

SESSION ONE

WHY IT'S SOOOOO HARD TO EAT WELL TODAY

A number of factors can influence our food choices, resulting in nutritional deficiencies. It's when we're time poor, stressed, anxious, depressed, or burnt out. As a consequence, we can become more exhausted, stressed, and depressed.

Consume as many of these foods regularly to ensure you're getting all the nutrients and fibre you need. Below are some supplements to consider:

B VITAMIN CONTAINING FOODS:

Asparagus
Avocados
Bananas
Bean sprouts
Celery
Cruciferous vegetables like cabbage, cauliflower and broccoli
Dates, figs and prunes
Green leafy vegetables
Mushrooms
Nuts, like cashews, pecans, walnuts
Onions
Peanuts
Peppers (capsicums)
Potatoes
Legumes or pulses, like lentils, chickpeas, red kidney beans, peas
Pumpkin
Pumpkin seeds
Seeds, like pumpkin (pepita), sunflower and sesame seeds, and tahini
Squash
Strawberries
Tomatoes
Watercress
Wholegrain cereals
Zucchini

Signs of B vitamin deficiency:

Anxiety and depression
Burning or tingling hands and tender heels
Constipation
Cracked lips
Dermatitis

Dull hair
Insomnia and poor dream recall
Irritability
Lack of energy
Light sensitivity
Poor focus, concentration and recall
Rapid heartbeat
Sore gums and tongue
Teeth grinding
Water retention

VITAMIN C CONTAINING FOODS:*

Broccoli
Cabbage
Citrus Fruits
Kiwi Fruit
Melons
Peppers (Capsicums)
Strawberries
Tomatoes
Watercress
**(Vitamin C Is Destroyed By Heat So It's Best Not To Heat These Foods And Lightly Steam The Vegetables)*

Signs of vitamin C deficiency:

Bleeding or tender gums
Easy bruising
Lack of energy
Low immunity
Nosebleeds
Slow wound healing

MAGNESIUM CONTAINING FOODS:

Almonds
Brazil nuts
Cashew nuts
Cooked beans
Garlic
Green leafy vegetables (contain varying amounts)
Green peas
Pecan nuts
Potato skin
Raisins

Signs of magnesium deficiency:

Easily overwhelmed and/or startled and sensitive to external stimuli like loud noises/sounds
Emotional ups and downs including anxiety and depression
Fatigue
General irritability
Poor concentration and short-term memory loss
Sleeping difficulties

Extreme signs of deficiency:

Constipation
Heart palpitations
High blood pressure
Hyperactivity
Insomnia
Lethargy
Loss of appetite
Muscle tremors or spasms
Weak bones and muscles

Use a B-complex multi vitamin (for example, Activated Bs from Herbs of Gold), plus extra Vitamin C (for example, powdered forms with bioflavonoids, like WILD C, Eden Health Foods) and magnesium glycinate (for example, Nutri-Life Magnesium Hi-Zorb) which are all useful to support the stressed body and brain. Read and follow the directions for use. If you're a vegan you may need extra B-12, which a simple blood test can determine.

Don't take B vitamins or Vitamin C close to sleep as they're energising and use the magnesium supplement at night to aid sleep.