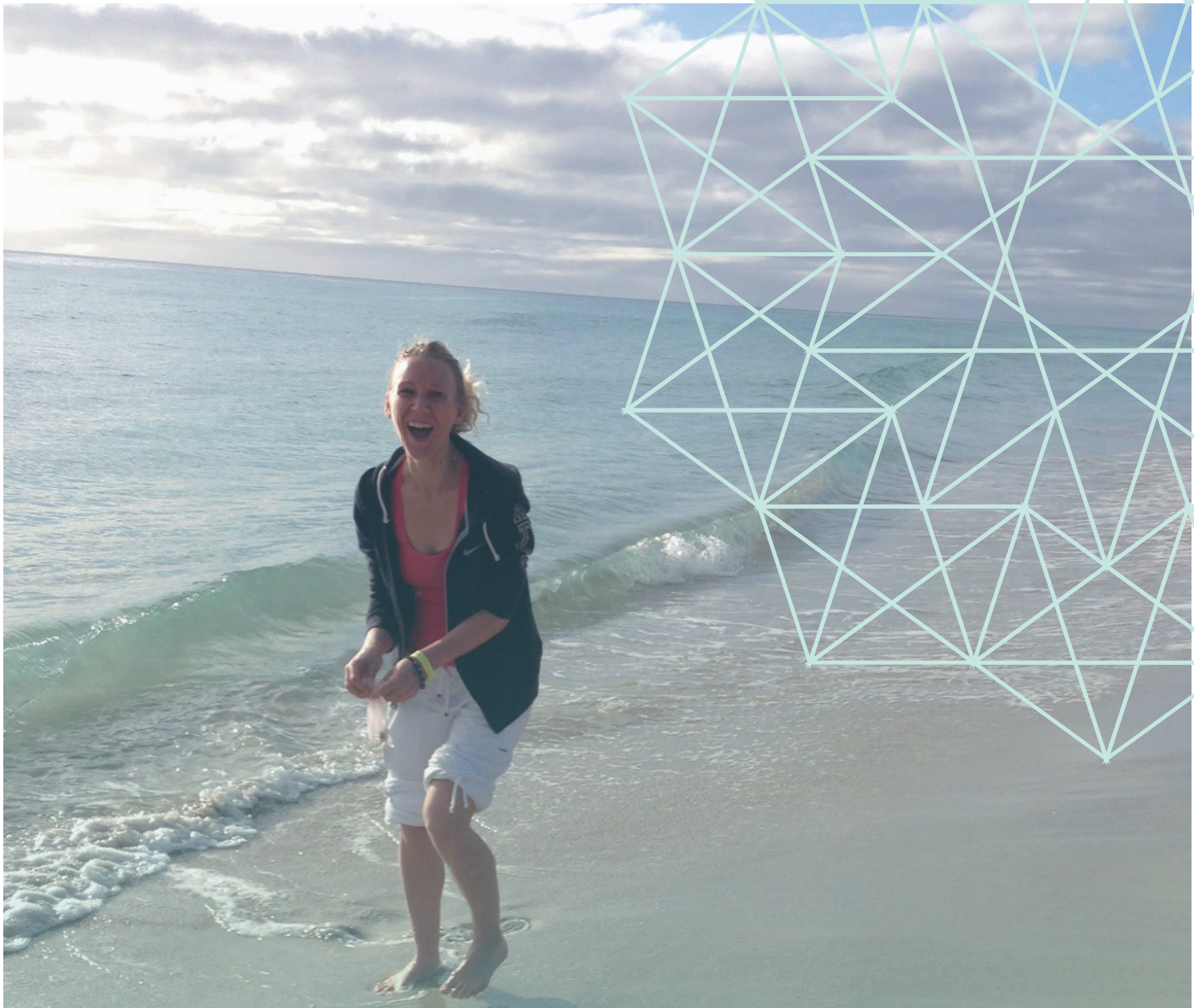

VITALITY *for* SOULFUL WOMEN

Amanda Howell

Wellness Coach, Yoga Instructor & Personal Trainer

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Amanda is a mum to 3 kids, and describes herself as a serious foodie and nature lover. She is obsessed with creating and trying new “real food” recipes that nourish and fuel the body with energy.



Amanda has been dear a friend of mine for many years. She has delighted my retreat guests (actually blown them away is probably more like it) with her absolutely delicious and delightful food creations. If you’d like to get in touch with Amanda for wellness coaching or to join her yoga classes, I’ve provided her contact information below.

Kelly



My passion for wellness started when my third child (my son) was about a year old. I'd had some other positive experiences previously but nothing that I was able to consistently maintain. I had many struggles with food, depression, self-care and even knowing what self-love was!

I was pretty wild as teenager and then had many ups and downs before finding my way to not only a total love affair with good food but also with a real desire to find true happiness, inner peace and great health.

Along this journey I found another passion. Exercise for me was an active mediation. It really helped me find inner-peace and led me on a incredible path to discovering amazing nourishing foods.

Nourishing and fuelling your body with the right foods has a powerful impact on the body and soul. It engages the mind and body connection and promotes healing on so many levels, including busting stress, increasing energy and preventing disease. Food that is pure and alive gives the body strength and motivation.

The great thing is that once you can embrace the whole food clean eating way, there is no more counting calories, sugar crashes or FLC (feel like crap syndrome) or feelings of guilt surrounding food. You can just enjoy, feel amazing and have fun creating beautiful food.

Being a mum requires a lot of energy, so I want to help you discover the foods that make your body and spirit sing. If we learn to cherish our body and awaken its intelligence we can grow, feel whole and be nourished; creating that inner awareness is the key. Your body knows what it needs so look at your food and choose the ingredients that appeal to you - colour, shape, smell etc. This will also change from season to season and from the seasons in your life ...age, physical activity level & situation.

You may find that the rest of your family may not be as ready to adapt to the changes as you. Don't give up on nurturing yourself. Just start slowly, make gradual changes and talk to them about how you feel. I like to always talk to my kids about how food makes them feel inside and I make cool names up for the meals, referencing them to their sport idols or favourite characters like Thor or Hulk!

Amanda



Fill Your Body With Beautiful Clean Food

Eat foods that are as close to their natural state as possible. Make plant based foods the star performers in every meal. They are packed full of everything we need to flourish. Greens in particular are fantastic because they are incredibly alkalising, which helps keep your body young, helps protect you from illness and contain huge amounts of easily digestible vitamins proteins minerals.

Avoiding or eliminating refined and processed food is a must for creating the best version of you! Refined white sugar, flour, salt, pasta, rice, afficifical sweeteners and additives have no benefit in our diets. They slow the body down, cause weight gain, affect the mood and depress the immune system and are contributors to many illnesses & disease. Yuk!

Coconut sugar is a fantastic alternative to sugar and it tastes amazing, has a low GI and is very low in fructose so no more sugar crashes! So many other options are available, making it easy to avoid refined and artificial sugars.

Celtic sea salt contains essential minerals such as potassium calcium and magnesium.

If you eat animal protein -choose good quality grass fed organic meats if you can and free range or organic eggs and dairy products. Talk to your butcher and local growers. I personally don't have dairy and have very limited animal protein, which has had a incredibly positive impact on my level of health, including my energy levels, skin health and digestive system. Do your research; there are some links below to help you make the right choices for you!



Wake Up Your Body & Power Up Your Breakfast

Having a glass of warm water with lemon juice is the perfect way to wake up the body. It also gives you a vitamin C boost and is incredibly alkalising. If you add some apple cider vinegar as this will get the digestive system ready too!

Apple cider vinegar is a centuries old remedy and is used to:

- Balance the inner eco system & populate the gut with friendly bacteria
- Improve digestion & assimilation
- Increase stomach acid
- Help remove toxins
- Help breakdown fat
- Help soothe sore throats, fight colds, sinus and allergies
- Help ease arthritis & aching muscles
- Help clear skin, banish dandruff & prevent itching scalp
- Help treat fungal infections

One of the best ways to hit your body with maximum nutrients and real energy is with smoothies and juices. Smoothies are my favourite option if you're struggling for time because you can have a combination of all the essentials.

Healthy fats: Super important! Fats are essential for digestion, vitamin absorption, hormone production and immune health. They're a back up form of energy.

Complex carbs: (fruits/vegetables) are essential for a healthy body and mind loaded with vitamin B (for stress management, energy levels and nourishing the nervous system) and provide sustaining energy.

Protein: Whenever the body is growing, repairing or replacing tissue, proteins are involved. They are found in your skin, bones, muscle and all your organ tissue. The body prefers to reserve its protein stores for functional purposes rather than breaking them down to use as energy.

Fibre: helps lower cholesterol and prevents over eating also aid in taking toxins out of the body.

You can add amazing stress-relieving berries, delicious cacao, nuts, seeds and honey to your smoothies. There are so many yummy options and they are all amazing for your body.

Juicing is such an awesome way to infuse your body with instant goodness. It allows you to bump up your plant-based nutrients very easily and start your day with real energy.

The key with Juices is to use vegetables as the base add a little fruit for flavour and balance and maybe some super boosters like ginger, turmeric parsley etc., filling your body beautifully with vitamins, minerals & phytonutrients (health-promoting properties including antioxidant, anti-inflammatory, and liver-health). I love having Beet in my juices is a great stamina booster and blood cleanser and helps strengthen the liver!

Quinoa porridge, chia pudding and bircher muesli are other breakfast options which you can have in addition to your juice or smoothie. All of these can be made the night before or very quickly in the morning for the whole family! It is very satisfying and often keeps me going past lunch-time!

You can add lots of extra amazing nourishing foods to these too, such as hemp seeds, mesquite, cinnamon etc.

For lunch & dinner amp up your plant based foods for example:

Lunch: I like to make extra soup or have left overs so I don't have to think about it in the morning. Or cut up some veggie sticks and have them homemade hummus or nut butter. There are some great crackers on the market now or make your own!

Dinner: Have a salad add some warming spices/herbs in winter, adding avocado and making your own dressings is very quick and easy- using the good fats like flaxseed oil or olive oil, some apple cider vinegar, citrus juice & a pinch of sea salt. Or serve lightly steamed or sautéed seasonal vegetables in coconut oil. There are so many great recipe blogs and website out there to find inspiration.



Sodium is the primary ion and electrolyte within the body, and it is needed for blood regulation. Serious impairment of bodily function is caused due to the absence of sodium. It is a versatile element and occurs in more than eighty different forms. As an electrolyte, it regulates the bodily fluids and transmits electrical impulses in the body. Unlike other vitamins and minerals, heat has no effect on sodium. Therefore, it can be used in different ways and preparations without losing its effects. Also, it is an important constituent of nerves and helps regulate muscle contractions.

Coconut oil is high in monounsatuatred oils helps reduce cholesterol keeps the heart healthy it also helps you to feel fuller for longer due to the medium chain fatty acids.

Hydration: absolutely vital - all the cells in our body need water to stay healthy and water helps our cells transfer energy into our bodies and it activates our metabolism. Without water we can't absorb nutrients. If you struggle with your water intake make it interesting: make your water fun - add some flower essences or chia seeds, a strawberry and pinch of sea salt. Get a beautiful water bottle -whatever it takes!!!

Coconut water is also a great hydrator. It's very helpful for weight loss as it helps reduce sugar cravings and helps you feel full. It's also a perfect pre and post exercise drink.

Herbal teas: so many beautiful teas are available that can really help with everything from digestive issues fatigue, cold/flu insomnia and stress and are very simple to include in your daily routine.

Healthy Snacks & treats

Bliss balls, slices, home made muesli bars and raw deserts...OMGoodness yes, you can have amazing tasting deserts that are good for you! The possibilities are endless; be creative and make enough for the week for kids and you!

If you need a super quick energy hit have a medjool date or a piece of fruit (my favourite pre workout snack).

By packing our snacks with highly nutrient dense foods like nuts, seeds, coconut oil, honey and cacao, we are giving our body the energy and love it needs to thrive.

There are loads of online resources available to get you inspired!

If this is all incredibly new for you, start slowly by making small changes weekly by increasing whole foods and limiting the processed and so on!

Keep it simple: eat seasonally, buy clean or organic produce wherever you can and amp up the greens!

Awaken your body's intelligence - lose the guilt and enjoy your food; have fun creating!

You will find through movement such as yoga and exercise, and practising self-love and mindfulness you will have a natural progression toward making great food choices. The bond between the two is so important for true health, & happiness.

P.S if you're not sure or worried about your health it's highly beneficial to see a naturopath or other health professional that can work out an individual plan for your needs.

Affirmation:

"I love and respect every part of my body and I choose to nourish my body everyday."

Recommended websites:

http://www.thehealthychef.com
https://lovingearth.net
http://www.greenkitchenstories.com
http://www.wholefoodsimply.com
http://vegiehead.com
http://nourishedkitchen.com

If you'd like to know more about creating better health in general there are a few great documentaries and books...

http://www.hungryforchange.tv
http://www.foodmatters.tv

To help make healthy eating fun for kids:

http://www.todayiatearainbow.com



RECIPES

Super Kale Salad

For the dressing:

Juice and zest of 1 lemon
1 tbsp flax oil
1 tbsp olive oil
1 tsp cumin
Cayenne pepper, to taste
Sea salt, to taste

Method:

Whisk dressing ingredients together and massage kale leaves with a little of the dressing.

For the Salad:

3 bunches of kale (destemmed and chopped)
1 sweet potato (cubed and roasted)
1 avocado (cubed)
1 cup cooked quinoa
1 tbsp pine nuts
1 tbsp dried cranberries or Goji Berries
1 tbsp hemp seeds (optional)

Method:

Combine the kale and left over dressing with all other ingredients, toss and serve.

Source: Loving Earth

Raspberry Orange Super C Salad

For the dressing:

Juice of one orange
1/4 cup fresh/frozen raspberries
1 heaped tsp of hemp seeds
1-3 tbs of balsamic vinegar or pomegranate molasses
cracked pepper to taste

Method:

Whisk together.

For the salad

150 gm Baby Spinach
1 cup of raspberries
1 medium carrot shredded (roasted or raw beetroot works beautifully too)
2 tbs of hemp seeds (optional)

Method:

Toss together with dressing

Immune Boosting Carrot & Ginger Soup

Ingredients:

1 leek, washed and finely sliced
1 stick celery finely chopped
1 tablespoon fresh grated ginger
1 teaspoon fresh grated turmeric or 1/2 teaspoon dry
600 g (21 oz) Carrot, thinly sliced
300 ml (10 1/2 fl oz) Pumpkin seed milk or almond milk or just extra vegetable stock
1 litre (4 cups/ 35 1/4 fl oz) Vegetable stock (hot)
1 onion or 2 shallots, chopped finely
Pinch of sea salt
Black pepper to taste

Serves 2 generous bowls.

Method:

Combine stock, leek, celery, carrot, pumpkin seed milk, ginger, turmeric and shallot into a saucepan.
Bring to the boil and simmer for 10 minutes.
Remove the soup from the heat and cool slightly.
Blend in a high performance blender for 15 – 20 seconds.
Pour the soup back into the saucepan to reheat and season with sea salt and pepper.
Serve with fresh garden herbs or a little coriander pesto.

Source: Teresa Cutter - The Healthy Chef

Raw Fudge

Ingredients:

1 cup coconut oil (liquefied)
3/4 cup of Jarrah Honey
1 cup cacao powder
1 tsp vanilla powder
1/2 tsp celtic sea salt

Optional extras for extra nourishment:

1 tps acai powder
1 tsp maca
1 tbs Chia
1tps camu camu powder
You can also add nuts, seeds or dried fruits.

Method:

Combine ingredients in food processor or blender or mix by hand pour into lined slice pan and set in fridge or freezer. Keep in fridge.

Source: Vanessa Jean from Food Alchemy

Heart-Warming Chocolate Elixir

Ingredients:

4 cups of your favourite liquid. Options are tea - hot or cold.
(I like to use reshi mushroom tea as it has amazing health benefits).
Water/coconut water/ or any nut milk
3tbs of Cacao
1 tbs Macca
1 tsp cinnamon
1/2 tsp ground ginger powder
1/4 -1/2 tsp cayenne (optional)
1/4 leaf of Aloe vera gel.
1/2 a vanilla bean
2 tbs of coconut oil
Pinch of celtic sea salt
1 tbs cashews
1-2 Tbs of honey or coconut sugar
1 Tbs Hemp seed or Chia

Method:

Blitz in high speed blender until smooth. You can heat this gently on the stove top or in a thermomix but do not boil!

Source: David Wolfe

Goji Lemon Aid

Ingredients:

1 ltr water
1/4 cup of goji berries
soak for 2-4 hours.
Add juice of half a lemon, 1 tiny pinch of celtic sea salt and 1 tbs of sweetener (honey, maple, or brown rice syrup).

Method:

Shake or stir!

Source: adapted from David Wolfe Superfood



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General Disclaimer:

All information in this booklet is based on my personal experience and journey, which I am sharing for educational and informational purposes only.

The information contained is written from a variety of sources, both internal and external. The material appearing on these platforms is provided for informational purposes only. It should not be used as a substitute for professional medical advice, diagnosis or treatment. Always consult your professional healthcare providers before beginning any new diet/lifestyle change or treatment. It is your responsibility to research the accuracy, completeness, and usefulness of all opinions, services, and other information provided.

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