

nourish

discover your inner strength | food guide

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Why Nourishment?

What if food is more than macros and micros? In this guide you will find some guidance and recipes on how to understand food as nourishment.

When it comes to your overall wellbeing and wanting to improve your physical and mental performance, nourishment is key. I would like to emphasise that this is a guide only and that there is no such thing as 'the perfect diet'. However there are certain ways we can start looking at food and drink as more than just calories to charge up our batteries. In this guide I am including types of food and drink to prime your body before exercise and replenish afterwards. In addition tips for way of preparing and eating. This might influence your body as much the actual food you ingest. Before analysing your diet and getting stuck into pimping your eating habits ;) , there are three questions you might wish to consider beforehand:

Do you enjoy the food you eat?

Are you able to fall asleep easily, sleep through the night, and wake feeling rested?

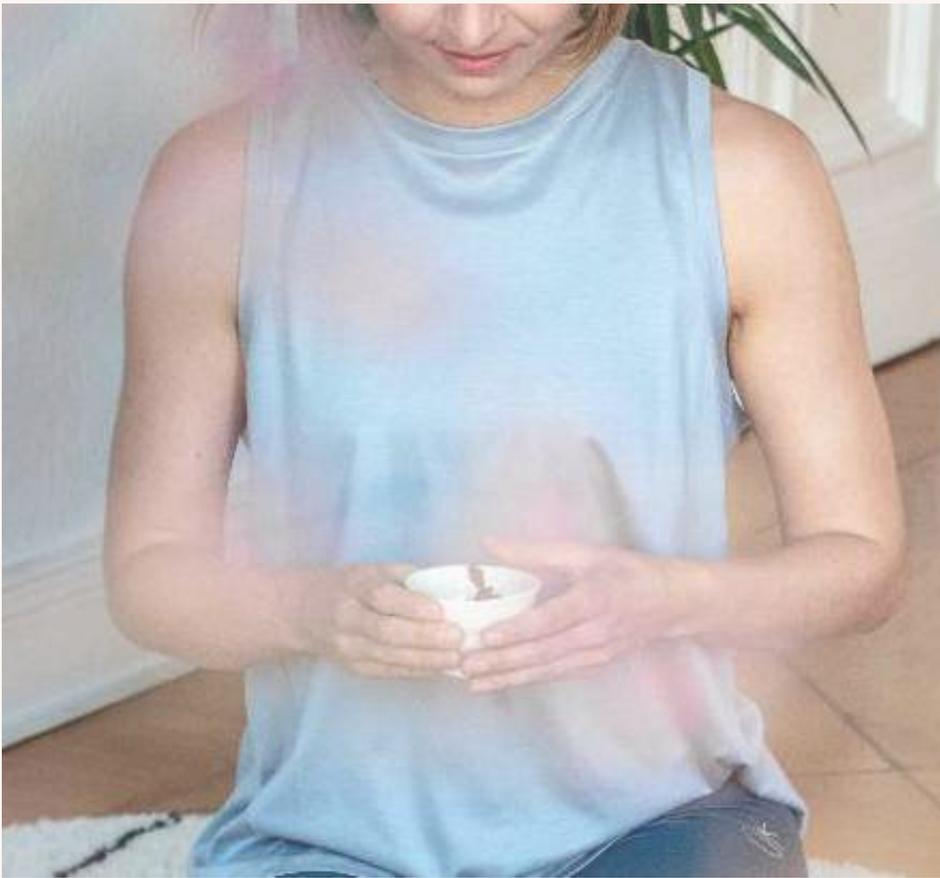
Do you feel energised throughout the day and hardly feel energy drops during the day?

Bonus question for the ladies: Do you have little to no hormonal imbalances.

If you replied 'Yes!' to more than one of these questions: Congratulations! You are probably very much in tune with your body and know what it needs. If you are curious anyway, read on.

I believe that wellbeing is achieved through balance, which you will be able to maintain easily if you are happy to look at nourishment as a holistic concept. The boring news is: there is no 'quick fix' or 'one size fits all', as every one's needs are different. So you might have to go and experiment a little before finding out what works for you, but on page 5 & 6 you'll find some tips you help you with that. In other news: nourishment is fun, easy on the wallet, and under no circumstances requires you to abstain from chocolate.

Changing habits can be difficult, and even making simple swaps with foods can be tough. That's why I say: Don't start by creating eating habits. Instead, try to eat consciously. A habit means that one is nurturing an unconscious decision, a reflex if you will. This means instead of listening to what the body needs, it is trained to want certain foods/drink at particular times. This can be useful if the singular goal is to lose weight which is not sustainable long term. If your aim is to build a strong, flexible body and mind which will make you more resilient towards stress, sickness, disease and allow you to adapt to stress and uncertainties. These foundation guidelines are there to start bringing you into balance, allowing you to reset over the course of three weeks and make the right nourishment choices for yourself. You will be surprised at the difference you feel after just three weeks of intentional engagement with this guide.



Better Mornings

Start your days as you mean to go on. Breakfast is the meal I personally struggle with the most as I like to train in the mornings and prefer not to eat beforehand. But in eastern medicine it is often recommended to start the morning with something warm in order to support the digestive system.

If, like me, you are not a breakfast person rehydrate with warm ginger water. You may wish to also add lemon juice and a pinch of Himalayan sea salt to your ginger water. This beverage is also an excellent choice for any time you need a little extra hydration throughout the day.

After heavy training session in the mornings, or long days ahead, I like to focus on a protein and high in fibre breakfast.

An example would be eggs with green leafy vegetables, which can keep you going for longer and prevent a great energy drop in the middle of the day.

Snack Tip : On busy days just keep a boiled egg in your bag. Sounds funny but is as a true lifesaver.

A bowl of warm and sweet meals like porridge made from oats, rice or quinoa can be seasoned to taste and are a great source of complex carbohydrates. This means that sugar is released slowly into the system without causing an insulin spike.

Be water my friend

Quality drinking water is defined as being contaminant-free, having a balanced pH level, and being rich in healthy, naturally occurring minerals.

But how much and how often should we imbibe?

As described on the past page, starting the morning by hydrating your body will set you up for the day. When you consider your daily intake, make sure not to count Tea and Coffee. Though delicious, they are diuretic and should not be depended upon to provide hydration (herbal teas would be an exception to this rule). Still and lukewarm water is easier on the system than cold and sparkling. If you feel super dehydrated or have been sick, try this recipe:

Mix 1 Tsp honey, 10drops fresh lime or lemon juice, pinch or mineral salt to 250ml water.

It's important to try and drink about half a litre of water, about thirty minutes before any training session. Trust me, this will not only lubricate joints and muscles, it'll also protect and help the body to detox. During the workout, drink only sparingly. Read on to find out why.

Quality of water

Now this might sound snobby but generally, tap water or plain filtered water isn't good enough. Why? When you sweat, your body loses essential electrolytes: sodium, potassium, magnesium, and calcium. Amongst other things they are responsible for keeping your muscles moving and contracting and prevent them from cramping. Water which does not contain electrolytes will only pass through your system without benefiting it. The same happens if you keep drinking water when you are not thirsty. The sodium levels in your body will be diluted and leave you fatigued, confused, and possibly nauseated.

It's all about the balance.

How to build your plate



Think simple but varied when it comes to preparing your main meals. Stock-up on fresh and dried herbs and spices to liven up your plate.

Try to prepare all components of your meal as fresh and unprocessed (ditch tins, instant soups, frozen, precooked, powdered foods, and ready meals) as possible and, use quality fats (cold pressed olive oil, [ghee](#), and coconut oil). Steaming or boiling your food is easier on the stomach and aids digestion. In Ayurvedic tradition the ratio of "strengthening and nourishing" food is 60% to 40% of "extracting" foods (detoxing). Here they use grains (barley, buckwheat, quinoa) as a base and supplemented it with a variety of legumes (adzuki, lentils, peas), nuts and seeds, and mainly green leafy vegetables (kale, asparagus, bok choy, beet greens).

During the winter months especially, use bone broths and root vegetables to make soups nourishing and warming. Use the 'ginger appetiser' on the next page to aid digestion. For the ladies I particularly recommend adding dates, goji berries, and flaxseeds to your meals. When suffering from cramps and/or period pain, eat foods which are high in magnesium like almonds, avocado, sunflower seeds, spinach, and black beans.

Rest and Digest



Helping your gut flora by eating as varied as possible is the best thing you can do for your bodily health.

By adding prebiotics (which can be found in foods such as chicory, dandelion greens, topinambur, and asparagus) feed probiotics (which are contained in fermented foods such as kombucha, sauerkraut, and kimchi) you have a direct impact on the balance of good and bad bacteria and fungi in your gut. There are great pro and prebiotic supplements on the market but before you start taking supplements, consider a light 'detox' from time to time and then start adding the food mentioned above. There are many ways to 'cleanse' or 'detox'. Here are a few simple options:



Intermittent fasting - give your system a rest from time to time by abstaining from food and allowing it to cleanse naturally. Start with 12 hours between dinner and the first meal on the next day, and work your way up to 18 hours. Juice cleanses, or liquid fasting, has become popular and is effective, but is not for everyone, and requires planning and proper preparation before and after the cleanse.

Another easy way is to use psyllium husk twice a day one hour, before or after a meal. This helps cleanse the digestive tract and allow it to absorb nutrients better afterwards. Little helper for slow digesters: Have a ginger appetiser before meals: grate 1 tsp. fresh ginger root and add a pinch of mineral salt and a few drops of lime. Chew and swallow this about 10 minutes before a meal to awaken your digestive fire.

Chew your water...

"...and drink your food" A famous saying on how to eat more mindfully.

It means to chew your food properly so it can be moistened and mix with amylase in your saliva. This kick-starts things, and makes the next steps of digestion easier for your body. Take your time, especially if you consider yourself a fast or over eater. One of the most effective tips I have received on the art of eating is: eat on the exhale only eat on the exhale only. This might allow your eating to slow down effectively enough to get in a few extra chews ;)

Touch your food.

If you go and procure food, that is : picking out tomatoes instead of a jar and then preparing it - You have made a physical connection with what you are about to eat.

You have given yourself the opportunity to experience your food through touch, smell, sight and maybe even hearing. On top of that you have complete control over what your meal consists of and how good it tastes.

Eating in silence

If you want to take it step further, try sitting in silence when eating and give your food your full attention (leave your mobile, computer and books in the other room). Try it for a week.

Reflect on your relationship with food Let's go back to the questions at the beginning of this guide.

Do you enjoy the food you eat? If not, why not?

Are you able to fall asleep easily and sleep through the night? If not, maybe you could give your gut a little attention. (see page 6)

Do you feel energised throughout the day and rarely feel drops in energy during the day? If not, have a look at how your plate is composed and make some adjustments (see page 3).

If you still unsure on where to start, go back to the beginning. What does your morning routine look like? Does it work for you? If you want to try a different protocol, try min. I included one of my favourite breakfast recipes on the next page.



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inspiration follow me**

Better Morning Routine

Breakfast Recipe

This is a way I like to start my day on cold, rainy days, especially during the winter months.

7.30 Wake-up and Oil Pulling with 20 min meditation or very simple stretches

8.00 Rehydration and breakfast

Drinking of 500ml lukewarm water (add sole water, lemon & ginger)

Take favourite supplement. Mine is currently MOOD Balancer from Sunday Natural.

Prepare breakfast.

This meal is also a great choice when you are feeling anxious. The buckwheat and brown rice are grounding, and the spices supportive of your digestion. If you need a quicker alternative use Quinoa.

Buckwheat with brown rice breakfast porridge

Serves 2

Preparation time: 30-45 minutes

What you'll need

- 1/4 cup buckwheat
- 1/4 cup brown rice
- 2 cups of water (use more or less for desired thickness)
- 1/4 tsp. mineral salt
- 1/4 tsp. turmeric & cinnamon
- 1/4 tsp. fresh grated ginger (or substitute with 1/8 tsp. black pepper)
- 2 Tbsp. ghee
- 1/4 cup chopped cashews

Here's how

Combine all ingredients except cashews and ghee in a pot. Bring the water to a boil and simmer for 45 minutes. Or use a pressure cooker and cook for 18 minutes at pressure. When it is finished, stir and let sit for 3-5 minutes. While the porridge sits, lightly heat the ghee in a saucepan. Add the cashews and sauté until aroma rises. Stir the cashews and ghee into the grain and enjoy!