

## Steps to create long lasting foundational change:

### Nervous System

The nervous system has the ability to influence nearly every part and function of our body.

This includes our, sleep, energy, libido, digestion, detoxification, mood, stress and pain tolerance, metabolism, and immune system.

Here are some simple greats starts to support the well-being of your nervous system:

#### 1. TAKE CONTROL OF YOUR MORNING ROUTINE:

- ≈ wake up at the same time every day.
- ≈ Expose your eyes to the naked sunlight, before looking at your screens.
- ≈ Get in some basic movement: star jumps, lymphatic pumps, some yoga stretches and deep breaths. If time allows take a walk outside-immersed in nature
- ≈ Make sure you have breakfast to fuel your day.



#### 2. FIND A PEACEFUL RHYTHM FOR YOUR BEDTIME ROUTINE:

- ≈ Go to bed at the same time every evening.
- ≈ Lower lights, use blue light blockers, and try to limit screens to an hour before bed.
- ≈ Open windows to allow for good quality air flow at night.
- ≈ Listen to meditation.
- ≈ Use the time to pray.

If you are experiencing difficulty in sleeping here are a list of a few Sleep Hijackers that you could try to eliminate:

- ≈ **Caffeine** - Of course tiredness isn't an issue when you have caffeine. But according to UK based Neuroscientist Professor Dr Penny Lewis, an expert in sleep and mental health, "Caffeine interferes with your sleep for as much as 10 hours." Walker explains, "Caffeine doesn't increase your performance." It has a half life of six hours and a quarter life of another six hours, in other words, "One cup of coffee at lunchtime is like having quarter of a cup at bedtime." Caffeine in the day decreases the amount of deep sleep you have at night by 20%!
- ≈ **Stress** - Stress and anxiety are the leading cause of insomnia. Melatonin production is blocked from the build up of too much noradrenaline in the brain, and adrenaline and cortisol in the body which accumulate in a stressful day. Plus one of our main steroid hormones, DHEA, is only made during sleep. Too little sleep diminishes our capacity to buffer stress, which leads to sleep difficulties. It's important to break this cycle by prioritizing nervous system regulation and sleep during early motherhood.
- ≈ **Alcohol** - Alcohol will keep insulin and cortisol going throughout the night, flattening melatonin in their wake. "Alcohol is not sedation," suggests

Walker. “ It fragments your sleep so you don’t feel restored in the morning. This is because it blocks REM dream sleep which is essential for your mental health and mood.”

≈ **Screens** - Harvard explains how screens and lights produce a blue spectrum of light that halts melatonin production and keeps cortisol riding through the night. Reading on a screen 1 hour before bed decreases 50% of melatonin production,” explains Walker. “And it delayed the melatonin spike by 3 hours.” Stop at least two hours before bed. And remember even when using blue light blockers you can still fall into sleep procrastination.

≈ **Over-exercise** – Too much exercise can put you into cortisol dominance during the day and decrease your melatonin production in the evening.

### 3. SUNLIGHT EXPOSURE:

≈ Allow for adequate sunlight exposure at points in the day.

≈ Take your tea break, or lunch break outside. Sit in the sunshine.

≈ Key times: first thing in the morning, midday, and midafternoon ( 3-4pm)

≈ This impacts the wellbeing of the circadian rhythm.

### 4. MOVEMENT:

Find movement that lowers stress and increases joy and pleasure:

Movement makes the body feel good

≈ Try to get movement throughout your day.

≈ A walk after a meal.

≈ Star jumps, burpees, calf pumps at your desk.

≈ Take the stairs where possible.

≈ Play outside with your kids.

≈ Use your weekends for outdoor activities: swimming, walking, hikes, take a dance or yoga class.

### 5. BREATHING:

Focus on breathing through your nostrils- keep your lips sealed, and the top of your tongue to press against your top palate.

Focus on the breath moving down the back of your throat.



Give yourself the gift of mindful breathing before bed: using the diaphragm and belly.

### 6. JOURNALLING:

≈ I’m sure by now you will have seen how much I LOVE a journal prompt.

≈ I find this simple tool- a great way to explore and create awareness.

≈ Journaling- provides space for us to get to know ourselves a bit better, and from that awareness we can create change.

### 7. SLEEP SUPPORT:

≈ **Blue Light App** – Flux is one of many apps that filters the blue light at the time you choose to set it. I would suggest 7pm.

≈ **Circadian Bedtime** – Following your natural hormone rhythm it works if you’re horizontal with low lights by 10pm. If you can be asleep by then that’s first prize as your melatonin is kicking in and the early sleep before midnight is usually your deep sleep time. If you are a night owl use this time to read, meditate or do something calming.

≈ **Embodiment practices** to unravel your day before bed make a radical difference. They help you to put down the story and release the stress hormones.

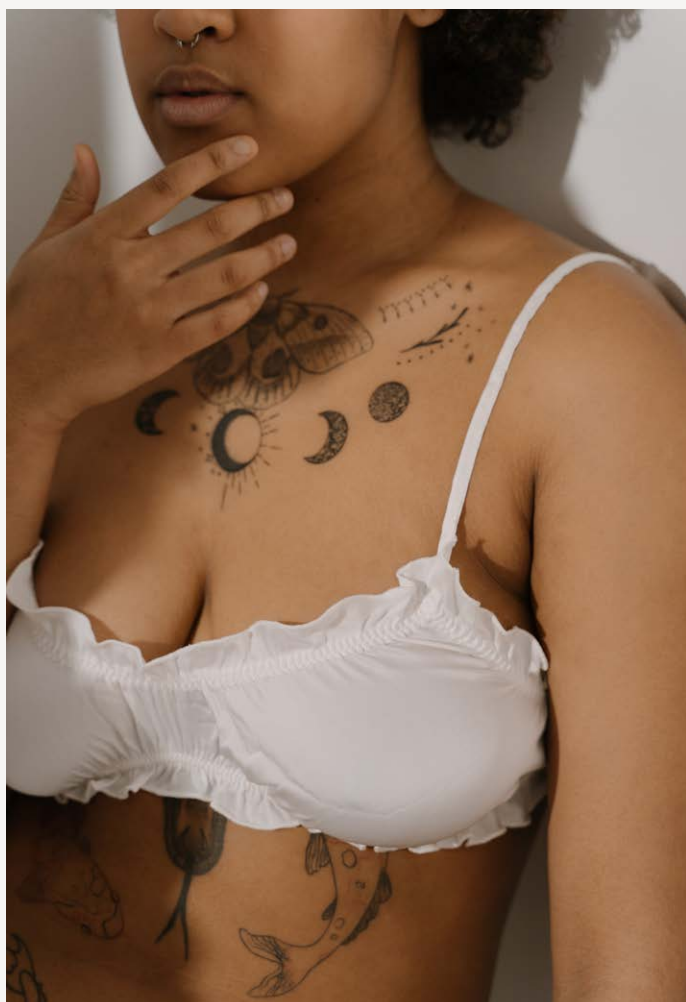
≈ **Journaling** before bed is also helpful, write down all your thoughts and concerns so you can let your mind rest. Studies found you fall asleep in half the time after journaling.

≈ **Sleep Helpers** - The natural medicines I have found to be most effective for assisting healthy sleep include CBD oil, California poppy tincture, passiflora (which also helps metabolize oestrogens), 5HTP and Vitamin D3, magnesium and valerian.

≈ **Breath** – Learning to cultivate a relaxed breath

during the day is a major key for sleep at night. When we are stressed we tend to keep our breath high and shallow. Training ourselves to go beyond that reflex helps us to stay out of cortisol dominance.

- ≈ **Eat Regularly** – Keeping the blood sugar level during the day prevents cortisol dominance and allows melatonin to do its thing during the night.
- ≈ **Vitamin Sun** – Get sunlight regularly. 10 minutes at midday is better than 30 mins in the morning or evening. Especially if you can get as much skin exposure as possible. This is because the beneficial sun rays UVB are strongest at midday while UVA are stronger earlier and later in the day.
- ≈ **Exercise** – Never sacrifice sleep for exercise! A good brisk walk each day helps increase deep sleep quality and a bit of yoga is more than enough.
- ≈ **Avoid alarms and early phone checks** - Ideally don't set alarms. Initially you will need to sleep off the debt that you have accumulated. Then your natural sleep rhythm will kick in. It's also good to avoid putting the phone on the moment you wake up as this can create anticipatory anxiety through your previous night's sleep.



## 8. EMBODIEMENT EXERCISES:

### Noticing and naming

Start tracking when you are moving into sympathetic - when you start to overthink, become worried, get caught in a mental loop, become fixated, heart rate increases, shallow breathing, tight shoulders, jaw and neck; or into dorsal collapse – heavy, lethargic, lack of motivation, depressed, overly still. As you feel yourself moving into these states focus on the embodiment practice below.

### Create Safety

Figure out what resources bring in safety or nourishment, e.g. holding your arms, smelling aromatherapy oils, looking at nature out the window, tell your body you are safe, releasing physical tension in your body, eating grounding food or getting into nature.

### Holding Space for Experiences

Practice this throughout the day even when you aren't triggered to train your nervous system to align with the present moment.

- ≈ **Orientate** – Look around at the details in the room/place. Show your nervous system you are safe.
- ≈ **Get in your body with gravity** – Feel the sensation of your body, your hands touching each other or your body, now feel your feet on the ground and maybe your sitting bones on the chair. Now feel the weight of gravity, more and more. Get heavy!
- ≈ **Outbreath** – Allow your breath to do a full release. Release your solar plexus. Soften the breath.
- ≈ **Hold space for yourself** - If you are feeling stress, or any form of discomfort, detect where it is in your body. Feel how the bigger stronger you, the wise woman that resides in the back of your body, can gently hold space for the inner child sensations and maybe uncomfortable feelings in your body. Discomfort is simply an expression of a raw emotion or old story that needs to feel held, heard or seen. As you bring in safety the story can finally complete itself and the sensation will eventually soften or dissipate and your nervous system can regulate.

### Left and Right Balance

When we are stressed we tend to fixated; our perception narrows and we begin to ruminate, which

means our prefrontal cortex is trying to solve the problem. But our prefrontal cortex can't solve emotions, it can only measure. We need to zoom out into the bigger picture to invite a solution and to do this we need to bring the left and right brain back online. We do this through the body.

≈ **Rock** - Sway your hips or body from side to side.

≈ **Peripheral activation** - In stress our vision literally narrows, only when we are safe is our peripheral vision activated. Hold both index fingers out in front of you and slowly separate them all the way to the side while looking forwards. The left and right brain and linked to our peripheral vision.

### Rhythm and Rest

Each day we will have a rhythm that we can function at that is within our capacity. If we can feel what this is at the beginning of the day and honour it we will be far more efficient. If we push into a stress state we lose our efficiency and take ourselves into exhaustion faster. Some days we will go slower than others and that's perfect. There will be times when we need to rest and sometimes just 5 minutes will help our system reboot, but again pushing through will easily take us into stress hormone production and anxiety.

**Reparenting** ourselves is key, as adults this is now our responsibility to provide the holding that we may not have fully received as children. We often need to hold our inner child at the same time as holding space for own children. By bringing in elements that feel safe to a child we can expand our window or capacity - wrapping a shawl tightly around us, holding both arms and hugging ourselves, or running our fingers through our hair and down our neck are a few examples.

At the same time others can coregulate us through presence or touch when we are in need and when the other is regulated. A hug from someone you trust, or simply sitting with them and holding space for ourselves can regulate our nervous system fast.

## 9. SETTING BOUNDARIES TO CREATE SAFETY

For many of us healthy boundaries are not always an easy thing to feel or to put into place. After years of people pleasing it's often a process of gentle enquiry to feel out what the uncomfortable feelings

are trying to tell us This is how we discover our boundaries. No feeling is irrational, invite them to speak. If we think of a healthy boundary as a clear invitation for what is welcome in your life rather than a rigid wall of what you want to keep out this makes the whole process a lot more graceful.

## 10. NUTRITION AND DIGESTION

**EAT to NOURISH:** One of the best ways to focus on true healing and wellness is to focus on metabolic support and **NOURISHMENT**.

Fuelling your body with enough nourishing foods, will help your body to work optimally, so that you can feel best.

### Foods/meal planning:

≈ There is no one size fits all diet out there, but there are certainly foods that can promote healing, and encourage a more optimal metabolic system.

≈ Here is a basic timeline I like to follow:

6am:	Wake up
6:30-7:00am:	Breakfast
9:30-10am:	Snack
12:30-1pm:	Lunch
3:30-4:00pm:	Snack
6:30-7:00pm:	Dinner
30 mins before bed	A small snack

≈ Obviously, you can tweak the times to suit you, but the understanding here is the frequency of eating to fuel the metabolism and to keep your blood sugar levels stable.

### Foods to focus on:

- ≈ Pasture raised/ free range/ organic: eggs and chickens.
- ≈ Meat: game, beef, lamb (look to eat nose to tail, using the whole animal for a range of amino acids, gelatine, collagen, vitamins and minerals.
- ≈ Organ meat: liver, kidney
- ≈ Shellfish, oysters, cod, sole, game fish, white fish, muscles.
- ≈ Bone broth.
- ≈ Dairy: non pasteurised if you can find, non-homogenised, raw A2A2 milk, cheese, butter, cream.
- ≈ Goat, and cow provide the best quality.

- ≈ Stone fruits are an easy digestible Carb to start with, especially if you have been following a Keto or low carb diet.
- ≈ Root veggies: carrots, butternut, sweet potatoes, white potatoes, rice, quinoa,oats
- ≈ Sourdough bread
- ≈ Fermented foods: kefir, kombucha, sauerkraut, pickles
- ≈ Honey, maple syrup, bee pollen
- ≈ Apples, bananas, melons, cherries, berries, pawpaws, citrus fruits, pineapples, mango, cucumber, tomatoes, peppers
- ≈ Beans and legumes and grains and oats: need to be soaked 24 hours in advance.
- ≈ Enhancers: Maldon salt, pink salt, garlic, onions.

### Things to ditch:

- ≈ Too many raw veggies and salads
- ≈ Eating carbohydrates on their own
- ≈ Sodas / sugary drinks
- ≈ Candy / processed sweets /chocolate
- ≈ PUFAS: ( polyunsaturated fatty acids) canola oil, soybean oil, palm oil, nut butters, nut milks.
- ≈ Cereals
- ≈ Store bought crisps / chips
- ≈ High fructose corn syrup
- ≈ Foods that are GMO/ fortified with iron/folic acid: like processed grains/ cereals/ breads etc

### Questions to ask yourself:

- ≈ Am I eating breakfast, lunch, supper?
- ≈ Is there sufficient protein with each meal?
- ≈ Am I eating in a rested state ( deep breathing, present and aware of adequate chewing, grateful for the meal, not multi-tasking/use of screens)
- ≈ Am I eating a variety of food groups, and colours and textures?
- ≈ Is my plate balanced- ( protein, carb, fat?) emphasis on a balanced meal vs snacking.
- ≈ Am I eating within the daylight?
- ≈ Am I eating enough?
- ≈ Am I eating consistently?
- ≈ Looking at digestion and absorption?

- ≈ Am I passing a stool ( 1-3 x day)
- ≈ Is my energy consistent throughout the day?
- ≈ Is it easy to fall asleep?
- ≈ Can I stay asleep?
- ≈ What is the quality of my oral microbiome?
- ≈ breath odour?
- ≈ Painful teeth and gum?

## 11.DRAINAGE PATHWAYS

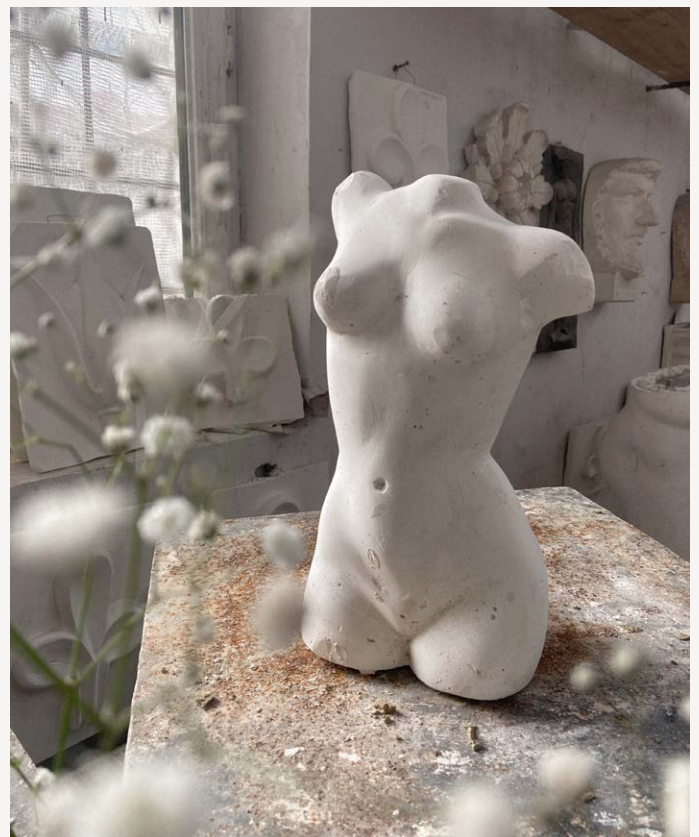
The body has a beautiful and complex system for moving toxins and waste around and ultimately OUT OF THE BODY.

Drainage pathways have an influence on most of our body functions – much like the nervous system. This is why I am so passionate about helping you to open up these pathways and start moving the toxins OUT.

When the drainage pathways are blocked or under – functioning- then our wastes and toxins get backed up- causing a re-circulation of toxins in our body, leading to inflammation and stress.

Drainage occurs through the following exit pathways:

**Colon:** getting more than 1 quality stool a day is important for removing toxins, metabolites, and old hormones out of the body.



- ≈ You can help your body pass stools, by ensuring there is adequate nourishment, fiber, and hydration.
- ≈ (I love the use of a raw carrot a day, mushrooms and cooked or stewed fruits really support digestion and elimination).
- ≈ Movements like yoga, walking, and deep squats, help to energize the colon and move toxins out of the body.
- ≈ Body work: massage, castor oil packs, chiropractic, acupuncture, and reflexology are all very helpful in supporting energy and blood supply to the colon.
- ≈ Honour signs: when you feel the urge, go to the bathroom.
- ≈ Use a poop stool to support pelvic floor and shorten the length of the colon.
- ≈ Homeopathic remedies like Nux Vom Is a very potent remedy to help with constipation due to high stress, lots of stimulants, alcohol, coffee, fast food, and poor sleep.
- ≈ Mag Citrate: if the bowels are congested and you are unable to pass a stool naturally.

**Sweat:** the body removes toxins through our sweat

- ≈ You can help it along with the use of a hot Epson salt bath.
- ≈ Sauna
- ≈ I like to dry brush the skin first to remove old skin cells, stimulate the circulation system and open up the pores.

## 12. DECREASE INCOMING TOXINS

Everyone is always telling us how many toxins there are in our environment-

How they are everywhere, in the food we eat, in the beverages we drink, the air we breath.

How dangerous they are to our health, how harmful they can be to our hormones.

Whist this is true- having a mindset of fear and overwhelm creates far more damage to our bodies and our overall health.

We can acknowledge the toxic reality of our environment, whilst simultaneously taking action without fear.

*Consider asking yourself a few useful and actionable questions:*

- ≈ What am I eating and drinking?
- ≈ Why am I eating and drinking it ?
- ≈ What am I putting on my skin?
- ≈ What am I breathing?
- ≈ What am I doing daily/ weekly?

### Lets look at some of the big offenders:

- ≈ Water quality
- ≈ Hair / body care, make up, sunscreens, deodorant, anti-perspirant
- ≈ Air quality: air cons, molds, fragrance, pet hair, smoke, pollution
- ≈ Botox, fillers, tattoos, implants, amalgams
- ≈ Home and car care: cleaning and laundry detergents, home fragrances

### **A list of specific ingredients to minimize and avoid:**

fluoride, PFAS, pesticides, heavy metals, chlorine, disinfectants.

Mold, EMF, pet dander, formaldehyde, sulfates, paraben, triclosan, roundup, weed killers.

Actional support:

- ≈ Water: Water filers, spring water.
- ≈ Air: Open up your windows, allow for adequate air flow
- ≈ Home care cleaners: vinegar, bicarb, HOCL, eco-clean, so pure etc.
- ≈ Bath and skin care: tallow balms, pure beginnings, esse, sapionic etc..

## 13. TOOLS TO SUPPORT OUR HEALING:

### HOMEOPATHY:

- ≈ **Sepia:** burnt out, worn out, low libido, hormones out of balance, lots of rage, anger directed to the husband and children. Domestic duties are overwhelming.
- ≈ **Phos ac:** extreme exhaustion from loss of bodily fluids, post birth hemorage, breastfeeding, menstruation. Iron deficiency anemia.
- ≈ **Cocculus:** nausea and vertigo from around the clock nursing, staying awake at night taking care of and nursing a baby.
- ≈ **Pulsatilla:** feeling incredibly emotional, weepy, sad. Hormonal dysfunction. Poor digestion and assimilation of nutrients.

- ≈ **Arg nit:** apprehension anxiety, anticipation anxiety, feeling hypervigilant and on edge all the time.
- ≈ **Kali phos:** a nervine tonic to support feelings of nervousness and exhaustion.
- ≈ **Nux vom:** on edge, highly strung, burning the candle at both ends. Ill effects of staying up too late, too much coffee, alcohol, processed foods. Fast paced lifestyle. Overly ambitious.

#### **SUPPLEMENTS:**

##### **Support gut health and seal gut lining:**

- ≈ ACV
- ≈ digestive enzymes
- ≈ slippery elm
- ≈ Adrenal cocktails
- ≈ Taurine
- ≈ Magnesium
- ≈ Cod liver oil- Rosita
- ≈ Desiccated organ meats
- ≈ Whole food vit C

#### **HERBALS:**

##### **Adrenal and energy support:**

- ≈ Ashwaganada
- ≈ Rhodiola
- ≈ Ginseng
- ≈ Gotu kola

##### **Nervous system support:**

- ≈ Valerian
- ≈ Passiflora
- ≈ Chamomile tea

##### **Liver Support:**

- ≈ Milkthistle
- ≈ Nettle tea
- ≈ Dandelion tea
- ≈ Shizandra



# Recipes:

## HOW TO BUILD A PROTEIN RICH PLATE:

Ideally looking for 130 grams of protein each day

### BREAKFAST:

3 eggs is 18 grams

Beef or pork sausage 30 grams

Milk: 150ml is 5 grams

### LUNCH AND SUPPER:

Beef 170 grams = is 35 grams of protein

Chicken 170 grams = 47 grams of protein

Fish 170 grams= 21 grams of protein

Lamb 200g = 50 grams of protein

Tin of sardines= 22 grams of protein

Tin of tuna= 28 grams of protein

Tin of oysters= 9 grams of protein

2 beef sausages= 24grams of protein

Pork chop = 24 grams of protein

### SNACKS:

1 cup of yogurt or cottage cheese: 27 grams



## MY FAVOURITE PERIOD CRAVING RECIPES:

### Fudgy Brownies



#### INGREDIENTS

- ≈ 1/2 cup packed soft dates (about 6)
- ≈ 3/4 cup oats
- ≈ 2 eggs
- ≈ 1/4 cup butter, ghee, or coconut oil
- ≈ 1/4 cup maple syrup 1/2 cup cacao powder
- ≈ 3 scoops collagen
- ≈ 1 TBS milk
- ≈ 1 tsp vanilla
- ≈ 1/2 tsp baking soda 1/4 tsp salt

#### DIRECTIONS

1. Preheat oven to 180 degrees C
2. Combine all ingredients in a food processor or blender and blend until smooth. Oat brands can function a bit differently - if batter seems thick, slowly increase water by 1 TBS at a time
3. Pour into a parchment lined 8 by 8 baking dish.
4. Bake for 22-25 minutes or until knife comes out clean.

## Chocolate Chip Banana Bread



### INGREDIENTS

- ≈ 3 ripe bananas
- ≈ 1&1/2 cups oats (can swap for 1 cup cassava if you prefer grain-free)
- ≈ 1/2 cup cassava flour
- ≈ 2 eggs
- ≈ 3/4 cup cane sugar or coconut sugar 1/3 cup plain Greek yogurt
- ≈ 1 tsp vanilla
- ≈ 1/2 tsp Ceylon cinnamon
- ≈ 1/2 tsp salt
- ≈ 1/2 tsp baking soda
- ≈ 1/2 cup dark chocolate chips

### DIRECTIONS

1. Combine all ingredients except chocolate chips in a blender (alternatively, blend oats only, mash bananas, and mix everything in a large bowl).
2. Fold in chocolate once blended and pour into a greased or parchment paper-lined bread pan.
3. Bake at 350 for 45 minutes.

## Zucchini Banana Bread



### INGREDIENTS

- ≈ 1&1/2 cups oats (can swap for 1 cup cassava if you prefer grain-free)
- ≈ 2 ripe bananas
- ≈ 1/2 cup cassava flour
- ≈ 2 eggs
- ≈ 3/4 cup cane sugar or coconut sugar
- ≈ 1 cup shredded zucchini, excess liquid squeezed out
- ≈ 4 scoops collagen
- ≈ 1/3 cup ghee, butter, or coconut oil
- ≈ 1 tsp vanilla
- ≈ 1/2 tsp Ceylon cinnamon
- ≈ 1/2 tsp salt
- ≈ 1/2 tsp baking soda

### DIRECTIONS

1. Pulse oats in a blender until powdered.
2. Mash bananas in a large bowl and then combine all ingredients, stirring to combine.
3. Pour into a greased or parchment paper-lined bread pan.
4. Bake at 180 degrees C for 45 minutes. salt

# Nutrient Powerhouse Smoothie



## INGREDIENTS

- ≈ 2 ripe bananas
- ≈ 2 tsp blackstrap molasses
- ≈ 1 TBS maple syrup
- ≈ 1/3 cup milk or coconut milk 2/3 cup water
- ≈ 1/2 TBS Brewer's yeast
- ≈ 2 tsp bee pollen
- ≈ 3 scoops collagen
- ≈ dash of cinnamon and sea salt 1/2 cup (around 6 cubes) ice optional  
TBS cacao powder

Blend and enjoy!

Between the bee pollen, molasses, and brewer's yeast, this smoothie really packs a mineral and vitamin punch. This drink is abundant in B vitamins, copper, calcium, and magnesium.

## Adrenal cocktails:



1.  
200ml Pure coconut water  
100ml freshly squeezed orange juice  
5ml Maldon salt  
Lots of ice



2.  
200ml cherry juice  
5ml Maldon salt  
5ml cream of tar-tar  
Lots of ice



3.  
100ml mineral water  
Squeeze of 1 lemon  
Squeeze of 2 limes  
5ml Maldon salt  
100ml coconut water