


Evolve your health with us...

Your journey starts here and it starts now





*Our Health & Wellness Lab is a
unique space designed to support
you on the journey to improving your
health, performance & overall
wellbeing, through natural & holistic
treatments.*

*When you feel better on the inside, it
shows on the outside.*

**Congratulations on taking your
first step to improving your
health.**



Principles of Health

1. **Optimise Respiration** – Air – decreases stress
2. **Optimise Sunshine** – Improves immune function, bone strength, and hormone/mood balance
3. **Optimise Movement** – **Exercise** – daily movement is essential for optimal health, at least 30 mins per day.
Exercise is energy!
4. **Optimise Nutrition with Whole-foods** – eat as much fresh produce as you can, eat organic where possible, and avoid processed, sweetened, coloured and refined foods
5. **Optimise Relationships** – create a good support network, put energy into relationships that make you feel good, avoid toxic, unloving relationships, and learn to love yourself first and foremost
6. **Optimise Sleep** – 8 hours of good quality sleep per night is essential for rejuvenation, detoxification, energy and brain function
7. **Optimise Passion** – a driving force for life, passionate people are healthy people, having purpose provides us with meaning for our lives. Be sure to do daily activities you are passionate about
8. **Optimise Relaxation** – ensure a low stress environment



Dietary Advice

- **Avoid inflammatory foods** – all forms of meat and animal products, fast foods, caffeine, wheat, processed fats and oils, refined sugars, soft drinks, acidic tap water, and ionised table salt
- **Include an abundance of** – fruits, vegetables, legumes, nuts, and seeds
- **Optimise Nutrition** – good fats such as avocado, coconut, olive oils. Include good quality salt such as Celtic sea salt and pink Himalayan
- **Optimise Hydration** – drink good quality fresh spring water preferably alkaline water. Drink coconut water and herbal teas. Reduce coffee intake to one cup per day
- **Add in fermented food for gut health** – sauerkraut, kimchi, pickled veg, miso, kombucha, tempeh

If you would like an individualised meal plan or assistance transitioning to a more whole-foods lifestyle, please make an appointment to see our Nutritionist Sophie!



Dietary Practices

- **Drink 2L of filtered water daily** –do not drink tap water, purified, filtered, or alkaline water is recommended
- **Limit alcohol and caffeine consumption** – no more than 1 coffee daily, opt for preservative free wine (Tamberlaine Wines) and Gluten Free beer (most Japanese beers are made on rice)
- **Eat fruit on an empty stomach** (never after a meal) – fruit digests very fast, if eaten after a meal the digestion of the fruit is blocked. The meal will then be fermented and turn to acid, causing bloating, reflux, and diarrhoea
- **Replace grains with** – quinoa, lentils, chickpeas, brown and basmati rice
- **Replace butter with** – Nuttelex, coconut butter
- **Replace milk with** – almond, oat, coconut, hemp, rice milk or non GMO soy milk

VEGETABLES

BENEFITS PER COLOR



C

GREEN

THEY CONTAIN LUTEIN, AN ANTIOXIDANT THAT REINFORCES IMPROVED VISION. THEY HAVE POTASSIUM, VITAMIN C, VITAMIN K, AND FOLIC ACID.



C

ORANGE

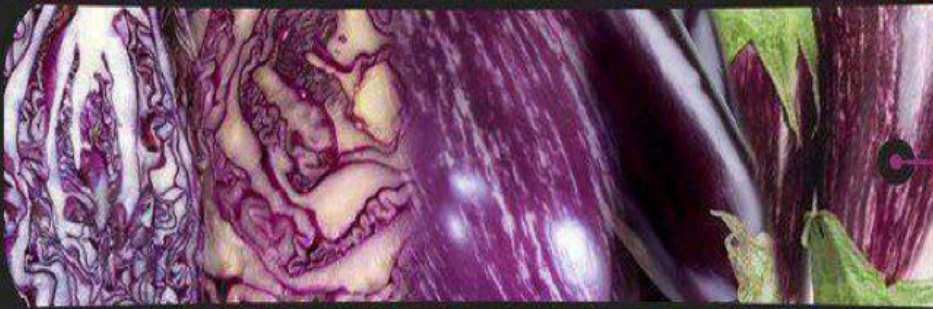
RICH IN BETA-CAROTENE & VITAMIN C. THEY HELP PROMOTE EXCELLENT VISION, HEALTHY SKIN AND SUPPORT A STRONG IMMUNE SYSTEM.



C

RED

ARE RICH IN PHYTOCHEMICALS LIKE LYCOPENE AND ANTHOCYANINS, THAT IMPROVE HEART HEALTH AND DIMINISH THE RISK OF CANCER.



C

PURPLE

RICH IN ANTIOXIDANTS AND PHYTOCHEMICALS ARE ANTI-AGING, REDUCE THE RISK OF CANCER AND SUPPORT MENTAL CLARITY



C

WHITE

THEY ARE RICH IN PHYTOCHEMICALS & POTASSIUM. AND HELP REDUCE CHOLESTEROL LEVELS, LOWER BLOOD PRESSURE AND PREVENT DIABETES

Vegan Protein

SOURCES CHART

GF Gluten-
SF Free
NF Soy-Free
Nut Free



BEANS

1/2 CUP
GF SF NF

- Lentils 7g
- Chickpeas 7g
- Black Beans 7g



SOY

1/2 CUP
GF NF

- Tempeh 15g
- Tofu 10g
- Edamame (Shelled) 9g
- Soy Milk 7g



NUTS

2 TBSP
GF SF

- Nut Butters 7g
- Walnuts 4g
- Peanuts 3.5g
- Almonds 3g
- Pistachios (Shelled) 3g



SEEDS

2 TBSP
GF SF NF

- Pepitas 8g
- SunButter 7g
- Hemp Hearts 7g
- Sunflower Seeds (Shelled) 5g
- Chia Seeds 5g



GRAINS

1/2 CUP
SF NF

- Whole wheat spaghetti 12g
- Rolled oats 7g
- Ezekiel bread 4g



GLUTEN FREE

1/2 CUP
GF SF

- GF chickpea pasta 22g
- GF lentil pasta 15g
- GF rolled oats 7g
- Quinoa 4g



VEGGIES

1 CUP
GF SF NF

- Green Peas 8g
- Spinach (cooked) 5g
- Potato with skin (large) 4g
- Broccoli 3g

Always check labels for allergen information!.

Nutritional data and servings obtained from [USDA Nutrient Database](#) and product packaging.

WATER

COMPOSES 75% OF YOUR BRAIN

HELPS CARRY
NUTRIENTS
AND OXYGEN
TO YOUR
CELLS

REGULATES YOUR
BODY TEMPERATURE

MOISTENS
OXYGEN
FOR BREATHING

MAKES UP 83%
OF YOUR BLOOD

HELPS CONVERT
FOOD TO
ENERGY

REMOVES
WASTE

PROTECTS AND
CUSHIONS YOUR
VITAL ORGANS

COMPOSES 22%
OF YOUR BONES

HELPS YOUR BODY
ABSORB NUTRIENTS

CUSHIONS YOUR
JOINTS

MAKES UP 75% OF
YOUR MUSCLES





Wheat Alternatives

Who might benefit from avoiding wheat?

- Hyperactive or sickly kids
- Tired, fatigued, or depressed
- Bloating or weight gain
- Celiac Disease
- Digestive trouble or allergies

Replace wheat with – gluten free brands like 'BFree' from woolies, or sprouted bread from health food stores.

Other wheat alternatives – sourdough rye, sourdough spelt, barley, buckwheat, rice, soy, millet, kamut, khorsan.



Egg Alternatives

Egg substitutions when cooking:

- 1 Tbs Flaxseed + 3-4 Tbs water (puree in blender)
- 1 Tbs chia seed + 1/3 cup water (mix and let sit for 15 mins)
- 1 Tbs soy protein powder + 3 Tbs water
- 1/4 cup apple sauce
- 3 Tbs chickpea flour + 3 Tbs water
- 1/4 cup silken tofu
- 2 Tbs baking powder + 2 Tbs water + 1 Tbs oil
- 2 Tbs arrowroot + 3 Tbs water



Digestive Health

- The Key to Vitality -

All health and dis-ease is a product of the digestive system, after all "we are what we eat." All the food we eat becomes our every cell in the body, therefore, every time we eat we are either moving towards health or away from health. Our body is a vehicle and the fuel that we place within it is essential to enhancing your health and wellbeing.

Why we get sick?

There are only two reasons the body becomes sick...

1. **Toxicity** – *which creates inflammation (acute or chronic). Toxins can enter the body via many sources – chemical, environmental, food, water and parasites. These create chaos at the cellular level which leads to dis-ease.*
2. **Nutritional Deficiencies** – *a lack of micronutrients, antioxidants, vitamins and minerals can lead to dis-ease.*



Digestive Health

- The Key to Vitality -

Optimising Gut Health

- **Absorption** – a clean and well-functioning digestive system will allow for more absorption of nutrients.

Leaky gut is a huge contributing factor to malabsorption and the development of many diseases

A Parasite Cleanse/Bug Treatment is recommended every 3-4 months to ensure you stay clear of harmful gut bugs.

Always support the liver with a tonic when detoxing.

- **Assimilation** – we are what we assimilate! Nutrient rich, low toxic food and liquids. Do not overeat
- **Elimination** – regular, efficient, normal bowel movements daily

Eat 80% Alkaline Foods & 20% acidic foods

Acid/Alkaline Food Chart

Most Acidic	Acidic	Acidic	Alkaline	Alkaline	Most Alkaline
Artificial sweeteners Alcohol Beef Hot dogs Bacon Milk Cheese Ice cream White flour White sugar White pasta Soft drinks Box cereal	Wheat Whole wheat Barley Oat bran Chicken Turkey Cod Haddock Eggs Butter Corn Corn oil Currants	Oysters Shrimp Salmon Sardines Yogurt Peanut butter Pecans Pinto beans Spelt Kamut Peas Pumpkin seeds	Almonds Amaranth Apples Apricots Avocados Bananas Beets Cabbage Carrots Cauliflower Celery Cherries Cucumbers Parsnips Dates Flax seeds Grapes Green beans Mushrooms Tofu Wild rice Green tea Maple Syrup Raw honey Ginger tea	Kiwi Lettuce Millet Molasses Musk Melon Oranges Peaches Pears Pineapples Sweet Potatoes Squash Zucchini Quinoa Okra Radishes Berries Sauerkraut Coconut Sugar Green tea	Lemons Limes Watermelon Grapefruit Asparagus Broccoli Garlic Onions Mangoes Papaya Parsely Spinach Dandelion Kale Swiss chard Umeboshi plums

*Advised to eliminate meat, fish, dairy, eggs, and gluten all together.



Fun Fruit Facts

KIWI – Great source of potassium, magnesium, vitamin E. Extremely high in fibre, regulates bowels. Twice the amount of vitamin C as an orange.

APPLE – High in antioxidants, flavonoids and fibre. Lowers risk of colon cancer and heart disease.

STRAWBERRIES & BLUEBERRIES – extremely high in antioxidants, fights free radicals, lowers blood pressure, prevents heart disease, reduces inflammation.

ORANGE – High in vitamin C, helps reduce incidence of colds, lowers cholesterol, prevents kidney stones, reduce colon cancer risk.

WATERMELON – 92% water, very high in glutathione which supports immune system. Also high in lycopene, the cancer fighting oxidant.

The image features a central text area framed by delicate watercolor illustrations of green leaves and thin brown branches. The leaves are in various shades of green, with some showing subtle watercolor textures and veins. The branches are thin and brown, with small leaves attached. The background is a light, neutral color, possibly a very light green or off-white, with a faint, larger-scale watercolor wash behind the text.

Plant-Based Recipes

Green Coconut Smoothie

Serves 1:

big handful baby spinach

1 banana (frozen)

1 scoop Inflammx powder

1 tsp spirulina

4 Tbs coconut yogurt

2 Tbs chia seeds

2 Medjool dates

1 cup coconut water

Ice



Berry Hemp Smoothie

Serves 1:

- 1 frozen banana
- 1/2 cup frozen blueberries
- 1 scoop Inflammx powder
- 1 Tbs chia seeds
- 1 Tbs hemp seeds
- 1 Tbs flax meal
- 1/2 cup oat milk
- Ice



Quinoa Porridge

Serves 2:

1/2 cup rinsed quinoa
1 cup almond, oat or coconut milk)

1 tsp coconut oil

1 tsp cinnamon

A dash sugar free maple syrup

Toppings:

1 Tbs goji berries

1 Tbs hemp seeds

1 Tbs blueberries

1 Tbs chopped nuts

A dollop of coconut yoghurt



Tofu Scramble

Serves 2:

Dash of Olive Oil

100g Button white mushrooms sliced

1/2 clove garlic crushed

1 spring onions, chopped

200g Organic firm Tofu, drained &
crumbled

1 tsp Tamari

1 Tbs finely chopped fresh parsley

4 slices gluten free bread or spelt
sourdough

Celtic sea salt + pepper

1 tsp turmeric

Baby spinach

Avocado to serve



Stuffed Sweet Potato

Serves 2:

2 x whole medium sweet potatoes –
poke 5 holes in the potatoes and cook
for 1 hour on 200 degrees

1 x can black beans

1 tsp cumin, chilli powder, garlic
powder, onion powder, paprika

5 button mushrooms

1/2 onion

salt & pepper



Lentil Soup

Serves 2:

- 1 brown onion
- 2 carrots
- 2 celery stalks
- 2 Tbs tomato paste
- 3 cloves garlic
- 2 tsp cumin
- 1 tsp dried oregano
- 1 tsp dried basil
- 1 tsp dried thyme
- 1/2 cup olive oil
- salt & pepper
- 1 can diced tomato
- 6 cups veg broth
- 1 can brown lentils
- 4 handfuls spinach
- 1 lemon



Tofu Stir Fry

Serves 2:

1 x block of tofu or tempeh

2 cups veg – onion, capsicum,
mushroom, zucchini, broccolini,
carrot, green beans

6 x Tbs tamari soy sauce

1 tsp grated ginger

1 garlic clove

Serve with brown basmati rice



Vegan Mini Pizzas

Serves 2:

4 x gluten free mini pita pockets

Tomato paste

Sprinkle with oregano & thyme

Veg of choice – mushrooms, capsicum,
olives, pumpkin, zucchini, onion

100g Grated tofu

Sprinkle vegan cheese



Vegan Protein Balls

1 cup rolled oats
8 Medjool dates (pitted)
1/2 cup chocolate protein powder
2 Tbs cacao powder
4 Tbs natural almond butter
1 Tbs chia seeds
1 Tbs flax meal
1-2 Tbs almond, oat, or coconut milk

Blend all ingredients together, roll into balls, refrigerate. Lasts for up to 2 weeks.

