

Health and nutrition are the biggest factors in ensuring you can achieve optimal energy and vitality. You can have a great mind and strong body, but if your overall health and nutrition is not sufficient enough to supply your body with what it needs, you will end up feeling sluggish, lethargic and tired. Nutrition is personal to everyone, and we all have our own individual foods, supplements, nutrients and recipes we like to use as a way of nourishing our bodies in the most effective way. However, there are some key fundamental principles that should **always** be adhered to, if you want to achieve optimal health, energy and vitality.

GO GREEN!



Modern day society has foods so easily accessible, that we often do not truly understand the effects some foods are having on our bodies. In the western world, the majority of our diet is based around a starchy carbohydrate, protein and a small portion of fruits/vegetables (greens). We need to flip this ratio. For optimal health and vitality and for your body to be able to perform in a peak state we need **70% GREENS, 20% Carbohydrates and 10% Protein.**

HYDRATION

70% of our earth is water, 70% of your body's muscle weight is water, 75% of your lung's capacity is water and 80% of your brain's substance is water*. So therefore, why are we waiting until we are thirsty to drink? Water is the foundation of life. As a general rule of thumb, **you should be drinking ½ your bodyweight in ounces daily.**

e.g.: if you weigh 200lbs, you should drink 100 ounces per day.

1 ounce = 0.06 pints or 30ml

**source: <https://www.medicalnewstoday.com/articles/what-percentage-of-the-human-body-is-water#where-in-the-body>*



ALKALINE vs ACID

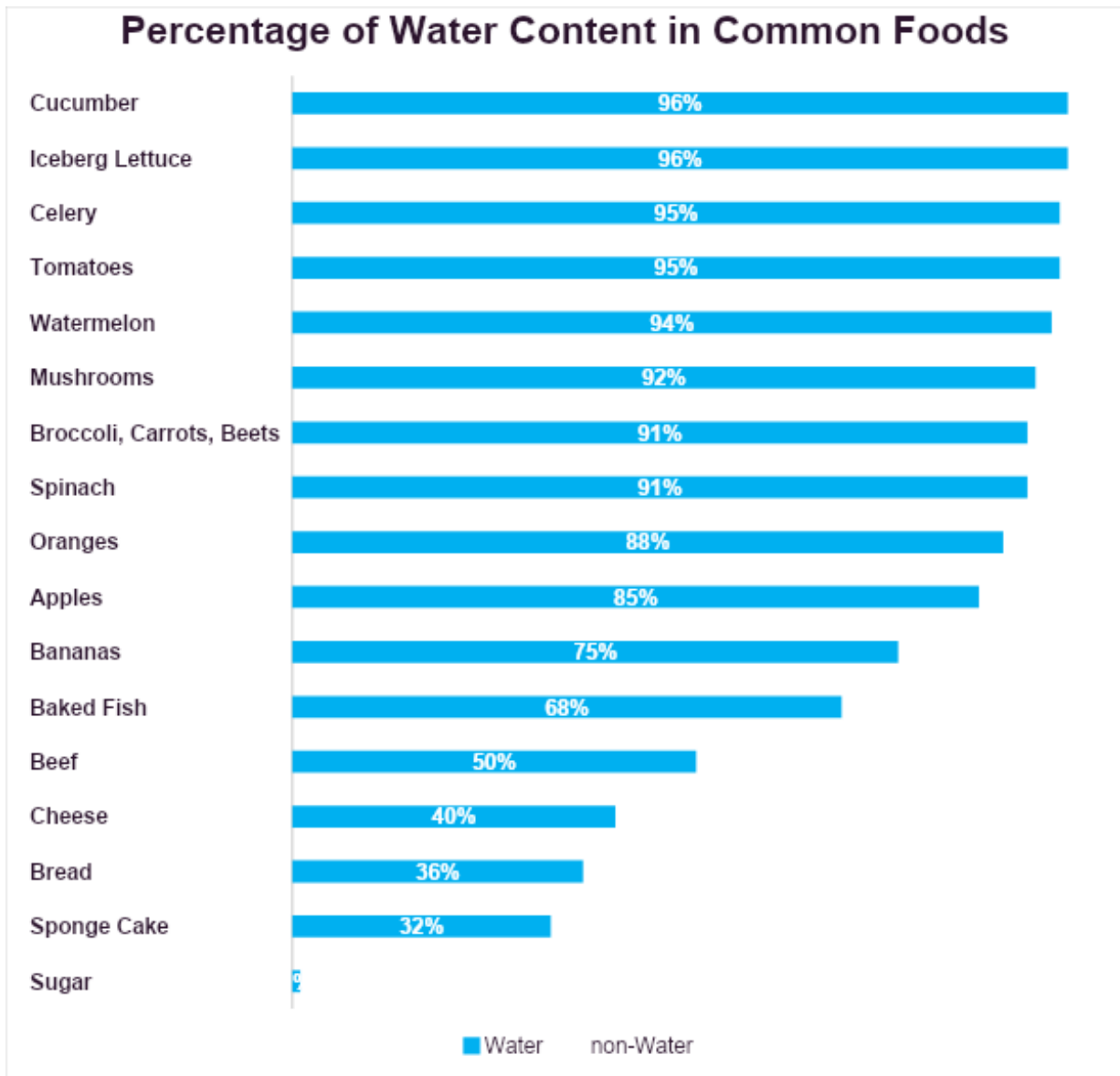


Simply put, **overweight = overacid**. Your body thrives in an environment that's alkaline and barely survives in an environment that's acidic. A highly acidic environment in your body can promote health issues such as cancers, heart disease, high blood pressure, digestive problems, skin abnormalities and more. Acidity is toxicity and the way to cleanse that is through alkalising your body. Look at the table below and become aware of how you can improve your health through some easy changes to your eating habits.

Highly Acidic Foods	OLD CHOICES	ENERGY & LIFE PROMOTING ALTERNATIVES
Processed Fats	Butter, Sunflower & Rapeseed Oil, Deep fried foods, Crisps	Olive Oil, Nuts, Avocados, Omega 3 supplement
Animal Meats	Bacon, Sausages, Ham, Beef, Lamb, Pork	There are many meat-free alternative options. If you wish to continue eating meat, ORGANIC!
Dairy	Cow's milk, Cheese	Almond milk, oat milk, cashew milk, hazelnut milk, vegan cheese
Refined Sugar	Excessive caffeine, excessive alcohol, processed/granulated sugar, cereals, processed vinegar	Oats, herbal teas, hot lemon water

'If God made it, eat it, if man made it, leave it!'

Dr. Mark Hyman



The guidance listed above is intended to guide you with alternative choices that will promote your health and wellbeing. Please note, this does not mean you have to cut out everything entirely! We all enjoy a pizza, chocolate cake or a sweet treat every now and again, but as the old adage goes, **EVERYTHING IN MODERATION!** If you consume a highly acidic food or drink, don't put yourself down or quit or think you've failed, all you have to do is supplement your next meal with some additional greens or water-based food. Use this as a technique moving forward:

For every highly acidic food you eat, you must have double the amount of greens / water-based food in your meal. Keep your ratios correct and your hydration high!