



# A Useful Guide to Being Healthy in the Workplace

Rosie Millen

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# A Useful Guide to Being Healthy in the Workplace

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The information and advice provided by the author is not intended as a substitute for medical advice. If you are suffering from conditions requiring medical attention, or have symptoms that concern you, you should consult a qualified medical practitioner.

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## Introduction

A Useful Guide to Being Healthy in the Workplace looks at 4 key areas which contribute to a healthier lifestyle ...

- Weight Loss
- Energy
- Stress
- Immune System.

Each section provides a listing of key topics and finishes with a summary of key tips to help you focus on what might provide the best return.

To help provide a benchmark to your understanding about a healthy lifestyle, try this [online questionnaire](#).

Your results can be emailed to you. Complete the questionnaire again after you have worked through the Useful Guide to assess how much you have learned!

We hope you enjoy this Useful Guide and provide us with [feedback](#) in due course.

## Weight Loss

These 24 tips are that 'extra help' you can use in order to achieve your goals and be the weight you want to be. They are quick to read and easy to apply. I hope you find them useful and uplifting!

## Allergies

A food allergy is when the immune system reacts abnormally after ingestion or exposure to a certain food.

There are two types of food allergies ...

- **Type A (IgE)** – this is a classic allergy and reactions occur immediately after the contact with an allergen and symptoms occur very soon after such as swellings, rashes and shortness of breath.
- **Type B (IgG)** – this is a delayed allergy and reactions can occur from 1 to 72 hours later. Known as a food intolerance, they generally produce very slow responses to foods.

Symptoms include weight gain, water retention, flatulence, bloating, constipation, diarrhoea, tiredness, brain fog, mucus production, aching joints and muscles and headaches.

Usually the food that is causing the problem is eaten so frequently that there is no obvious link between the food and the symptoms.

Many people suffer from food allergies and experience these symptoms. It is thought that having a food allergy or intolerance can inhibit weight loss. This is because these potentially offending foods may slow down your metabolism and your body might not be breaking down foods (and fats) properly.

Common symptoms associated with food intolerances include ...

- Abdominal pains
- Aches and pains
- [Asthma](#)
- [Arthritis](#)
- [Bloating](#)
- [Constipation](#)
- [Chronic Fatigue Syndrome](#)
- Dark circles under the eyes
- [Diarrhoea](#)
- [Eczema](#)
- Fatigue
- [Fibromyalgia](#)
- [Irritable Bowel Syndrome](#) (IBS)
- Fluid retention
- Headaches
- [Lethargy](#)
- [Myalgia](#)
- [Encephalomyelitis](#)
- [Restless Leg Syndrome](#)
- [Rhinitis](#)
- [Sinusitis](#)
- Skin problems
- [Stomach cramps](#)
- Tension
- Tiredness – especially after eating
- [Urticaria](#)
- Weight loss
- Wheezing

If you suspect you have a food intolerance it is a good idea to get this tested. There are various laboratories out there that can do this. For more information I recommend visiting the following websites ...

- [www.gdx.uk.net](http://www.gdx.uk.net)
- [www.yorktest.com](http://www.yorktest.com)
- [www.thefoodcheck.com](http://www.thefoodcheck.com)

## **Blood sugar balance**

The key to losing weight isn't to starve yourself but to keep your blood sugar levels balanced.

The body keeps blood sugar levels balanced through the secretion of the hormone insulin which allows glucose to be transported into the cells from the bloodstream.

Elevated levels of insulin may be associated with weight gain and difficulty with weight loss.

This is why balancing blood sugar levels is key in controlling weight.

Signs and symptoms of poor blood sugar control can be ...

- Weight gain
- Poor memory or difficulty in concentrating
- Weakness or fainting
- Cravings for sweet foods, caffeine, chocolate or cigarettes
- Excessive thirst
- Extreme fatigue
- Depression or mood swings
- Irritability without frequent meals
- Insomnia

You can balance your blood sugar levels by ...

- Eating small, regular meals and snacks rather than large meals.
- Including unrefined whole grains e.g. whole wheat bread, brown basmati rice, wholegrain pasta, oats, millet in your meals. These contain fibre, which slows the absorption of sugar into the bloodstream, and are a good source of B vitamins which are needed to regulate the sugar in the blood.
- Eat good quality protein with every meal such as lean chicken, turkey or tofu and eat 2-3 portions of oily fish a week, including organic/wild salmon, mackerel, tuna, or sardines. Substitute some animal proteins with

low fat vegetable proteins such as beans, pulses, legumes (lentils) and soya. Choose low-fat dairy products.

- Healthy snacks between meals such as a handful of unsalted nuts and seeds with a piece of fruit or hummus and vegetable crudités.
- Always eat breakfast and don't skip meals.

### **Avoid ...**

- 'Refined' (white) carbohydrates such as white bread, rice and pasta.
- Sugary foods such as cakes, biscuits, pastries, cookies, chocolate, honey, sugar.
- Alcohol and cigarettes as these both act as stimulants raising blood sugar levels.
- Caffeine found in tea, coffee, cola/fizzy drinks and chocolate. These increase adrenalin/raise blood sugar.
- Stress. This upsets blood sugar levels. Learn relaxation techniques such as yoga, [Pilates](#) or meditation and take regular exercise like walking, dancing or swimming.

## **Calories**

This is an obvious one but the saying is true "the more you eat the more you gain". However I don't want you to live by this and get obsessed – or worse, eat too few calories!

The key here is to consume the right amount of calories for you.

So for men it's roughly 2,500 and for women it's 2,000 calories per day.

To lose half a kilogramme (a pound) a week, you need to cut your daily calories by 500 which is a safe amount to aim for.

If you exercise as well then you don't have to cut as many as 500 calories per day. Sticking to these guidelines is a safe and effective way to lose weight.

You can quite easily find out what your calorie consumption is either online with various calorie counting websites such as [www.thecaloriecounter.com](http://www.thecaloriecounter.com) or with a little handbook such as the [Collins Calorie Counter](#).

If you don't have access to any of these then you can look to the food label on the packet and see how many calories are in the product. It's often useful to keep a record of your daily calorie consumption by using something like the following table.

For Read Out Loud Readers: The following table has 5 rows and 4 columns. To read it the table is columns 2 to 4 and 5 rows.

Day	Meal	Items	Calories
Tuesday	Breakfast	<ul style="list-style-type: none"> <li>• Muesli</li> <li>• Shreddies</li> <li>• Half banana</li> <li>• <math>\frac{3}{4}</math> large pear</li> <li>• Large glass cranberry juice</li> <li>• Mug of decaffeinated Earl Grey tea with milk</li> </ul>	<ul style="list-style-type: none"> <li>• 280</li> <li>• 300</li> <li>• 39</li> <li>• 35</li> <li>• 116</li> <li>• 14</li> </ul>
Tuesday	Between breakfast and lunch	<ul style="list-style-type: none"> <li>• 3 mugs of decaffeinated Earl Grey tea with milk</li> </ul>	<ul style="list-style-type: none"> <li>• 42</li> </ul>
Tuesday	Lunch	<ul style="list-style-type: none"> <li>• Chicken salad</li> </ul>	<ul style="list-style-type: none"> <li>• 330</li> </ul>
Etc.			

For more information on this table, see the Pansophix website.

## Digestive Enzymes

Digestive [enzymes](#) occur naturally in our bodies. They are in our saliva and also in the cells of our intestines and released in response to food intake.

There are three main digestive enzymes ...

1. **Amylase** which breaks down carbohydrates
2. **Protease** which breaks down proteins
3. **Lipase** which breaks down fats.

These enzymes are paramount for optimal digestion and if you have inadequate enzymes then your digestion might not be as efficient as it could be.

You can supplement with digestive enzymes by taking one capsule at every meal.

These are available at most health food stores or directly from a nutritional therapist. The idea is that they help to break down foods, assist in the absorption of nutrients and the elimination of waste from our bodies.

You can take these enzymes if your digestion is slow and your bowel movements are sluggish. If you have digestive complaints such as bloating, gas, wind etc you may find them helpful.

## Exercise

An obvious choice!

You can lose weight via diet alone but exercise speeds up the process. Exercise is useful for weight loss as it decreases body fat, kick starts the [lymphatic system](#) to get rid of waste and keeps the metabolism fast.

Exercise has been documented with many other benefits such as stabilising blood sugar levels, increasing [metabolic rate](#), reducing food cravings, suppressing appetite, stimulating bowel movements, improving [cholesterol](#) levels and lowering blood pressure.

So why wouldn't you want to exercise! Start slow and build it up. Do the things you enjoy such as walking, swimming, dancing. You can keep track of the exercises you do with online resources or smart phone applications. The ones I like are [www.dailyburn.com](http://www.dailyburn.com) and the [Nike Training application](#). You can choose and track the workouts that are right for you.

Exercise releases [endorphins](#) which make us feel good.

### **Exercises that can be done while sitting at your desk.**

1. **Raise Knees:** Place your hands on your armrests and raise your knees slowly (together is harder than one at a time) toward your chin. Lower them slowly. Repeat until tired.
2. **Raise Toes:** Plant your heels firmly and raise your toes as high as possible. Hold for five seconds, and relax. Repeat until tired.
3. **Stretch:** With both feet on the floor and stomach held in, slowly bend forward and walk your hands down the front of your legs toward your ankles. Hold stretch for 15 seconds and slowly sit back up. Repeat until tired.
4. **Side Bends:** Hold a water bottle with both hands and stretch it up over the head, arms straight. Gently bend towards the left as far as you can, contracting the abs. Come back to center and repeat to the right. Complete 10 reps (bending to the right and left is one rep).
5. **Ab Twists:** Hold a water bottle at chest level and, keeping the knees and hips forward, gently twist to the left as far as you comfortably can, feeling the abs contract. Twist back to centre and move to the left for a total of 10 repetitions. Don't force it or you may end up with a back injury.

### **Exercises that can be done on your breaks away from your desk**

1. A minute's worth of [jumping jacks](#). If you're a beginner, try the low-impact version (raise your right arm and tap your left toe to the side while keeping your right foot on the floor; alternate sides)

2. Do a football-like drill of running in place for 60 seconds. Get those knees up! (Beginners, march in place.)
3. Simulate jumping rope for a minute: Hop on alternate feet, or on both feet at once. An easier version is to simulate the arm motion of turning a rope, while alternately tapping the toes of each leg in front.
4. While seated, pump both arms over your head for 30 seconds, then rapidly tap your feet on the floor, football-drill style, for 30 seconds. Repeat 3-5 times.
5. Or do [walking-lunges](#).

## Fibre

Fibre is an indigestible form of carbohydrate found in foods of plant origin. There are two main types of fibre – soluble and insoluble ...

- **Insoluble fibre** does not dissolve in water and is not broken down by our digestive system so passes through our intestines undigested and provides bulk to stools and keeps them regular.

Insoluble fibre is mainly found in wheat bran, other whole grains and some vegetable and fruit skins.

- **Soluble fibre** dissolves in water and absorbs water. In the digestive system it is broken down into a soft smooth mass. Soluble fibre is mainly found in [legumes](#), vegetables, fruits, oats, barley, rye and seeds. Soluble fibre helps to remove hardened faecal matter from the lining of the colon wall. It may also be beneficial in lowering overall blood cholesterol and bad [Low Density Lipoprotein](#) (LDL) cholesterol.

Good sources of fibre are ...

Almonds	Berries	Figs	Potatoes
Apples	Broccoli	Lentils	Prunes
Apricots	Brown rice	Linseeds	Pulses
Asparagus	Brussel sprouts	Nuts	Raisins
Bananas	Cabbage	Oats	Rye
Barley	Carrots	Peaches	Seeds
Beetroot	Celery	Pears	Spinach
Beans	Courgettes	Peas	Sweet potato

Eat good sources of fibre daily.

Adults are recommended to consume at least 18 grams of fibre per day because it helps your digestive system to process food and absorb nutrients, it can help to lower blood cholesterol and it makes you feel fuller and so helps to control your appetite.

## Green tea

Green tea originates from China and has been documented as a powerful [anti-oxidant](#) with many health properties such as anti-ageing and cardiovascular support.

It contains compounds called polyphenols and caffeine which have been shown to induce thermogenesis (heat production) and stimulate fat oxidation which then boosts the metabolic rate by 4% without increasing the heart rate.

So in other words green tea may help to boost the metabolism and burn fat. For anyone on a weight loss program drinking 1-2 cups of green tea per day may help to reduce fat on the body.

## Hoodia

Hoodia (pronounced HOO-dee-ah) is a cactus-like plant that grows primarily in the semi-deserts of South Africa, Botswana, Namibia, and Angola. It contains a molecule called "P57" which is believed to be responsible for making you feel full. It is believed that "P57" molecule in Hoodia mimics the effect that glucose has on your brain, telling part of your brain (the Hypothalamus) that you feel full. Consequently, you are physically less hungry. The San Bushmen of the Kalahari desert relied on hoodia for thousands of years to ward off hunger and thirst during long hunting trips. They were said to have cut off the stem and eat the bitter-tasting plant. It comes as a supplement and is sold in health foods shops and online.

## Iodine

This is an essential trace mineral which is found in foods such as fish, sea vegetables like kelp, dulse, arame, hijiki, nori, wakame, kombu, and sea salt.

Cod liver oil also contains traces of iodine.

Iodine is vital for the production of thyroid hormones. The thyroid hormones are produced in the thyroid which is located in your throat next to your Adam's apple. The role of the thyroid is to regulate all the processes of energy release within individual cells and in the body as a whole. It controls metabolism, which is the rate at which energy is produced and used.

The thyroid hormone also acts as a growth hormone controlling tissue growth and development in early life. The thyroid's chief importance is in facilitating the

processes of energy production. Basically, any lack of thyroid hormone reduces overall energy production.

Your thyroid can become underactive (see [Under-active Thyroid](#)) so, by eating iodine rich foods (see list above) or taking iodine supplements you can support your thyroid by giving it the nutrients it requires to function efficiently.

## Juicing

By this I mean fresh vegetable and fruit juice from a juicing machine! This is fantastic way of providing your body with high amounts of vitamins and minerals but also a great way to cleanse the body of any unwanted waste.

Toxic waste is stored in fat cells and so by cleansing away these toxins you are cleansing away the fat that it is accumulated in the fat cells. The live enzymes present in fresh juices are an abundant energy source.

There are so many different concoctions of juices to try which are tasty and packed full of nutrients. If you haven't tried juicing already I recommend you do so!

For more information on this you can look to Jason Vale who calls himself the 'Juice Master' at [www.juicemaster.com](http://www.juicemaster.com) or there is another excellent company called [Nosh Detox Delivery](#) that will deliver juices to your door every morning.

## Kelp

Kelp is a sea vegetable that is a concentrated source of minerals, including iodine, potassium, magnesium, calcium, and iron. Kelp as a source of iodine assists in making thyroid hormones, which are necessary for maintaining normal metabolism in all cells of the body. The kelp plant has the ability to normalize the thyroid gland to help aid in the loss of weight.

## L-Carnitine

This is a naturally occurring amino acid (building block of protein) which is thought to target stored fat cells and burn those for energy. L-carnitine is available in the following food sources - red meat, avocado, and tempeh. Tempeh is a fermented soya similar to tofu.

You can supplement with up to 1-3 grams of L-Carnitine per day to help turn fat into energy. There are a number of other conditions L-Carnitine has been

documented for improving such as angina, heart failure, diabetes, chronic fatigue and overactive thyroid.

## Magnesium

This is my favourite mineral as it has a broad spectrum of properties and benefits. Magnesium is an essential mineral which most people lack because it becomes depleted during times of stress. It's important for weight loss because it helps to control blood sugar levels (see [Blood Sugar](#)). It assists insulin when it packs sugar into the cells to provide us with energy. Magnesium can be found in dark green leafy vegetables such as spinach, kale, broccoli etc. Again it can be supplemented.

Since Magnesium is a major muscle relaxant then muscle tension, cramps and spasms are often signs of deficiency. There are other symptoms such as fatigue, inability to sleep, PMS, headaches and irritability (without food).

## Neuro Linguistic Programming

Neuro Linguistic Programming (NLP) is the practice of understanding how people organise their thinking, feeling, language and behaviour to produce the results they do. NLP provides people with a methodology to model outstanding performances achieved by geniuses and leaders in their field. It is a type of thinking that focuses on the relationship between successful behaviours and subjective experiences. So, from a weight loss perspective you might not be achieving the goals you desire if your thought processes are not in line with what you are doing.

Here are some questions that you can ask yourself in order to get an idea of what NLP is like and what it tries to achieve ...

- What do I need to do to get better at [specific area]?
- What is (name the person) doing so that they achieve things and how can I replicate it?
- How can I achieve more with less effort?
- What am I going to do to enjoy my day today?
- How good do I want to be at this, how can I get there in the quickest and most fun way?

It's worth looking into because having the right mindset is a key aspect of losing weight. For more information on this visit the [Association for NLP](#).

## Organic

Eating organic foods means that you are not ingesting foods that have been sprayed with pesticides, herbicides, chemicals, fertilizers and preservatives. This is beneficial to the body as consuming these substances means that you are ingesting toxic matter.

These toxins get stored primarily in your fatty deposits. Having toxins in your fatty deposits is not a safe idea as it puts an extra strain on the liver and may explain why you feel tired all the time, can't think clearly, have poor skin or achy joints.

What's more some of these chemicals such as xenoestrogens (synthetic oestrogens) mimic oestrogen in the body and can alter your natural hormones! If this starts to happen then weight loss might be difficult as your hormones have to be balanced for weight loss to occur. By eating organic foods you're helping your body by not clogging it up with chemicals that burden your liver and make bodily cleansing an easier task.

If you can only afford to buy one thing that is organic make it your meat choices so red meat, chicken or fish because animals are often fed with hormones and antibiotics which goes right through to the flesh. At least with fruit and vegetables you can wash and peel. Recommended every time by the way!

## Psyllium

This is the seed from the plantago plant from India.

Psyllium is pure, soluble fibre. It absorbs excess water, which helps to encourage normal bowel elimination, and has been used as a laxative because the fibre it contains helps to reduce the symptoms of constipation but also mild diarrhoea. It acts as a broom – sweeping through the intestines and binding to any excess waste and pulling it from the body via the bowels.

Psyllium helps to soften the stool as well as add bulk and improves the formation of a stool. It is, therefore, able to promote regularity in bowel movements which is important on any weight loss program.

## Q-10

Coenzyme Q10 (CoQ10) is a vitamin like substance that is used by the body to transform food into energy. It can be a useful tool in weight loss as it is thought to help the conversion of food into energy. It is found primarily in fish and meat,

but the amounts in food are far less than what can be obtained from supplements.

It has also been shown to help with weight loss. A study showed that people on a low-fat diet doubled their weight loss when taking Co Q10 compared to those using diet alone. The recommended dose for CoQ10 supplementation is 30 - 200 mg daily. The only contraindications are - undergoing Chemotherapy, taking [Warfarin](#) or [Anti Hypertensive drugs](#).

## Raw food

When people hear these two words most of the time they think of raw fish, lettuce and tomatoes. However it is far from that - welcome to the world of raw foods!

Raw foods are uncooked foods that are not denatured by heat or processing. They are pure, fresh, vibrant, unadulterated, whole and organic. People consume a raw food diet because they are replete with enzymes, water, oxygen, hormones, vitamins and minerals. Most people think of raw fish or sushi or lettuce and tomatoes when they hear the words raw foods but it's much more exciting than that!

It is an incredibly creative way of eating because you can eat "raw pizza", "raw burgers", "raw chocolate cheesecake"!! The difference is that the ingredients of the 'normal' foods have been substituted with foods such as vegetables, nuts, seeds, fruit etc.

Raw foods are full of nutrients and enzymes and they help your body to digest extremely well, cleanse your body and encourage weight loss. I recommend you check out the following websites to understand more about raw foods and give it a go for yourself. You will be amazed at the taste of these foods. Absolutely delicious.

Some good raw food websites you can check out are ...

- [gliving.com/category/greenchefs/greenchef-videos](http://gliving.com/category/greenchefs/greenchef-videos)
- [therawchef.com/therawchefblog/categories](http://therawchef.com/therawchefblog/categories)
- [goneraw.com](http://goneraw.com)
- [www.welikeitraw.com](http://www.welikeitraw.com)
- [www.therawfoodcoach.com](http://www.therawfoodcoach.com)
- [therawfoodschool.com](http://therawfoodschool.com)
- [rawfairies.com](http://rawfairies.com)

## Sleep

Sleep is vital for so many things! Repair, regrowth, recovery and also for weight loss.

Your body is in full on fat burning mode when you are sleeping. This is why it is a good idea to get a good night's sleep to encourage fat burning. People who miss out on sleep are more likely to struggle with the pounds for this reason.

Also if you don't get enough sleep you are more likely to eat high-sugar, high-fat foods and drink. If you don't get enough sleep then your energy levels will be low and you are more likely to eat and snack on bad food choices such as sugary snacks to pick you up. The ideal is to get 8 hours a night. If you can do this by going to bed earlier or sleeping in at the weekends then your body will thank you for it. Zzzzzzzz!

## Trans fats

Trans fats, also known as hydrogenated fats, are chemically altered by food companies so that they stay solid at room temperature (think of margarine). They are found in processed foods such as crisps, cakes, biscuits and pies. They are there to provide a longer life on the shelf before turning rancid.

Studies show that eating trans fats causes a rise of fats in the blood. So the more trans fats you eat the more levels will be in your blood which will end up stored somewhere in your body. These fats have also been shown to increase the risk of heart disease and cancer. So beware of the bad fats and focus on the good fats that help you to lose weight.

Good fats	Bad fats
<b>Oily fish</b> – Salmon, tuna, mackerel, trout. <b>Nuts</b> – Cashews, walnuts, hazelnuts, brazil nuts, pistachio etc <b>Seeds</b> - Sunflower, sesame, flax Olives, avocados, olive oil, flax seed oil.	Vegetable oil. Deep fried foods High fat cheese Lard Ice cream, cakes, biscuits, crisps etc.

## Under-active thyroid

The thyroid glands are situated just below the 'Adam's Apple' in the throat. They are fairly small, normally weighing less than one ounce, but are completely responsible for running the whole of your body's metabolism. Since these are small, but very significant, these glands have such an important physiological role to play, it is understandable that when the thyroid gland is under functioning and all metabolic processes slow down, a multitude of debilitating symptoms can arise.

It is very common, especially for women, to have under-active thyroid. This means that the thyroid gland is not functioning as efficiently as it could because the essential production of hormones, called thyroxine (T4) and triiodothyronine (T3) are not being produced to control the metabolism.

Some of the symptoms of underactive thyroid include ...

- Feeling tired all of the time and sleeping a lot
- Cold hands and feet
- Dry and/or pale skin
- Coarse, thinning hair and brittle nails
- Sore muscles, slow movements and weakness
- A hoarse or croaky voice
- Depression
- Problems with memory and concentration
- Weight gain
- Constipation
- Fertility problems and increased risk of miscarriage
- Heavy, irregular or prolonged menstrual periods
- A slow heart rate

There is a simple test you can do at home called The Barnes Basal temperature test.

The Basal Temperature is your temperature when you first wake up in the morning. Taking your basal temperature is a good way to determine whether you have an underactive thyroid.

Do not use a digital thermometer because they are not as accurate. Mercury thermometers are much better.

To undertake the test ...

- At bedtime shake down a mercury thermometer and keep it by your bed in an easy to reach place.
- When you wake up in the morning, make sure you stay in bed, take the thermometer and place it securely under your arm in your armpit.
- Hold it in place for ten minutes and then write down what the thermometer reads.
- Do this for at least 5 consecutive days. (Menstruating women should do this test on days 2-5 of their menstrual flow as body temperature fluctuates during the cycle.)

A normal functioning thyroid should give a reading of 36.5°C.

A reading of 36.4°C or lower may indicate low thyroid function.

If you suspect you have an under-active thyroid it's a good idea to seek professional help from your doctor and/or a nutritional therapist. If you are looking for a nutritional therapist in your area then go to the [British Association for Nutritional Therapy](#).

## Vegetables

If you want to lose weight eat more vegetables.

Most vegetables are low in calories and fat and high in fibre – three essential ingredients for successful weight loss.

Most also contain plenty of vitamins, minerals and antioxidants, all of which are important for helping us to look and feel our best and to protect us from disease. If you can increase your vegetable intake to 7 or more servings per day then your bowels are more likely to become regular and the weight will go with it! Get a mixture of vegetables. So the more variety the better. Steaming vegetables is the best way for them to be cooked as it keeps the majority of the nutrients intact. If you can eat raw vegetables then that would be a bonus as raw vegetables contain all of their nutrients and enzymes.

## Water

**Vital!** For ...

- Living
- SO many reactions in the body
- Weight loss.

It helps to flush out unwanted waste and fat from the body. If you are blocked up or sluggish then you are bound to find it hard to lose weight and water helps to get things moving!

**I recommend 2 litres of water per day per person.**

Watch out for hunger pangs too as most of the time people confuse hunger with thirst so the next time you think you're peckish or hungry try drinking some water first. If you don't like the taste or find it boring then you can add lemon, lime, fresh ginger or even honey to the bottle to give it a bit of flavour.

Experiment with herbal teas too as this is another great way to get more water in the day! Don't be fooled into thinking that a cup of English breakfast tea, coffee or alcohol contribute to your daily dose as these are actually dehydrating on the body and make you more thirsty!!

## Xylitol

This is a natural sugar which is extracted from birch trees. Xylitol has less effect on your blood sugar or insulin levels compared with sucrose so it may be a useful sugar substitute for diabetics. It has fewer calories and carbohydrates and is just as sweet as table sugar and you don't need as much.

It is a great alternative to normal sugar or any other synthetic sweetener because it is natural and is not carcinogenic (cancer forming!)

So next time you have a cup of tea add xylitol instead! You can also use it in baking. It is available from all health foods stores such as [Whole Foods](#) and [Planet Organic](#).

<b>Increase</b>	<b>Decrease</b>	<b>Swap</b>
Good fats	Bad fats	Vegetable oil for extra virgin olive oil
Vegetables	Fruit juice	Fruit juice for vegetable juice
Natural sugars	Refined sugars	White sugar for xylitol
White meat	Red meat	Red meat for fish and chicken
Raw food	Cooked food	Chips for raw vegetables and salad

## Energy

### Introduction

One of the most common complaints I see in clinic is tiredness and a general lack of energy. This is one of my favourite subjects because it's so easy to get right!!

There are many energy zappers out there and there are some straightforward ways of keeping your energy levels on an even keel throughout the day. So read on to find out what and when to eat and why.

### Anaemia Assessment

Anaemia is a condition which occurs when you have an abnormally low amount of red blood cells or less than the normal quantity of hemoglobin in the blood. Iron is needed to make hemoglobin and a shortage of iron is the most common cause of anaemia. Anaemia often goes undetected in many people, and symptoms can be minor or vague.

Symptoms of anaemia	Signs of anaemia
<ul style="list-style-type: none"><li>• Altered sense of taste</li><li>• Angina</li><li>• Behavioural disturbances in children</li><li>• Bounding pulse</li><li>• Chronic heartburn</li><li>• Craving or desire to eat crispy or crunchy food</li><li>• Craving or desire to eat non-food based items such as dirt, paper, wax, grass, ice, clay and hair.</li><li>• Difficulty swallowing</li><li>• Fatigue / tiredness</li><li>• Feeling itchy</li><li>• Feeling weak / weakness</li><li>• General Malaise</li><li>• Headache</li><li>• Palpitations (irregular heartbeat)</li><li>• Poor circulation in legs</li><li>• Poor Concentration</li><li>• Poor school performance</li><li>• Restless legs syndrome</li><li>• Shortness of breath</li><li>• Sore tongue</li><li>• Tachycardia</li><li>• Tinnitus</li></ul>	<ul style="list-style-type: none"><li>• Blood in stool</li><li>• Dry, flaking nails</li><li>• Increased sweating</li><li>• Jaundice</li><li>• Painful ulcers (open sores) on the corners of your mouth</li><li>• Pale inner eyelids</li><li>• Pale nail beds</li><li>• Pale skin</li><li>• Smooth tongue</li><li>• Spoon-shaped nails</li><li>• Swelling of legs or arms</li><li>• Vague bruises</li><li>• Vomiting</li></ul>

You can also look into the lower lids of the eyes to see if they are pale/light pink rather than a healthy red colour. The best way to get tested is to have a blood test by your GP.

## Blood Sugar Balancing

**This really is the key to energy management.**

Your body can only deal with one to two teaspoons of glucose in the blood at any one time. Every time we eat the levels of sugar in our blood rises. This triggers the release of a hormone called Insulin.

Insulin's role is to regulate blood sugar levels by taking sugar out of the blood and into the cells.

The more sugary the food the higher the blood sugar level will rise. So if, for example, you drank a bottle of Lucozade, the sugar in the blood would rise steeply.

The problem with rapidly rising sugar levels is that they will come down at an equal speed.

The initial energy rush that the sugar will give you will be followed by an energy slump as the sugar levels come crashing down which is when we start to experience many physical and mental symptoms such as ...

- Blurred vision
- Cravings
- Dizziness
- Faintness
- Headaches
- Irritability.
- Nausea
- Palpitations
- Sweating

This happens about an hour after the refined food has been eaten. This can also happen when we skip meals.

You can balance your blood sugar by ...

- **Eating protein with every meal and snack**, as this helps to provide a sustained energy release. E.g. fruit with nuts, seeds or yoghurt; oatcakes with hummus, avocado, cottage cheese, nut butters, egg, some chicken, turkey or fish.

- **Eating complex carbohydrates.** These are thick and fibrous foods such as brown rice, oats, rye bread, beans and lentils. These foods have complex structures, are full of fibre, are high in nutrients, and take longer for the body to break down, providing a slow sustained release of energy. This avoids the sudden rise in blood sugar that simple carbohydrates can produce.

Complex carbohydrates have a low glycaemic load which means they release their sugars into the blood stream slowly rather than quickly. For that reason these low glycaemic foods provide us with a more steady supply of sugar and energy.

- **Eating little and often** as this helps to keep blood sugar levels stable. **Always eating breakfast** as blood sugar levels fall during the night. Even a small snack is helpful. Always have some protein with your breakfast.

These foods release their sugars into the bloodstream quickly	These foods release their sugars into the bloodstream more slowly to give us a steady energy supply
<ul style="list-style-type: none"> <li>• White rice</li> <li>• White bread</li> <li>• Most breakfast cereals</li> <li>• Sugar</li> <li>• Cooked potato</li> <li>• Pasta</li> <li>• Baked beans</li> </ul>	<ul style="list-style-type: none"> <li>• Brown rice</li> <li>• Brown bread</li> <li>• Muesli or porridge</li> <li>• Fruit</li> <li>• Sweet potato</li> <li>• Brown pasta</li> <li>• Lentils</li> </ul>
<b>Blood glucose goes up quickly</b>	<b>Blood glucose goes up slowly</b>

## Coffee

Coffee is available everywhere – in every city, on every street corner even on the aeroplane.

This extremely popular drink has been consumed since the 15th century and the world drinks 500 billion cups a year!

Coffee contains caffeine.

Caffeine is a stimulant that can trigger the release of adrenaline, providing the body with a quick burst of energy as it causes the level of sugar in the blood to rise. However, this 'high' is soon followed by a slump, giving rise to cravings – often for something sweet and sugary. It can also lead to ...

- Dizziness
- Irritability
- Anxiety
- Sweating
- Palpitations
- Poor concentration
- The need for another pick-me up.

This sharp roller coaster rise and fall in blood sugar levels leads to an imbalance and a reliance on greater amounts of coffee and other stimulants. If coffee is drunk continuously throughout the day then it is just going to have this rollercoaster effect on the blood sugar.

In the long run it just makes you tired.

You can reduce your caffeine intake by ...

- **Cutting out coffee.** Do this gradually to avoid headaches and irritability linked to withdrawal. If this proves to be a huge task and a near impossibility, stick to one cup per day and make sure you drink it with food before 2pm. Coffee is a very heavily sprayed crop, so choose an organic brand if possible to reduce your intake of chemicals.
- **Having balanced complex carbohydrate and protein snacks** to help with balancing blood sugar levels and prevent the rapid fall in levels. Try nuts or seeds, oat or rice cakes with hummus, cottage cheese, chicken, turkey or avocado. Coffee is often drunk when blood sugar levels are low.
- **Drink plenty of pure water** – coffee is a diuretic that can cause dehydration. Drink 2 glasses for each cup of coffee.
- **Try alternatives** such as chicory, barley or carob-based drinks, they look like coffee and some of them taste very similar; experiment and find one that suits your palette. Also try dandelion coffee (great for supporting the liver), herbal and fruit teas.

## Ditch the stimulants

Talking of coffee, other stimulants such as tea and alcohol also wreak havoc with your blood sugar and therefore your energy levels. They cause a surge in blood sugar and interfere with your natural insulin function. Try to avoid relying on stimulants and look to alternatives such as herbal tea and sip water between each alcoholic beverage.

## Eggs

When people have eggs (mostly protein) for breakfast, versus bagels (all carbohydrates), they feel more energetic and eat less at the next meal.

Protein makes you feel fuller without feeling as if you have overeaten, and they provide a steady stream of energy for your body (versus the quick high and crash of carbohydrates). Eggs are a great choice for breakfast or as an addition to a lunch salad because they are a high source of quality protein. They contain all the essential amino acids which are the building blocks for our bodies.

## Freshness

There's a common saying 'Fresh is best'. This is so true when it comes to food. Nothing beats fresh produce: the flavour and nutrient content is unmatched and it reconnects you to food as living plants. The fresher the food, the better it is for you because it is brimming with nutrients and enzymes. The general rule of thumb for fruits and vegetables is ...

- fresh is better than frozen
- frozen is better than canned
- canned is better than none at all.

## Ginseng

Ginseng is a herb which is well-known to have energy boosting properties. It is an adaptogen, which means it can help build resistance to stress and boosts energy. A ginseng supplement or sipping ginseng tea can help improve energy. You can get ginseng supplements from most health food shops. Typical dosage is 1.5 - 2gm per day.

## Hydration

Our bodies are 70% water.

Drink plenty of water to cleanse your body and flush out any build-up of toxins that might be dragging your energy. Set yourself the daily ritual of walking to the shop to buy water in the morning. Water is the universal solvent - it cleans everything including our bodies inside and out. Many health problems arise because we don't drink enough water to wash away the waste products our bodies produce and the toxins we encounter in the environment.

### How much water should you drink?

It varies by activity, but minimally, use one of these formulae to make sure you are drinking enough.

#### Take your weight in pounds and divide by 3.

This is the **minimum** number of ounces of water you should drink per day.

E.g. a 150lb person should drink  $150/3$  or 50oz of water per day.

If you think in metric ...

#### Take your weight in kilograms and divide by 50.

This is the **minimum** number of litres per day you should drink.

E.g. a 70kg person should consume 1.4 litres of water per day. Other beverages do not count. Only water hydrates, cleans and detoxifies like water.

## Iron

Iron is a mineral needed to transport oxygen around the body. Without iron molecules to carry the oxygen it cannot be dispersed in the body efficiently. A lack of iron in the blood can lead to anaemia which presents itself as ...

- Tiredness
- Breathlessness
- Dizziness.

If you suspect you have any of the symptoms it's best to get a test done by your doctor before supplementing high doses of iron. Two things you can do to check your iron levels are ...

- **Check your eyes** – pull down the skin under your eyes and look at the colour of the skin under your eyeball. It should be a nice pinky colour. If it is very pale then this can indicate a lack of iron.
- **Check your nails** – push one of your nails down quite firmly for 3 seconds then release. If the blood flow back into the nails is fast then that indicates a good supply of iron in the blood. If it takes a while to get back to its original colour then this could indicate low iron levels.

## Junk Food/Jerusalem artichoke

The quality of the food you put into your body determines how it affects your body and therefore energy levels. So if you are eating junk food such as

packaged meals, fast food, takeaways, lots of sugary snacks, alcohol and bad fats – then you will feel like junk because these foods aren't real.

You need to be eating whole, real foods that are either from the ground or have a mother. That way you are feeding and fuelling your body in the way that it expects. Next time you buy something ask yourself ...

- Does this product come from the ground?
- Does this product have a mother?

If the answer is 'No' then it's not a real food which will provide your body with energy.

It's time to switch the junk for quality.

## **Kidney support**

You have two kidneys and they are situated at the lower back of your body.

It's a good idea to support your kidneys as they regulate red blood cell production so, if your kidneys are not functioning properly, the amount of oxygen delivered to all body tissues, such as the brain, muscle, heart or skin, will be reduced.

As a consequence you may develop anemia and your energy level diminishes.

Foods to nourish the kidneys are barley, quinoa, kidney beans (funnily enough) salmon, walnuts and fruit and vegetables.

## **Low GL (Glycemic Load)**

Similar to the [glycemic index](#), the glycemic load refers to the quality and quantity of the carbohydrates in foods. The lower a food's glycemic load, the less it affects blood sugar and insulin levels. It's important in energy levels because eating a low Glycemic Load diet is one method to manage blood sugar. Low glycemic foods are apples, berries, pears, oats, chickpeas, soya beans, all green vegetables, fish and chicken.

## **Maca**

Maca (*Lepidium Meyenii*) is a plant that grows high in the Andean Mountains at altitudes of between 11,000 and 14,000 feet. Colour-wise it looks like a potato, but it is shaped like a large radish. Its roots are the parts that are dried and stored and made into powder, which is how we buy it today. Maca contains

vitamin C and trace elements of zinc, which aid the immune system function of the [thymus gland](#).

## Nuts

Nuts are high in fat. BUT - they are good fats. They contain the essential fats (omega 3 and 6) which we have to consume so they are definitely a good snack option.

Since fat yields more energy than proteins or carbohydrates, nuts are therefore a sustainable energy source. I'm constantly recommending nuts to my clients. Eat the ones you like! Make sure they are raw and not cooked or salted as the fats have been heated and subsequently turned into bad fats. Stick to a handful at a time if you are concerned about your weight however.

## Oats

The fibre content of oats means that they help to bind to toxins and waste in the body to be excreted via the bowels. They contain an array of B vitamins, iron and zinc all of which help to support the immune system. They are incredibly versatile so get your oats in!

You can eat them cooked or raw – just add water, nuts, seeds and honey.

## Protein

Protein comes from the word proteus which means first - so protein is important. By protein foods I mean chicken, fish, eggs, tofu, nuts and seeds. It's a good idea to have protein at every meal and snack to keep your energy levels balanced and your mood balance too!

Protein is especially good at breakfast as it sets your body up for the day. So for example you could have scrambled eggs on wholemeal toast, a protein shake or smoked salmon on 2 oatcakes. Lunch options are a bit easier – you could have a jacket potato with prawns and cream cheese and chives. At dinner you could have a chicken salad with brown rice and vegetables or fish.

**Remember:** Proteus means first.

## Quinoa

Quinoa (pronounced KEEN-wah) is a South American grain that resembles cous cous. It is one of the highest sources of vegetarian protein because it contains

all essential amino acids which makes it a complete protein. It also contains good quantities of calcium, phosphorus and iron so, all in all, a great contender for balancing your blood sugar which is key in energy production. All supermarkets have this on their shelves so go for cous cous. It tastes quite nutty.

## Rest

Rest is best for recovering from a cold or flu. The reason is because if we don't rest and do too much and get stressed then this can actually weaken our immune system.

Stress depletes an immune protective substance called Secretory Immunoglobulin type A (SIgA) for short.

When this is low you tend to get colds regularly throughout the year and find them hard to shake off. So it's important to rest and not over do it for prevention and duration of a cold. You can test your levels of SIgA via a private laboratory.

## Supplements for boosting energy

- **B vitamins** are required for the release of energy from food. Especially vitamin B12
- **CoQ10** is a critical component in the production of cellular energy. CoQ10 is a true coenzyme and an essential component of the mitochondria. Mitochondria produce ATP - Adenosine-5'-triphosphate (the body's primary chemical energy component). Sources of CoQ10 include fish, organ meats (like liver, heart, or kidney), and the germ portion of whole grains. You can also supplement it.
- **Iron** A lack of iron in the blood can lead to anaemia which can lead to tiredness and dizziness.
- **Multi Vitamin and Mineral** As a base you could take a multi vitamin and mineral to cover all your basic requirements and provide you with a broad spectrum of nutrients.

## Thyroid

Your thyroid gland is located in your throat and basically governs our body's metabolism and how we burn fuel for energy.

Under-active thyroid or Hypothyroidism is much more common than you would think; millions of people are currently hypothyroid and don't even know it.

It is actually much more common in women than men and it is now estimated that as many as 10 percent of women may have some degree of thyroid hormone deficiency.

Typical symptoms of underactive thyroid include ...

being tired all the time

- Chronic constipation
- Slow heart rate
- Sensitivity to cold weather
- Chronic fatigue and weakness
- Excess hair loss
- Gain weight easily
- Recurrent infections
- Skin problems (dry, flaky skin)
- PMS, depression
- Cold hands and feet.

You can get this tested via your local doctor or via a private laboratory. It's important to rule this out when considering energy issues as it may be a contributing factor.

## Wheat free

One in three people have an intolerance to wheat. When you react to a food one of the things it can do is make you feel tired and sluggish so avoid wheat for two weeks and see if you feel more energised. Here are some additional benefits of a wheat free diet ...

- **Relief of problems such as constipation and bloating** because wheat is one of the top allergens, which means many people cannot digest it properly. This can cause digestive problems and irritate the gut. It is primarily the "gluten", a protein compound found in wheat, which is the main allergen that causes most of the digestive problems. A wheat free diet can relieve problems such as constipation and bloating.
- **Significant boost of nutrient intake.** When wheat is not digested well or when it irritates the gut, the body fails to absorb many nutrients because the internal environment is disturbed and nutrient absorption

cannot easily take place. A wheat free diet can greatly boost nutrient intake.

- **Inflammation reduction.** Gluten has also been associated with causing inflammation in the body. Examples are eczema and arthritis.
- **A more wholesome diet.** You eat more wholegrain foods and less refined carbohydrates which will increase intake of many vitamins and minerals especially B vitamins. This leads to the avoidance of foods with little nutritional value such as white bread, pastries, and cakes.
- **Helps weight loss.** Staying away from refined foods such as cakes and biscuits will help regulate blood sugar levels and metabolism. This can greatly help weight loss because the bulk of the calories that are usually consumed are eliminated.
- **Energy levels boosted.** Diets containing wheat have been associated with chronic fatigue. Eliminating wheat can help increase energy.

## Zzzzzzzzz

Adequate sleep is essential for your body to rest and repair. Too little sleep can leave you irritable and unable to concentrate and lower your energy levels.

To help encourage more sleep and improve its quality, follow these steps ...

- Keep bedrooms dark, quiet and cool.
- Establish a regular sleep schedule. Avoid sleeping in on weekends.
- Use the bedroom for sleeping and relaxing activities only.
- Naps can improve mood and alertness. Limit to 20 or 30 minutes.
- Exercise regularly, ending workouts at least three hours before bedtime.
- Avoid caffeine after 3pm and nicotine entirely.
- Unwind before bedtime by reading, listening to quiet music or drinking chamomile tea.
- Limit stimulating activities.
- Try Lavender oil on the pillow because it helps to relax the body.
- Take a Magnesium supplement 20 mins before bed to help you relax.

## Summary

<b>Increase</b>	<b>Decrease</b>	<b>Swap</b>
Protein	Refined Carbohydrates	White foods for brown foods
Water	Coffee	Coffee for dandelion or chicory coffee
The variety of wholegrains	Wheat	Wheat for oats, spelt or rye
Fresh foods	Dead and processed foods	Shop bought for home made
Sleep	Stimulants	Coffee for chamomile tea and go to bed early!

For Read Out Loud Readers: The Table has finished

## **Stress**

### ***Introduction***

Stress is vital for our survival - without it we wouldn't be able to respond quickly enough to emergency situations. It can keep us alert and sharp, helping us to meet those all-important deadlines and get through our busy day.

However, today's stressors can come in many forms including work, family, social and financial pressures as well as poor food choices, nicotine, caffeine, environmental pollutants and excessive exercise.

The harmful effects of long-term stress can literally wreak havoc in our bodies making us more prone to digestive problems, blood sugar and hormonal imbalances and also increase our risk for cardiovascular disease.

## **Adrenals**

The adrenal glands are endocrine glands that sit on top of the kidneys. There are two adrenal glands. They are chiefly responsible for regulating the stress response through the synthesis of numerous hormones.

Healthy adrenal glands secrete a number of hormones such as adrenaline and cortisol. These allow our bodies to deal with physical and emotional stress.

However when our bodies encounter too much stress then our adrenal glands can become exhausted and not function as efficiently.

When adrenal function is out of balance cortisol (the stress hormone) ends up storing excess fat around the middle.

### **Possible Symptoms of Adrenal Dysfunction**

- Dizziness when standing up
- Low blood sugar and cravings
- Fatigue, apathy
- Poor tolerance to heat and/or cold
- Allergies – hayfever, food
- Poor appetite (no breakfast)
- Digestive issues (low stomach acid, irritable bowel syndrome – IBS)
- Salt craving
- Post viral syndrome, frequent infections
- Prone to inflammatory & degenerative diseases
- PMS, menstrual problems

- Infertility
- Low libido
- Palpitations
- Muscle aches/cramps
- Depression
- Poor memory and concentration
- Insomnia, poor sleep
- Inability to deal with stress
- Weight gain (around the middle)
- Slow starter in morning
- Headaches
- Poor exercise tolerance
- Autoimmune disorders
- Back and loin pain
- Hair loss, loss of body hair
- Prolonged or slow Achilles reflex
- Unstable papillary reflex
- Dry skin

### **Suggestions to try**

- Diet Adjustment
- Blood Sugar Balancing (cornerstone of adrenal support – see next tip for more details)
- Eat little and often – about every 3-4 hours
- 3 main meals with snacks in between
- Avoid refined carbohydrates
- Increase whole grains
- Good quality protein at each meal and snack
- Increase high fibre foods (water soluble especially as they slow down digestion and increase cell sensitivity to insulin)
- Increase essential fats such as oily fish, avocados nuts and seeds.
- Drink enough water/fluids
- Avoid stimulants –alcohol, tea, coffee, cola drinks, chocolate, cigarettes

For more information on adrenal fatigue please visit [www.adrenalfatigue.org](http://www.adrenalfatigue.org).

## **B Vitamins**

When we are stressed our body uses up more B vitamins so we can become more depleted in these vitamins during times of stress. The B vitamin family ...

### B1 thiamine

- **B2** riboflavin
- **B3** niacin
- **B5** pantothenic acid
- **B6** pyridoxine
- **B7** biotin
- **B9** folic acid
- **B12** cyanocobalamin

... are water soluble vitamins which are important for many functions in the body, namely energy production at a cellular level, but also increasing our metabolism, supporting the immune and the nervous system.

Above all, however, the B vitamins are cofactors which means they are necessary for the adrenal glands. These cofactors have to be present in order for the adrenal glands to work efficiently.

### **So where do we get them from?**

Foods like ...

- red meat
- poultry
- yeast extracts (brewers' yeast, Marmite)
- bananas
- sweet potatoes
- dried apricots
- dates
- figs
- oats
- legumes
- pulses
- brown rice.

Once again you can take a supplement of B vitamins but they work best in synergy so if you are going to supplement it's best to take them all together in a B vitamin complex rather than taking B1 separately or B12 separately.

## **Caffeine**

Caffeine is an 'anti-nutrient' that prevents the absorption of important vitamins and minerals and can also promote their excretion, such as B vitamins, vitamin

C, calcium, magnesium, zinc and iron – nutrients that are required for energy, immunity, stress management and cardiovascular and bone health.

Coffee creates an acidic environment in the body that needs to be neutralised – one way of achieving this is by extracting calcium from the bones.

Drinking coffee is a stress on your adrenal glands because it stimulates them to release cortisol - the stress hormone.

If you are drinking several cups a day then over time your adrenal glands can become exhausted.

Here are some tips for cutting out the caffeine ...

- **Cut out coffee.** Do this gradually to avoid headaches and irritability linked to withdrawal. If this proves to be a huge task and a near impossibility, stick to one cup per day and make sure you drink it with food before 2pm. Coffee is a very heavily sprayed crop, so choose an organic brand if possible to reduce your intake of chemicals.
- **Have a balanced complex carbohydrate and protein snack** to help with balancing blood sugar levels and prevent the rapid fall. Some nuts or seeds, oat or rice cakes with hummus, chicken, turkey or avocado. Coffee is often drunk when blood sugar levels are low.
- **Drink plenty of pure water** – coffee is a diuretic that can cause dehydration. Drink 2 glasses for each cup of coffee.
- **Try alternatives** such as chicory, barley or carob-based drinks, they look like coffee and some of them taste very similar; experiment and find one that suits your palette. Also try dandelion coffee (great for supporting the liver), herbal and fruit teas.

## Digestion

*"The gut is the cornerstone to good health."*

Have you heard this phrase before? Well I believe it's true.

If you want to have good health then you've got to have good digestion. When we are stressed our body puts digestion on hold because it is too busy dealing with the stress response and deciding whether you will fight or flight! It is quite common to hear IBS (irritable bowel syndrome) sufferers speaking of stress triggering the symptoms.

So in order to look after your digestive system here is what you can do ...

- Make sure you **eat slowly** at every meal (digestion starts in the mouth) and consider taking a digestive enzyme to assist in the breakdown of foods.
- You can also **take a probiotic** (friendly bacteria) to ensure a balance in the gut.

Try the stomach acid test (below) to see if you have a sufficient supply of acid in the stomach to breakdown foods and absorb the nutrients.

### The Test

- Dissolve a level teaspoon of bicarbonate of soda into a glass of water (sodium bicarbonate is an antacid prescribed to treat gastritis, gastric ulcers and acid indigestion. It is sold in most pharmacies.
- Drink this solution on an empty stomach.
- As the bicarbonate is rapidly converted into gas by the action of the stomach acid, a low stomach acid level can be suspected if no belching or stomach bloating occurs within 10 minutes of drinking the solution.
- Do not eat for at least an hour to give the stomach a chance to regain acidity.

If you find you have low stomach acid then you can increase it by splashing some vinegar with your meals or supplementing it.

You can buy HCL (Hydrochloric acid) in supplement shops. Or you can supplement the herb "slippery elm" as this modulates the acid in your stomach. So whether you have high or low stomach acid slippery elm helps to bring the levels back into balance.

### Epsom bath salts

Epsom salts are magnesium sulphate - a chemical compound containing magnesium, sulphur and oxygen and have the name Epsom because it comes from the town of Epsom in Surrey, England. If you've never used these before then they are a great way of acquiring more magnesium into the body through the skin.

Magnesium is another cofactor for the adrenal glands but also a major muscle relaxant so at times of stress when your muscles get tight you can run a hot bath, pour in some salts and soak up the magnesium!

You can buy Epsom Salts from most chemists but eBay and Amazon are a good low cost source.

## Find the cause

It's very important to identify the things in your life that are contributing to your stress levels and things that reduce it.

Have a think about it - is it a certain person, situation or environment that drains your energy or stresses you?

Take some time to notice each day what makes you feel good and what makes you feel tired, depressed, angry or helpless. Once you become aware of them, take definite steps to eliminate these contributors in your life. Make a commitment to yourself to establish clear boundaries that restrict their ability to take up your time, energy and emotional space. If a person is the cause of your stress try limiting the amount of contact you have with him or her to avoid difficult situations and focus on something useful or positive instead of negative thoughts about yourself and others.

Take every opportunity to bring more into your life of what makes you happy, energised and feel good.

## Ginseng

This is a plant found only in North America and East Asia. The fleshy root is the part that is used. Ginseng is an adaptogenic plant which means that it has the ability to adapt to environmental factors such as the climate inside the body and have a normalising effect.

Adaptogens are harmless, with a broad range of therapeutic effects without having any side effects.

Often Siberian Ginseng is recommended to support the adrenal glands by normalising levels of cortisol (the stress hormone).

It allows a more efficient release of this hormone into the blood stream. In one study, animals that were given Siberian ginseng had a greater adrenal capacity to respond to stress because the glands produced the hormone more efficiently. You can obtain supplements containing Siberian ginseng. Companies such as [Nutri](#) and [Biocare](#) have effective products available.

## Holy Basil

Holy basil is an Indian herb which also has adaptogenic properties. Adaptogenic means that it has the ability to adapt to environmental factors such as the

climate inside the body and have a normalising effect. Holy basil has been found to affect multiple aspects of physiology.

Research suggests that it modulates adrenal cortisol levels in animals. It also supports a healthy mood and spirit. Since it helps to modulate the stress response you can supplement this herb and take it with food.

## **Indulge**

I always say follow the 80/20 rule which means eat well 80% of the time and then eat what you want 20% of the time. This is because you have to treat yourself every now and then. So much stress is psychological and so indulging in what you really want every now and then means that you are not depriving your body. It's OK to have a glass of wine or a piece of chocolate! Just make sure it's not a habit and it really is a treat. Otherwise you might fall into a trap of yo-yo dieting and it's difficult to get out of this habit. The 80/20 rule is a much more healthy way of eating and treating.

## **Jogging**

This is a great way to relieve stress! It helps to clear your head of daily troubles and worries. It's great for pumping fresh oxygen to your mind and body and is very refreshing.

Not only do you develop strong feelings of self-appreciation and worthiness, you also begin to feel really good. This is down to the secretion of endorphins which are the chemicals that make us feel happy. This leads you to a state of natural euphoria, better known as runner's high. So if you are feeling pent up about something get your trainers on and go!

## **Kiss**

Kissing is a known stress reliever. Passionate kissing relieves tension, reduces negative energy and produces a sense of well being, lowering your cortisol 'stress' hormone. So give someone a great big smacker!

## **Liquorice root**

Liquorice root, like ginseng, is also recommended in times of stress for its reliable effects on boosting cortisol levels. The activity of liquorice on the adrenal hormones is associated with two active components - glycyrrhizin and glycyrrhetic acid. Research suggests that glycyrrhizin and glycyrrhetic acid

increase the length of time that cortisol circulates in the body. This is not to be confused with eating the liquorice you buy in confectionery format - the dosage is simply not high enough!

If you want the effects then it's best to supplement. It is not to be taken if you have high blood pressure or are taking medication for this as liquorice can raise blood pressure.

## Minerals

The body can become depleted of nutrients at times of stress because the requirement of them is higher. Your adrenal glands need a considerable amount of minerals such as ...

- Magnesium
- Calcium
- Copper
- Sulphur
- Manganese
- Selenium
- Zinc
- Chromium

... for healthy adrenal function and stress response.

For example, **magnesium** is essential for the manufacture of cortisol. When there is not enough magnesium present, the stress response can lead to increased irritability and reactivity. Magnesium is absorbed best when taken at night after 8pm.

**Calcium** acts like a shock absorber for the body when a stressor hits. It helps trigger cortisol secretion and facilitate the transmission of messages throughout the nervous system. Good food sources of calcium include ...

- Tahini
- Kale
- Collard
- Bok choy
- Parsley
- Broccoli
- Sardines with bones in.

Lastly **copper, sulphur, manganese, selenium, zinc and chromium** have a calming effect on the body and are especially valuable if you are jittery, nervous,

or easily frightened or upset. When your adrenals fatigue, you may become extremely edgy and trace minerals can help you feel more tranquil.

## Nori

Nori is a seaweed used mainly in sushi and nori rolls. The Japanese have relied on sea vegetables and fish as a mainstay of their diet for 1,500 years. Nori is purchased in flat sheets, dried and roasted. It contains vitamins and minerals such as vitamin A, B1, B2, B12, vitamin C, iron iodine and zinc.

Again nori contains more minerals to feed your adrenal glands. You can make your own sushi with brown rice, salmon and avocado to provide you with a nutritious snack.

## Oxygen

By this I mean breathe. It's so important to breathe deeply when you are stressed.

### Here's why

When people are stressed, their breathing patterns change. Typically, an anxious person takes small, shallow breaths, using their shoulders rather than their diaphragm to move air in and out of their lungs. This style of breathing empties too much carbon dioxide out of the blood and upsets the body's balance of gases.

Shallow over-breathing - or hyperventilation - can prolong feelings of anxiety by exacerbating physical symptoms of stress, including ...

- Chest tightness
- Constant fatigue
- Faintness and light-headedness
- Feelings of panic
- Headaches
- Heart palpitations
- Insomnia
- Muscular aches, twitches or stiffness
- Tingling, numb and cold hands and face.

Deep breathing is one of the best ways to lower stress in the body. This is because when you breathe deeply it sends a message to your brain to calm down and relax.

The brain then sends this message to your body. Increased heart rate, fast breathing, and high blood pressure all decrease as you breathe deeply to relax.

### **Try this exercise**

It will help if you get another person to read out the following instructions then you can concentrate on your breathing. You can download an mp3 file from [here](#) so you listen and follow the instructions.

1. Sit in a comfortable position with your back straight and both feet flat on the floor. Close your eyes and breathe normally for a few breaths.
2. Slowly breathe in through your nose. Feel the air moving in through your nostrils and down into the bottom third of your abdomen. Continue to breathe in and feel your abdomen rise as you continue to fill the middle third and then the top third of your abdomen - hold your breath briefly.
3. Now slowly exhale through slightly pursed lips as your lungs and then your abdomen empties. Use your stomach muscles to squeeze all the air out.
4. Repeat feeling the air travelling through your nose to the depths of your abdomen.
5. While you breathe in imagine all the muscles in your body filling with oxygen and expanding with nourishing life force.
6. Now slowly exhale. Let your muscles relax and imagine your body becoming relaxed.
7. Again, inhale and feel the air moving through your nose and into the bottom of your abdomen.
8. Imagine your abdomen filling with air from the bottom up.
9. Fill the abdomen and lungs until you can't breathe in any more – hold – hold.
10. Slowly exhale and allow your stomach to tighten as you exhale.
11. Again, inhale and feel the air moving through your nose and into the bottom of the abdomen. As you inhale count slowly to 10.
12. When you get to 10 - hold your breath while you count to 3 and then breathe out while you count to 12.
13. Do this one more time.

Do you feel less stress and anxiety after this deep breathing exercise?

You can practice this a few times a day to help your body and mind become more relaxed.

## **Pamper**

A great way to take time out and bring some rest and relief to the body is to pamper yourself every now and then. Whether it's a spa day, a home facial, a haircut or manicure they really can help to make you feel better about yourself. Being in a relaxing, calming environment helps to recharge and refresh your body.

## **Quit**

If you have identified the cause of the stress then make it stop. Quit all of the bad things in your life – bad relationships, poor work environments, bad habits such as excessive alcohol drinking, smoking, drugs etc. All of these things are a stress on your body and don't make the situation better. If you can find the motivation to rid the bad elements in your life then it's a massive step in the right direction.

## **Relax**

Easier said than done - but this can be as simple as ...

- listening to some soothing music
- indulging in a hot bath with aromatherapy oils
- taking a peaceful walk
- doing some stretching exercises
- practising prayer or meditation.

## **Sunshine**

When we lie in the sun it emits rays onto our skin that in turn synthesise vitamin D. Vitamin D is all the rage. The synthesis of active vitamin D from sunlight depends on cholesterol. Stress hormones are made from cholesterol. When the body is in an active stress response, most of the cholesterol is used to make cortisol and not enough is left over for vitamin D production. High cortisol levels (caused by stress) have also been associated with lower vitamin D levels.

So it's a good idea to get out in the sun to make sure you are getting enough vitamin D. Just half an hour in the sunshine (with no lotion) on gives you 10,000iu (international units) of vitamin D. Please make sure you don't burn!

## Time management

Change little things in the day to help you decrease stress – for example if you are always hurrying to work, leave five minutes earlier or however much time you need to get there without stressing about it. If you have to get up 15 minutes ahead of time, do it so that you can relax your way through the early hours rather than rushing and working yourself into a frenzy. On the way to work, forget the news. You can't do anything about most things you hear except perhaps the traffic report. Play something you enjoy instead. The more you manage your time, the less worked up you will get about it and therefore lessen the load of stress.

## Valerian

Valerian is a flowering plant which is native to Europe and parts of Asia. Valerian is sold as a dietary supplement and is available as an extract in powder or liquid form, as a dried herb in tea form, or in pills. People use valerian to relieve anxiety, depression, and poor sleep. It has a mild calming effect that does not usually result in sleepiness the next day.

As a sleep aid, valerian seems to be most effective for people who have trouble falling asleep and who consider themselves to be poor sleepers. It also has had good results for people who wake up during the night. Since sleep is so important for the rest and recovery of every cell in your body you can try this herb if the stress is keeping you awake at night.

## Wholefoods

Eat wholefoods instead of empty foods. Empty foods are the heavily processed foods such as cakes, biscuits, pizza and ice cream that are also known as empty calories. They are exactly that. They do not provide the body with enough nutrients. So by swapping these foods for the wholegrain/natural versions such as brown rice, wholemeal bread, oats, legumes etc then you will instantly be feeding your body with the nutrients it needs. The lack of nutrients available in bad foods is likely to put extra stress on the body because they are foreign invaders!! Your body doesn't recognise them as food.

So make the effort to swap the bad for the good.

## You time

The most important person is you.

You have to make sure you prioritise time for yourself. Your health is down to you so you have to look after your body and give it the nourishment it needs.

Make sure you are giving your body and your mind the time off that it needs.

Book a holiday! Get away for the weekend, take a five minute breather outside!

Do the things you love. You have to respect your body in order for it to respect you back.

Try and have a least half an hour everyday of "just you" time where you do whatever you want to do. One life, one body, one chance.

You may be thinking you have too many things to do especially if you have children of your own and aged parents. Remember, if you don't look after yourself you may not be able to look after others.

## Summary

For Read Out Loud Readers: The table has 3 columns and 6 rows.

Increase	Decrease	Swaps
Protein	Caffeine!	Coffee in the morning for a protein shake.
Wholegrains	Sugar and empty calories	Swap white rice, pasta and bread for the brown versions.
Sleep	Stress contributors!	The pub or bar for an earlier night!
You time	Stress load	Swap watching the TV for a hot bath.
Coffee substitutes	Coffee	Swap coffee for chicory root, dandelion or barley cup coffee. Available at all health food stores.

For Read Out Loud Readers: The table has finished.

## **Immune System**

### ***Introduction***

Did you know that 70% of our immune system is our digestive system? In order to have a strong immune system our digestion has to be working optimally. However in today's society stress has a huge influence on how our immune and digestive systems work and can often weaken them. We all know that Vitamin C helps to strengthen the immune system but there are loads of other things you can try too.

### **Algae**

Algae are tiny (and slimy) organisms which are composed of one cell, or are grouped together in a mass of organisms. They are plant-like organisms that do not have roots, stems or leaves. There are many different types of algae, the most heard of being spirulina, chlorella and blue-green algae. Algae are usually found in damp places or large areas of water such as ponds, lakes and the sea. Algae are literally powerhouses of nutrients. They contain all 8 essential amino acids as well as essential fatty acids, enzymes and friendly bacteria. This is why they are used to help strengthen and support the immune system. You can get them in powder, tablet or liquid form. Consider taking algae if you are experiencing symptoms of a cold or flu.

### **Beta glucans**

Beta glucans are complex molecules found in the cell walls of fungi and yeasts (such as baker's yeast). When ingested they basically bind to the receptors of cells in the immune system to act as a line of defence against any foreign invaders or pathogens. So for that reason they can be taken in a supplement form to act as an additional immune support substance.

Consider taking beta glucans if you are experiencing symptoms of a cold or flu.

### **Vitamin C**

Vitamin C can be taken when you have a cold or flu to help strengthen the immune system which is why I have included it here. So where do you get it from? It's mostly found in fruit and vegetables. The more colourful the food the higher the amount of vitamin C tends to be, for example - oranges, kiwis, berries, peppers, tomatoes etc.

You can also supplement vitamin C as studies show it is very safe in high doses. I read once that some cancer patients were taking 60 grams of vitamin C a day with no side effects!

For an immune support basis I recommend 1-2 grams per day.

Consider taking vitamin C if you are experiencing symptoms of a cold or flu.

## **Vitamin D**

New studies suggest that vitamin D is now more important for the immune system than vitamin C! (My advice is to take both.)

Vitamin D isn't actually a vitamin – it's a hormone. It's a very 'current' nutrient at the moment as many studies are being conducted on Vitamin D and its role in promoting health.

The best source of Vitamin D is from the sun. It takes only 20 minutes in the sun for your bare skin to synthesise 10,000 iu of Vitamin D! (The Recommended Daily Allowance is 2,000iu) So that's good news!

Make sure it is only 20 minutes – after that you want to put on the sun block so as not to burn.

So how does it act on the immune system? Studies show that it assists in the regulation of T and B cells, macrophages, dendritic cells, and keratinocytes. These are all immune cells in case you didn't already know! Vitamin D deficiency is common and usually low levels tend to be in the months from October to March. The darker the colour of your skin the more you need.

Consider taking vitamin D if you are experiencing symptoms of a cold or flu.

## **Echinacea**

This herb, and it's correlation with the immune system, is well known. Echinacea is a wildflower from North America. Echinacea was used by Native Americans for a variety of conditions, including venomous bites and other external wounds.

Echinacea is thought to support the immune system by activating white blood cells. You can buy Echinacea in tincture form or in tablet form.

Consider taking Echinacea if you are experiencing symptoms of a cold or flu.

## Fruit

This is an obvious one. Fruit is packed with a variety of nutrients – namely vitamins A, C and E which are all important for the immune system. So next time you are feeling under the weather increase your fruit intake to 3-4 portions per day and enjoy fruit salad, smoothies or juices (fresh and homemade of course).

Eat a rainbow variety of fruits to get a range of nutrients. My favourite fruit smoothie is mango and raspberry. Delicious.

## Garlic

Garlic is widely known for its immune enhancing properties. Garlic has been used since ancient times as a culinary spice and medicinal herb. It has been cultivated in the Middle East for more than 5,000 years and contains a substance called allicin which is anti-viral, anti-fungal and anti bacterial. You can eat up to 6 cloves of garlic a day (whole) if you feel you are on the brink of a cold or you can supplement it. This is the less smelly option!

## Herbs

I love herbs. I think they are so powerful and have a vital role in ancient and modern medicine. I also love that there are so many of them! Not only do they provide flavour to our dishes they have therapeutic properties too. The herbs I would like to highlight for an immune point of view are ...

- green ginger
- lemon
- pau d'arco
- rose hip
- slippery elm.

Most health food stores will stock the latter ones but certainly the big supermarkets will have the common ones.

## Ingredients

Whenever you pick up any item in a supermarket always look at the ingredients list. That way you know EXACTLY what you are putting into your body. The ingredients list is always in quantity order so when you pick up a chocolate bar

and see that the first ingredient listed is sugar then milk, then cocoa solids you know that the main thing you are eating is sugar.

I think that looking at what you are putting into your body is far more important than the calorific or fat content.

Another thing to remember is that if there is a word in the ingredients list that you can't pronounce then it's not meant to be in your body! The lesser the number of ingredients the better and watch out for added ingredients, preservatives, chemicals and colours. NOT good and NOT friendly on your poor immune system that has to fight against it because it sees it as a foreign invader.

## Juniper Berries

Packed with vitamin C and delicious in taste why wouldn't you eat these? They look like blueberries but taste more bitter.

Because of their high vitamin C content and [antioxidant](#) status they could be consumed during a cold or flu. The only thing is they are quite hard to get hold of. You can buy them from certain grocers or buy them dried from most supermarkets in the herbs and spices area.

## Kiwi fruit

Again packed with vitamin C and very tasty. 4 times the amount of vitamin C than an orange so get munching. They also have other health benefits such as balancing blood pressure, controlling blood sugar and lowering cholesterol. Add them to a green smoothie to add a bit of zing.

## Lemon

High in vitamin C, the peel of the lemon has been found to have the most immune enhancing properties. Start each day with a cup of hot water and lemon juice – great for stimulating your digestive juices and helping the liver to function.

This is important for the immune system as it cleanses the toxins from the body which may be making you ill. You can juice lemons with pineapple and spinach. Very cleansing and full of nutrients!

## Multivitamin

It's a good idea to take a comprehensive multivitamin and mineral supplement everyday as a baseline of nutritional support and to ensure you cover all the nutrients you need.

There are many good brands out there but also many brands that don't do anything. It's very much a case of you get what you pay for!

I suggest you purchase your supplements directly from practitioners or from the good shops such as Whole Foods, Fresh and Wild, Planet Organic and Revital. This is because they stock the better brands. If you get your supplements from the supermarkets or High Street shops then you may be wasting your money. The main reasons for this are because a lot of cheap supplements are packed with fillers and chalk, their bioavailability (i.e. absorption rate) is poor and the dosages are low. You do get what you pay for with supplements so be wary. If you have any personal questions on supplements please contact me [here](#).

## Niacin

A study published in the February 2009 issue of Nature Medicine indicates that niacin (Vitamin B3) may have a significant effect on the immune system. This study details how niacin can improve the ability of the body to make new immune cells known as neutrophils.

The researchers discovered that giving high doses of vitamin B3 significantly increases neutrophil count in healthy people. Foods high in niacin include chicken, beef, fish, grains, peanuts, eggs, dates, tomatoes, sweet potatoes and carrots. You can also supplement B3 but better to do so in a B complex supplement (all the B vitamins) as they work better together.

## Omega 3, 6 and 9

Omega 3, 6 and 9 are known as the essential fats. The reason why they are essential is because your body doesn't make these fats and so we HAVE to eat them. Therefore they are ESSENTIAL. Essential Fatty Acids (EFAs) are found in fatty foods such as ...

- oily fish
- nuts/seeds
- olives
- avocados etc.

These are the good and healthy fats. They contain omega 3, 6 or 9 which are vital for every cell in our bodies. Omega-3 fatty acids in particular have been documented repeatedly for their benefits on the immune system. They were used in hospitals for critically ill people and have been shown to improve immune function and reduce infections. You can eat these foods to increase your intake of these EFAs or again you can supplement it.

## Probiotics

If you haven't heard of these before then you are probably wondering what they are so here goes ...

Inside our gut we have both good and bad bacteria. Probiotics are the good or 'friendly' bacteria which restore the balance of the intestinal microflora. This can become unbalanced due to illness, stress, age, travelling, or the use of medication such as antibiotics. Antibiotics kill all bacteria, good and bad, which is why it is important to replenish with friendly bacteria to restore what was lost.

It is estimated the human gut contains more than 100 trillion bacterial cells from over 40,000 different species. We also have 10 times more bacteria in our body than we do cells.

### So what can probiotics do in the body?

- Detoxify the colon and promote regular bowel movements.
- Manufacture vitamins and essential fatty acids.
- Produce natural anti-microbials that prevent the growth of harmful bacteria and fungi.
- Stimulate immune function.
- Reduce hypersensitive reactions to food allergens.
- Support the function of the intestinal tract to act as a barrier against entry of pathogenic organisms or toxins into the bloodstream.
- Prevent the formation of carcinogenic compounds in the colon.

Not much then!

This is why anyone who wants to strengthen their immune systems or prevent catching a cold should look into taking a decent supplement. They are safe to take and can be taken indefinitely.

## Quercetin

Funny name but this is an antioxidant. It is a compound found in vegetables and colourful fruits such as onions, apples, red grapes, raspberries, citrus fruit,

tomato, broccoli and other leafy green vegetables. It has been shown to have anti viral and anti inflammatory properties. You can supplement quercetin in amounts of 200–500 mg per day to tackle hayfever symptoms such as itchy eyes, sneezing, runny nose etc.

## Royal Jelly

This is made from bees in their hives. I went to a honey factory in Greece once and the owner told me that this is what the queen bee eats which is why she is so much bigger than the other bees! It has potent immune enhancing properties because it contains amino and gamma globulin, which helps your immune system fight infections. Royal Jelly also contains elements needed to transmit nerve messages. Researchers report Royal Jelly works like a strong antibiotic - it kills all sorts of bacteria and microbes. You can get it in cream, jelly, liquid or capsule form. I suggest a trip to your local health food store for this.

## Sprouting

If you are unfamiliar with this term then the act of sprouting involves pouring water over seeds or beans in order to grow shoots or sprouts out of them. For example, you can sprout ...

- alfalfa seeds
- clover seeds
- broccoli seeds
- mung beans.

... all of which are packed with vitamins, minerals, protein, fibre and enzymes. They are often referred to as living foods because they are bursting with nutrients. Try it out and see if you also feel more alive.

## Tea

By this I mean herbal tea – NOT English Breakfast tea. There are thousands of herbal teas out there - the most common (and popular) being green, mint, chamomile and rooibosh tea. Each herb has different properties but all are soothing and relaxing. You can try pau d'arco tea which is good to take if you feel you are coming down with something. It is antibacterial and antifungal so useful for general immune support. If you don't drink herbal tea yet or drink English breakfast tea only I suggest you swap it now! Start with the more

common teas. Herbal teas have so many powerful properties so go and put the kettle on!

## Unprocessed

Unprocessed foods are natural foods which are the complete opposite of processed foods.

Processed foods are all the foods found in the middle aisles of any supermarket that have been milled, bleached, tampered with and altered by man which couldn't be further away from the original, natural state of the food!

When food is processed it is mostly stripped of nutrients, bleached and mixed with a large amount of added ingredients mentioned before such as additives, chemicals and preservatives only to keep them on the shelf for longer. These foods are taxing on the immune system because the body doesn't recognise them as a friend and so as a result it mounts an immune response to them. So as a rule of thumb if the food in front of you doesn't have a mother or didn't come from the ground don't eat it!

## Variety

Not only is variety the spice of life, it is also the cornerstone of good nutrition.

No one should eat the same food every day, day in and day out. Constant "exposure" to single foods is the source of many food sensitivities.

In general, try to eat any specific food no more often than every other day. The most commonly over-eaten foods are ...

- dairy products (milk & cheese)
- wheat (bread & pasta)
- eggs
- coffee
- corn
- soy
- oranges.

Not by coincidence, these are also the most common allergic foods.

Be adventurous. Have fun. Try new foods and spices. Experiment with foods and recipes from other cultures to get a range of nutrients and give your immune system the best support it can have.

## Wheatgrass

If you haven't tried a wheat grass shot then it's an experience worth doing! Not very pleasant tasting but this rich nutritional food that looks like normal grass is packed with nutrients such as calcium, iron, magnesium, potassium and zinc.

It is thought to enhance immunity. It's been referred to as an 'immunomodulator' or 'immune system enhancer' by having positive effects in autoimmune conditions. It's available as a liquid (from a special wheat grass juicer) or as capsules, powders or tablets.

## Zinc

Zinc is an essential mineral and probably the most important immune boosting mineral. In a study of children in Turkey, oral zinc supplementation significantly reduced both the incidence (by 29%) and the duration (by 11%) of the common cold. Zinc deficiencies are quite common. You can tell if you have a zinc deficiency by looking for white spots on your nails. Foods that contain zinc are ...

- Oysters
- Eggs
- Fish
- Turkey
- Lamb
- Seeds
- Yoghurt.

Again you can supplement zinc in dosages of 15 mg daily but this can be increased up to 25mg per day only over the days you have a cold.

## Summary

For Read Out Loud Readers: The table has 3 columns and 6 rows

Increase	Decrease	Swaps
Fruit	Refined sugar	Ice cream for frozen, blended fruit.
Wheatgrass	English breakfast tea	English breakfast tea for herbal tea.
Garlic	Processed food	Processed food for natural.
Sprouts	Refined carbohydrates	Croutons for sprouts!
Nutrients	Junk food	High street supplements for a high strength multivitamin and mineral.

For Read Out Loud Readers: The table has finished.

## Feedback

As we are always trying to improve our Useful Guides we would appreciate any feedback you can give us on A Useful Guide to Being Healthy in the Workplace. Please click on the link below to access our online feedback form ...

[www.pansophix.com/useful-guide-feedback.html](http://www.pansophix.com/useful-guide-feedback.html)

If we use your feedback to improve A Useful Guide to Being Healthy in the Workplace we will email you a copy of the updated version.

You can access lots of free tips and tools at [247freetips.com](http://247freetips.com).

## About the Author



Rosie Millen, author of this Useful Guide, has a BA Hons degree in Drama. Her interest in diet and nutrition stemmed from this experience and she decided to train at the renowned Institute of Optimum Nutrition founded by Partick Holford.

After four years of studying she graduated with a Diploma in Nutritional Therapy and is a fully qualified nutritionist therapist.

Her desire to spread the word about the connection between diet and the way you feel is immense and she is passionate in helping people to look and feel amazing in order for them to achieve anything they want in life.

Rosie says "You really are what you eat. I want to help people to realize that as much as possible and we should never underestimate the power of food as medicine".

She is also a member of the British Association for Applied Nutrition and Nutritional Therapy and the Complementary and Natural Healthcare Council.

When not writing or with clients Rosie likes to spoil her two beautiful Bengal cats with freshly cooked chicken and play with them in the garden.