



7 EASY STEPS TO GETTING THE BODY YOU LOVE



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1

STOCK CUPBOARDS WITH FRUIT, VEG AND HEALTHY SNACKS

It seems obvious right? Then why is it so hard to achieve?

In life it is often the case that bad choices are easier to make than good ones.

When we have unhealthy food stocked in our cupboards this is exactly what we're doing; making bad choices easy to reach.

I guarantee that if you have a cupboard full of tasty, healthy food, you are less likely to want to leave the comfort of your cozy home, go to the shop and purchase a tub of Ben and Jerry's to consume all in one go.

I KNOW THIS ALL TOO WELL!

You're probably thinking "but what about Uber Eats and Deliveroo?". They can make it easy for you to eat junk food by delivering those tantalising treats to your door, but it's just another obstacle to manage.

My advice is....

Delete the App! Then ask yourself these three questions:

1. Do I really want to put junk food into my body for a few moments of pleasure?
2. Is there anything I'd rather spend that money on?
3. Can I really afford to waste this money?

Having these questions on a cork board in the kitchen or on Post It notes around the house can be a seriously good reminders not to give in.



2

BUY ALTERNATIVE HEALTHY OPTIONS THAT CURB SUGAR CRAVINGS

If, like me, you're a huge sugar junkie, you'll know the rush of pleasure that comes from consuming something high in carbs and full of sweetness.

However widely debated, some experts are claiming that sugar is proving to be more addictive than tobacco and causing greater health risks across the board.

See research in the links below.

Throughout my journey with chronic illness I have seen numerous nutritionists, conducted my own research on the subject, and studied the effects of sugar on the entire body.

As a result of this research, I discovered that craving sugar may be the result of a magnesium or mineral deficiency, or due to too much stress on the endocrine system. This leads your body to crave more serotonin boosting experiences. One of which is...

you guessed it - eating junk food!

These cravings can easily be substituted by creating alternative options for the tantalising treats. Here's how:

1. Love and nurture your body.
2. Provide alternative treats that boost serotonin in a healthy way.

I have four snacks that are my easy go to options:

1. Apple slices with peanut butter dip
2. Coconut oil smoothies
3. Spirulina balls
4. Sugar-free flapjacks

But there are over 70 snacks to choose from on the Paleo Grubs website, which you can find listed in the clickable links at the end of the e-book.

In addition, I often use positive affirmations whilst checking in with my body and asking what it needs.

Could you give a suggested affirmation here? I love affirmations and always say them aloud when I read suggestions. One of my faves is 'I love listening to my body's needs and feeding my body nourishing food and beverages'.

Top Tip!

The reason most diets fail is that we often deny our bodies the necessary nutrition, comfort and reward systems it so desperately needs.

By replacing junk food with nutritious alternatives we can stay healthy, fit and full.

Try it and see for yourself. It honestly works!



3

EXERCISE IN A WAY THAT IS FUN AND BRINGS JOY

I walk twice a day, do yoga, and dance when I want to. Nothing more!

Exercise doesn't have to be gruelling! In fact, recent studies have shown that the more we push ourselves with heavy exercise and harsh routines the more our bodies produce cortisol, a stress hormone which can make us crave more sugar, carbs and comfort food.

It makes sense, right?!

If you're taking away the pleasure hormones from the body with harsh exercise, the body will simply try and replace them in any way it can. And what's the quickest way to get that boost?

FAST FOOD.

And so... the cycle begins.

According to the World Health Organisation the average adult needs between 150-300 minutes of moderate to aerobic exercise each week. Which is about 22- 35 mins each day. There is nothing in this article that says it needs to be painful or gruelling to work.

We do not always need to be pumping weights at the gym or joining boot camps to get moving.

If you're a strong personality this won't work. You will most likely rebel and refuse to comply, either consciously or subconsciously.

So the alternative is:

Pick 3 tasks you enjoy and switch them up!

Find the pleasure in the exercise and look forward to it. Tell yourself that this is your time to escape the rat-race and be free. This mindset shift is an even bigger motivator to get yourself to exercise.

My three are:

- ▶ Yoga
- ▶ Walking in nature
- ▶ Dancing



4

PREPARE MEALS YOU LOVE WHILST LISTENING TO MUSIC

There is something comforting and nurturing hidden in the phrase 'A Home Cooked Meal'. It's not simply the nutritional value of the food that's important to our health, but the love residing in the energy within each meal that matters.

Accordingly to Eastern philosophy, we also absorb Qi/energy with our food. This is released and absorbed when we take pleasure in preparing, cooking and enjoying the meal and through mindful eating.

Many Zen Buddhists practice mindful eating to preserve. This technique has been proven to not only boost the immune system, enhance mood, increase energy and reduce anxiety, but also improve digestion.

Before I eat, I set a gratitude intention for the food.

I then focus on the

- ▶ Smell of the food
- ▶ Flavour
- ▶ Texture and Density
- ▶ Sounds

Try and stay present in the experience of eating. That's the trick.

Full disclosure!!

I don't do this every day, but I try when I can to eat mindfully and the benefits are amazing!

Benefits of eating this way are:

- ▶ More sustained energy
- ▶ Less sugar cravings
- ▶ Feelings of contentment, happiness and joy

Keep a journal or a mental note of the changes to monitor your progress.



5

INTERMITTENT FASTING (NOT EATING FOR 14-16 HOURS PER DAY)

Starve? This CAN'T be good for the body?

According to recent studies, fasting can help: remove toxic substances from cells; recycle residual proteins, provide an energy boost to the entire body, repair cell damage, speed up the metabolism and produce ketones. In a state of ketosis the body literally eats away the fat and toxicity.

FINALLY WE GET TO THE FAT BURNING!

When most of this time is spent sleeping it isn't actually too difficult.

I fast from 7pm- 9am when I can, and that's not every day. I don't do any more than 14 hours.

It gives my body a reset as and when I feel like I have been consuming too much.

You have to listen to your body and what's right for you.

It's ok to start small and build up.

As my good friend reminds me:

Kari, you can't run before you can walk.

Take small steps and your goal will feel more achievable.



6

REDUCE STRESS AS MUCH AS POSSIBLE BY KEEPING A DAILY ROUTINE

As mentioned earlier, the body creates cortisol when stressed which can lead to sugar cravings in an attempt to boost serotonin levels.

Once the stress hormones set in, it can be difficult to reverse the effects! The body goes into fight or flight mode and starts operating from the Sympathetic Nervous System. When in this state, it is harder to think, remember things and function effectively. All the blood is running from your brain to your body in preparation to run from the threat.

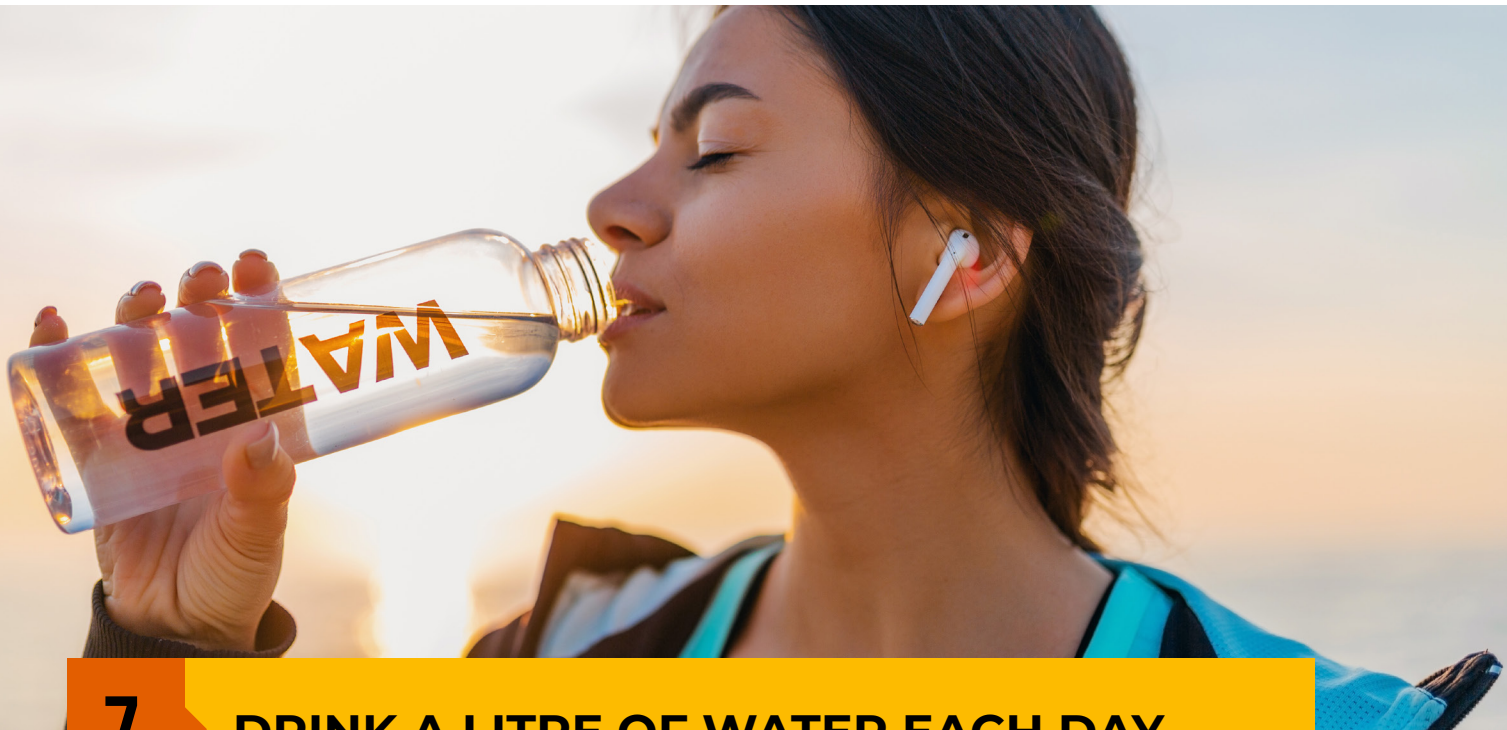
In modern-day life, threats tend to be less primal and typically more work based, but our brains still remember the primal urges we once had.

Top tip

Stay on top of this with regular check-ins and scheduled routines.

I set a timer for every two hours to check-in and monitor my stress levels. It's easy, when you're busy, to lose track of your conscious awareness.

Trying to stay present in each moment, as much as possible, is a great antidote to this Sympathetic Nervous System response.



7

DRINK A LITRE OF WATER EACH DAY

Water is so important for a number of reasons. 60% of the body is made up of water, which is used up through exercise, perspiration, regulating body temperature, fighting off illnesses and so much more.

Most importantly, water helps our bodies protect its tissues, spinal cord and joints.

In order to measure your water intake, I recommend buying a litre bottle and checking this throughout the day.

Health experts commonly recommend drinking 8 x 8 ounce glasses each day or 2 litres. It's called the 8x8 rule to make it easy to remember.

So that's it folks!

I hope that helped.

These are my top 7 tips for getting the body you love, having more energy, and generating a greater sense of wellness and inner peace.

Quick Recap

1. Only stock cupboards with fresh fruit, veg and healthy snacks.
2. Buy alternative healthy options that curb sugar cravings.
3. Exercise in a way that is fun and brings joy.
4. Prepare meals you love whilst listening to music.
5. Try intermittent fasting (not eating for 14-16 hours per day).
6. Reduce stress as much as possible by keeping a daily routine.
7. Drink a litre of water each day.

Links

- ▶ Why is water important?
<https://www.healthline.com/health/food-nutrition/why-is-water-important>
- ▶ Is sugar worse than tobacco?
<https://www.theguardian.com/society/2014/jan/09/sugar-health-risk-smoking-andrew-lansley>
- ▶ What health issues are associated with sugar?
<https://www.nature.com/articles/482027a>
- ▶ Which alternative healthy snacks are available?
<https://paleogrubs.com/healthy-snacks>
- ▶ How much exercise do we need each day?
<https://www.who.int/news-room/fact-sheets/detail/physical-activity2-23->