



7-STEPS TO FEELING GOOD IN YOUR BODY

A guide to intuitive eating
through mindfulness





1

STOCK CUPBOARDS WITH FRUIT, VEG AND HEALTHY SNACKS

We know that diet is important for healthy living, so why do we have so much resistance to change?

Is it due to the pleasure gained from our food?

Do we really believe it's worth creating long-term health issues for a moment of pleasure?

What if we could increase the joy associated with nutritious food?

And make healthy choices easier to reach?

This is what I did and I can assure you it works!

The first step is to keep cupboards full of alternative healthy snacks and pleasure treats.
(See links in FAQ at the end)

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 right 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 reminder 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.

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.

Due to this research, I have discovered that craving sugar may be the result of a magnesium or mineral deficiency, or due to too much stress on the endocrine system. These environmental factors lead 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 through activities that bring comfort and joy.
2. Provide alternative treats that boost serotonin in a healthy way.
3. Practice breathing exercises and movements that naturally boost serotonin.

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 and others, 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 by asking what it needs.

My Affirmations:

I lovingly choose foods that nourish and fill my body with nutrients.

May this food nourish every cell in my body and generate a state of vibrancy throughout.

Each day I am making better food choices that help me build a healthier and stronger version of me.

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, whilst also releasing those pleasure hormones.

Try it and see for yourself. It really works!



3

EXERCISE IN A WAY THAT IS FUN AND BRINGS JOY

Many of us view exercise as an arduous, back breaking task. We conjure up images of harsh, painful routines which cause barriers to our progress and prevent us from even getting started.

I want you to know that exercise does not have to be painful.

Simple movements combined with breath work, gentle heart accelerating actions and stretches can be classed as exercise. Due to my chronic health condition, I do very little traditional exercise. I move my body in a way that is healing and fun and this keeps me active and healthy without all the painful hard work.

I walk twice a day, do gentle yin yoga, and dance when I want to. Nothing more and this is enough. It never hurts. It's always fun and I look forward to it.

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 that 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?

You guessed it!

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 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.

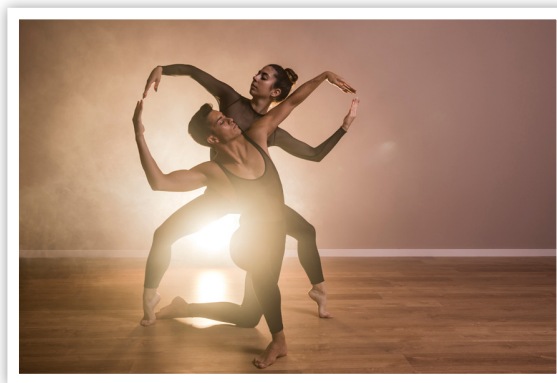
So the alternative is:

Pick 3 tasks you enjoy and switch them up!

Find 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 so perfectly apt hidden in the phrase ‘A home cooked meal’.

It’s not simply the nutritional value of the food that is important to our health, but the love and nurture residing in the energetic elements.

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

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

In order to boost the energetic nourishment in the food before each meal I set a gratitude intention for the food.

I then focus on the:

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

I try and stay present with the experience of eating. That’s the trick.

Full disclosure!!

I don’t do this every day, but when I do eat mindfully 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 you say! 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, providing a metabolic boost throughout.

FINALLY WE GET TO THE FAT BURNING!

As the majority of this time is spent sleeping, it really isn't that hard.

Try to enjoy the space that comes from allowing your body to detox.

I fast from 7pm - 9am when I can, and that's not every day. I don't do any more than 14 hours, as I find it too painful, but this is enough to give me a gentle reset.

It gives my body a reboot 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.



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 impact on the nervous system. 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, our threats tend to be less primal and more social.

Although we don't encounter the same sort of prehistoric threats in today's modern world, our limbic brain still interprets feelings of unsafety as dangers and sends stress hormones to the Central Nervous System in order to protect us.

So... when we worry about the loss of a job, financial insecurity or a conflict with a friend, colleague or family member, our brains interpret these emotions as threats to our safety and our Central Nervous System reacts in the same way as our ancestors did when running from a saber-toothed tiger.

Different threats, same reaction in the brain.

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. Also, you can reassure your mind that conflict doesn't threaten your sense of safety. You can do this through a little technique I like to call 'Reverse Affirmations':

- ▶ Notice what you are feeling
 - ▶ Focus on the reverse emotion
 - ▶ Hold that new emotion for 30 seconds
 - ▶ Create a new internal dialogue using gentle tones and positive statements
- Example: If you are feeling guilt the opposite emotion might be self-acceptance.

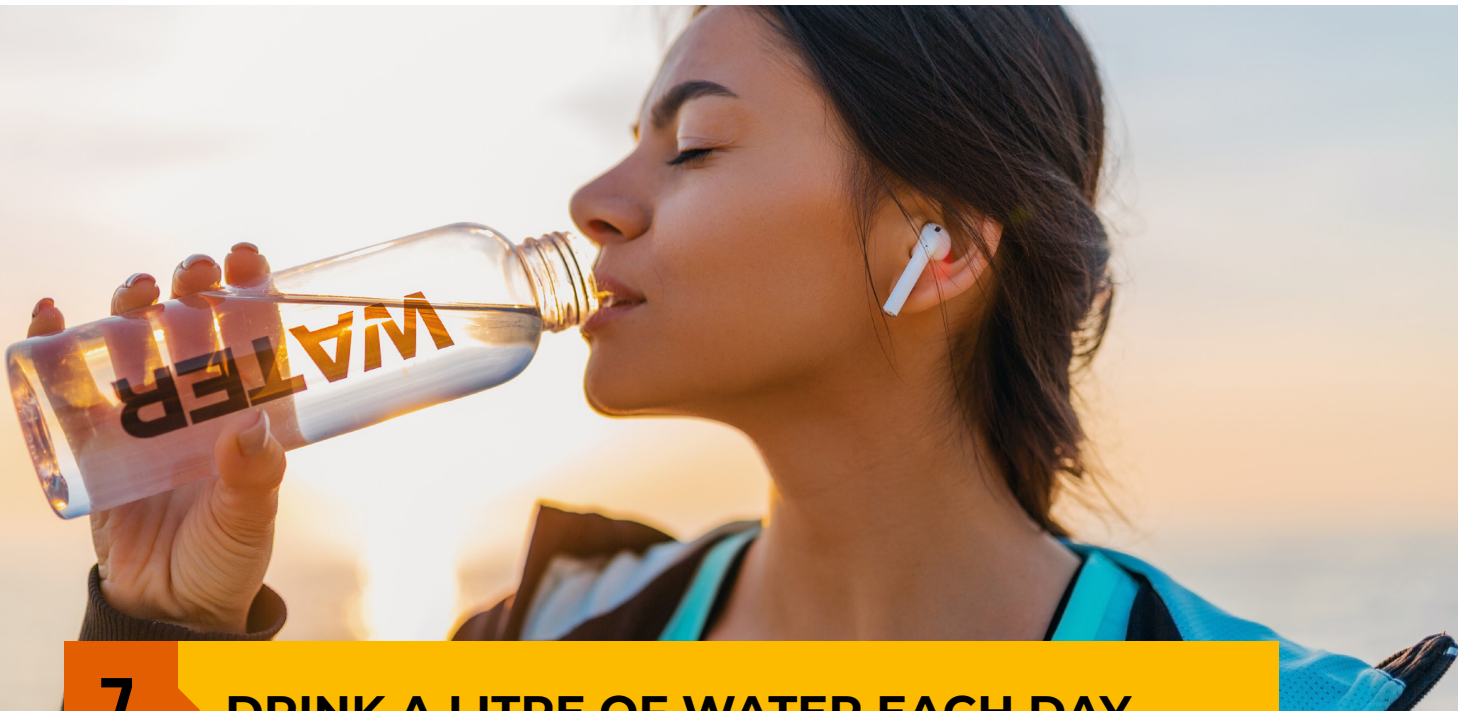
You might remember a time when you felt self-love or acceptance and hold that thought and emotion for 30 seconds.

Create an affirmation that fits.

Example:

I am not responsible for the emotions of others I move to make positive steps to manifest my own life with self-love.

Repeat as many times as you need to until it sticks.



7

DRINK A LITRE OF WATER EACH DAY

Water is so important for a number of reasons. We know that 60% of our bodies are 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.

Health experts recommend drinking 8x8 ounce glasses of water each day or 2 litres. I suggest buying a litre bottle (non-plastic ideally) and measuring your water intake throughout the day.

So that's it folks!

I hope that helped.

These are my top 7 tips for feeling good in your body.

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.

Useful 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->

