

The Body Love & Balance Checklist

1. Begin your day with lemon juice (plus rind) in warm water, 15-30 minutes before breaky. This will gently nudge your liver & digestion, stimulate gentle detox, aid hydration, alkalise the body, support immunity, lymphatics & healthy skin. Plus it's a very refreshing drink and pick me up!



2. Nourishing BREAKFAST – The best way to start your day is with foods rich in PROTEINS & GOOD FATS for sustained energy, balanced blood sugar and stable good moods. For example: avocado, coconut oil, ghee, nuts & seeds, F/R eggs or wild fish (like sardines, mackerel, salmon), Protein smoothies, natural yogurt, beans, organic sausages etc

3. Drink good quality water – Think about a thirsty plant – How tempted are you to give it a drink? You can see that it is struggling! We are just the same – we don't function properly if we are dehydrated. Water is essential for energy, concentration, regulating bowels, helping the kidneys eliminate toxins & regulating blood pressure just to mention a few reasons.

Our blood, bones, muscles and cartilage are made up of water – they all need hydration to function well. We lose water throughout the day through breath, sweat, our bowels & kidneys so we need to replace it. Drink filtered water when possible to reduce exposure to potentially harmful additives, bad bugs, pesticides and other chemicals.

4. FIBRE - Are you using your bowels daily? Do you feel empty and complete afterwards? This is SO important! Good regular bowel movements ensure you are removing the wastes your body no longer needs. Exercise your bowels with Linseed meal, freshly ground (store it frozen to keep it fresh). Add it to smoothies, yogurt, fruit etc. Including gentle fibre into your everyday routine will prompt regularity & you will feel good!



5. Green tea (Organic) - Green Tea is a potent antioxidant, helps to burn fat, helps the liver remove toxins and acts as a prebiotic – feeding the good bacteria in your Gut! Green tea is a gentle pick me up and a great alternative to sugary, milky coffees and teas. Find a Green tea you like and enjoy 1-2 cups a day!

6. Move your body Baby! 30 minutes a day! Walking, stretching, dancing, swimming, boxercise, training, yoga, cycling etc Make it something you LOVE & that makes you feel good, so you are inspired to do it and look forward to it. The benefits of exercise and movement are a mile long & SO important for emotional wellbeing, energy levels, detox, boosting metabolism, sleeping well, immunity and generally feeling awesome and grounded. If you're not in the mood, gently push through the resistance and do something gentle.



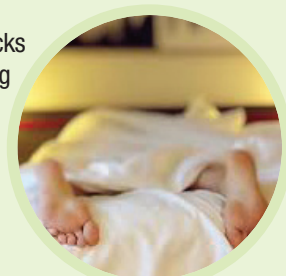
7. Greens Greens Greens – Aim for 3 cups of green veggies daily – you can consume these in juices, salads, soups, steamed, lightly sautéed. Mix it up with broccoli, celery, spinach, bok choy, cucumber, cabbage, Brussels sprouts, beans, peas, zucchini etc Greens are great for Fibre, antioxidants, vitamins such as A,C,K, minerals like calcium, magnesium, potassium & iron. Adding a good quality oil to your greens helps you absorb their nutrition! Eg coconut oil, Ghee, olive oil etc

8. "I Love You" Mirror work – This is a powerful Louise Hay daily ritual that takes a couple of minutes and can move mountains. Often it's easy to tell our loved ones we love them with compassion and heart. It's time to tell our selves the same. If there is resistance, it may help to say it with the conviction you say it to others, until you and your body really begin to believe it. Words you may also want to say are "I forgive you, I'm so proud of you, You are amazing, You are enough, You are worthy, You are precious". Yes, it may be confronting at first, if this is the case start by saying it away from the mirror before looking at your reflection.



9. Nourish your nervous system & adrenals with a good quality Vitamin B Complex in the morning & a Magnesium supplement or spray at night. Magnesium may help melatonin levels (our sleeping hormone), relax muscles, reduce feelings of depression & anxiety, help with addictions and give you more energy in the morning. Always consult a health care professional before taking supplements if you are on medications, have an ongoing health condition, pregnant/ breastfeeding or if you're unsure.

10. Good Sleeping Habits – We are cyclic creatures & love routine, our body clocks regulate when our bedtime and waking times are roughly the same each day. Make an effort to create this within your sleeping habits. Choose times that are realistic for you, aiming for 7 to 8 hours of sleep per night. Earlier nights tend to allow for better quality sleep rather than late ones. Another great trick is to turn off as many lights as you can and minimize screen time in the evening (after 8pm) sending the brain the message to start preparing for a good sleep.



Please note:

Always take into consideration your individual lifestyle & food requirements before following a general protocol.

Always choose Organic foods & teas when possible to reduce exposure to toxins and give your body a break.



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