household products that touch our skin can enter our bloodstream. Become informed about the overall health-effects of commonly-used ingredients, and why more people are choosing natural products.

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Stop dieting and

START EATING!

.....
We're living longer but not necessarily better. Our lifestyles are hectic, we're all trying to strike a work life balance and it's our diet that can sometimes take a back seat.
.....

We all know we need to find the time to prepare and cook our meals, and we know what we should and shouldn't eat. But it can be emotionally draining - thinking about it all the time and planning.

With the added pressures of stories in the media, digital advances at the click of a button and social media supplying us with idyllic food photos, it can leave us overwhelmed trying to live up to high

expectations -preventing us from making any positive change at all. Going 'on a diet' is not sustainable, and can imply that at some point you have to come 'off' the diet. Yes, there are many diets that



Sarah Shakespear is a Nutritional Therapist focusing on helping people establish a balanced relationship with food.

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With the added pressures of stories in the media, digital advances at the click of a button and social media supplying us with idyllic food photos, it can leave us overwhelmed trying to live up to high expectations, preventing us from making any positive change at all.

have proven moderately successful, but what happens when you stop dieting? The weight goes back on and it can be mentally and emotionally exhausting.

We sometimes validate ourselves by the number on the scales. The number on the scales isn't an accurate perception of you. It can change daily and doesn't take into consideration overall health. Forget the diets, scale numbers or dress

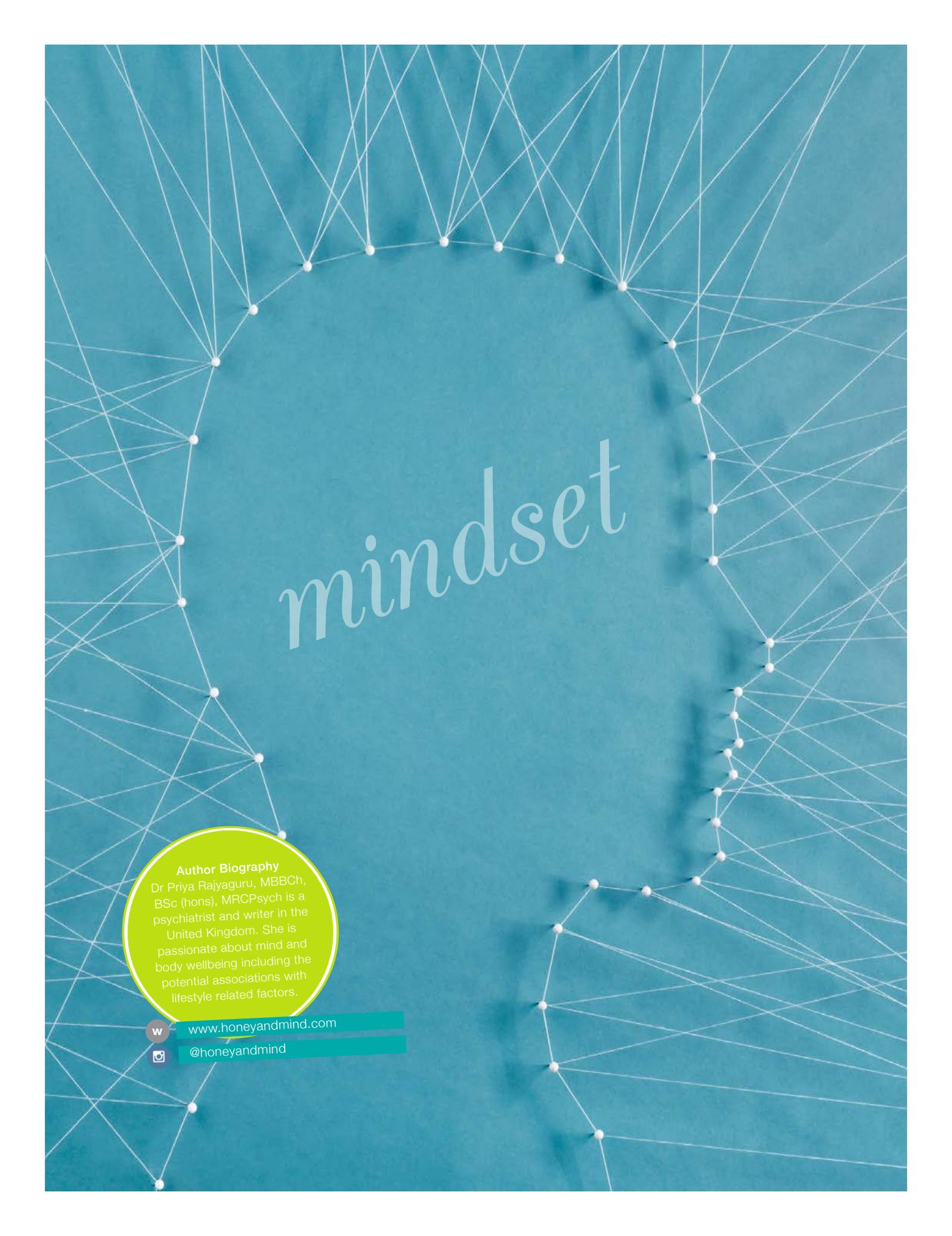
size. It's time to remove the emotional and destructive burden and start focusing on overall longer term health.

To achieve this lasting health approach, we need to start incorporating a wide selection whole foods into our everyday meals, such as; fruits, vegetables, fish, grass fed meats, nuts, seeds, whole grains, legumes and beans and add spices for great flavour. Your body needs a wide range of nutritional

foods groups to function at it's best and when you begin to feel full, energised and happy, the added bonus is the excess weight will drop off naturally!

Stop cutting out food groups, weighing food, counting calories, timing when to eat and start actually eating a selection of good foods that your body needs! I'm a firm believer in the 80/20 rule. Being healthy is a longer-term lifestyle change.

My first tip is to start your day with a great nutritious breakfast. Try a bowl of porridge, smoothie, chia puddings, eggs or avocado on rye toast. If time is tight in the morning (or you're not a morning person) prepare bircher muesli the night before. It'll set you up for a great day as well as looking and feeling great!



mindset

Author Biography

Dr Priya Rajyaguru, MBBCh, BSc (hons), MRCPsych is a psychiatrist and writer in the United Kingdom. She is passionate about mind and body wellbeing including the potential associations with lifestyle related factors.



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Change your mindset...

CHANGE YOUR HABITS

I wonder how many of us feel certain aspects of our day to day behaviour are a limitation or a hindrance when it comes to the acquisition of mind and body wellness?

If there's ever a time to feel frustrated or demotivated, it's when we try to set ourselves personal goals but struggle to achieve them. Eating fresh fruit and vegetables, drinking more water, meditating at least once or twice per week...

Most people want to live healthier, happier and well; but navigating the journey towards physical and mental wellbeing can be a complicated task – especially if we're trapped by set patterns in our behavior.

When we talk about behavioural patterns quite often we are talking about habits, specifically unwanted habits. In everyday language we describe habits as *'behaviours that are repeated over time'*; but a more academic definition might be that habits reflect learned actions, reinforced by previous rewarding experiences and are triggered in the moment to cause the behaviour.

☞ **Once you understand your habit cycle it can be useful to think about alternative, healthier rewards you could turn to in times of need. ☞**

It's thought that approximately 45% of behaviours are repeated in the same location nearly every day; which means that our environment is pretty important when it comes to better understanding the formation (and persistence) of habits.

Much of the psychological research in this area tells us that habits have three key

features, which if understood could provide a potential window for change:

- 1. Cues/Triggers in the environment**
- 2. Routine**
- 3. Reward**

For example: you're at work and it's 4pm. It's been a tough day and you feel tired (CUE). You head to the vending machine and purchase some chocolate (ROUTINE). Fast forward and it's 5pm, you've eaten your snack, feel more energetic and it's time to go home- yes! (REWARD)

Over time this cycle of cue-routine-reward becomes deeply embedded in the unconscious, to the point where we don't actively notice it anymore. It's most powerful when we perceive the reward as something positive because this means we are much more likely to repeat it again. When it comes to eating, some foods particularly those rich in sugars and fat, are considered to be very potent rewards that in the long run promote eating by most likely stimulating the release of dopamine in the brain, a chemical that is crucial in the development of reward and learned responses.

So, given what we know about daily habits how do we go about breaking or improving them?

Step 1: Identify the issue

As simple as it sounds, unless we actively identify the negative patterns in our behaviour we're not going to make any positive changes! This means trying to figure out the cue, routine and reward associated with your habit. Sometimes simply thinking about it and writing it down or talking it through with a friend can be a good starting point.

Step 2: Consider the options

Once you've nailed your understanding of your habit cycle it can be useful to think about alternative, healthier rewards you could turn to in times of need. Create a list, jot it down

on your phone or tablet and have it readily available so you know your options the next time you need it.

☞ **As simple as it sounds, unless we actively identify the negative patterns in our behaviour we're not going to make any positive changes! ☞**

Step 3: Practice makes perfect

Changing longstanding habits and behaviours is always going to be difficult, but with the right mindset and a little inner determination, change is possible. You may not find the right alternative option straight away, but with a little trial and error you will get there. Once you figure out what might work, keep going! It's only a matter of time before your brain starts to learn new associations between routine-reward cycles that have persisted for so long.

Step 4: Be kind to yourself

There's nothing worse than working really hard to make a positive change, only to be sabotaged by your own self-critical mind. Focusing your thoughts on positive cognitions is really important, as is accepting that sometimes your mind will wander and question the point of it all.

At this moment, it's useful to try and reframe your original negative thought into something that's positive and more affirming as opposed to demoralising.

Finally, know that you have already made a significant advancement if you are simply thinking about breaking a bad habit or instilling a healthier, happier, positive one. You've already started your journey, and the next step is that much closer.

Pressing weights in pressing time

We caught up with qualified fitness trainer Nicholas Jobson to bring you some simple ways to include exercise into your day.

It's safe to say we've all heard the jokes about owning a gym membership but never actually going, but why is that? Why do we allow that payment to go out every month but often only visit once a week, or even a month?

It's usually because we have that image of the 'dream us'. We know how we want to look. We want those Hollywood abs or that superhero definition, but let's be honest, most of us just don't have the time to get there. We just don't have that freedom to really monitor our exercise and food to that degree...or do we?

👏 Training in the gym doesn't need to be an all-night thing. Stick to 30 to 45 minute sessions 🗨

It's a lot easier to include exercise into your day and to work towards those goals than we like to admit but it's scary to acknowledge that because it opens us up to failure. It means that we start to blame ourselves for not feeling and looking like that model image we have in mind, but there's no need to feel guilty or upset about not being there.

Instead, we can just make small adaptations to our life that gets us working towards the goal, without taking away all our free time.

1 Keep track of the food you eat.

Try to keep an eye on what you're eating and stick to a goal. Nowadays we all have a phone with a camera, so take a photo of the nutritional information when it comes to foods and tally them up throughout the day. It's brief and easy to do, but will help you know exactly how much you're eating without spending ages researching

2 The gym doesn't have to take half the night!

Training in the gym doesn't need to be an all-night thing. Stick to 30 to 45 minute sessions. There's no need to train for hours and hours, instead, aim for 10/15 minutes of cardio before doing some weights or resistance machines.

3 Think of a battle plan!

You wouldn't go to the shops without an idea of what to buy, so treat the gym in the same way. Have an idea of what you want to work on and the things you want to achieve and then you'll know what needs to be done. If you're unsure, ask an instructor to give you a hand, but there's nothing that makes you want to go home as much as the feeling that you're unsure what to do next.

4 Make a playlist!

You know what you're going to train on, and you know how long you have to be there, so make a playlist of some motivational songs and crank up the volume!

5 Don't bite off too much, too fast!

Fitness is a lifestyle, not just a passing hobby, so don't try to do too much too fast. The number one goal I get asked is how to tone up and lose weight. Those are two different things! Focus on that weight loss and then, when you're happy with your size, focus on the muscle building.

The take away message I'd try to reinforce is that the gym doesn't need to absorb all your free time and you shouldn't feel bad or guilty about any kind of change you wish to make. Instead, turn that guilty feeling into determination and remember – one day at a time.



.....
“ It’s a lot easier to include exercise into your day and to work towards those goals than we like to admit but it’s scary to acknowledge that because it opens us up to failure. ”
.....



Nicholas Johnson - Professional Fitness Trainer

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Eating well is a form of self-respect. Taking care of our bodies is a necessity. I firmly believe that running on auto pilot simply isn't good enough! ☺☺



HEALTHY WHOLE ME AT LAST

DANI BINNINGTON – REAL LIFE FOOD JOURNEY

I was 33 when I was told that the lump in my left breast was a highly aggressive cancer and that my treatment would include surgeries, chemo and radiotherapy. My eldest daughter was 4 and my twin girls were just 2.

As a whole family, we went into ‘doing mode’. It was like life was happening to us and we were the puppets playing along. We were so busy with the schedule of my treatment and with looking after our little girls that there was no time to think or do anything else. I had made a deal with myself - that I would get up every morning and take my girls to nursery. And I managed it!

It was only after my treatment had finished that my life began to crumble. I had lost all trust in my body. Uncertainty and anxiety ruled my mind and I had no idea what and how to feel anymore.

Ironically, people around me congratulated me on having finished treatment. To them it was as if I had finished and survived the worst. Yet, for me, the worst was yet to come. I was plagued by physical pains which I always thought to be a recurrence. My hopes were low and I just felt so ill.

Then, something inside of me shifted and I felt this incredibly strong sensation that I needed to take control. I needed to become as active as possible in my recovery process. I could not just sit back and hope for the best.

Initially this meant me jumping on the ‘clean eating’ bandwagon. From one day to the next I cut out major food groups that I thought were unhealthy for me. I removed all dairy, meat, refined sugar, wheat, gluten, all caffeine and all alcohol from my diet. I went ‘everything- free’.

I was super regimented and needless to say it was exhausting and no fun at all. I then made a massive U-turn in what I call my ‘food revolution’. I started to celebrate and focus on all the amazing foods that I wanted to eat, rather than on what I thought to eliminate.

“**Something inside of me shifted and I felt this incredibly strong sensation that I needed to take control.**”

I began to discover real, whole and fresh food. Food is much more than macro nutrients and calories. Food makes us happy, signals our hormones to dance around inside of us. It is much more than filling a hunger gap. Today, my family and I celebrate all foods. Our diet is full-of, not free-from! It is my mission to make healthy eating family friendly, doable and sustainable.

Today I feel totally excited about all the amazing choices we have of the wonderful foods we can eat. Eating well is a form of self-respect. Taking care of our bodies is a necessity. I firmly believe that running on auto pilot simply isn’t good enough!

It was also at this point in my life that my mother in law convinced me to join her weekly yoga class. And although the first few months on my mat were merely taken up by worrying about not losing my wig in downward dog, I kept going back, I got hooked and began my

yoga teacher training. Today I teach local weekly classes, mindful workshops and host wonderful yoga retreats.

By eating the most nutritious food I could and by discovering the healing and strengthening effects of yoga, I slowly

started to recharge my batteries and renewed my cells. Changing my lifestyle helped me regain control over my life, which in return gave me so much hope.

My family friendly and simple healthy recipes can be found on my blog

www.healthywholeme.com.

Dani X





Beetroot is an excellent source of folic acid, a very good source of fibre, manganese and potassium.

A study published in 2008 examined the effects of ingesting 500 milliliters of beetroot juice in healthy volunteers and found that blood pressure was significantly lowered after ingestion.

Beetroot & Horseradish Speltotto



Beetroot & Horseradish Speltotto

packed with potent antioxidants from the beetroot



ingredients

(Serves 4)

Prep/cooking time: 15 minutes

Ingredients

- 1 red onion
- 2 tbsp olive oil
- 100ml white wine
- 600ml vegetable stock
- 200ml beetroot juice
- 1½ raw beetroots
- 200g pearly spelt (pearl barley also works equally well)
- Optional – 100g Madeira
- 30g grated parmesan (if vegetarian, substitute for a hard vegetarian cheese or if vegan, add some nutritional yeast flakes)
- 1 tsp fresh grated horseradish or 1–2 tsp horseradish cream
- handful of fresh fill

how to make it..

Finely chop the red onion. Heat the 2 tbsp of oil in a wide based pan, add the chopped onion and cook over a gentle heat until soft but not brown. Place the white wine into a small pan, add the stock, bring to the boil and keep warm over a low heat.

Peel the beetroot, cut into a very fine dice and set aside. Place the beetroot juice into a separate saucepan and reduce until ½ the volume. Set aside. Add the spelt to the soft onions and cook over a medium heat until the spelt is frying and starting to colour lightly. Add the cubed beetroot and Madeira to the spelt and cook until the liquid has reduced by ¾.

Pour in ½ the warmed stock and cook for 10 minutes. Continue adding stock one ladle at a time until the spelt is tender and most of the liquid has absorbed. Add the reduced beetroot juice and continue cooking for another 5 minutes. Stir in the grated parmesan and horseradish. Garnish with chopped fresh dill.

Serve either on it's own, with crumbled goats cheese or with grilled dill salmon.

Food styled by Emily Wright, recipe inspired by Heston Blumenthal and adapted by Leiths School of Food and Wine.

 www.thewrightfoodie.com

 @thewrightfoodie



Top Tip: Do not throw away the green leaves of the beetroot—they are rich in calcium, iron and Vitamins A & C and can be sautéed in a little olive oil, much like spinach.



Vegan Japanese Ramen Bowl

a super easy veg packed dish to get in your five a day

ingredients how to make it...

(Serves 2)

Prep Time: 20 mins / Cook Time: 20 mins

200g Black Soba noodles or rice noodles

1/2 broccoli

1 large carrot

(options to add bok choy or another similar leafy green)

1 tbsp of sesame seeds

Handful of fresh Coriander, chopped

2 spring onions, chopped finely

500 ml vegetable stock

2 tbsp soya sauce

1 clove of garlic crushed

1 tbsp brown miso

1 inch of grated ginger

2 tbsp sesame oil

Using soba noodles means there's no wheat to cause that blotted feeling. In fact this dish is all about restoring your energy and leaving you feeling lighter and clearer.

Cut up the broccoli and carrots into small bite size chunks. Steam them into just starting to soften slightly. Meanwhile boil a kettle and make up the veg stock. Chop the spring onions and add these along with the miso paste to the veg stock. Heat a large wok style pan with 1 tbsp sesame oil. Add the soya sauce, ginger and garlic.

Next add the broccoli and carrots. Coat them and cook them in the mixture for 5 minutes. Add any other vegetables you are using. You can now choose to cook the noodles separately with the veg stock or add them and the veg stock in with the vegetables.

Once the noodles have cooked (few minutes), stir in the coriander. Pour the noodles and broth into bowls, add the veg if not already added and sprinkle sesame seeds on top to serve (salt and pepper to taste).



Soba noodles are a good source of Thiamin.

and they are high in soluble fiber, so great for digestion.



Recipe and styling by Nathalie Kealy

www.valueyourmind.com

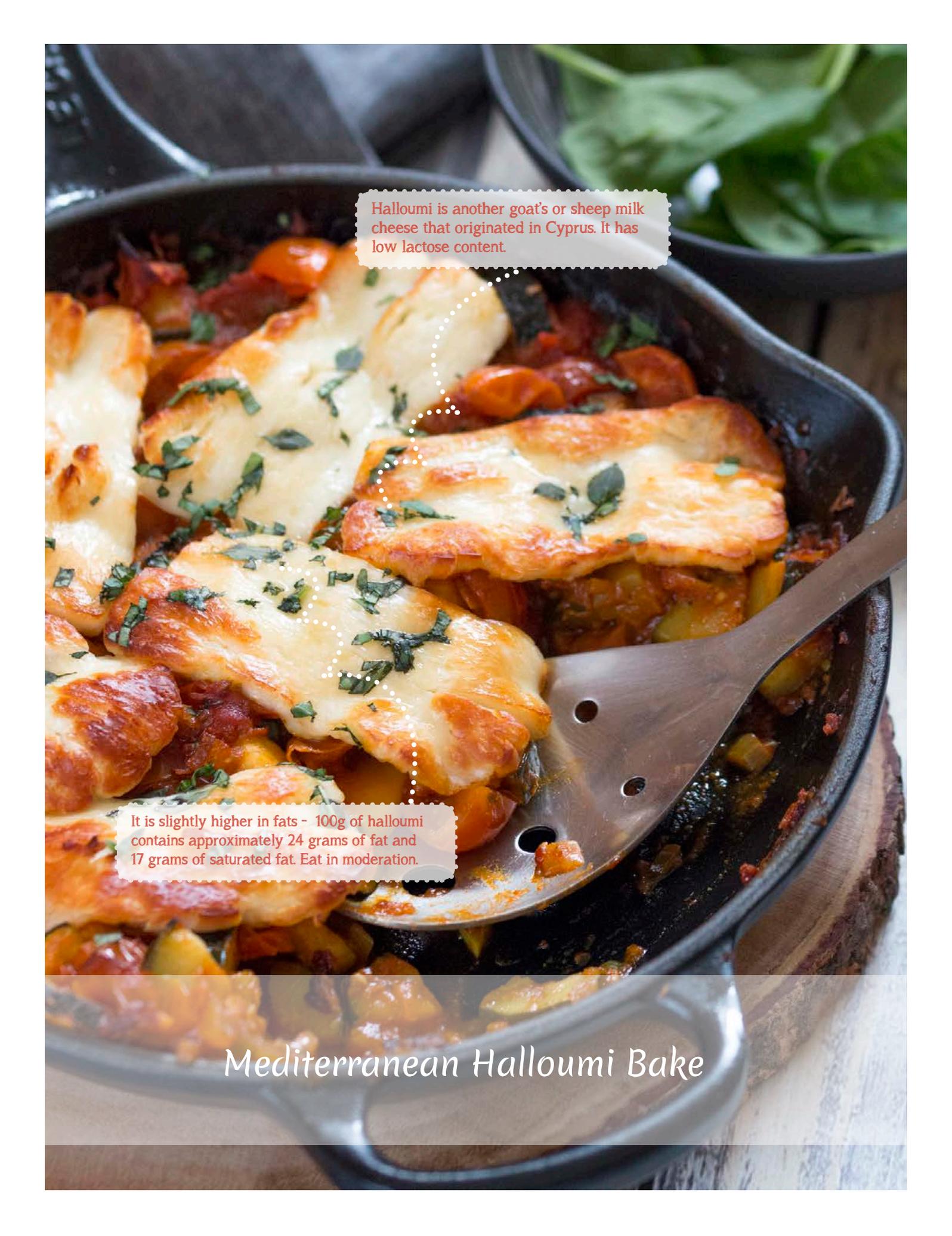
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A top-down view of a white bowl with a green rim, filled with a ramen dish. The bowl contains a bed of white soba noodles, topped with sliced orange carrots, fresh green broccoli florets, and chopped green cilantro leaves. White sesame seeds are scattered throughout the dish. The bowl sits on a light-colored wooden surface. In the background, a large kitchen knife with a black handle and a silver blade is visible, along with more fresh cilantro leaves. Two text boxes with white backgrounds and scalloped edges are overlaid on the image. The first box points to the cilantro, and the second box points to the soba noodles. A dotted white line connects the two boxes.

Bok choy is an excellent source of vitamin C, vitamin A (in the form of carotenoids), and manganese, and a good source of zinc too.

One cup of soba noodles has 0.4 mg of manganese. 21 percent of your daily recommended value.

Vegan Japanese Ramen Bowl



Halloumi is another goat's or sheep milk cheese that originated in Cyprus. It has low lactose content.

It is slightly higher in fats - 100g of halloumi contains approximately 24 grams of fat and 17 grams of saturated fat. Eat in moderation.

Mediterranean Halloumi Bake



Mediterranean Halloumi Bake

made with tomatoes, turmeric and paprika



ingredients

Serves: 4
Prep time: 7 mins
Cook time: 25 mins

- 1 tablespoon olive oil
- 1 onion, finely chopped
- 2 cloves garlic, chopped
- 2 courgettes, diced
- 15 cherry tomatoes, quartered
- 3 tablespoons tomato puree
- 1 tablespoon turmeric
- 1 tablespoon cumin
- 1 tablespoon smoked paprika
- 1 small fresh chilli, finely chopped and deseeded

how to make it.

Preheat your oven to 220°C in grill mode. Heat the olive oil in an ovenproof, medium-large pan and sauté the onions for two minutes.

Add the garlic and cook for another minute, now add the courgettes, tomatoes, tomato puree and spices, cover with a lid and simmer for about 20 minutes. The tomatoes and courgettes will release water and turn into a sauce. In case they don't release enough juice, you can add a little bit of water or passata to adjust the consistency to your liking.

Cover the dish with the halloumi slices and place it under the grill until the halloumi slices turn golden brown.

Sprinkle with fresh basil and enjoy.

Recipe from:
www.thehealthyart.com

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Turmeric is certainly having its moment in the limelight just now, and with good reason. It is said to contain bioactive compounds with powerful medicinal properties.

Turmeric has been used for many years in Chinese and Indian Ayurvedic medicine for conditions including heartburn, diarrhoea, stomach bloating, colds, fibromyalgia and depression.



Vegan Spiced Apple Tart

This delicious apple tart is both vegan and gluten-free.



ingredients

(Serves 8)

For the crust

- ½ cup almond flour
- ½ cup gluten-free rolled oats
- 2 tbsp maple syrup
- 1 tsp baking powder
- ½ tsp salt
- 4 tbsp coconut oil

For the filling

- 3 medium apples, sliced thinly
- 2 tbsp apple sauce
- ½ tsp cinnamon
- ¼ tsp nutmeg
- 1 tsp maple syrup or agave

how to make it..

Preheat the oven to 180 degrees and grease an 8-inch tart tin with coconut oil. Add the almond flour, oats, maple syrup, baking powder, and salt to a medium bowl and mix until combined. Add the coconut oil and use your fingers to work it in until coarse crumbs form and the mixture holds together when pressed.

Combine apple slices, cinnamon, nutmeg and maple syrup in a bowl. Toss together until apple slices are equally coated. Arrange apple slices on the tart crust – if creating a rose pattern, start with the larger pieces and work your way in to the middle.

Bake for 35-40 minutes or until the apples are tender and the crust is lightly brown. Let cool completely before slicing into wedges and serving with a dollop of soy or coconut yogurt.

Made with gluten free rolled oats

Gluten-free oats are a powerhouse of energy.

Recipe from:

www.cookfirst.co.uk

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Deliciously packed with protein, fiber and natural sugars; and the warming spices of cinnamon and nutmeg give it a gorgeous comforting aroma.

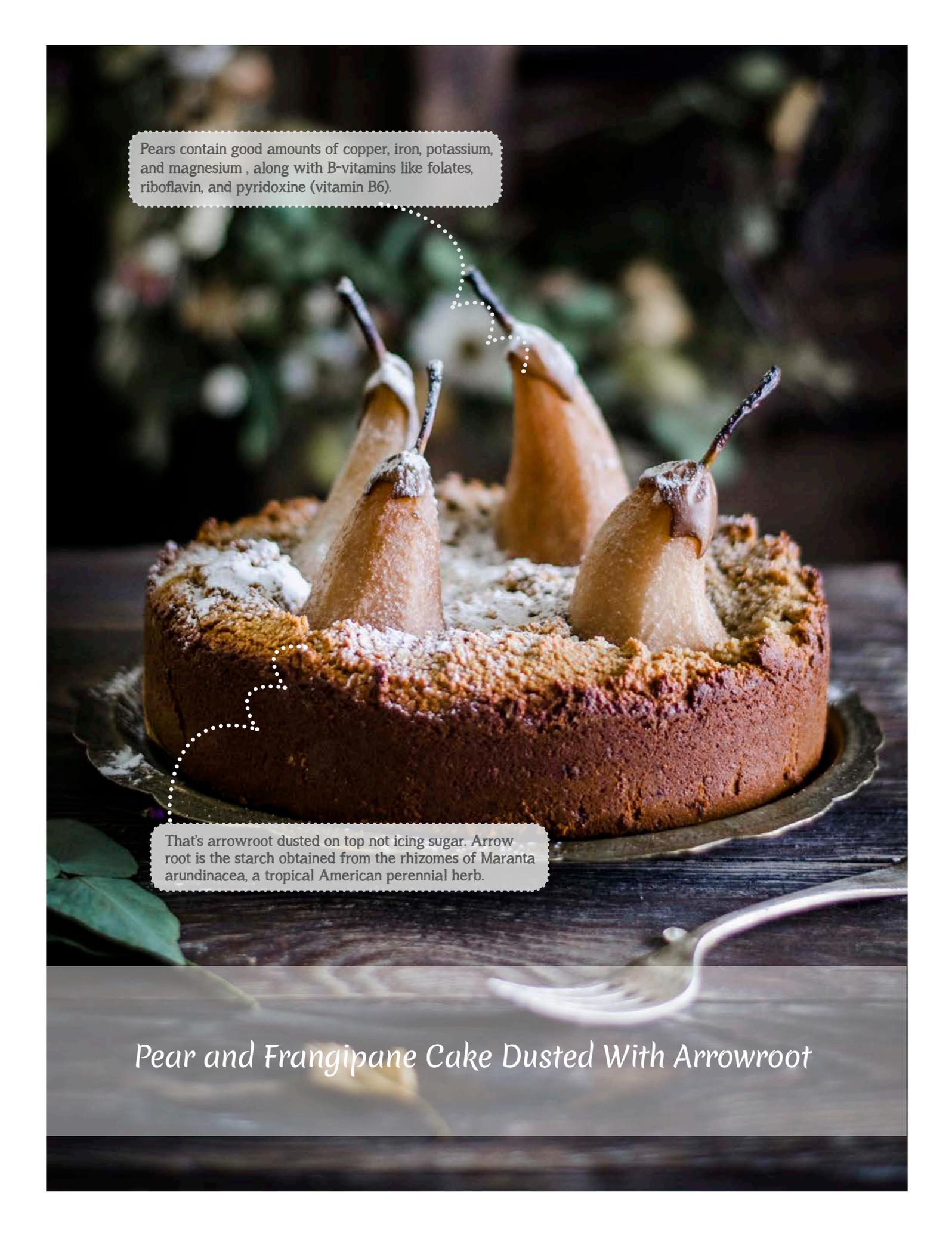


The nutritional advantages of oats come from the fact that its bran and germ layer isn't removed during post-harvest processing.



Whip this spiced apple tart up for a tea-time treat or as a perfect way to end a wholesome home made supper.

Vegan Spiced Apple Tart



Pears contain good amounts of copper, iron, potassium, and magnesium, along with B-vitamins like folates, riboflavin, and pyridoxine (vitamin B6).

That's arrowroot dusted on top not icing sugar. Arrowroot is the starch obtained from the rhizomes of *Maranta arundinacea*, a tropical American perennial herb.

Pear and Frangipane Cake Dusted With Arrowroot



Pear and Frangipane Cake

made with medjool dates and dusted with arrowroot

ingredients

(serves 8)

Prep/Cooking time: 1 hour

- 4 conference pears
- 100g (about 7-8) medjool dates - with pips removed
- 3 eggs
- 1/4 cup extra virgin olive oil
- 1/4 cup coconut oil
- 1 tsp almond extract
- 1 tsp apple cider vinegar
- 2 1/2 cups ground almonds
- 2 Tbsp arrowroot powder
- 1 tsp bicarbonate of soda
- pinch of salt
- 1-2 tsp of arrowroot for decorating

how to make it..

Preheat the oven to 180°C. Prepare a 20cm loose based baking tin - line the bottom with baking parchment and oil the sides. Slice off the base of the pears so they are able to stand upright and using a potato peeler remove the skins. In a nutribullet or blender combine the dates, egg, oils, extract and vinegar and blitz.

In a bowl mix together the ground almonds, arrowroot powder, bicarb and salt. Stir in the wet mixture and mix with a spoon. Transfer the batter into the baking tin and spread it evenly.

Push the pears base first into the batter and using your finger neaten up around the neck of the pears. Bake for about 45min (it should be a golden colour all over the top) and either serve warm with ice-cream or leave to cool.

Serve warm with a blob of ice-cream (homemade of course!!) a drizzle of runny coconut cream or just as it comes!



-  @80_20nutrition
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-  facebook.com/Eighty20Nutrition/

Thanks to Donna from Eighty, Twenty Nutrition
www.eighty20nutrition.com



main
bakes

Once cooked the pear juices infuse into the cake resulting in a gorgeously moist cake with a crunchy crisp crust.



Raspberry Lemon Cheesecake Bites

A wonderful alternative to an ice-cream dessert!



ingredients

(Serves 10)

Prep/Cooking time: 20mins.

- 100g cream cheese
- Zest of 1 lemon
- 1 tbsp xylitol or granulated stevia, to taste
- 1 tbsp freeze-dried raspberries (optional)
- 60g fresh raspberries
- 60g desiccated coconut or vanilla or berry protein powder

Decoration:

- 30g desiccated coconut
- 1 tbsp freeze-dried berries, crushed
- 50g dark chocolate

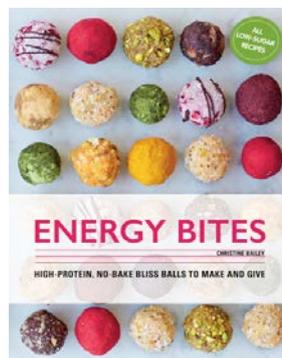
how to make it..

Place the cream cheese, lemon zest, xylitol or stevia, raspberries and coconut or protein powder in a food processor and blend until smooth. Spoon into a bowl and freeze for 1–2 hours until firm.

Place the coconut and crushed freeze-dried berries on a plate. Take bite-sized pieces of the frozen mixture and roll into balls. Roll in the coconut mixture and place on a sheet of greaseproof paper.

Heat the dark chocolate in a glass bowl set over a pan of simmering water and stir until melted. Transfer the chocolate to a squirty plastic bottle or use a spoon and drizzle the chocolate over the tops of the balls to decorate.

Place the bites in the freezer until required. Eat straight from the freezer.



Recipe taken from:

ENERGY BITES Book by Christine Bailey
High-Protein No-Bake Bliss Balls to Make and Give.

Published by Modern Books, £8.99 hardback

Energy boosting and low-fuss...

Energy bites are the perfect, simple treat for busy lifestyles

Christine Bailey is a chef, author, broadcaster and qualified nutritionist. She makes regular appearances in the media, including the BBC's The Truth About Sugar and The Truth About Stress.

- @advnut
- @christinebailey
- facebook.com/christinebaileykitchen

Thanks to Modern Books and Christine Bailey for this recipe.
www.christinebailey.co.uk

A top-down view of several round, pinkish-white cheesecake bites arranged in three rows on a white surface. Each bite is coated in white coconut flakes and has a thin layer of dark chocolate drizzle over it. Fresh raspberries are scattered around the bites, and some are crushed into small pieces. The background is a plain, light-colored surface.

Packed with vitamins, antioxidants, and fiber,
from the raspberries and lightly sweetened
with natural granulated stevia.

Raspberry Lemon Cheesecake Bites

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