

Consciously **Well**

10 TIPS

to feel great this Summer



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Sally Boore is a Naturopath and Psychotherapist who works with people to consciously create new habits and build healthy enjoyable lifestyles and relationships.

Here is a collection of tips, designed to support you to be feel your best, mentally and physically. Pick just two of these tips and take a few weeks to make them a habit. When you feel you have made them a part of your day and week, add in another one or two each time. Small positive actions every day will add up to large changes over time.

Try them out and let me know how it goes by joining our online Facebook community.

1.

Cut out the Sugar and Gluten

We've been hearing a lot about sugar and gluten recently, which is fabulous. I've seen remarkable changes mentally and physically in my patients who make this change. Our gut is our "second brain" and it either supports or hinders our mental health. It is also where a large part of our immune system resides.

Sugar and gluten are a huge drain on your energy and they are also triggers for inflammation – which is the leading cause of illness (mental and physical). Foods containing gluten damage the lining of the gut and reduce your capacity to absorb nutrients from foods. Both gluten and sugar upset the gut's micro-biome and blood sugar levels, leaving you feeling tired, hungry soon after eating and more prone to sickness. Be careful what you choose to replace these things with. Artificial sweeteners and aspartame need to be avoided, as these affect blood sugar levels and digestion in their own right. And ditch the highly processed gluten free food in the supermarket which is usually high in sugar. JERF (Just Eat Real Food) to nourish your body and mind.

2.

Work on your hydration

Even slight dehydration can make us feel tired, inflamed and achy, mentally slow, craving sweets, not to mention constipated. We lose approx 1 ½ Litres of water daily with breathing, talking and general every day low intensity movement. Water is important to help remove waste products from our bodies and brain. Most of us are in a perpetual state of dehydration especially if we are in air conditioning or indoor heating. So what are you replacing yours with? Coffee, tea, juice and alcohol all take out additional water from our body – so we need pure, clean and preferably filtered water to replace these losses. Try for 2-3 L per day and a bit more if you are working outdoors or exercising.

3.

Stop worrying about fat

We've been led to believe for years that having a low fat diet is the ideal. Well the truth is that low fat diets and low fat products are causing inflammation and illness. They are often loaded with sugar and other additives to improve the texture and taste which is lost once the fat is removed. We are also missing out of the necessary fats for brain and mood health by having a strict low fat diet. Good Fats also help us feel satisfied for longer balancing our hormones, blood sugar, moods, sleep and help us eat less overall, thereby helping balance our weight.

Go for avocados, nuts and seeds, nut butters and tahina, flaxseed oil, olive oil, coconut oil, Udo's oil, and healthy saturated fats from organic butter, full cream milk and plain unsweetened yogurt. Wild salmon and sardines are also great.

4.

Have a nourishing Breakfast

Skip the gluten and sugar filled empty nutrient breakfast cereal. All they do is set you up for more sugar cravings throughout the day, leading to a rollercoaster of moods and energy. Try protein rich variations such as eggs or a quinoa porridge. Or a quick healthy option is a breakfast smoothie, containing protein, fibre and a healthy fat.

5.

Fill up on veges

Aim to eat a rainbow and include as many different colours and varieties of veges in your diet as possible. These really are nature's way of keeping well and full. Get in the habit of eating them with each meal. Your dinner plate ideally should be half filled with veges...and the same for lunch.

6.

Have a break from Booze

Give your body a rest from alcohol for a few weeks to reduce inflammation and rebalance your blood sugar levels...and just to see how you feel without it. Or you may discover a depth of sleep without it that is just too good to pass up. When we use booze each night to relax after a long day, it messes up our blood sugar levels, causing that 1am-4am wake up.

7.

Work on the quality of your sleep

Good quality sleep protects us from mood imbalances, anxiety, depression, hormonal imbalances and a multitude of disease.

Here's how to set ourselves up for good restorative sleep:

- ✿ Reduce or eliminate caffeine. Once insomnia takes hold, all caffeine needs to go so you can recalibrate your nervous system. Even if you have no insomnia, caffeine decreases sleep quality and depth.
- ✿ Maintain stable blood sugar to prevent middle of the night waking. To do this, include healthy fats and proteins in each meal. Don't skip meals and eat within an hour of waking up. Avoid sugar, alcohol and refined carbohydrates to support the balance.
- ✿ Be mindful about light. Let your eyes see bright light in the day on waking, and dim light once the sun goes down. Darken your bedroom completely when you sleep or wear an eye mask.
- ✿ Go screen free at least an hour before bedtime. The 'blue' light from screens interrupts the production of the sleep hormone melatonin. This stops you getting sleepy and relaxed and disturbs your restorative sleep. Keep screens or phones out of the bed.

8.

Move your body

It doesn't need to be complicated and you don't need to schedule an hour per day. Start small by just taking the stairs, park your car further away from your destination or carrying your own groceries. Or instead of meeting a friend in a café or bar, go for a walk together or take a 15 minute walk in your lunch time. Everything is connected, strengthen your body you strengthen your mind, brain and resolve to keep going.

9.

Make gratitude a daily practice

As Dr Rick Hanson the author of Buddha's Brain has said, we are neurologically wired to focus on the negative things that happen in our lives, rather than the positive things. This was necessary historically for our survival and evolution. But what about now? Most of us are lucky to live in a safe environment. So is it as necessary for our survival? Whatever we practice, we get better at. Practicing daily gratitude is a way to increase happiness and physical health. Perhaps at the end or beginning of each day, write 10 things you are grateful for. It may be the most simple of things or feelings.

10.

Build your Tribe.

Build connection with your “tribe” or the people who make you feel good. It has been said that we are the average of the five people we spend the most time with. Who are you hanging out with and how do they make you feel?

Wishing you luck with the changes you make. And remember just a couple of positive actions everyday add up to large changes over time.

Wishing you well, mind and body,

Sally