



Diet, Lifestyle and Supplementation

- ◆ Eat 5 or more servings of fruit and vegetables per day, especially purple berry fruits
- ◆ Drink at least one glass of water for every caffeinated drink (tea or coffee). Try starting the day with ½ fresh lemon in warm water.
- ◆ Consume adequate intakes of Essential oils (particularly Omega 3) which often means olive oil / flax seed oil for cooking or salads, with 5mls a day extra fish oil (processed by molecular distillation)
A vegetarian alternative would be:
 - Flax (linseed) 2 parts,
 - Pumpkin seeds 1 part,
 - Sesame seed 1 part,Grind to a powder (like ground coffee) and store in the fridge. Add 2 heaped dessert spoons uncooked to porridge / breakfast cereals etc.
- ◆ Have 50-100 gms (2-4 oz) beans or lentils per day, either as baked beans or as chickpeas, red bean or other bean dishes
- ◆ Four Golden Rules
 - i) Eat when you are hungry
 - ii) Eat what you want, not what you think you should (within the bounds of The Healthy Eating Plan)
 - iii) Eat consciously, and enjoy every mouthful (put knife and fork down between each mouthful)
 - iv) When you think you are full, stop eating. Try not to eat later than 8 p.m.
- ◆ Stop smoking! either actively or passively
- ◆ Take regular exercise, at least 3, 30 minute walks per week
- ◆ Minimize physical and psychological stresses by regular meditation
- ◆ Take comprehensive trace mineral supplements with extra vitamins
- ◆ Boost your vitamin C intake to 1 gram per day (slow release) when starting a viral illness or traveling by public transport (especially when flying). Try Vitamin C with bioflavonoids 250 mg twice daily for 3 -5 days
- ◆ Ignite your passion and follow a career path that is enjoyable and sustainable

For recommended suppliers and supplement advice please contact Pauline

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