FAB OR FAD?
YOUR BODY IS SCREAMING FOR A DETOX!

10 signs YOUR BODY IS SCREAMING FOR A DETOX!

HOW TO SLEEP MORE AND STRESS LESS

RAISING STRONG, HEALTHY AND CONSCIOUS KIDS

TOP FOODS YOU NEED TO KEEP YOU BEAUTIFUL!

JIM KWIK UNLOCK YOUR POTENTIAL

NOVAK DJOKOVIC
How diet became the catalyst for his comeback

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“If you assume that there is no hope, you guarantee that there will be no hope; if you assume that there is an instinct for freedom, that there are opportunities to change things, then there is a possibility that you can CONTRIBUTE TO MAKING A BETTER WORLD.”

NOAM CHOMSKY
In this edition of The Food Matters Annual Magazine, we're going to be sharing with you our personal goals for the year, trending health articles, healing guides, mind-body inspiration, delicious recipes, products we love and so much more!

Firstly, our personal focus for the year is going to be on the mind and about perception because we believe the quality of our lives is determined directly by how we perceive our lives. We can compare up and live in a state of lack, we can compare down and live in a state of abundance but we can also compare inwards. And we can focus inwards and find that wellspring of health and happiness that resides within all of us, regardless of our external circumstances.

We've had the opportunity to live in a very remote part of the Pacific, on an island called Vanuatu. In that environment we live alongside village people who exemplify how most of the world lives. They live connected to the earth but they live in very basic conditions. Connecting with those people, helping them out with small philanthropic projects, has given our life such a richer sense of meaning and purpose and we've become so grateful for the smallest things that we have. Perceiving and conquering that mind-body connection is really our focus for 2019.

This year is going to be about expanding all of the content we have on FMTV. We have a lot more categories that we're expanding into, especially when it comes to the mind and body, spirituality, adventure documentaries and also food and travel documentaries. We'll be shooting a lot more content this year and bringing it directly to you inside the channel.

In putting this edition of the magazine together, we're reminded of the quote by Noam Chomsky (on the opposite page), which is so profound because it's based on perception. If you assume that there is hope, then there is hope; if you assume that there is no hope, then there is no hope, and we see this time and time again – miraculous stories of recovery from people who never let go of hope. These people saw opportunities where others believed there was no hope, simply because they retained the power of possibility.

We think that we're moving into a new era where the mind and our personal consciousness have an opportunity to combine. And we can already start to see that this new level of consciousness can have a material impact on the world. So it's about understanding and delving deeper into the idea of how your mind can control your body – and how it can influence your life – this is the next step in terms of health and wellness.

Here's to a fabulous 2019!

Yours in wellness,

James & Laurentine
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Tennis superstar Novak Djokovic reveals how his diet became the catalyst for his comeback in 2011

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Gobsmacked! How gummy candies are made
We reveal the shocking process which might just be enough to numb your sweet tooth

Food Matters kitchen
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We show you how quick and easy it is to whip up your own non-dairy and non-soy alternatives

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We look at the health implications of convenient cookware and test out the alternatives

Indoor plants – proven to make you happier
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Our favorite things to pop in our carry-on to stop running out of steam (or at least have us looking like it)

Staying healthy while traveling
(it’s easier than you think)
Check off the items on this list to combat the effects of flying and travel

FILM

Most-watched on FMTV
From inspiring films, expert interviews, recipes and guided meditations, your go-to guide for visual pleasure on FMTV

Film club: The power of real food choices
Revolution: Food introduces you to the farmers and food producers using sustainable and healthy methods

Food Matters Store
Shop for your favorite FM products
“The POWER TO CHANGE is in your hands and your hands only. No one else can do it for you.”

DR. LIBBY WEAVER
Imagine watching the man who raised you, who once energetically chased you in the yard, who guided you through trouble and cheered you on in all your ventures, become bed-ridden, anxiety-filled and with conditions continuing to worsen, despite medications given. Imagine when it seems the answers don’t exist, a ‘cure’ is just a dream and the stark reality hits that this could very well be how the rest of his days are lived.

It’s a deeply saddening and frustrating scenario, and one that I know all too well. However, despite this story’s bleak beginning, the reason I share it with you now is because of its incredible twist and how our unrelenting determination to find a better way back to health became the start of Laurentine and I living our true purpose.

In 2003, my father Roy was diagnosed with chronic fatigue syndrome. At the time we didn’t realise the impact this would have on our whole family. We thought that a diagnosis meant we could fix it by simply outsourcing treatment to the medical profession and move on.

It was not a simple fix and then back to normal life. For the next five years, Roy’s days were spent in bed and his nights were often filled with sweaty panic attacks. It was devastating to witness, but these were the normal, anticipated side effects of his medications. This vicious cycle continued as Roy was on two to three medications for his condition and another two to three medications to curb the side effects. He had gained more than 55 pounds and was increasingly lethargic.

It just didn’t make sense to me that this course of action was the only option. It felt like everything was backwards, the things that were supposed to help made life so much worse for Roy. Doctors continued to prescribe more and more medication. Not one medical professional suggested he change his diet or eating habits or recommend different ways to handle stress. Their advice: take the pills and we’ll see how it goes. Not surprisingly, Roy’s health began to deteriorate further.

Instead of feeling helpless and defeated, Laurentine and I sought more answers because we knew in our guts there had to be a better way.

We threw ourselves into research, grabbing every book we could find and soon learned that healthy food could be used to heal. We also discovered that healthcare, food and agricultural industries were not particularly concerned about our health. They were primarily interested in profits. For example, we learned that the processing of many of our basic foods was not for any health or nutritional benefit. Instead, it was introduced as a way to increase the shelf life and marketability of the industries’ products.

We couldn’t believe what we uncovered. We were compelled to share what we learned and to keep on digging.

Roy was less enthusiastic about our insights. Our every attempt to help was met with keen resistance. “These doctors have spent their entire lives training to help me. What makes you think you can do better?”

But as Roy’s health and spirit spiraled, Laurentine and I pressed on.

Our new discoveries convinced us to formalize our knowledge through the Global College of Natural Medicine’s Nutritional Consultant program. After completing our studies, we felt even more confident that we could help Roy. We started sending him some of the books we had been studying.

A STORY OF recovery
We couldn't believe what we uncovered. We were compelled to share what we learned and to keep on digging.
We threw ourselves into research, grabbing every book we could find and soon learned that healthy food could be used to heal.

Unfortunately, getting him motivated to read three hundred pages on natural healing remedies was like trying to make water flow uphill. We needed a better way.

If we couldn’t get my father to read about nutrition and natural health, we figured we could probably convince him to watch a film on the subject. We had researched many of the films that existed on the topic. Although many were good and some were excellent, we weren’t convinced that any of these films would win over my father. Let’s face it, the alternative health industry has a bit of a bad reputation. We knew he needed to see natural health in a new light. So we decided to make a film that would restore the image of the wonderful men and women who, through their life-changing work, live up to Hippocrates’s famous saying, “Let thy food be thy medicine and thy medicine be thy food”.

We invested our life’s savings into making Food Matters. We bought some film equipment and traveled around the world to interview numerous doctors, nutritionists, scientists and wellness experts we had been studying throughout Roy’s illness.

We were on a mission and no one could stop us—not even Roy or his team of doctors. This journey sparked something within us that we knew was so important. This was now more than just helping Roy, it was about changing lives across the globe.
We knew we had some powerful information in our hands, if only we could get Roy (and the world) to listen. As a family, we watched the unedited interviews. Before long, Roy was hooked.

Almost immediately, he went from believing in the medical profession to believing in the age-old adage “You are what you eat”. Roy agreed to our help, telling his team of doctors he wanted to stop their treatment, much to their dismay.

Together, Laurentine and I conducted what we like to call a “fridge audit”. We threw out any food that wasn’t real. This included all of the diet products, all of the processed foods and fats, and all of the factory-farmed meat and dairy. We then guided Roy through a detoxification program, adding more and more healthy foods to his diet. At the same time, we helped wean him off his medications by putting him on a special—and closely monitored—natural supplement regimen.

Within a few months, Roy was back to his old self, maybe even better. He was out of bed, moving freely and energetically around the house. He lost weight and was no longer anxious or depressed. He slept through the night and woke up each morning refreshed and ready for the day. He even started jogging again, something he hadn’t done in years. He was renewed.

A simple commitment to natural foods freed him from the chronic fatigue syndrome that had trapped him for over five years. It was amazing to watch.

It was all we dreamed of, but then so much more. Not only did I have my father back but Laurentine and I had a whole new direction in life and a very clear purpose. We knew we had to share all that we had found with as many people as possible, then learn more, share more, change more lives and repeat. Food Matters was just the beginning, and since then we have created more documentaries, developed health and wellness programs, an entire online subscription service with more than 1,000 health and wellness resources, and built up an international following of more than 5 million.

There is always more to learn, but one thing we can say for sure is that changing what you eat can change your life. A total health transformation is possible through a natural diet of fresh, delicious and wonderful foods packed with life-sustaining nutrients.
Straight out of the gate 2019 has its first big health trend. Move over kale, celery juice is the hottest new ‘superfood’ to take over our Instagram feeds and blogs, thanks to Anthony William from Medical Medium.

For as long as we can remember, we’ve incorporated celery juice into our daily routines and we are so pleased to see the growing popularity of this ‘miracle tonic’. There is a myriad of health benefits associated with a daily dose of celery juice and the world wide web is catching on to this, with many claims that celery juice has helped to heal everything from IBS to cancer to anything your GP can’t quite resolve.

While celery sticks as a snack aren’t hugely appealing to everyone (we’ve heard the term crunchy, stringy water thrown around!) when transformed into a juice, you’re able to pack more servings of this wonder vegetable into each sitting and magnify the benefits.

Celery juice is full of vitamins and phytonutrients! This means it delivers great benefits that are so easy to consume in a daily juice routine! Plus, celery is a good source of dietary fiber with 1.6 grams of fiber in every 100g. This humble vegetable packs quite a punch!

So what do all these vitamins, minerals and phytonutrients mean for your health?

10 Health Benefits of Celery Juice

01. Reduces Inflammation

A study published in Molecular Nutrition and Food Research found that apigenin (contained in celery) can help modify or reduce damage caused by inflammation and restore immune balance. Essentially it works by starving the pathogens, including unproductive bacteria and viruses, that create inflammation.

This revelation is incredibly beneficial for those suffering chronic and autoimmune disease as well as any of these conditions that create or are caused by inflammation: Hashimoto’s thyroiditis, rheumatoid arthritis (RA), fibromyalgia, myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS), Lyme disease, migraines, vertigo, celiac disease, irritable bowel syndrome (IBS), diabetes, psoriasis, eczema, acne, lupus, Guillaun-Barré syndrome, sarcoidosis, Raynaud’s syndrome, Ménière’s disease, gastroesophageal reflux disease (GERD), gout, bursitis, bloating, intestinal cramping, distention, acid reflux, vertigo, constipation, restless leg syndrome, tingles, numbness. See why it’s becoming known as a miracle juice?

02. Boosts Brain Function

The mineral salts in celery support the body’s central nervous system, helping reduce brain fog, anxiety, depression, memory loss, bipolar disorder, Alzheimer’s disease, obsessive-compulsive disorder (OCD), attention-deficit/hyperactivity disorder (ADHD) and more.

The electrolytes found in celery are able to hydrate you on a deep cellular level which lessens your chances of
The electrolytes found in celery are able to hydrate you on a deep cellular level which lessens your chances of suffering from migraines, anxiety, panic attacks, and assists with managing stress.

03. **Improves Thyroid Function**
The mineral salts in celery help to cleanse the thyroid of toxins, particularly the Epstein-Barr virus, and increase production of the thyroid hormone T3. This is particularly useful for anyone suffering from hypothyroidism.

04. **Reduces the Risk of Cancer**
Studies are being conducted into the molecule apigenin and the flavonoid luteolin, both found in celery, to understand their effect on cancer cells. While we don't have the evidence to suggest a ‘cure’ for cancer, a study published in Current Cancer Drug Targets said, “Recent epidemiological studies have attributed a cancer prevention property to luteolin.”

05. **Improves Gut Health**
Anthony William, the Medical Medium, is the champion for celery juice and even goes as far as to say, “Celery juice is one of the most profound ways, if not the most profound way, to restore digestive health. It is that powerful.”

Celery juice strengthens hydrochloric acid in the gut which is a critical element in digestion and keeping the digestive system alkaline. When hydrochloric levels are out of balance then food may not be sufficiently digested in the stomach, leading to a lack of nutrient absorption from the food and bad acids to develop from the food rot. A good daily dose of celery juice can help rebuild the stomach’s complex balance of hydrochloric acid, strengthen the digestive system, lower the levels of bacteria, viruses and invaders, thereby strengthening the intestinal linings and easing constipation and bloating.

06. **Improves Mood**
Because our emotions are connected to the gut, by improving gut health you can also see an improvement in your mood, particularly reversing feelings of fear, panic, shock or nervousness.

07. **Supports the Liver**
Celery juice can help detox the liver and repair liver cells enabling the liver to increase its bile production and function better, which in turn supports better digestive health. A sluggish, stagnant, fatty liver can worsen low hydrochloric acid symptoms in the digestive system, so by taking celery juice to improve both the liver and digestion, a whole host of symptoms can be remedied in one go.

08. **May Lower Blood Pressure**
The powerful nutrients in celery juice support better heart health in a number of ways. It lowers LDL cholesterol, reduces the effects of stress hormones such as cortisol, and relaxes smooth muscles inside the blood vessels, which all support the lowering of high blood pressure.

09. **Beauty Booster**
Hair and skin can benefit from celery juice too! Being 95% water, celery juice helps to hydrate and brighten the skin, and its high levels of vitamin A can positively affect hair by providing nourishment to the roots and stimulating growth.

10. **Antiseptic/Antibacterial Benefits**
Celery's mineral salts are antibacterial and can kill bacteria such as strep, and can help cure urinary tract infections (UTIs), chronic sinus infections, acne, IBS, and small intestinal bacterial overgrowth (SIBO), plus they encourage a healthy environment for “good” bacteria.

When these powerful mineral salts make contact with viruses such as Epstein-Barr, HHV-6, and shingles; bacteria such as Streptococcus and other pathogens—troublemakers responsible for chronic illness—the salts begin to break down the pathogens' cell membranes, eventually killing and destroying them.
Some recommend starting the day with 16 ounces of celery juice daily on an empty stomach and waiting 15 minutes before eating a healthy breakfast to allow it to work its ‘magic’. By taking it first up in the morning you can strengthen your digestive system and set yourself in good stead for the rest of the day.

While slamming down a glass of plain celery juice may be beneficial, and exciting for a small few, it may be a difficult tonic to take. Celery is a wonder vegetable, but it doesn’t necessarily have a wonderful taste! For those who can’t quite yet handle it straight, the following recipe brings a fresh, balanced flavor with the addition of lime and cucumber.

**YOUR CELERY JUICE RECIPE**

**INGREDIENTS**

- 1 small bunch of celery
- 1 small cucumber
- 1 lime or lemon, peeled

**Optional Booster**

- Ginger
- Green apple

**METHOD**

- Juice all ingredients through your juicer.
- Drink juice right away or save it in an airtight mason jar for up to 24 hours.

**THE CELERY JUICE VERDICT**

With so many incredible benefits packed into one small, easy to make glass of celery juice, this is one health trend we will be continuing to incorporate into our daily routine.

If you’ve got symptoms plaguing you or you feel that you could do with a health boost, why not try adding celery to your diet and see how much better you feel?

Let your local organic greengrocer know to keep this wonder vegetable in stock for you and get juicing!
When we hear the word ‘detox’ a range of ideas may come to mind. Perhaps, immediately, your thoughts wander to strange herbal concoctions or pungent wheatgrass shots! Perhaps you have tried a detox program before and found the initial symptoms to be unpleasant. Or perhaps you have experience with detoxing on a frequent basis and are aware of the incredible physical, mental, emotional and spiritual benefits of a deep cleanse. Either way, it’s important to dispel common myths around what a detox is, and to truly understand why it is important to give our body a break from time to time.

So, why should YOU detox?

Our body is constantly working to dispel toxins and unwanted matter from its various systems. Over time, the body gets run down from unhealthy food choices, alcohol, caffeine, drugs, stress and environmental toxins that are a part of modern-day life. No matter how healthy your diet or lifestyle may be, external factors still require us to give the body a chance to recharge and dispel anything that may be holding us back from experiencing superior health and long lasting vitality. When our vital organs are placed under too much pressure and unable to work efficiently, this is when illness and disease can appear. Taking time to cleanse the body and nurture these vital organs goes a long way in prevention and also has immediate effects - greater energy, clearer skin, better digestion, mental clarity and so much more.
Is your body screaming out for a detox?! Here are 10 tell-tale signs:

1. You constantly feel fatigued, stressed and overwhelmed
2. You experience frequent headaches and/or lack of mental clarity
3. You often have skin breakouts and blemishes and/or a tired, dull and lack-luster complexion
4. You seem to pick up colds, flus, bugs and viruses easily and are often on medication
5. Your digestion is troublesome, uncomfortable and irregular
6. You slip into making less-healthy food choices and often have fried foods, processed meat, dairy, gluten, processed foods, refined sugar or fast food
7. You frequently have coffee, alcohol, drugs (prescription or otherwise) or cigarettes
8. You are exposed to common environmental toxins such as carbon emissions, cigarette smoke, herbicides, pesticides, artificial fragrances and household chemicals
9. You are carrying excess body weight
10. You often feel emotionally unstable, depressed, unmotivated and have a lack of energy and enthusiasm for life.

A detox is your opportunity to give your body a break and allow your own self-cleansing and self-healing processes to kick into gear. Our bodies are innately intelligent and a period of cleansing is the perfect way to hit the reset button and start on a path to a healthier, happier, more vibrant you.

Here are just some of the benefits of a holistic, natural detox:

- Prevention of chronic diseases
- Stronger immunity
- Assistance in losing stagnant weight
- Improved quality of life
- Increased energy
- Radiant, glowing skin
- Bright, clear eyes
- Mental clarity
- Balanced emotions
- Improved self-confidence and empowerment
- New healthy habits and routines
- Improved longevity

What is a detox?

Most of us tend to agree that detoxification or ‘detox’ diets are short-term interventions designed to eliminate toxins from the body, promote health and assist with weight loss.

But, in essence, it is really just creating the perfect conditions to support our body in doing the job it was already made to do... “Detox”. Here are some great tips to help you out when doing a total body detox and why these tips are so important for your overall, long-term health:

**Hydration**

**Importance:** Elimination of toxic particles and the rejuvenation of cells.

**TIP:** Aim to drink between 1-3 L of water per day.

**How to make this happen:**

Use meal times as a reminder to hydrate. Drink 500 ml water (with lemon juice, if you prefer) upon rising, and repeat half an hour before lunch and dinner. Carry a water bottle with you throughout the day.

Replace your 3 p.m coffee with herbal tea.

**Exercise**

**Importance:** Strengthens your lung capacity/ability.

**TIP:** Aim to move your body regularly throughout the day.

**How to make this happen:**

Break exercise into smaller chunks of time. Take 10 minutes in the morning to stretch, go for a half hour walk before heading to work, or take the stairs instead of the elevator in your building.

Incorporate being active into your social life: catch up with friends for a walk, run or gym session instead of a coffee or cocktails.
Real, live food!

**Importance:** Specific foods assist with deactivating toxins and removing them from the body (specifically heavy metal buildup).

**TIP:** Aim to incorporate as many fresh fruits and vegetables into your diet as possible.

**How to make this happen:**
Juices, smoothies and salads are a perfect place to start. Incorporate chlorophyll-rich foods such as wheat grass and barley grass, as well as herbal teas and sea plants such as nori.

Coriander, and foods containing citric and malic acid (grapes, oranges, lemons and other citrus fruits) as well as selenium-rich foods (such as Brazil nuts, mushrooms and sunflower seeds) have been shown to assist with the removal of heavy metal buildup within the body.

Sleep

**Importance:** Sleep assists with the rejuvenation of cells and helps with the healing and repair of your heart, muscles and blood vessels.

**TIP:** Aim to sleep 7-8 hours per night

**How to make this happen:**
Be aware of the importance of sleep hygiene (avoid caffeine before bed, allow 2 hours between your last meal and bedtime, use dim lighting).

Make a conscious effort to wind down before rolling into bed. Put your phone down, turn off the TV, free yourself from distractions and make your sleep space as comfortable as possible.

Get outside

**Importance:** Breathe fresh air into your lungs; receive your daily dose of vitamin D and boost your mood.

**TIP:** Eat more meals outdoors; exercise outdoors instead of in a gym or studio every once in awhile.

**How to make this happen:**
If you’re going to be inside all day, take your breakfast outside to a sunny place. Instead of eating lunch at your desk, go for a walk outside and sit in a comfortable, relaxing space. Breathing in fresh air and feeling the sun’s warmth on your skin can help to both clear your lungs and boost your mood.

So there you have it! Detoxing is not as confusing or restrictive as you may have thought. By assisting your body’s natural detoxification system to do its job, chances are a little boost of self-care will be a relaxing and enjoyable experience for you! Plus, the benefits of feeling amazing afterwards make it all so worthwhile.

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**FOOD MATTERS®**

**Are You Ready To Say Goodbye To Bloating and Gas, Fatigue, Brain Fog, Mood Swings and Persistent Headaches?**

We’ll show you how with the 7 Day Food Matters Liquid Cleanse, with juices, soups and smoothies to reset your health without going hungry. You’ll learn how you can eliminate food cravings, have abundant energy throughout the day, kick-start your immune system and shed a few unwanted pounds.

You can download your meal plans and shopping lists and follow along with instructional videos on FMTV.COM/programs

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**Most-watched on FMTV**

This year was the best yet for amazing films, recipes, expert interviews, and guided meditations on FMTV. Find out what everyone loved with our list of most watch content on Food Matters TV.

**Transcendence**
In this 5-part docu-series you’ll hear from some of the world’s most recognized doctors, high-performance athletes, thought leaders, and everyday people who are living a life on purpose through the power of food, mindset, and self-discovery. This groundbreaking new FMTV original series will inspire you to examine your own life more deeply and give you the tools to ultimately live a healthier and happier life.

**Hungry For Change**
We all want more energy, an ideal body, and beautiful, younger looking skin. So what is stopping us from getting this? Hungry For Change exposes shocking secrets the diet, weight loss, and food industry don’t want you to know about; deceptive strategies designed to keep you coming back for more. Find out what’s keeping you from having the body and health you deserve, and how to escape the diet trap forever.

**Visualize Abundance Meditation**
Do you see yourself 6 months down the track as your perfect ideal self? It may be relationships, career or even gaining a peaceful mind. Whatever success means to you, let Jon Gabriel guide you through meditative visualizations that help you tap into your mind’s uncharted potential for manifestation.

**15-Minute Morning Yoga**
Roll out your yoga mat, find a quiet space at home and join James, Laurentine and Ashley in a 15-minute Sadhana yoga class from the Awakening Yoga Series. This 15-minute practice is a great flow for getting your blood circulating, your muscles oxygenated and your mind and body attuned.
Making Conscious Food Choices with Ocean Robbins

In this exclusive FMTV interview, join James as he chats with Ocean Robbins about how to supercharge your health with plants, say ‘no’ to factory farming, and make healthier food choices for your health and the health of the planet. This interview is part of The 10 Day Plant-Based Challenge which you can take on Food Matters TV.

Ginger Lemon Detox Drink Recipe

It seems our Food Matters TV Tribe loves starting their day with the Ginger, Lemon Detox Drink! This recipe will help flush out toxins and aid digestion by encouraging the production of bile. It is also a great source of essential nutrients including citric acid, potassium, calcium, phosphorus and magnesium. Get the recipe, along with hundreds of other juice recipes inside Food Matters TV.

7 Healthy Habits

In this in-depth video with James Colquhoun, you will learn some amazing health tips to discovering the healthiest version of yourself! You’ll find the 7 Healthy Habits as part of The 21 Day Gluten-Free Program, inside Food Matters TV.

This is just a small glimpse into some of our most-loved content inside Food Matters TV throughout 2018! You can start your trial of Food Matters TV to browse these plus so much more of what the FMTV tribe is loving.

Start watching with your FREE 10 DAY TRIAL at fmtv.com/mag
If you’re feeling stressed and overwhelmed, you may reach for certain foods to make you feel better. This is not a problem so long as the foods you’re eating are actually helping you manage your stress and not making the situation worse.

These top foods are proven to help boost your feel-good hormones, lower your blood pressure and reduce cortisol levels, which will help you balance your moods and feel calmer.

1. Capsicum
Why it works: When we’re stressed, our body releases a chemical called cortisol. Capsicum reduces the amount of cortisol in the bloodstream, which helps to manage stress. Plus it contains vitamin C that boosts immunity.

How to eat it:
Chop up some raw sticks to have at your desk at work and munch on them on their own or with a nice hummus when you’re feeling stressed. The crunchiness will also help to relieve your tense jaw.

2. Avocado
Why it works: Avocados contain 20 essential health-boosting nutrients including potassium, vitamin E, B vitamins, and folate. According to research published in the Nutrition Journal, avocados keep you satiated throughout the day and are helpful for regulating blood sugar levels, which helps to keep your mood steady even in times of stress.

How to eat it:
Avocado is so versatile you can add it to almost anything or eat it on its own for a pick-me-up snack. Add avocado to your morning smoothies, chop it up and put it in your salad, whip it up in your blender to make a guacamole dip or even use it in a dessert to curb those sweet cravings!

3. Dark chocolate
Why it works: With magnesium deficiency linked to anxiety and stress, you don’t have to feel guilty about a few bites of chocolate when you’re stressed. Good quality dark chocolate contains magnesium and zinc to give you a healthy boost.

How to eat it:
Have a few pieces of high quality dark chocolate as a snack when you’re stressed.

4. Cooked tomato
Why it works: Like capsicum, this too helps to reduce your cortisol levels but is also a major source of lycopene; which has been linked to a reduction of depressive symptoms, and helps prevent inflammation and blood clots. Studies have found cooking tomatoes can increase the potency of lycopene, far greater than any other fruit or vegetable.

How to eat it:
Try adding cooked tomatoes to your breakfast routine or make some delicious tomato soup for lunch or dinner.
Tossing, turning and hopelessly counting sheep... insomnia is totally torturous and any form of sleep pressure is never any fun. Left unchecked, it can harm our health, mood, productivity and general quality of life!

Perhaps you travel a lot, work shift work, or have disordered sleep patterns. Maybe you’re a bit stressed and have trouble switching off at night. Whatever the case may be, up to 70 million Americans experience some form of sleep disorder, so chances are you might appreciate some extra zzz’s!

With modern schedules fuller than ever, we know you can’t waste precious time tossing and turning before you hit the hay. So here are our top tips for switching to sleep mode faster than you can count to 50 sheep!

**Bring on the black**

Darkness sends all sorts of signals to our brain that it’s time to wind down. On the flip side, bright lights keep our brain switched on in wake mode.

If you can’t make your room dark or regularly need to catch your shut-eye in different environments, consider buying a good quality eye mask. They are light, portable and will help you to melt into that soft, inky darkness where beautiful sleep is found!
Tune out

Just as bright lights distract us from falling asleep, noise is another major stimulus that stops us from snoozing (and can be downright irritating when you’re tired!) Invest in some soft, ‘sleep’ headphones - these are padded, super comfortable and tend to do a better job of blocking out distracting sounds. Even better, play some soothing music, meditations or nature sounds to really zen it up.

Try the 4-7-8 trick

Pioneered by Dr. Andrew Weil, 4-7-8 breathing is one of the simplest yet most effective tools you can use to access instant calm. Simply inhale through your nose for a count of 4, gently hold this breath for 7 counts and exhale slowly for a count of 8.

This type of yogic breathing stills the mind and stimulates the release of feel-good chemicals in your brain. Given that stress is a major cause of sleep disturbances, relaxation is absolutely essential to help your mind to wind down.

Keep an essential oil kit

Aromatherapy has been used for centuries as a natural sleep remedy. Lavender, Roman chamomile, neroli, orange and petitgrain essential oils are all potent sleep aids.

Why? Aromatherapy works on emotional, psychological and biochemical levels to induce calm. Essential oils act directly on the brain and the central nervous system to release natural chemicals and feel-good endorphins. Our sense of smell is very powerful and builds an “association” with sleepy calm if we use essential oils consistently before nap time.

Helpful herbs to use on-the-go

It’s pretty well known that a warm herbal brew of chamomile tea will help us get to sleep. However, making a cuppa in the midst of a restless night or when you’re away from home isn’t always feasible.

Thankfully, many sleep-inducing herbs are now available in supplemental tablet form. An herbal supplement containing chamomile, valerian, hops or passionflower will help most of us nod off to sleep in no time - just be mindful that some meds do interact with these herbs and valerian, hops and passionflower aren’t recommended for prolonged, regular use.

Hang your worries on a worry tree

Many experts recommend journaling out any anxious thoughts or a ‘To Do’ list before you go to bed. However, if you need sleep - fast - and are away from home, this may not be the solution for you.

Alternatively, visualize a beautiful, ancient tree with deep, spreading roots and expansive foliage. Imagine yourself transferring your individual worries from your mind onto the strong, supporting branches of this tree. Know that this tree is guarding your problems and keeping you safe while you sleep.

Savor a sleepy-time snack

There is some evidence to suggest that a light snack containing low glycemic index carbohydrate can help us get to sleep. The theory behind this is that such foods may help our brains to produce serotonin, a neurotransmitter that makes us feel happy and relaxed.

Therefore, you may like to try eating a small banana, handful of blueberries, healthy oatmeal biscuit or small slice of sourdough toast before heading to bed.
Most of the time, these worries are blown out of proportion. When we wake up or actually have to face our feared situation, 9 times out of 10 it’s not the big deal that we thought it was. Therefore, worrying late at night is mostly a massive waste of energy. But how to escape these seductive trains of thought and slip into the sleep zone?

Try to notice any ‘catastrophizing’ worry thoughts and say to yourself, ‘STOP. No, no, no. We’re not going to deal with this right now.’ When your brain starts another tangent, remind yourself gently but firmly that you are not in the right frame of mind to think about this clearly and will deal with these thoughts with a fresh mind in the morning. With regular reinforcement, your mind will start to listen!

Use all your senses

Visualization exercises are a powerful way to relax, yet how tricky can it be to make your mind stay present and focused while you do them?

Instead of simply ‘seeing’ a relaxing visualization in your mind’s eye, try to recruit all your senses to imagine a relaxing scene unfolding. What does this scene actually feel like? Smell like? Experts say that recruiting all senses will guide you deeper into visualizations.

The emphasis here is on eating a light snack, though. Eating too much will strain your digestive system and actually interfere with your quality of sleep.

Find your sleepy acupressure points

Acupressure has been used to remedy a wide range of health ailments. It’s safe, totally natural and offers some easy applications that can be used anytime, anywhere, to help you fall to sleep.

There are two major acupressure points that can be pressed to help you drift off. Firstly, find the small indent at the top of your nose and between your eyebrows. Apply light pressure with your fingers for a minute before sleep. You can also press the sole of your foot, approximately one third of the way between the tips of your toes and your heel, for a similar effect.

Catch yourself catastrophizing

Before we go to sleep, we are typically alone with our thoughts. With the added stress of being overtired, it is easy for our mind to cascade into spirals of worry that keep us awake.

10 DAY Sleep & Stress PROGRAM

Are you ready to reduce your stress levels, put an end to middle-of-the-night anxiety and truly get a good night’s sleep?

Get unlimited access to the 10 DAY SLEEP & STRESS PROGRAM on FMTV TODAY!

Enjoy all the meditations, expert interviews and everything FMTV has to offer. FMTV.COM/PROGRAMS
Since the 1940s, antibiotics have been internally embedded as conventional medicine among the medical profession for a resolution to bacterial infections. Although antibiotics have had their place in society, we need to ask ourselves, are antibiotics really worth the underlying risks?

Studies show that even short-term use of a course of antibiotics can effectively disrupt the body’s natural gut flora and potentially lead to a spread of antibiotic resistance. This is a concern because bacterial resistance cannot be controlled or killed by antibiotics. Studies show that the organisms which are responsible for diarrhea, urinary infection and sepsis are resistant to older antibiotics.

So why should you care?

It is important to be aware of the effects antibiotics have on our bodies, as it has become a public health burden on us in more ways than one. It is not just the medical industry that capitalizes on the use of antibiotics, but our global food system as well.

Take the agricultural use of antibiotics, where they are injected into animals or animal feed and are then sold to us for consumption. Antibiotic residue can linger in these meat and dairy products.

Another common misuse of antibiotics is inadequate diagnostics. Have you ever gone to the doctor when you were unwell and been prescribed antibiotics despite not being given a diagnosis yet? According to the CDC, a comparative report on antibiotic prescribing revealed that some doctors were overprescribing more so than others.

Due to such overconsumption, treating infections with antibiotics today, unfortunately leads to more damage than good to our immunity and digestive systems.

Luckily, we have the choice for our health to be in our own hands. In Mother Nature’s hands. Here are 7 of our favorite natural antibiotics that have been around years with no negative side effects.
01.

Raw Honey

Raw honey is still the best antibiotic, with many healing benefits. It fights infections on multiple levels and does not lead to resistant bacteria. Manuka honey is another delicious, multi-purpose wonder, naturally containing antibacterial, antiseptic and antifungal properties. It can be used as an ointment, topically, or can be taken orally for internal health.

02.

Garlic

Garlic is a natural, potent antibiotic which helps to clear sinuses. Due to the high levels of a sulfur compound and allicin, it has the ability to kill various forms of bacteria.

03.

Echinacea

Echinacea is a superfood herb that is a natural antibiotic and immune stimulator. It helps the body fight off cold and flu-like symptoms.

04.

Grapefruit Extract

Grapefruit extract (GSE) is another super healer with its powerful combination of antifungal, antibacterial and antimicrobial properties. GSE extract can act as a natural preservative and disinfectant, which contains antibacterial activity that repels foodborne pathogens.

05.

Fermented Foods

Fermented Foods such as sauerkraut and kimchi have been around for centuries. They are full of health-promoting properties and rich in probiotics for gut health and digestion.

06.

Coconut Oil

Coconut oil is quite possibly one of Mother Nature’s greatest gifts.

Not only can it be used in delicious recipes, but it is also great for the skin and, due to its anti-inflammatory and antifungal properties, it makes a perfect oil for oil pulling.

07.

Apple Cider Vinegar

Apple cider vinegar is a natural bacteria-fighting agent with multiple proven benefits. It can be used as a probiotic as well as a disinfectant!
From fighting what seemed to be a losing battle against himself, to becoming the Tennis World #1 just 12 months later, tennis superstar Novak Djokovic explains, in a deeply personal interview with James Colquhoun, how diet was the catalyst to his 2011 comeback.
James: January 27, 2010 at the Australian Open was a crucial point in your life. Could you explain what happened and how that changed your life?

Novak: There was a situation at the 2010 Australian Open match that you’re referring to that was caused by many other events prior to my struggles on the court. I had a complete team fully devoted to my high performance state of the body and mind, but I obviously didn’t understand that there is this nutrition part that was blocking me. I wasn’t eating correctly even though I thought that I was.

Back in 2010 and playing against Tsonga in the quarter finals of the Australian Open, I was two sets to one up and it was a big challenge playing against Jo. For some reason he was just feeling stronger and I was feeling weaker, and then all of a sudden my vision became different. I didn’t see the court as wide as it was at the beginning of the match and I had blurred vision. I couldn’t catch my breath after each point was finished and in no time he was the winner of the match. I remember that between the fourth and fifth set I went out to throw up and felt my stomach was aching. I felt my energy was so low and my nose was blocked. There were plenty of things going on, and that was not the first time.

I really had that desire and willingness to tackle the issues that I had but I didn’t know how and I didn’t have access to the right information. Finally, that’s something that I received in the second, mid-part of 2010 when I met Doctor Igor Cetojevic whom I met through mutual friends. Through his biofeedback machine, a noninvasive therapy, he received the data that I have a great sensitivity to gluten, to dairy products and obviously to refined sugar, as everybody in this world. I made that change and after that my life was different.

James: During this nutritional shift, you made conscious effort to make sure to listen to your body. Do you think you have improved your mind-body connection?

Novak: When my diet changed, the whole energy of my body changed and all of a sudden I became more conscious, I became more aware. I had more clarity of mind and I could comprehend things better.

All of a sudden it’s like my body received that light and blessing and the universe was just, from that point on, just feeding me with all the right information. The circumstances in life that I’ve had after that were phenomenal. I’m so privileged to be able to keep playing tennis on that high level but yet again be so conscious of myself on how I fuel my body and how I perceive things mentally. All of that combined was just a thrill.
James: From a nutritional perspective, what does a day in the life look like for you?

Novak: I try to start the day being really grateful to have another opportunity to live and to really sense my body, to breathe in and out deeply a few times and just realize how blessed I am. There’s an endless list of things that you can be grateful for. That’s the first thing.

After that it’s all about, generally speaking, fuelling my body with the right nutrients. I have cold pressed juices. I love the green juices in the morning and get a little detox because up to around noon is usually your bio clock for detox and I try to get those liquids in as much as I can and get some of the side bowls or a matcha bowl or super food smoothies.

My diet is based on 90% plant-based diet and I occasionally have fish and that’s all from the animal-based foods. I have made that decision because of the passion towards food and the willingness to discover more, to learn more, and I found it the most thriving for my body but that doesn’t necessarily mean that it’s the same for every single one on this planet.

Of course everybody’s different but one thing is for sure, the living foods, the organic foods, non-processed foods, are the best thing that you can fuel your body with.

James: How do you recommend other people eat? Should they follow the same diet as you or should they discover what works best for them?

Novak: I think everyone should get curious as every single child on this planet is curious.

I think it’s important for everybody to discover what it is that they should fill their body with so they can get rid of toxins. The easiest and maybe most simple way to start with getting rid of all the emotional luggage that you carry and all these blockages and toxins is to start eating correctly. Any kind or form of living food, vegetables, fruits, grains, seeds, nuts, cold pressed oils, anything that is plant-based and that is organic is pure energy to your body and I tried to start with that.

I feel like there’s a majority of people today, they are just eating to survive, just eating to fill their stomach and just move on with whatever they were doing. Just understand that the fuel for your body is the strength, is the energy that carries you in your life. Your body is structured in such a complex and intelligent way from divine energy and the universe that it’s smart enough to heal itself, to run itself if you are feeding it with the right information through food, through your surroundings, through whatever you do in your life.

James: You’re a big proponent of mindfulness and being in the present moment. Has that been a really important tool for you in your life?

Novak: It has been an essential tool in my life on the tennis court and off the tennis court. I’m so devoted right now at this stage of my life to the spiritual growth, much more than the material growth. I believe that
material growth comes as a consequence to your spiritual growth, your human growth, your character growth. I’ve been really trying each day to take some time and be mindful of who I am, meditate, go through breathing exercises or just sit there with eyes closed or with eyes open and observe nature and try to inhale that power of nature and power of divine light. I really cannot right now imagine myself without that.

Because we’re all people, and with the society that we live in and the world that surrounds us, it’s normal that each day we go through certain positive and negative vibrations and influences and it all has its impact on our mind, body and soul. That’s why it’s important to approach life from that holistic overview and understand that each aspect of your being needs some nurturing.

**James:** Love and peace is very important to you. Could you tell us a bit more about this philosophy of yours?

**Novak:** Amor y Paz, it’s love and peace, and it’s so simple but yet so powerful.

The other day I was meditating with Pepe and my brother, and Pepe was talking about the essence of our existence here, of our presence and who we are and the evolution. We had a wonderful moment together where you could feel that our energies connected and it’s when it came to me that in a simple translation into words and thoughts, it can be perceived as make it, live it and share it.

The first part of your life, you tend to create yourself. Not find yourself, create. You were curious as a child, you have different aspirations, you have different dreams, you want to try everything in life until you finally figure out what it is and you make something.

Then you live it. You try to find that courage and that boldness to be bold enough to live that and to serve as an example to everybody else.

Then, in the end, share it because that final stage of evolution is really sharing it with everybody else because you’re not going to take your energy, your feelings, your knowledge, your information, everything that you have learned or received or comprehended throughout your life with you in your body, in your grave. You need to share it because that’s the whole point of our existence with each other, because we’re drawn to each other and we need to be able to correlate and collaborate and share the information and thoughts and emotions in order to ascend as spiritual beings.

It’s something that fills my heart whenever I think about it, whenever I live it and whenever I share it.

For more health and wellness insights from Novak Djokovic, watch **TRANSCENDENCE** on FMTV.
TRANSCENDENCE is a new docu-series that explores the current state of our physical, emotional and mental health in a captivating new way.

Drawing on research and interviews by some of the world’s most recognised celebrities, doctors and thought leaders including Novak Djokovic, Jim Kwik, Mark Hyman, Libby Weaver, Bruce Lipton, Wim Hof, Gabrielle Bernstein, Joe Dispenza and Marie Forleo to name a few, this inspirational FMTV original series is set to challenge the way you view your health and ultimately question how you can live a better life.

Spanning over five fascinating episodes that individually tackle some of the biggest challenges of our time, Transcendence, takes the viewer on a journey into the ‘self’ like no other docu-series before it.

FMTV.COM/TRANSCENDENCE
Natural ways to boost your FEEL-GOOD HORMONES!

LAURENTINE TEN BOSCH

We all have days when we feel a little low. Some mornings you wake up and life doesn’t have its usual bright sparkle. Everything seems like an effort. Next time you’re feeling under the weather for no particular reason, try these easy tips to boost your feel-good factor.

Soak up some sunshine

Vitamin D deficiency is well known for its connection with Seasonal Affective Disorder, a type of depression that affects people who experience long, dark winters. In other words, it’s harder to be happy without sunshine!

A little bit of sunshine goes a long way. Most of us only need short, regular sunlight exposure to help our bodies synthesize vitamin D and keep us in bright spirits. Although vitamin D is found in oily fish, liver, egg yolks and some full-fat dairy products, it’s difficult to get our daily dose without sunshine or a supplement to help.

So next time you’re having an ‘Off Day’, and want to switch on to a good day instead, go for a brisk walk outdoors. You’ll top up your vitamin D and feel better for having the fresh air, too!

The natural perks of chocolatey goodness

As it turns out, cacao doesn’t just make us happy because it tastes good. This amazing superfood contains a bunch of goodies that contribute to our smile on a chemical level, too.

Good quality dark chocolate is a rich source of plant chemicals that offer powerful mood-boosting properties. These include anandamide, theobromine, tryptophan, and serotonin; some of the same molecules that your brain produces when you’re in love!

Again, a little bit goes a long way. Stick to a couple of squares of the good stuff and slowly savor the treat. You can also use cacao in powdered form to make a smoothie or healthy hot chocolate.

Catch up on some Zzzz’s

Few things zap your joy the way fatigue can. Even when life is going swimmingly, you may not feel the benefits if you’re exhausted.

Plan to have a ‘catch up’ sleep night. Clear your schedule to create a relaxing afternoon and evening that’s conducive to sleep. Have a meal cooked in advance, turn off your phone, burn some lavender essential oil and settle down with a nice book... anything that helps you to slow down and unwind. After some calming rest and a good night of shut-eye, things will look so much better the next morning!

Play with your pet

There’s pretty rigorous science to indicate that pets are good for our health and happiness. Pets can lower blood pressure, reduce stress, improve loneliness and lower negativity.

Watching and interacting with animals also helps us to ‘get out of our heads’. In other words, they are so engaging that they give us a break from thinking about anything else!

If you don’t have a pet, you could volunteer at an animal refuge, take a walk in a dog park or visit a friend’s furry companion.

Meditate

Meditation and mindfulness have long been recognized for their benefits to our mental health and happiness. These practices can improve anxiety, depression, pain, focus and the physical side effects of stress. Meditation can also foster resilience in stressful circumstances.

Hitting pause on a bad day and taking 10 minutes out for meditation and mindfulness practice can totally turn your day around. Breathing deeply, with particular emphasis on each exhalation, will also help your body to lower your levels of stress hormones.
Most of us aim to live a ‘healthy’ life, but quite often the busy-ness and stressors in our lives can see us compromising these good intentions and making less healthy choices for the sake of convenience. It’s not just food we’re talking about here. In fact, there are a number of factors that contribute to, or detract from, your health. We understand that no one is perfect and things will slip from time to time, but there are certain things that should always be prioritized for good health. Our Food Matters Practitioners have shared their 7 non-negotiables when it comes to health and the benefits they provide to our inner and outer wellbeing.

Sleep
It sounds simple, and something most people enjoy doing, but hardly any of us get enough of it! More than 40 percent of Australians get too little sleep to feel rested and able to function at their best, while only 8 percent are lucky enough to get more than 9 hours. This is cause for concern with sleep playing a vital role in mental health, physical health, quality of life and even safety. If you’re sleep deficient, you’ll notice a significant disadvantage in brain function and your inner wellbeing. This can cause trouble making decisions, solving problems, controlling emotions and increased adverse reactions to coping with change. Further studies have also made correlations between sleep deficiency, depression, suicide, and risk-taking behavior. And if that wasn’t proof enough to get a good night’s rest, Dermatologist Dr. Heidi A. Waldorf notes that beauty sleep is not only in the form of puffy eyes and flare-ups of whatever your dermatologic issue might be”.

Nourishing, real food
Treating your body like a temple is easier said than done when deadlines are pressing or life circumstances overwhelm. However, it’s in your best interest to feed your body nutrient-rich whole foods as it’s the only way your body obtains physical energy. While many may argue that they don’t have time to prepare meals and find it easier to opt for ready-made processed food, the short-lasting benefits of a convenient snack are far outweighed by the health benefits of a real meal. The key to better energy, greater vitality and a focused mind lies through whole, hand-prepared, fresh foods. To make ‘real food’ more convenient, try meal prepping a week’s worth of
food on a weekend so you’re ready for whatever the days ahead throw at you. With quality food ready to go, you’ll not only save time but you’ll also be better equipped to manage busy, stressful days.

Positive thinking
Positive thinking is about finding the silver lining in a bad situation, looking at the glass as half full, and ultimately finding the opportunity in the cards you are dealt. What we call the ‘power’ in positive thinking has been scientifically linked to increased mindfulness, purpose in life, social support and decreased illness symptoms. Positive thinkers can also reap the increased benefits of longer, more fulfilled lives with optimists living on average 7.5 years longer than subjects who were of a pessimistic nature. Other benefits also include lower levels of distress, lower rates of depression, better coping skills during hardships and better cardiovascular health – to name a few.

Movement
We’ve known for a long time that exercise and movement are part of a healthy lifestyle, but did you also know that movement can impact your mental and emotional health? Movement and mood are intrinsically linked; when you’re tired, lethargic or just plain exhausted, you can be physically affected and move slower. Similarly, the way you move can affect your brain, too!

Aerobic exercise can reduce your levels of anxiety by calming your brain’s “flight or fight” reaction. This can assist your body’s reactive system in dealing with stress-related issues through developing a tolerance for such symptoms as a rapid heartbeat – making issues such as what nut milk to buy at the supermarket a breeze.

Meditative movement has been shown to alleviate depressive symptoms through a type of exercise which interconnects your brain with your bodily sensations, position in space and your gut feelings.

Getting out into nature
“Green Therapy” (also known as eco-therapy) is fast becoming a practice adopted by many psychologists and nature enthusiasts alike, with recent scientific studies showing increased benefits of outdoor immersion. New findings from the University of Essex reveal that Eco-therapy improves mental wellbeing, improves physical health, boosts self-esteem and reduces social isolation. These are all important factors that can both improve mental health and prevent mental health problems to start with. Nature immersion can also assist the large majority of us that live in a high-tech society, creating what author Richard Louv coins “Nature Deficit Disorder”. Louv believes that reconnecting with ‘green’ can help lift depression and improve energy while protecting and enhancing the health of individuals experiencing chronic mental, emotional and physical health difficulties.

Greens
Eating greens is flattering on both our waistlines and inner wellbeing. Recent studies show that plant-based diets have a direct correlation in ameliorating insulin resistance, including the promotion of a healthy body weight.

Additionally, a plant-based diet can also prevent cataract and macular degeneration along with protecting your skin from sun damage and stimulating the production of collagen.

Ditching gluten
Gluten is a protein found mostly in wheat, rye, spelt, barley, kamut, bulgur and triticale. This appropriately named protein is glue-like in nature and is often an ingredient used to hold food together. Unless you’ve been living under a rock for the past few years, you might have noticed cafés, supermarkets and restaurants opting for various “gluten-free” alternatives on their menu or shelves. This is largely due to the bad rap gluten has been getting over scientific research suggesting it is largely to blame for various medical conditions including leaky gut, nutrient deficiencies, weight gain, dangerous visceral fat and more.

By reducing your exposure to wheat and gluten you can also reduce your risk of leaky gut and the related chronic health conditions while encouraging a healthy microbiome and regular bowel movements – keeping you on top of your A-game. So there you have it! Our 7 non-negotiables when it comes to your health. If you would like more information on ways to keep your health in check, speak to one of our Food Matters Health Practitioners to help you reach your health goals.
Need answers to your health problems?
We’re here to help.

Access our hand-picked, qualified and affordable health practitioners online from anywhere in the world.

WHAT’S INCLUDED AND WHAT CAN YOU EXPECT?

✓ A 1-hour consultation with your choice of practitioner using Skype, Facetime, WhatsApp or Zoom.
✓ Comprehensive pre-consultation health history questionnaire.
✓ Email support so you can get answers in between your sessions.
✓ Personalized nutrition plan: includes nutrition suggestions and recommended supplements and herbs.
✓ Discover emotional triggers or past trauma that could unlock your healing potential.
✓ Education tools to master your health: Get 1 Month FMTV free access to films, interviews, and recipes.

BROWSE THE FOOD MATTERS HEALTH PRACTITIONERS:
www.foodmatters.com/health-coaching
The term arthritis (joint inflammation), refers to over 100 diseases that attack joints and connective tissue. Degenerative joint and rheumatic diseases include gout, lupus, ankylosing spondylitis (arthritis spine), psoriatic arthritis (skin and nail arthritis), infective arthritis (bacterial joint infection), fibromyalgia and rheumatism.

Rheumatoid arthritis (RA) affects over 1.3 million Americans, the vast majority of which are women (1). RA occurs most often in the hands, wrists, and feet and is a chronic inflammatory disease that affects the synovial lining between the joints and can lead to severe pain and loss of function. Arthritis, in general, is a challenging condition often filled with ups and downs. The resulting symptoms are unpredictable and come in waves - one day your joints feel great, the next day you may even struggle to get out of bed in the morning. It can be an emotional ride, but stay strong because alternative treatments are seeing amazing results!

**Causes**

There are several factors that contribute to the development of an autoimmune condition such as Rheumatoid arthritis. They include genetics, infections, diet and lifestyle choices, highly acidic food choices, hormones, exposure to chemicals and age (2). When these factors compound, an autoimmune response is triggered leading to a loss of cartilage in joints, inflamed tissue surrounding joints and a tightening gap between joints due to swelling.
Symptoms
- Swollen or tender joints
- Warmth or redness around joints
- Morning stiffness - occurs upon rising and lasts for over 30 minutes
- Fatigue
- Muscle aches
- Low-grade fever
- Weight loss and/or loss of appetite

Treatment

Nutritional Guidelines for Healing
Focus on an anti-inflammatory diet - slowly remove inflammatory foods such as wheat, gluten, alcohol, dairy, trans-fats and refined sugars from your diet. Replace with a wholefood diet filled with vegetables, fruits, nuts, seeds, whole grains, quality protein and nourishing fats. Focus specifically on boosting your intake of omega-3 rich foods such as wild-caught trout, salmon, tuna, chia seeds, hemp seeds, flax seeds and walnuts. If this seems a bit overwhelming and you’re unsure how to get started, let us guide you with our 21 Day Gluten-Free Program.

Alkalize your body!
Get your daily greens by adding 1 cup of dark, leafy greens to every meal. Try to include the following vegetable juice twice daily – 4 celery stalks, ½ beetroot, 1 cup spinach or kale, 1 apple, 1-inch knob ginger, 1 lemon. Dark, leafy greens are extremely high in antioxidants which promote cellular health & combat inflammation (4). They also help to alkalize the body which can improve bone health by altering the potassium-to-sodium ratio in the body (5).

Make friends with fermented food
Begin to add fermented foods to each meal. This could include sauerkraut, tempeh, kefir, fermented salsa, yogurt or kimchi. These foods are rich in probiotics which help to balance gut bacteria. This is important as research is beginning to unveil a relationship between bacterial imbalance in the gut and autoimmune conditions (6).

Bone Broth
Consume 2 cups of homemade bone broth daily. Broth is rich in vitamins and minerals and is a direct source of collagen, chondroitin, and glucosamine, which can help reduce inflammation and pain, as well as increase joint mobility (7).

Cook with healing spices
Add turmeric, ginger and cayenne pepper to your meals whenever possible. These spices contain potent anti-inflammatory components which help to reduce inflammation. We recommend combining our favorite ginger and turmeric shot.

Sip on matcha or green tea
This herbal tea is high in a group of compounds called catechins which have a powerful anti-inflammatory effect on the body (8).

Herbal, Superfood & Supplement Therapy

Essential Fatty Acids
Take 1,000 - 4,000 mg of a supplement that is high in essential fatty acids, such as quality fish oil or flax oil (9) each day. Regular intake of fish oil supplements can reduce morning stiffness and joint tenderness in RA sufferers due to its anti-inflammatory properties (10).

Vitamin C
Take 250 - 1,000mg of a wholefood vitamin C supplement daily. Vitamin C is a powerful antioxidant. It is also essential in collagen synthesis in the body which has the ability to reduce pain and inflammation in RA patients (11).

Chondroitin
Take 500 mg, twice daily. Chondroitin supports healthy inflammation responses and has been found to improve function and reduce pain in arthritis (12).

SAM-e (S-Adenosylmethionine)
Take 600 mg daily. Supplementation with SAM-e can significantly reduce pain and inflammation in RA patients. It also promotes the synthesis of proteoglycans, which are important proteins for connective tissue regeneration (13).

Willow Bark
Willow bark has long been used traditionally for its pain-relieving properties in RA sufferers (14). Please seek advice from your health professional before taking herbal supplements.
Mind/Body

**Functional health tests**

Food allergies or sensitivities can contribute to inflammation and exacerbate symptoms of RA (15). We suggest doing a microbiome stool test and a food sensitivity test. The microbiome test will help to uncover the state of your gut microbiome and whether there are any bacterial imbalances. The food sensitivity test will reveal your immune response to over 90 common foods and provide an individualized diet plan.

**Physical Therapies**

Physical therapies, including exercise, yoga, stretching, and massage, are used to improve mobility, restore function and reduce pain (16). However, please remember to rest during painful periods. If you are new to yoga, we recommend our gentle yoga class for joints.

**Reduce Stress**

Engaging in practices that reduce stress such as meditation and mindfulness can help overcome immune suppression. Try to spend at least 10 minutes each day doing a guided breathing or meditation practice.

Head to FoodMatters.com for a full list of references and sources.

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GUIDED PROGRAMS ON FMTV

Ready to make a change but not sure where to start? Take your pick from a range of inspiring programs tailored to your specific goals. Our guided programs on Food Matters TV include everything from meal plans, guided meditations, sleep, cleansing and more. They’ll support and empower you to improve your health and be the best you can be!

**The Healthy Gut Summit**

The Healthy Gut Summit brings together the world’s leading experts in nutrition and wellness to discuss all things gut health. The summit includes 20 presentations hosted by body ecologist Donna Gates.

**21 Day Gluten-Free Program**

Transform your health and life with this guided online mind and body program. You’ll get daily gluten-free, dairy-free and sugar-free meal plans and shopping lists plus yoga and mindset exercises to help you make a true transformation in 21 days.

**Beauty, Skin & Gut Summit**

The Beauty Skin and Gut Summit will help you discover a world of more self-love, radiance, ultra-health, and natural good looks with 40+ life-changing videos, including amazing expert interviews, documentaries, recipes, yoga/meditation classes and more.

**Heal Yourself Masterclass**

The Heal Yourself Masterclass is the culmination of the Food Matters healing philosophy aimed at helping you learn the key principles to good health and natural healing so you can take control of your health.

Head to FoodMatters.com for a full list of references and sources.
Amazing things can happen when you give up gluten, dairy, alcohol and processed sugar for 21 days.

I’ve never really done a cleanse or health program before. Aside from a couple of fad diets in the past that didn’t really last, I had never really felt the need to give up anything. I felt healthy enough, didn’t have any serious health conditions, and thought my meals were fairly healthy most of the time.

Some of my friends had tried various things, including going gluten-free or giving up sugar, so it made me wonder - maybe it's something I need to do, too? Maybe I’m missing something? I know deep down that I could be a bit healthier, so maybe avoiding these things would be the ticket to amazing energy, losing the last few pounds, and clearer skin.

To find out, I decided to do the Food Matters 21 Day Gluten Free Program. They offered a supportive Facebook group and daily motivation to keep me going, and it seemed way more do-able compared to some others I’d looked into!

So for 21 days, I gave up gluten, dairy, processed sugar, red meat, alcohol and coffee. Here’s what happened:

I discovered that I didn’t need to be afraid of feeling hungry. I realized that hunger is ok and being hungry isn’t necessarily something we need to freak out about when we feel it. The program helped me realize actual hunger vs. emotional hunger, and that skill has helped me to keep my portions in check even after the program ended.

I was eating way too much sugar! Even though I ate quite healthy before, I was so surprised to discover after the cleanse that so many things tasted much sweeter now! I have halved the amount of natural sweeteners used and feel SO much better for it!

It creates a conversation I never thought I’d have. When you do something different from others and challenge their dietary beliefs, a range of emotions and questions can come up. But when you’re feeling so great, it’s hard not to help others on their path to feeling healthier, too. It creates a real ripple effect.

My aches and pains have basically gone away. I never had any major health concerns but I did notice that my niggling knee issue started to go away and my headaches were few and far between!

I discovered that meat-free meals can still satisfy and give me lots of energy. My partner is one of those men who considers a meal incomplete without meat, and, surprisingly, we both enjoyed the meat-free meals more than we thought we would. It taught us that incorporating more plant-based meals and less meat can be equally delicious, easy, and energizing.

I have a new found appreciation for yoga. I have done yoga on and off in the past, and try to aim for 1 hour, but doing just 15 minutes each morning makes it so much more achievable and now I can’t imagine my days without it.
From gaining extra energy and dropping unwanted weight to improving their digestive health, thousands of people are now feeling better than ever.

I no longer fear fat. It’s been pretty pushed into our psyche that low fat is the way and fat makes you fat, but after incorporating more healthy fats into my diet, my skin has improved, I feel much more satisfied after each meal, and surprise, surprise, I lost a bit of weight instead!

I had a better night’s sleep. I felt lighter in general and found that this helped improve my sleep and sleeping patterns, giving me even more energy than before.

Eating healthy isn’t about deprivation but experimentation and adding in more of the good stuff. It was really easy to follow and my partner and I enjoyed every moment of it as it taught us new skills, recipes, and foods that we often forget to include in our diets. Now I’m all about trying new ingredients!

I feel way more confident. Maybe it’s the weight loss, the clearer skin, or simply just the fact that I’m taking the time to nurture and nourish my body, but I’m way more confident and happy!

It highlighted how mindlessly I was eating before. I used to eat because I was bored, tired, sad, happy, celebrating, or even just because it was just sitting in front of me. Now I’m way more conscious of what I eat, when, and why!

Including friends makes it easier and fun. Twenty-one days can seem like a fairly long time for someone to stick to a plan, but when you do it with friends, it’s way more fun and you’ve got some people you trust to bounce your ideas and feelings off and motivate each other to continue.

My energy levels have improved so much that I’ve been more productive in the last 3 weeks than I have in a long time. The boost of energy has essentially re-ignited my passion for life. I want to live healthier, do more, be more, and make the most out of every day. And with this program, I’m doing just that! I’m outside more, I’ve finished projects I’ve had on my bucket list for years, and I’m loving life.

From gaining extra energy and dropping unwanted weight to improving their digestive health, thousands of people are now feeling better than ever. And the exciting thing is, so can you!

Isn’t it about time you hit the ‘reset’ button and changed your life forever?

THE 21 DAY GLUTEN FREE PROGRAM

Are you ready to reverse symptoms like fatigue, stubborn weight, thinning hair, low libido, irregular periods, gas, bloating and brain fog?

Transform your health and your life with our 21 DAY GLUTEN FREE PROGRAM and receive easy to follow meal plans, daily yoga classes, support from our nutrition team and more!

FMTV.COM/PROGRAMS
Coronary Heart Disease (CHD) is the leading cause of death in the United States, accounting for 1 in every 4 deaths (1). It claims over 370,000 lives in the U.S. annually and contributes significantly to the $1 billion a day that America spends on medical costs and loss of productivity costs associated with cardiovascular diseases (2). This is an incredible amount of money and lives lost to a preventable disease.

CHD occurs when the arteries leading to and from the heart become hardened and narrowed due to a buildup of a waxy substance known as plaque. The process of this buildup is known as ‘atherosclerosis’ and generally occurs gradually as we age. Over time this plaque can harden or rupture, reducing or blocking the flow of oxygen-rich blood from the heart and resulting in either a heart attack or angina. Most people are unaware of the fact that they have heart disease until this point.

Recent scientific advances have established that inflammation plays a key role in mediating all stages of CHD from the initiation of atherosclerosis to the resulting heart attacks or anginas (3). Additionally, the structure and function of the artery epithelial lining also plays an important role as studies have found that when it is dysfunctional it may lead to the initiation of plaque (4).

This provides an exciting opportunity to use natural therapies and foods to heal the body. We recommend a two pronged approach - the first is to focus on adding anti-inflammatory foods, herbs and supplements. The second is to ensure that the body has access to all of the necessary building blocks for healthy arterial lining.

Causes

Major contributing factors in CHD include systemic inflammation, poor diet, lack of physical activity, chronic stress, smoking, being overweight or obese, high blood pressure, high cholesterol levels and having diabetes or insulin resistance. Male gender, family history of heart disease and age are also associated with increased risk of CHD.

High Blood Pressure (Hypertension) is a major risk factor for a heart attack or stroke.

Classification of Blood Pressure

- Optimal systolic under 120, diastolic under 90 mm Hg
- Normal systolic 120-129, diastolic 80-85 mm Hg
- Borderline high blood pressure (prehypertension) systolic 130-139, diastolic 85-89 mm Hg
- Mild high blood pressure systolic 140-159, diastolic 100-109 mm Hg
- Moderate high blood pressure: systolic 160-179, diastolic 100-109 mm Hg
- Severe high blood pressure: systolic 180 or over, diastolic 110 mm Hg or over
Symptoms

▶ Chest pain (which may extend to your back, neck or jaw) that feels like someone is squeezing or pressing down on the area
▶ Shortness of breath
▶ Pain or numbness in your sternum, neck, back, arms or stomach
▶ Fatigue
▶ Heart attack
▶ Stroke
▶ Hypertension
▶ Arrhythmias

Treatment

If you are on any medications please check with your practitioner about possible interactions before making dietary changes.

Nutritional guidelines for healing

Fish & Omega-3 rich foods

Consume more wild-caught fish such as salmon or trout and also plant-based forms such as flax and chia seeds (you can easily add these seeds to smoothies or sprinkle over salads). These foods are high in omega-3 fatty acids which are the ultimate anti-inflammatory food! A recent study found that daily intake of omega-3 rich food or supplementation resulted in improved vascular function and an overall decrease in inflammation (6).

Oats & High Fiber Foods

Boost your intake of oats, legumes, Brussels sprouts, oranges and flaxseeds. Enjoy our Mexican bean chili for lunch or dinner twice a week. Or try our porridge for breakfast. These foods are high in fiber, which is a component of many plant-based foods that is resistant to digestion in the body. Fiber has been shown to protect against the progression of atherosclerosis and therefore reduce the risk of a cardiovascular disease event occurring.(7)

Antioxidant Superfoods

Drink green tea daily, eat more berries and try an elderberry tincture. These foods are all incredibly rich in antioxidants, which help to counteract inflammation and prevent the progression of atherosclerosis (8).

Add Celery, Garlic and Onions

Garlic in particular for high blood pressure as it contains 3-n-butylyphthalide, a compound found to lower BP (16).

Cook With Healing Herbs & Spices

Add turmeric, ginger and cayenne pepper to your meals whenever possible. These spices contain potent anti-inflammatory components which help to reduce systemic inflammation which is a large underlying cause of CHD. Garlic is also commonly used to slow the progression of CHD as it can lower cholesterol, inhibit platelet aggregation, reduce blood pressure, and increases antioxidant status (9).

Eat More Nuts and Seeds

Have a small handful of nuts or seeds daily. Try adding them into smoothies, salads or making our amazing paleo bread which is loaded with almond meal (10). Higher consumption of nuts and seeds has an inverse relationship with the incidence of CHD.

Herbal, superfood and supplement therapy

COENZYMME Q10

Take 100 mg, twice daily. Coenzyme Q10 (CoQ10) is an antioxidant that provides protection and support for the heart. It specifically helps to improve and normalize the structure and function of arteries which reduces the presence of atherosclerosis (11).

Vitamin C

Take 500 mg - 1000 mg of a wholefood vitamin C supplement daily. Vitamin C plays a number of important roles in the structure and function of our arteries. Studies have found that supplementing over 500 mg of vitamin C per day improves the function of blood vessels, particularly arteries in those with higher cardiovascular disease risk (12).

Magnesium

Take 300 mg of magnesium chelate per day. Magnesium deficiency is increasingly common in today’s society as it is decreasing in our food supply. Low intake has been linked to an increased risk of atherosclerosis and not surprisingly supplementation has been found to improve artery function which can in turn reduce plaque build-up (13).
Essential Fatty Acids

Take 1,000 - 4,000 mg of a supplement that is high in essential fatty acids, such as quality fish oil or flax oil each day. Regular intake of fish oil supplements has demonstrated positive effects in reducing inflammation and protecting against atherosclerosis and heart disease (14).

Mind/Body

Reduce Stress

Use some or all of the below techniques to achieve a reduction in your stress levels. Stress can be the cause of high blood pressure in many instances, however this can be more to do with the response to than the actual stress itself.

Visualisation/Meditation

Regular practice of this Mindfulness technique will provide a variety of opportunities to benefit your health. Use our visualisations including those of Jon Gabriel will not only help to reduce your risk of CHD but improve all aspects of your wellbeing.

Morning Gratitude Practice

This is something that is so simple, yet can be life changing. When you wake up, find a quiet place and write down five things you are grateful for. This is a great way to reposition your mindset for the day, which can help to reduce stress and boost happiness.

Get Active

Exercise provides a host of benefits for those with heart conditions. It helps to improve blood flow, oxygenate cells, balance blood sugar levels and moods. If your practitioner has recommended gentle exercise, try a gentle yoga class, tai-chi or walking. Yoga, in particular, has been shown to reduce the risk of heart disease by improving blood pressure, plasma cholesterol and blood sugar (15). Even as little as 20 minutes of mild-moderate exercise, like walking 3 times per week, has a blood pressure lowering effect. (17)

Essential Oils

Essential oils can help to reduce inflammation in the body. Add essential oils like ginger or frankincense to a carrier oil like almond or coconut and rub on your chest daily. You might like to do this before your gratitude practice so the oil can act as an anchor for your mindset of gratitude. Whenever you are feeling stressed or unhappy throughout the day, simply rub the oil on your skin and it will act as an anchor, reminding you of everything you are grateful for!

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GUIDED PROGRAMS ON FMTV

21 Day Gluten Free Program

Transform your health and life with this guided online mind and body program. You’ll get daily gluten-free, dairy-free and sugar-free meal plans and shopping lists plus yoga and mindset exercises to help you make a true transformation in 21 days.

Total Wellness Summit

The Total Wellness Summit will help you discover a whole new perspective on health, with access to 40+ videos, 10 global health experts, life-changing documentaries, nourishing recipes, yoga classes, guided meditations and more!

Heal Yourself Masterclass

Heal Yourself Masterclass is the culmination of the Food Matters healing philosophy aimed at helping you learn the key principles to good health and natural healing so you can take control of your health.

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FM Nutrition

Are you chronically dehydrated? Water makes up 60-80% of our entire body mass, so it makes sense that when we don't consume enough, all kinds of issues start to occur! If you're not getting enough, your body sends a whole range of signs that let you know you need to top up! If you tick any of these boxes then it's time to rethink your water intake:

- Pipes are clogged
- Hunger cues increased
- All you can think about is sleep
- A dry mouth sets in
- Muscles are cramping
- Your skin isn't bouncing back on touch

Ginger clears the ‘microcirculatory channels’ of the body, including clearing your sinuses which can flare up seasonally or during colder months.

Freeze your berries (especially while they are in season or on sale!). Why you ask? They are extremely nutritious, small little balls of deliciousness! Proven to help improve memory, protect the eye and heart, assist with digestion and protect your nerve cells.

Sweet. Savory. Crunchy. Salad toppers. Smoothie boosters. Simple snacks. Sprinkle on anything kind of food! We are talking about pumpkin seeds! How can something so small be packed with so much goodness? They offer an abundance of nutrients including amino acids, unsaturated fatty acids, and a wealth of minerals such as calcium, potassium, niacin, and phosphorous. They are high in most of the B vitamins, and vitamins C, D, E, and K. They are rich in beta-carotene that can be converted into vitamin A as needed by the body, and also rich in the eye protective carotenoid lutein.

Magnesium is a naturally occurring mineral found in our food which is hailed for its ability to help us relax, repair muscles, balance electrolytes and reduce fatigue. Almonds, spinach, pumpkin seeds and tahini are all loaded with this super mineral. In addition to the magnesium, the body also craves quality carbohydrates and proteins after a workout. This is where banana and almond milk come in. Give your smoothie an extra boost by including cacao, which is a type of antioxidant that also acts as an anti-inflammatory.

Did you know?

1. Snack on these foods.
2. Boost your smoothie with cacao.
3. Freeze your berries (especially while they are in season or on sale!).
4. Ginger clears the ‘microcirculatory channels’ of the body, including clearing your sinuses which can flare up seasonally or during colder months.
FLU SEASON INTEL:

The best natural ways to protect yourself

LAURENTINE TEN BOSCH

While most of us have experienced the flu, this doesn’t mean new bouts will be any less of a nuisance or exhausting, putting you out for one to two weeks and preventing you from getting on with what you need to do. The flu is particularly prolific during colder months, as researchers have found the virus is more stable in cold, low humidity air, due to flu particles’ ability to float without collecting moisture and dropping to the ground. Maintaining a healthy immune system gives you the best chance of naturally avoiding catching the flu. Here are our top tips on keeping in good health this flu season.

Flu symptoms

The flu is a contagious respiratory illness caused by the influenza virus. It is common for the flu and colds to be confused but they are caused by different viruses. The common cold is a viral infection of your nose and throat (upper respiratory tract) that usually comes on slowly. The flu, on the other hand, comes on suddenly and feels much worse than the common cold, attacking the entire respiratory system including the lungs.

Symptoms of the flu include:

▶ Fever
▶ Cough
▶ Runny nose
▶ Muscle or body aches
▶ Headaches
▶ Fatigue
▶ Vomiting
▶ Diarrhea

Natural ways to protect yourself from the flu

Paying special attention to your overall wellbeing through eating fresh foods and exercising will stand you in the best stead against colds and flu, but sometimes even the healthiest get knocked down by the flu during winter. To further strengthen your immunity, here are some key flu-fighters to both prevent contracting the flu virus and to recover as quickly as possible should you get sick.

Supplements

Vitamin C

▶ Vitamin C is famously used to bolster immune system function.
▶ Adults should get between 75-90 milligrams per day of vitamin C to maintain regular health but during flu season additional doses are recommended.
▶ Eating whole fruits and vegetables can take you a long way in maintaining vitamin C levels. peppers, dark leafy greens, kiwifruit, broccoli, berries, oranges, tomatoes, and green peas are fantastic sources of vitamin C.
▶ Taking vitamin C in megadoses has been found to relieve and prevent flu symptoms and could be especially beneficial if you come in contact with a lot of different people throughout the day.
Vitamin D
- Vitamin D is produced in the body through sun exposure and interacts with immune system genes. Studies have found good vitamin D levels protect against catching colds and flu.
- As well as assisting and maintaining immune function, vitamin D is also an antimicrobial agent which can kill bacteria, viruses, and fungi.
- During the colder months, our vitamin D levels may drop below the recommended daily amount which is 600 IU for men and women.
- Get your vitamin D levels checked by your GP to make sure you’re not already deficient and seek out a quality supplement to take daily to top up your levels.

Echinacea
- Echinacea is a popular flu fighter and is best taken at the first sign of the flu to shorten the duration and decrease the severity.
- Echinacea is a coneflower that has been used as a traditional herbal remedy for more than 400 years to make medicine from its flowers, leaves, and roots.
- Echinacea reduces the chance of catching viruses by up to 58% and reduces their duration significantly.
- Being anti-inflammatory, echinacea can reduce bronchial symptoms of a cold and flu.

Elderberry
- Elderberry is a flowering and fruiting plant and supplements can be taken as a syrup or in lozenge form.
- Elderberry contains compounds that inhibit the enzyme that flu viruses use to penetrate our cell membranes and can help treat cold and flu symptoms by reducing congestion and ridding the body of illness through increasing perspiration.

Oregano oil
- Oregano oil is a fantastic multi-benefit health supplement.
- It has been found to have a powerful antiviral effect with disinfectant, antifungal, and antibacterial properties.

Zinc
- Zinc supports immune function and also has an antiviral effect. It works best when taken at the first sign of illness.
- Zinc may lessen the symptoms of the cold virus but it is important to keep to the recommended dose as excessive amounts can be harmful.

Maintain digestive health with diet
It has been found that a significant proportion of your immune system (80%) is in the gastrointestinal tract. Maintaining digestive health is crucial to flu prevention during winter, some key ways you can do this include:
- Reducing processed foods, take quality probiotics and eat fermented foods to assist with bowel functioning.
- Consuming light, easy to digest foods including soups, broths and teas – especially when experiencing symptoms.
- Drinking adequate amounts of water both in the prevention and treatment of the flu, which is incredibly dehydrating.
- Incorporating ginger and garlic into your meals and hot drinks, both are antimicrobial and anti-inflammatory, treating both symptoms and the illness head-on.

Sleep
An often overlooked source of general health, sleep is crucial during flu season. If your body is overly fatigued it stands less of a chance of fighting viruses.

Exercise
Regular exercise is a key prevention strategy for most ailments, improving the circulation of immune cells in your blood which neutralize viruses. Maintaining your exercise routine will both assist in a good night’s sleep and help you to draw more benefits from fresh foods and supplements.

We hope you remain fit and healthy this winter with cases of flu abound!
It’s no new news that candies aren’t exactly at the top of the food pyramid. Their saturated fats and insulin tingling sugar levels are cause enough to make them a sometimes food. What you might not know is how gummy candies, in particular, are made and the shocking process that might be enough to numb your sweet tooth.

In this article, we will reveal the truth about what really goes on behind closed doors at the candy factory and the cavities gummy candies are creating in the animal welfare industry.

Carnivorous candy

Gummy candies started out as pigs or possibly cows… gelatine is a product obtained from partial hydrolysis of collagen derived from natural sources such as skin, connective tissue and bones of animals. Each of these are obtained from slaughterhouses, boiled and broken down in vats of acid before being flavored, colored, and packaged into your favorite sweet.

Gelatine is a common ingredient found in sweets because it foams, gels, or solidifies into a pretty piece that slowly dissolves in the mouth, making it a tempting treat for some.

The ‘Gelatine’ video has garnered more than 14,000 comments, raising the question around how gelatine is made and if consumers know what they’re eating.

The worst ingredient of all...

Although gelatine does offer some nutritional benefits (including 18 amino acids), it’s what the product is mixed with that raises eyebrows among nutritionists. High fructose corn syrup, partially hydrogenated oils, preservatives, artificial flavors, gluten and sugars are just some of the highly toxic and inflammatory candy ingredients that you should be on the lookout for in your Halloween haul.

The worst ingredient of all is also the most common – sugar. Since its discovery, sugar has slowly crept into everything we eat. Now in everything from bread rolls to condiments, drinks and of course candies – society is
High fructose corn syrup, partially hydrogenated oils, preservatives, artificial flavors, gluten and sugars are just some of the highly toxic and inflammatory candy ingredients...

increasingly consuming more sugar in more everyday products. Some candies, in particular, have frightening amounts of cholesterol clogging sugars that can really spook your health.

Gummy bears have over 17 grams of sugar within a small handful, along with citric acid, and artificial coloring and flavoring.

Many sugar coated gummies have over 26 grams of sugar per small handful, along with the artificial colors and flavors found in so many of these gummies. Starburst candies are jam-packed with corn syrup, sugar and apple juice concentrate with over 22 grams of sugar in just nine pieces.

A report conducted by the Australian Bureau of Statistics shows that Australians are consuming more added sugars in their diets than ever before. The World Health Organisation recommends that sugar consumption should only make up 5% of our total daily calorie intake – which in layman’s terms, is about 25 grams or 6 teaspoons a day. The results conducted by the Australian Health Survey in 2012 tell a slightly different story with the average Australian consuming 60 grams of sugar per day or 14 teaspoons.

Throughout the year you may be sticking to a low sugar diet, but when it comes to the holiday season and all the parties and the candy gifts around, you may find yourself tempted to indulge. Generally, the confectionery and cakes we consume make up 9% of added sugars in our diets and just imagine what that number might look like over the coming weeks.

Sweet alternatives

Although we recommend removing sweet gelatinous candies from your diet, we don’t mean for you to go without any sweet treats. There are a number of delicious alternatives to satisfy your sweet cravings without harming animals or your health.

To replace gelatine, try Agar Agar – this seaweed-derived ingredient gels like gelatine but no animals are harmed to make it.

Plus, we’ve got a heap of great sweet treat recipes that are sure to delight and they’re even vegan, gluten-free, and dairy-free so your whole party can enjoy them!
The power of real food choices!

During the last century, our food chain has evolved in some respects but devolved in many other ways. On one hand, we understand so much more about the science of food and how to provide calories on a mass scale. However, our engineered and over-processed food supply has come at a huge cost to human health, and the welfare of our planet.

Unlike other documentaries in its genre, our newest documentary to the FMTV Film Club, Revolution: Food, does not dwell on these many problems within modern food manufacturing. Whilst it addresses some of these issues, it is done with an overarching theme of hope and inspiration.

Revolution: Food introduces us to a real food movement that is sweeping the globe and making a positive impact. This film introduces us to farmers, growers and food producers who are using sustainable, healthy food production methods with great success. I also got a much greater understanding of the many options that are available to make enough food in an environmentally responsible way for Mother Earth and humanity.

This documentary also connects us with consumers who are influencing change through their purchasing power. Revolution: Food encourages us to actively take part and ownership of the food supply system. It also explains how current food industry thrives through our lack of participation and how we can truly create change through our buying decisions.

Revolution: Food is incredibly uplifting. It left me feeling empowered about how I can contribute to positive change! Instead of overwhelming me with the complexity of our modern food issues, I gained a new confidence about how our individual actions really do make a difference.

So if you also want to discover the power of real food choice, learn about the incredible people who are growing our food in new, ethical ways and understand practical steps you can take to make a healthier, happier humanity, I would highly recommend Food: Revolution. It’s your gateway to discovering real farming, real food, and real life!

Watch Revolution: Food on FMTV today!
Come and see what we have been busy growing.

- Over 200 of the latest health documentaries
- More than 260 guided yoga and meditation classes
- The latest recipes from some of our top chefs

Try FMTV Free for 10 Days!

Join now at fmtv.com/mag and get access to your free bonus e-book library.
It is a great responsibility to raise another human being - an incredibly sacred and powerful experience. Every emotion comes to the fore and every last nerve is tested in this most profound relationship to ever exist, that of child and parent.

While many of us know that parenthood can be a crazy journey without a roadmap, and we can laugh at the little mishaps that every new parent will experience (poo explosions we’re talking about you!), there is a very serious side to raising children that many parents may unconsciously fail at.

We know that for troubled adults there is often a link back to a troublesome childhood, and we’ve learned from many experts that the first few years of a child’s life is very important in forming their character. We also believe that no parent intentionally sets out to be a ‘bad parent’ or to emotionally scar their children and yet countless lives have been affected by the poor decisions or behaviors of parents.

So where does it all go wrong?

We looked to the experts for the best insight and tips on how best to raise strong, healthy and conscious children and how we can remove the guilt, fear and pressure in parenting.

The parental unconscious
Clinical psychologist Dr Shefali, popularly known as ‘the parent whisperer’, believes that we are all beings of our own upbringing, and by understanding our own shortcomings and insecurities we are able to better ourselves and our parenting techniques by being ‘conscious’.

She explains that the first step towards conscious parenting is being conscious of your ‘Parental Unconsciousness’ - or becoming aware of how and why you behave and think the way you do. It’s about uncovering your cultural conditioning from your parents and wider community to question and become more curious.

Dr. Shefali explains that when children enter our lives as babies they are already their authentic selves, but as they grow and learn from their parents, certain cultural rules and beliefs shape their life and they become less true to themselves the more they try to fit a specific life template. Through a parent’s unconscious behaviors and ideas of success, unrealistic expectations are formed for the child, which when they cannot meet them or be the ‘ideal version of the self’ that the parents have set, the child feels guilt, shame and fear.

The battle of egos
Parents and children often disagree, but Dr. Shefali believes the real fight is the battle of the ego. By ego we aren’t necessarily referring to a narcissistic power play, we are looking at the version of yourself you created to survive against negativity, and it is often a character built from a place of fear.

The battle of the ego is understanding how to release ownership of your child and allowing them to be the best version of themselves rather than an idea of your own self. As a parent, it can be an interesting revelation that we do not own our child’s lives.

The battle of the ego can extend to an “I’m the teacher, you’re the student” mentality or “I’m right and you’re wrong”, “my way is the right way”. Subconsciously many parents will be frustrated with their children and think (but probably never admit), ‘do as I say because I created you and your role is to follow me and complete me.’ However, children are unique beings with their own
personalities and come into your life to teach you just as much as you will teach them.

Although that may sound a little “airy fairy” it is important to understand that your child shouldn’t be treated as the idolized version of what you never were. This is an important paradigm many parents face when raising their children, overcompensating or justifying their actions in the belief that they are guiding their child in the right direction, this behavior can be attributed to their own parents not giving them a sense of fulfillment.

When you release the ego and share in mutual respect and authority with your child, you grow together. Dr. Shefali says to consider this scenario - that your child came into your life as a being to help you grow spiritually, and not the other way around.

What children really need

Parenting is less about ‘doing’ and more about ‘being’. Sure there are plenty of things to ‘do’ when you’ve got children (we know all about the cooking, cleaning and unending to-do list) but the most important thing is being present. Your child may be fed, clothed and safely tucked into bed and you can pat yourself on the back for a job well done, but they won’t be completely fulfilled if you haven’t connected with them emotionally or shown them that you understand them.

Dr. Shefali believes that children teach us to be present, and what they truly yearn for is to be acknowledged for who they really are, not what you want them to be.

Dr Shefali has described the following three things as a child’s core needs:

▶ Am I seen?
▶ Am I worthy?
▶ Do I matter?

These are three key questions we should ask ourselves as parents when considering our child’s feelings. Reflecting on our own childhood, it is also important to ask our younger self – did we feel seen, welcomed or like we mattered?

How to show up for your child

To help your child be the best version of themselves, you need to show up as the best version of yourself and you do this by removing the ego, stepping away from outside pressures and living with gratitude and acceptance.

▶ Accept that the ego exists
▶ Recognize when it surfaces and release it
▶ Emerge into your true self, living without fear

This can sound idealistic, but what if you wake up cranky and stressed?

Stop yourself in that moment and pause, understand where your fear and stress is coming from and try to remove yourself from it. Try to understand what you believe you are lacking or needing and address that as quick as you can before you project that onto your child. If you can separate yourself from the need to achieve superficial success, you will release a lot of stress and pressure both from yourself and your child, and it’s liberating.

Dr Shefali encourages parents to understand who they are – if you don’t live who you truly are, you are teaching your children to live a false self as well.

The hardest but most important lesson for parents

The plethora of fears are endless when raising children and the hardest part is learning to let the fears go. Dr. Shefali encourages parents to have complete faith in the child’s destiny and to let children learn their own lessons and let them go through pain. She says to let your child be rejected, let the child come last in the race – and don’t fix it. Help guide them, but don’t deprive them of experience. Let them try, believe and be there for them if it doesn’t turn out but don’t prevent them from learning their own lessons.
From carrying the label “the boy with the broken brain” to unleashing his super power and becoming a highly sought-after teacher on how to learn, the incredibly insightful and inspiring Jim Kwik shares with us how he turned his life around and now helps others. Here’s a sneak peak of Jim’s interview with James Colquhoun, from the Transcendence 5-part series inside FMTV.

JAMES: What was it like being Jim Kwik growing up in New York?

JIM KWIK: It’s one of those things where one incident in your life could change everything. I was in kindergarten and was trying to see a fire truck driving past. I put a chair up against the window to see but was soon knocked over by another child trying to get a look. I went head first right into the radiator. I don’t remember a lot after that moment. The way my parents described it, I was bleeding and I was rushed to the hospital. My mother said I was never the same after that.

Where it really showed up in school was my learning. Teachers would have to repeat themselves over and over and then I would pretend I understood but I didn’t really. My concentration was really compromised. I had a very poor memory. I couldn’t retain information and the biggest thing where I felt like I was the most inadequate was reading. It’s really a challenge when you’re a child facing these kind of struggles because you feel like you’re not enough and you feel like something is the matter. It actually took me an extra three to four years just to learn how to read by reading superhero comic books late at night.

It actually took me an extra three to four years just to learn how to read...
A defining moment was when I was nine years old, I remember that a teacher was talking to another adult, thinking I wasn’t paying attention or maybe thinking that I wasn’t smart enough to understand what she was saying and she pointed right at me and said, “That is the boy with the broken brain.” I remember how hard that hit me. Children understand more than you think. I think adults have to be very careful especially around children because their external voice becomes the child’s internal voice. I referred back to that moment all through school. Whenever I didn’t do well, I was like, “Oh, it’s because I’m broken. It’s because I’m different. It’s because my mind doesn’t work like everybody else’s does.”

**JAMES:** You’re really in a discovering phase of finding your voice and if you’re labeled as broken, you internalize that as a belief system. But you met a gentleman that really helped you transition out of a victim mentality to more of like, “Hang on, I can be in control of my destiny somewhat here.”

**JIM KWIK:** So all of high school was this struggle. But I was lucky enough to get into a university and so I took all these classes ready to achieve but I actually did worse and things got even more difficult for me. I was ready to quit. When I told that to my friend he said, “Jim, before you quit school, why don’t you come with me this weekend. I’m going to visit my family. Just get some time away, get some perspective.”

So I went, and right before dinner, his father asked me this very innocent question which was the worst question that you could ask me at this time, “Jim, how’s school?” I started crying right in front of this complete stranger and I tell him my whole story. He looks me right in the eye as he asked me these questions, “Jim, why are you in school? What do you want to be? What do you want to do? What do you want to have? What do you want to share?”

He pulls out from his back pocket a diary, and he tears out a few sheets and he hands them to me and he makes me write down my answers. When I was done he starts reading them to himself. He looks at me, he says, “Jim, you are so close to every single thing on that list.” I’m thinking there’s no way. Give me 10 lifetimes, I’m not going to crack that list.

I realized that if knowledge is power, learning is your superpower. It’s a superpower we all have available inside of us.
He takes his fingers and he puts them to the side of my head, meaning that between my ears is the key. It’s my mind, it’s my brain. Taking inspiration from Einstein that the same level of thinking that created the problem won’t solve the problem. It made me ask a new question. “What’s my problem?”

I came up with this answer saying, “Well, I’m a real slow learner. I have a very slow brain. Well, how do I think different about it? Maybe I can learn how to learn faster. Learn how to learn.

“I always thought back in school, there should have been a fourth R. They teach you three Rs, reading, writing, arithmetic. But what about remembering? What about retention? What about recall? How to think for yourself, how to be creative, how to solve problems, how to actively listen, how to concentrate and focus, how to read faster, how to remember things.

I put my university studies aside and I made studying my studies. An amazing thing happened. About two months in this process, a light switch flipped on and I started to understand things in a different way. I started to have better focus, better concentration, I started to read faster. I started to be able to think more clearly. My grades improved but not only that, my life started to elevate and improve.

Now the reason why I do what I do is because I couldn’t help but help other people. I realized that if knowledge is power, learning is your superpower. It’s a superpower we all have available inside of us.

For more health and wellness insights from Jim Kwik, watch TRANSCENDENCE on FMTV.
Jim Kwik is a learning and brain expert who transformed his life by harnessing the power of his brain through better learning techniques and controlling positive thoughts for better outcomes. One of his famous sayings is “If you want to win the day, you have to win that first hour.” So here is a snapshot of Jim’s morning rituals to help you prepare your own ‘winning’ plan for your days.

**Remember your dreams**
Jim has a process for remembering all of his dreams. If you’re wondering why this is important for boosting your brain and becoming an elite mental performer, Jim explains:

“A lot of people don’t know this but you go through your day learning all day. You go through your day trying to figure out challenges as an entrepreneur or as a parent and here’s the thing, your brain doesn’t shut off at night. If anything, your brain is more active at night.”

Night is the time you may come up with the answers and solutions, perhaps some inventions and works of art in your mind. The challenge is when you wake up the next day, you forget those things and that’s a big challenge. Try to remember and write them down.

**Brush your teeth with the opposite hand**
Jim does this every morning, despite it being harder, he does it intentionally to train the brain. This is a way of getting comfortable with being uncomfortable and removing limits from your life. Again, how you do anything is how you do everything. Bruce Lee says this phrase, “If you put limits on anything over your life then it’s going to pervade other areas of your life.” So Jim wants to challenge himself constantly and this starts with brushing his teeth each morning. Additionally, by using the opposite hand, it engages the opposite side of the brain and actually builds brain muscles, because as your body moves, your brain grooves.

**Make the bed**
Jim believes that how you do anything is how you do everything. Tick one thing off your list and do it well, start with making the bed and you’re already winning. The other reason is that when you finish your big day you come back to a nice clean, tidy and inviting room, setting you up for a better night’s sleep.
Take a cold shower

It doesn't sound like a fun thing to do, but taking a cold shower in the morning is a type of cold therapy that can be powerful. It resets the nervous system and lowers inflammation. A lot of high achievers practice this cold therapy. The other reason this is on Jim’s morning routine is because it’s another uncomfortable thing he can get comfortable with. Jim says, “Sometimes my body is screaming, get out, get out of this. But when you calm yourself and you bring centeredness to it and you resist that then all of a sudden, that pervades other areas of your life. It allows you to have more confidence and it gives you more resilience and more grit when you’re at your job, when you’re on stage teaching something, when you need to be there confidently with your child, that really shows up. So you do it for physiological reasons, for inflammation, but you also do it for psychological reasons because you’re building resilience, you’re building grit as well.”

Read and run

Do something mental and then something physical to support your mental and physical health.

Have a brain-boosting smoothie

Blend together a mixture of brain-boosting foods such as avocados, blueberries, coconut oil, some green leafy vegetables, some soaked walnuts or some dark chocolate on your favorite smoothie base. This is a delicious start to the day, packed with nutrients to support brain health.

Write in a Gratitude Journal

When Jim enjoys his morning smoothie he also journals. This is where he takes the time to write about things he is grateful for. He says this rewires the brain because what you tend to appreciate grows in your life. He writes these things down to invite more positivity into his life. He also lists down the things he wants to achieve in the day. Three things personally, three things professionally - they are his wins for the day.

What not to do

Jim never checks his email in the morning. This is not a great way to start your day if you want to be an elite mental performer and reach your fullest potential - do not touch your phone the first hour of the day.
Meditation has been around for thousands of years; practiced in different forms across a diverse range of cultures. Despite a scarcity of well-documented history, we know that Indian scriptures, called “tantras”, hold records of meditation techniques dating back as far as 5000 years ago, however, researchers theorize that primitive hunter-gatherer cultures may have discovered and utilized the art while staring into the flames of their fires.

Meditation was introduced to Western society thousands of years after it was first practiced in the East. In the 1960s and 1970s, many professors started testing the effects of meditation on the human mind and body, revealing a multitude of health and wellbeing benefits.

These days, meditation and mindfulness practices are widely accepted as part of a balanced lifestyle and many people believe that the medicinal qualities of meditation can have a direct impact on physical elements such as sleeping patterns, pain management, and even blood pressure!

**Meditation for improved sleep**

Have you ever crawled under your blankets after a hard day only to find that you still have a million things running through your mind? If so, you know that those crazy, racing thoughts have the ability to rob you of a good night’s sleep. Sleep disturbances affect millions of Americans every year and the daytime drowsiness that follows a bad night’s sleep can sap your productivity, leave you feeling downright miserable, and even damage your health. A 2015 study published in the JAMA internal medicine journal suggests that mindfulness meditation — a mind-soothing exercise that focuses on breathing and awareness of the present moment — can help to eliminate those restless nights.

The study involved a group of middle-aged and older adults who had trouble sleeping. Half of the group completed a mindfulness awareness program that introduced them to meditation while the other half completed a regular sleep education class. Both groups met once a week for six weeks. When compared to people in the sleep education group, those in the mindfulness group were experiencing reduced levels of insomnia, fatigue, and depression by the end of the six sessions.

The study findings came as no surprise to Dr. Herbert Benson, director of the Benson-Henry Institute for Mind Body Medicine. “Mindfulness meditation is just one of a smorgasbord of techniques that evoke the relaxation response,” said Dr. Benson. The relaxation response is a term that Benson coined in the 1970s and refers to a deep physiological shift in the
Studies indicate that meditation can increase pain tolerance and self-esteem while also decreasing anxiety, depression ...

**FOOD MATTERS**

body which elicits the opposite of a stress response. For many people, sleep disorders are closely related to stress; the relaxation response has been shown to help ease many stress-related ailments.

For most people, the relaxation response can be created with just two simple steps. Find a peaceful, quiet place and try it for yourself.

**Step 1:**
Choose a calming element to focus on. Good examples include:

- your breath
- a sound (“Om”)
- a short prayer
- a positive word such as “relaxation” or “peacefulness”
- a phrase such as “breathing in my calm, breathing out my tension”

If you choose a sound, you can either repeat it out loud or silently as you inhale and exhale.

**Step 2:**
Let go and relax. Don’t worry about how you’re doing. If you notice your mind has wandered, simply take a deep breath and gently return your attention to your chosen focus element.

This practice can be repeated as many times as you like throughout each day and is particularly useful just before bedtime!

**Meditation for pain management**

Stress and pain are more closely related than most people realize - being in pain causes stress and being stressed worsens some pain. In these cases, psychological therapies such as meditation and relaxation may help to break the cycle and act as a gentle, holistic pain management tool. These types of treatments focus on the relationship between your mind and body.

Studies indicate that meditation can increase pain tolerance and self-esteem while also decreasing anxiety, depression, and the use of pain medications. Mindfulness meditation has been used successfully as a pain management technique for people who suffer from a variety of conditions, including headaches, lower back pain, chest pain, and gastrointestinal discomfort.

**Meditation for blood pressure**

“Meditation, not medication,” - that’s the prescription Dr. Robert Schneider gives his patients when it comes to high blood pressure.

Dr. Schneider is dean of the College of Maharishi Vedic Medicine at the Maharishi University of Management in Fairfield, Iowa. For the past 15 years, Schneider has been researching the benefits of the ancient medical science “Maharishi Vedic Medicine” of which transcendental meditation is a core element. In the past 30 years, approximately 600 studies have been conducted worldwide on the effects of transcendental meditation on blood pressure. “Transcendental meditation is a simple mind-body technique that allows you to gain a unique state of restful awareness or alertness,” says Schneider.

Learning transcendental meditation is not difficult, but it should be learned from a qualified instructor. “You need someone there to guide you, and to give you feedback,” he says. “Otherwise, you won’t get the full effect.”
meditations

We’ve rounded up some of the best meditation classes for deep breathing, guided meditation, and finding your Zen inside Food Matters TV.

To access these programs and more visit fmtv.com
De-stress, pamper and support your body through daily stresses with these holistic self-love strategies to have you feeling incredible in no time.

1 Pour yourself a cuppa
Not just any cup of tea...
Choose a calming chamomile! This soothing herbal brew has been used for centuries to create calm, settle an anxious tummy and reduce nervous tension. Chamomile naturally contains chemicals that interact with the same receptors in the brain that are affected by valium.

2 Turn up the heat … in a relaxing way
Warmth relaxes muscle tension and can lower anxiety naturally. It is believed that heat may impact the neural circuitry that influences mood and increase our levels of the ‘feel-good’ neurotransmitter called serotonin. You may enjoy a hot tea, sauna, exercise, spa, an enticing patch of sunlight, a cozy fireplace, a comforting hot water bottle or a warm bath filled with relaxing essential oils. If it’s warm and feels good, chances are it’s helping you to de-stress!

3 Tap into acupressure
Ancient people have practiced acupuncture for centuries and documented its benefits. Today, we can still access its powerful benefits! It is believed that two acupuncture points located between the skull and neck may be especially helpful for reducing stress and tension headaches. Trial this simple exercise to release stress in just a few minutes:

▶ Position thumbs at the top of your neck, just below the junction where your neck meets the skull.
▶ Apply firm but gentle pressure.
▶ As you press, inhale deeply and slowly at least three times.
▶ Float hands into your lap.
▶ Slowly drop your chin into your chest.
▶ Take another deep, peaceful breath and smile!

4 Get outdoors
In a phenomenon known as ‘biophilia’, humans are naturally programmed to feel peaceful in nature. Plants and natural scenery have been shown to reduce anxiety and depression. Therefore, a regular dose of the great outdoors is good news for our mental health!

5 Discover aromatherapy
Aromatherapy has been used for centuries to support the body both mentally and physically. In modern times, essential oils are particularly powerful for reducing stress. This is because the sense of smell bypasses the cognitive brain which processes worry. Lavender is particularly renowned for its relaxing qualities and is an ‘emotional anti-inflammatory’. Massage a little into your temples or burn some in an oil diffuser to instantly unwind.
15 health benefits of power flow yoga

LAUREN VERONA

Many people come to yoga with the misconception that it is ‘just a bit of stretching.’ Those same people leave their first power flow class dripping in sweat, ready to drift off into the deepest sleep of their life and awakened to the many health benefits of this ancient practice. These are 15 health benefits of power flow yoga that you may not already know.

1. **Boosts your immune system**

   Yoga helps to lower stress hormones that wreak havoc on the immune system, while also stimulating the lymphatic system to ensure toxins are removed from the body. This practice also encourages us to be mindful of how and what we are putting into our body which ultimately keeps our immune system happy.

2. **Helps you bend so you don’t break!**

   A regular yoga practice helps to create flexibility in the body, as well as the mind. This means our muscles and joints are able to move as they were designed to, reducing your risk of injury and helping the mind to become more accepting of life as it comes.

3. **Makes you sleep better**

   Despite what some may think, power flow yoga is intense! In a typical power flow class every part of the body is stretched and strengthened and at the same time the breath is used to relax and focus the mind; all of the ingredients for the perfect night’s sleep.
4. Reduces IBS and improves other digestive disorders
Twisting poses in yoga help to compress and massage the digestive organs restoring them to optimum health. The relaxation and mental benefits of yoga also help to relieve anxiety and stress which can often play a big role in digestive disorders.

5. Builds muscle
Yoga is a weight bearing exercise which means it is great for building muscle. Many poses even require you to lift your entire body's weight - more than what you'd probably choose to lift if you went to the gym!

6. Eliminates toxins
Yoga helps to detoxify the body through stretching, pushing, pulling, compressing, twisting, building heat and increasing the oxygen pumping around the entire body. Each of these play a role in helping to eliminate the waste products of the body such as lymphatic fluid, lactic acid and carbon dioxide.

7. Helps to regulate hormones
Stress and toxins are the main culprits when it comes to a disrupted hormonal system and yoga helps to improve both. Specific yoga poses also work to stimulate the pituitary, thyroid and adrenal glands helping them to work more effectively.

8. Increases bone strength
Bone density starts to decrease naturally after the age of 30 which means it is very important to practice exercise that helps to maintain bone health to avoid conditions like osteoporosis. As yoga is a weight bearing exercise it stimulates new bone growth by creating mild stress in the body. The unique nature of yoga means that it creates the stress required for bone health without jolting and jarring the body in other ways.

9. Improves lung capacity
The focus placed on the breath during a yoga practice has shown to be very beneficial for improving lung capacity and aiding other respiratory conditions like asthma. Many adults spend most of their day taking short shallow breaths however yoga teaches us how to use all of the lungs to breathe, ensuring all parts of this organ remains healthy.

10. Reduces stress
Yoga helps to relieve stress and anxiety by encouraging regular exercise, self-care, mindfulness and meditation. It also teaches us how to use our most powerful stress-relieving tool, our breath to maintain calm throughout our day.

11. Improves posture
From the very first pose, yoga teaches us how to correctly align the body from the top of the head all the way down to the toes. Most importantly we learn what good alignment feels like, which helps us to take this improved posture off our mats and into our lives as well.

12. Lowers high blood pressure
Chronic stress is a major factor in high blood pressure and yoga's ability to relieve stress makes it an effective remedy for many people. The mindfulness and awareness created by a yoga practice also helps to impact other areas, like diet choices, which is another key factor when dealing with high blood pressure.

13. Helps create focus
On a purely physical level focus is an important part of how we remain in challenging postures. Yoga teaches us that by focusing our drishti, our view or gaze, our attention will naturally follow. On the mat we use our drishti to focus our awareness of our body so that we find balance. This also translates into our lives and we find that when we focus our gaze on our goals, we eliminate distraction and achieve what we want more easily.

14. Encourages healthier choices in other areas of your life
Many of us come to yoga for the lithe, lean body. Many more leave with an appreciation of what it means to look after the body as a whole, not just its ability to impact our external appearance. Yoga is a powerful starting point for creating healthy changes in all areas of our lives from eating better, to reducing stress and making time for rest.

15. Makes you happy!
The many ways that yoga works to change our lives in positive ways, combined with its key teachings of acceptance and gratitude, make it a powerful tool on the journey towards contentment and happiness.

However, the only way to discover these benefits for yourself is to unroll your mat and start practicing power flow yoga today!
Yoga for everyone, everywhere! These are some of our favorite yoga practices on FMTV.

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To access these programs and more visit fmtv.com
How to cultivate an attitude of gratitude

So many of us are desperate to be happy. Searching for that one thing that will fill that gap, that void, that emptiness that leaves us hungry for more. More money, more clothes, more food, more acknowledgment, more love, more time. When in reality, what we have right this moment is enough. You are enough.

The search for happiness is a truly sad and miserable one when we fail to realize that happiness is not something that we buy or work for, but something that is within our reach each and every day. Something that we should cherish, regardless of our circumstances. It all comes down to how we view our world.

The quickest way to finding true happiness, true peace, and contentment, lies in the power of gratitude.

But it’s not just about being thankful for all the good in your life. To truly be grateful, you must also be thankful for the down times; the challenging times in your life. “Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude.” - Ralph Waldo Emerson

It really doesn’t take much time or effort to start cultivating a more grateful life. You just need to start. Here are 6 ways we like to show our gratitude each day:

1. Keep A Gratitude Journal

It can reinforce positive thoughts, which helps to shift the brain’s natural tendency of focusing on the negatives, to remember more of the positives.

2. Make Time To Spend With People That Truly Matter The Most

And show them how much they mean to you! Showing gratitude for others lets them know how much you value them and also makes you feel good too!

3. A Gratitude Session

Simply take a few minutes each day to give thanks for whatever or whoever you are grateful for. You can sit quietly, close your eyes and just think about what you’re grateful for, or find an alternative routine that works for you. This one act alone can make a huge difference.

4. Be Courteous To Others

Say please and thank you, and really mean it. Give way to another person, or help someone with their heavy luggage. Small random acts of kindness not only help the other person, they make you feel good.

5. Savor The Small Things

The simple act of slowing down long enough to enjoy the little things in life can make a huge impact on your mood! Savor the smell of your coffee a little while longer, be present when doing your daughter’s hair and really listen to her chatter. Sit down to eat lunch and really take time to enjoy what you’re eating. Give yourself daily opportunities to find little pieces of happiness and joy. They all add up!

6. View Your Blessings As Just That, Blessings

Rather than feeling entitled to certain things, view them as gifts that you are truly grateful for receiving. If you have shelter, food, clean drinking water, these are gifts. True blessings. Not an entitlement. It’s as simple as changing your thoughts. Change your thoughts and you’ll change your world.

As you can see, cultivating gratitude doesn’t require drastic lifestyle changes. Simply starting with one or two of these suggestions can increase your wellbeing and happiness greatly.
Get the low down on the best juicer to buy this year!

Cold Press, Centrifugal, Nutrient Quality, Easy To Clean, Low Noise and more...

Since launching Food Matters and Hungry For Change we continue to get many questions on juicers such as “What juicer should I buy?”, “Are some juicers better than others?” and “What juicer do you recommend?”. We normally answer with “The best juicer is the one you have or the one you’re using” because if you are already juicing, you’ve already begun making a difference to your health.

There are however many different types and models of juicers available and it can become quite confusing and overwhelming when you’re in the process of deciding which one to invest in.

If you’re looking to upgrade your current juicer or you’re new to juicing, then you’re in the right place!

Having experimented with many different types of juicers ourselves over the past 10 years, we can now give you some answers and guidance to help make your decision easier. After all, purchasing the right juicer is a big decision and one of the most important investments you’ll ever make for your health.

But first, let’s get to the reasons why it’s important to juice...

Why juice?

We believe there are three main reasons why you should consider incorporating fresh juice, especially vegetable juice, into your lifestyle.

**Fresh juice is the 15-minute nutrient express to health.**

Many of us have impaired digestion which reduces our body’s ability to absorb nutrients from vegetables. Fresh juices go directly into your bloodstream and are therefore considered a 15-minute nutrient express to health. Unfortunately, store-bought juices contain virtually no nutrients due to the pasteurization process.

**Juicing lets you add a wide variety of fruit and vegetables to your diet.**

Many of us eat the same vegetables and fruits every day or worse, don’t even eat any on a regular basis! With juicing, you can enjoy a wide variety of vegetables that you don’t enjoy eating whole. Juicing is also the perfect way to consume the recommended daily serving of vegetables.

**Fresh juice offers incredible health benefits.**

After regularly consuming freshly pressed vegetable juices, which are highly alkalizing, you will experience improved energy levels, digestion and mental clarity, clearer skin, and an overall sense of wellbeing.

The differences between centrifugal juicers and cold press juicers

So, you know about the amazing health benefits of juicing and you’re ready to get started. Now you’re wondering what type of juicer is best for you.

There are many types of juicers available, varying in both quality and price. A cheaper centrifugal juicer may be an appropriate start for beginners and certainly preferable to not juicing at all, if other models are unaffordable.
However, a cold-press juicer (also known as a masticating or slow juicer) will definitely produce a superior quality juice and allow you to extract more from your fruit and vegetables, saving you money in the long-term.

**Centrifugal juicers**

Centrifugal juicers are commonly available in retail outlets and are the cheapest type to purchase. These machines initially extract juice by pulverizing fruit and vegetables against a round cutting blade that spins very quickly against a metal strainer. The centrifugal force generated by the spinning motion of the cutting surface separates the juice from the pulp.

**PROS**

- Fast juicing time
- Cheaper to purchase
- Easy to use
- Reduces food preparation time as many accept larger fruit and vegetable pieces

**CONS**

- Not well-suited to juicing leafy greens, grasses, sprouts and herbs
- Yields less juice (produces a wet pulp)
- Reduced juice quality due to fast spinning blades producing heat that destroy beneficial enzymes
- Higher juice separation and foaming
- Noisy because of the grinding and cutting action

**Cold Press Juicers**

These machines operate via a masticating (chewing) or cold press method to produce a superior juice to their centrifugal counterparts. In contrast to the rough extraction and high speeds of centrifugal juicers, cold press juicers operate at lower speeds and gently compress fruit and vegetables to ‘squeeze’ out their juice. While more costly, their slower and more thorough extraction rates produce a higher-quality juice, and more of it.

**PROS**

- Well-suited to juicing leafy greens, grasses, sprouts and herbs
- Higher juice yield
- Juice lasts longer with enzyme integrity keeping for up to 72 hours
- Lower speeds means less heat is generated, preserving more nutrients and enzymes
- Minimal juice separation and foaming
- Some models offer other food processing functions, such as being able to make nut milk, nut butter, sorbet, pasta and ice cream
- Pressing action is quiet.

**CONS**

- Higher initial cost
- Longer food preparation, as smaller food pieces are required for their narrow chutes
- Slightly higher pulp in juice

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*What should I look for in a juicer?*

When we are looking for our perfect juicer, here is what we look for:

- Able to easily juice all greens, herbs and grasses (with a high yield)
- Good to juice fruits, including soft varieties
- Cold-pressed, to produce a superior juice
- Low speed (rpm), to minimize oxidation and produce a longer lasting juice
- Able to make nut milks
- Easy to clean
- Low noise!

This led us to vertical cold-pressed masticating juicers as the most superior type of juicer!

“But aren’t cold press juicers more expensive?”

Yes they are! Up front you’re typically looking at something in the $299-$700 range which is a big investment.

But it’s where you save in the long run that might surprise you! Cold-pressed juicers extract 35% more juice out of your fresh produce meaning real savings from the first day you use it!
Which juicer is the best value for money?

Let’s use an example. If you juice $100 a week worth of fresh vegetables and fruits through a cold press juicer vs. a centrifugal juicer you can extract 35% more juice meaning $35 saved!

So, if you’re juicing for a year with a cold press juicer you can save up to $1,820!!! (Meaning you’ll pay for your juicer many times over with the savings alone!)

This is because cold press juicers produce a much drier pulp than centrifugal juicers, meaning that the highest possible amount of nutrients are extracted and there is less overall waste.

What about the best juicer for nutritional value?

We believe this is the most important consideration when buying a juicer.

When you’re serious about your health, consuming the highest quality, nutrient dense foods should be your first priority and something not to be compromised.

Cold pressed juicers operate at lower speeds (usually around 40RPMs), keeping heat generation to a minimum. This not only produces a superior tasting juice with minimal foam and separation, but it also means that the beneficial enzymes and nutrients are retained. This is where all the goodness is!

Nutritional tests* (between a cold press and centrifugal juicer) revealed that cold press juicers extract up to 42% more vitamin C, up to 60% more vitamin A and yield between 35 - 50% more juice.

The Benefits of Juicing* Test results from Michelson Laboratories, Inc., Korean Food Research Institute (KRFI), and internal labs.

How long will cold pressed juice keep for?

There are many variables which can affect shelf life (including the type of produce juiced and storage methods) so there’s no definite answer to this!

Our recommendation would be to drink your juice as soon as possible after juicing to enjoy maximum taste and nutritional benefits.

But don’t worry, freshly prepared cold pressed juices can be refrigerated! Fruit juices can last 24-48 hours and vegetable juices 12-24 hours.

I’m busy and need a juicer that practically cleans itself!

Most of the newer, vertical models of cold press juicers have innovative self-cleaning systems that keep the juicing screen clear and prevent pulp build up while in use. Some even have brushes that clean the screen while you’re juicing, so the hard part of cleaning is done for you!

In between juicing you can run some water through the juicer to rinse it. We would always recommend that you rinse and clean your juicer as soon as you’ve finished using it. When you get into a routine of cleaning your juicer it’s quite easy to keep clean and ready to use.

I want to make green juices, citrus juices, vegetable juices, and make fresh nut milks without a blender!

Most of the newer, vertical models of cold press juicers are perfect if you want to juice leafy green vegetables, grasses, herbs, sprouts and soft fruits. You can also make nut milk, without having to spend money on two different juicers or a blender as well.

Nut milk made in a cold press juicer typically lasts much longer than when made through the nut bag/blender method.

So what juicer do we recommend (and personally use)?

There are plenty of amazing juicers on the market, and lots of new cold pressed juicers. But when asked what juicer do we personally use and recommend, then the answer is Hurom.

Why Hurom?

Hurom are the global leaders in slow juicers and are the original creators of the vertical cold pressed juicer technology. They actually make many of the cold pressed juicers for other juice companies in the US. Their juicers naturally press fruit and vegetables without heat or friction to produce the healthiest, freshest juice that tastes simply amazing! They are the original and best slow juicer on the market!
We’ve done all the hard work for you!

By working directly with Hurom we have secured the lowest and best prices you’ll find anywhere online.

Additionally when you purchase through us directly you’re supported by our dedicated customer support team (who can help you with questions about juicing, the product and anything else!) plus cost price shipping anywhere in the US and the additional FREE DOWNLOAD pack valued at $82.79 to help keep you motivated.

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“Every time you eat or drink, you are either feeding disease or FIGHTING IT.”

HEATHER MORGAN
THE FOOD MATTERS
GLUTEN-FREE
breakfast bread

Our Food Matters Breakfast Bread is one of our most popular recipes! It’s the best to have on hand for a nourishing breakfast toast or snack, and it even freezes well.

This breakfast bread is so versatile! It’s gluten-free and packed with nourishing fats, protein and fiber. Top it with our favorite toppings and you’ll have yourself the perfect little cafe-style breakfast, packing a nutritional punch.

INGREDIENTS

- 2 cups (200 g) almond meal
- 2/3 cup (85 g) tapioca starch/arrowroot flour
- 2 tbsp flax meal
- 1 tbsp chia seeds
- 1 tsp bicarb soda
- Pinch of salt
- 3 organic eggs
- 1/4 cup (2 oz) coconut milk
- 1 tbsp pure maple syrup
- 1/4 cup (2 oz) cup coconut oil
- 1 tsp apple cider vinegar

UTENSILS

- Loaf tin
- 2 x mixing bowls

METHOD

- Preheat oven to 355°F (180°C) and line a loaf tin with parchment paper.
- Combine the dry ingredients together in one bowl and whisk the wet ingredients together in another bowl.
- Combine both wet and dry ingredients together and pour into loaf tin.
- Place the loaf tin in the oven for 30 to 40 mins or until golden brown on top and cooked through. Place a skewer in the center of the bread and when the skewer comes out clean, the bread is ready.

check out our delicious toast toppers on the next page
OUR FAVORITE TOAST TOPPERS

Nut Butter & Sliced Banana
- 1 banana, sliced
- 1-2 tbsp your favorite nut butter
- Optional: drizzle with honey, or sprinkle with sesame seeds

Fresh Ricotta, Blueberries & Honey
- 3 tbsp ricotta
- ½ cup fresh blueberries
- 1 tbsp raw honey to drizzle

Tomato, Herbs & Balsamic
- 1 small tomato, sliced
- Handful of fresh green herbs: parsley, basil or whatever you prefer
- 1-2 tsp balsamic vinegar

Avocado with Sauerkraut
- ½ an avocado, sliced or smashed
- 2 tbsp sauerkraut
- Optional: sprinkle with sesame seeds and sprinkle with salt and pepper

Watch the recipe video on FMTV.com
So you've read about the health benefits of turmeric, but you're not sure how you can use it? Here's a smoothie recipe that uses it in the most refreshing way while offering a host of health benefits!

Turmeric would have to be one of Mother Nature’s best gifts! With uses from detoxing the body, lowering inflammation and supporting a healthy immune system.

Pineapples contain the digestive enzyme bromelain, a natural enzyme that supports the digestive system in breaking down and absorbing nutrients from the food we eat.

**INGREDIENTS**

- 1 cup diced pineapple
- 1 tsp turmeric powder or freshly grated
- 1 tbsp chia seeds
- 1 tbsp shredded coconut
- 1/2 lime, peeled
- 1 cup water or coconut water
- Optional: maca powder
- A dash of black pepper (it sounds weird but necessary to help with the absorption of curcumin in turmeric)

**METHOD**

- Blend all ingredients together and enjoy!
This South Asian golden-hued turmeric has long been used in ancient traditional healing practices and cuisine, and is prized for its extreme anti-inflammatory properties.

Today, turmeric highlights teas, juices, smoothies, and is used to treat nearly any complaint, ranging from simple colds or the flu to fighting the effects of Alzheimer’s disease. It can reduce inflammation when taken orally and topically, protect against liver damage and radiation damage, ease stress, improve mood, prevent cancer, be used as a painkiller, is antimicrobial, helps to lower cholesterol, and boosts brain health. However, as more and more studies continue to be conducted to expand our understanding of how turmeric actually works and the extent of its range of benefits, we are finding there are right and wrong ways to consume it.

The main compound responsible for the majority of turmeric’s anti-inflammatory benefits, curcumin, is actually very quickly metabolized and not well absorbed by the body at all. Traditionally, turmeric was consumed in stews, stir-fries, and teas, along with other warming spices and fats. Today we are realizing these unassuming methods of consuming turmeric greatly aid in boosting the absorption power and bioavailability of curcumin. Bio-Piperine, the compound responsible for the heat of black pepper, when consumed with turmeric, helps to slow the liver from metabolizing curcumin too quickly. Coconut oil or other fats also help to slow down this process and help more curcumin be utilized by the body.

This is where the recent trending golden pastes come in. Not only is it easy to make and use, it is versatile and extremely effective. Once made, it can be stored in the refrigerator for up to 2 months and added to savory and sweet recipes, soups, stews, juices, smoothies, teas and golden milks.

**INGREDIENTS**

- 1 cup purified water
- 1/2 cup organic turmeric powder + additional to adjust consistency
- 1/4 cup extra virgin coconut oil or other fat such as ghee or extra virgin olive oil
- 1 tsp finely ground black pepper

**METHOD**

- Add powdered turmeric to a pan with water and reduce on low to medium-low heat until it begins to form a thick paste.
- Add in ground pepper and fat of choice and combine well, adjusting the water or turmeric quantities as needed.
- You may also choose to add in approximately 1-2 tablespoons of raw honey and about 1-2 teaspoons of other warming spices that pair well with turmeric such as nutmeg, curry powder, cinnamon, cardamom, or salt, if you wish.
- Once your paste is the consistency you desire, store in a glass jar with tight fitting lid in the refrigerator for 1-2 months.
- Dilute and consume 1-2 teaspoons of your paste a day in warm water, juices, smoothies, teas, golden milks, nut butters and snacks, stir-fries, stews, dressings and other savory items.
BREAKFAST NORI ROLL

A protein-rich savory roll packed with nutrients to sustain you all morning long!

Adding nori to your breakfast may sound strange, but it’s a great addition to your meal! Known as an ancient superfood, it was once believed to be our ancestors’ secret to health and longevity. For thousands of years our forefathers ate seaweed for optimum nutrition as it’s rich in minerals, including iodine required for healthy thyroid function.

INGREDIENTS

- 1 sheet nori
- 1 egg
- 1 tsp organic butter or coconut oil
- ½ avocado
- Handful greens (spinach, arugula/rocket, bitter greens
- Sea salt to taste

FOR THE DRESSING

- 2 tbsp organic yogurt (coconut or dairy)
- 1 tsp turmeric
- 1 tbsp chives, chopped finely

METHOD

- Heat a frying pan over medium heat and add a small amount of butter or coconut oil to the pan.
- Whisk egg in a bowl and pour into the pan.
- Cook for 1 minute. Flip and cook for a further minute.
- Remove from heat and set aside.
- Cut the avocado into slices.
- Lay the nori sheet onto a cutting board, drape the cooled egg in a line, cover with the avocado slices, greens, and the yogurt (for better digestion).
- Roll up, cut in two and eat immediately in order to not let the nori go soggy.
- NOTE: You can also eat everything on a plate, cutting the nori strips over the mix and eating it with a fork, if you didn’t want to roll.
Many of you might cringe at us remaking such a classic dessert like the Lemon Curd Tart but we promise this is just as good as the classic version you know and love… just healthier!

Creating healthier desserts can easily be achieved by tweaking a few simple ingredients. For example, in this classic, lovable dessert we’ve swapped out gluten-containing grains and flours in the base for nourishing nuts and gluten-free oats which make the perfect crunchy base. Then we’ve added things such as natural sweetener, coconut oil, and cacao butter to make a healthier curd.

Convince your friends and family that healthy baking is still delicious with this treat!

INGREDIENTS

**Lemon Curd**
- 3 large, free-range eggs
- 1 tbsp lemon zest
- ½ cup freshly squeezed lemon juice
- ⅛ cup honey
- 4 tbsp coconut oil
- 1 tsp vanilla extract
- 1 tbsp cacao butter (optional)

**Tart Base**
- ½ cup macadamia nuts
- ½ cup gluten-free oats
- ¼ cup almonds
- 1 cup pitted Medjool dates
- 3 tsp rice malt syrup
- Pinch of salt

METHOD

- Grease the bottom and sides of a tart pan with coconut oil and sprinkle a little desiccated coconut over the spring form tin to prevent tart from sticking. In a food processor or high-speed blender, combine all the base ingredients and pulse until well combined.
- Cover the base and sides of a tart pan and press down firmly. Place in the freezer to set. While the base is in the freezer setting, it’s time to make the lemon curd.
- In a saucepan on low heat, whisk together the eggs, lemon zest and honey. Add the lemon juice, coconut oil, vanilla extract, and cacao butter and continue to whisk on medium heat until everything is melted and the mixture starts to thicken.
- Remove from heat and pour into your prepared tart pan covering all of the base mixture as evenly as possible. Place in fridge to set.
- If it’s taking a while to thicken, take away from the heat for a couple of minutes then return to the heat and continue a light whisk until bubbles start to appear and a creamy consistency has formed.

Watch the recipe video on FMTV.com
Nut milks are great non-dairy, non-soy alternatives and they’re super healthy! They’re convenient, delicious and portable. Plus they’re bursting with health benefits.

Packed with healthy monounsaturated and polyunsaturated fats, protein and fiber, they’ll help curb your appetite, keep you regular, and help to maintain healthy gut bacteria. You can make a variety of plant-based milks by blending raw nuts and seeds with water. Homemade milks are fresh, free of additives and preservatives, and you can experiment with different kinds of nuts and seeds.

PLANT-BASED nut milks

Nut milks are great non-dairy, non-soy alternatives and they’re super healthy! They’re convenient, delicious and portable. Plus they’re bursting with health benefits.

Packed with healthy monounsaturated and polyunsaturated fats, protein and fiber, they’ll help curb your appetite, keep you regular, and help to maintain healthy gut bacteria. You can make a variety of plant-based milks by blending raw nuts and seeds with water. Homemade milks are fresh, free of additives and preservatives, and you can experiment with different kinds of nuts and seeds.

PUMPKIN SEED MILK

Pumpkin seeds are high in minerals such as magnesium, phosphorus, manganese, zinc, iron, copper and essential fatty acids! You’ll find they are a little cheaper than nuts that you would usually use to create your own milk at home, making it a great alternative to almond or cashew milk while still offering a whole bunch of health benefits.

Add this as a base to your smoothies, oatmeal, chia puddings or drink a glass on its own!

INGREDIENTS

- 1 cup pumpkin seeds (soaked overnight)
- 6 cups filtered water
- 3 pitted dates or 1 tbsp raw honey
- 1 tsp vanilla extract
- ½ tsp sea salt

METHOD

- Drain your soaked pumpkin seeds.
- Combine pumpkin seeds, dates, vanilla, sea salt, and water in the blender or the Hurom Juicer.
- Blend well for 30 seconds to 1 minute until milk is smooth and creamy.
- Optional to strain through a nut milk bag or pour straight into glass bottles for storage in the fridge if you don’t mind the pulp in your milk.

Handy tips!

- We love using our Hurom for nut milk as it strains out most of the pulp and leaves you with a smooth, creamy milk!
- Soaking nuts, seeds and grains allows enzyme inhibitors to be released, making them easier to digest and enhances nutrient bioavailability. Soaking them also makes them easier to blend and results in a creamy consistency that is like milk. Most nuts generally require 7 to 12 hours of soaking time for optimal results. Discard the soaking water and thoroughly rinse with fresh water.
BRAZIL NUT MILK

Although we love almond milk, we also love to mix it up! Brazil nut milk has quickly become a favorite of ours due to these nut’s unbelievably amazing nutrient profile. They are one of the richest sources of selenium in the food world, making them a great addition to your diet to help boost your immune system. They also contain a complete amino acid profile making them a great plant-based protein source.

INGREDIENTS

▶ 1 cup Brazil nuts (soaked overnight)
▶ 4 cups filtered water
▶ 2 dates, pitted
▶ 1 tsp vanilla powder or extract
▶ ½ tsp sea salt
▶ ½ tbsp of coconut oil to make it super creamy

METHOD

▶ Drain and rinse soaked brazil nuts.
▶ Combine soaked brazil nuts, dates, vanilla, sea salt and water in the blender or the Hurom Juicer.
▶ Blend well for 30 seconds to 1 minute until milk is smooth and creamy.
▶ Optional to strain through a nut milk bag or pour straight into glass bottles for storage in the fridge if you don’t mind the pulp in your milk.

CREAMY CASHEW MILK

It might seem easier to buy store-bought nut milk but we are here to convince you just how easy it is to make your own, not-to-mention nutritionally superior to store options. Plus, with that many on the market now, who has time to figure out which one is the best by delivering nutritional labels!

Cashew milk is a creamier version of the popular almond milk. Cashews offer many vitamins and minerals such as zinc, phosphorus, iron, manganese, copper and is particularly rich in vitamin E making them a great addition to your diet to protect and nourish your skin from the inside out.

INGREDIENTS

▶ 1 cup cashews (soaked overnight)
▶ 4 cups filtered water
▶ 2 pitted dates
▶ 1 tsp vanilla extract
▶ ½ tsp sea salt
▶ ½ tbsp of coconut oil to make it super creamy

METHOD

▶ Drain and rinse soaked cashew nuts.
▶ Combine soaked cashew nuts, dates, vanilla, sea salt and water in the blender or the Hurom Juicer.
▶ Blend well for 30 seconds to 1 minute until milk is smooth and creamy.
▶ Optional to strain through a nut milk bag or pour straight into glass bottles for storage in the fridge if you don’t mind the pulp in your milk.

Watch the recipe video on FMTV.com
CREAMY SESAME MILK

Sesame seeds are one of the richest plant-based sources of calcium, making them a great staple in anyone’s diet. These tiny seeds are one of the most ancient foods on Earth, and offer big health benefits! Thanks to their high levels of phytosterols they can assist in lowering cholesterol along with assisting to protect the heart and improve blood pressure due to their lignans content. They are a great source of vitamins and minerals such as iron, fiber, magnesium and calcium, just to name a few.

**INGREDIENTS**

- 1 cup sesame seeds (soaked overnight)
- 4 cups filtered water
- 2 dates, pitted
- 1 tsp vanilla powder or extract
- ½ tsp sea salt
- ½ tbsp of coconut oil to make it super creamy

**METHOD**

- Drain your soaked sesame seeds.
- Combine sunflower seeds, dates, vanilla, sea salt, and water in the blender or the Hurom Juicer.
- Blend well for 30 seconds to 1 minute until milk is smooth and creamy.
- Optional to strain through a nut milk bag or pour straight into glass bottles for storage in the fridge if you don’t mind the pulp in your milk.

SUNFLOWER SEED MILK

Sunflower seeds are a great source of protein, fiber, essential fatty acids, calcium, iron, zinc, magnesium, potassium, manganese, selenium and vitamins B and E. Similar to pumpkin seeds, sunflower seeds contain high levels of tryptophan with is great for alleviating stress. Seed milks are a little more cost effective than nut milks, so a great alternative for those on a budget or if nut allergies are in your family!

Add this as a base to your smoothies, oatmeal, chia puddings or drink a glass on its own!

**INGREDIENTS**

- 1 cup sunflower seeds (soaked overnight)
- 6 cups filtered water
- 2 pitted dates
- 1 tsp vanilla extract
- ½ tsp sea salt
- ½ tbsp of coconut oil to make it super creamy

**METHOD**

- Drain your soaked sunflower seeds.
- Combine sunflower seeds, dates, vanilla, sea salt, and water in the blender or the Hurom Juicer.
- Blend well for 30 seconds to 1 minute until milk is smooth and creamy.
- Optional to strain through a nut milk bag or pour straight into glass bottles for storage in the fridge if you don’t mind the pulp in your milk.

Watch the recipe video on FMTV.com
No-bake
CHOC ORANGE TART

Super silky, chocolatey, with a zest of orange, and it just happens to be nut free and made with one of our fave ingredients, AVOCADO!

INGREDIENTS

For the base...
- 1/2 cup shredded coconut
- 1 cup mixed seeds
- 1 cup Medjool dates
- 4 tbsp coconut oil

For the choc-orange layer...
- 2 avocados
- ¼ cup coconut oil
- 1 tsp vanilla
- Zest of orange
- ½ cup raw cacao powder

METHOD

For the base...
- In a food processor or high-speed blender, grind the base ingredients until a sticky crumble forms.
- To make the base, press mixture in a 20cm fluted cake pan (or any rectangle dish, 20cm springform cake pan).
- Smooth with the back of a spoon and place in the freezer to set while you make your chocolate layer.

For the choc-orange layer...
- In a food processor or high-speed blender, process all chocolate layer ingredients until smooth and creamy.
- Spread layer evenly over the base layer and place back in the freezer to set for 1 hour.
- Remove from freezer 5-10 minutes just before serving.
It’s free from dairy, refined sugar, preservatives, and other unnecessary additives. When you make it at home, you know exactly what’s going in it. Plus it’s quick and easy to make, and won’t cost you a fortune. It’s a naughty little treat without the naughty!

**INGREDIENTS**

- 1 cup of cashews (soaked overnight)
- 1 cup of coconut milk
- 1 cup of shredded coconut
- ½ cup of pure maple syrup
- 3 tbsp raw cacao powder
- 1 tbsp of pure vanilla extract

**METHOD**

- Combine all ingredients in a high-speed blender. Blend until smooth.
- Run the mixture through an ice cream machine as per instructions.
- If you don’t have an ice cream machine, place in the freezer in a large container and freeze until firm (approx. 4 hours), removing every hour to whisk with a fork.
- Serve and enjoy with minimal guilt.
### TWO INGREDIENT pancakes

#### INGREDIENTS
(Use organic ingredients where possible)
- 1 egg
- 1 banana, peeled, coarsely chopped

#### METHOD
- Whisk the egg in a bowl, add the banana and mash together to form a batter.
- Heat 1 tablespoon of coconut oil or butter in a frying pan and pour in the batter to create a small pancake, or, if you are using a large frying pan, you can create two small pancakes with that amount of batter in one pan.
- Let the pancake cook through before flipping it. After flipping it, let the other side cook through.
- Serve with fresh strawberries and yogurt, cinnamon, butter, pure maple syrup, nut butter, seed sprinkle, raw honey or your desired toppings.

#### Hot tips:
- As a general rule, if you have a small banana, use one egg. If it’s a big banana, use two eggs.
- Using bananas that are “not quite ripe” will ensure they bind well and don’t end up spreading all over the pan (due to the state of the sugars in less ripe bananas).
- Make sure the pan is not too hot.

Watch the recipe video on FMTV.com
HAZELNUT TRUFFLES

These truffles are easy to make and oh so delicious! You may want to double the ingredients to make a double batch because they sure didn’t last long in the Food Matters Headquarters!

INGREDIENTS

- 1 cup dark chocolate (at least 70% cacao)
- ½ cup full-fat coconut milk
- ¼ cup maple syrup
- Pinch of fine sea salt
- ¾ cup all natural, smooth, nut butter
- 1 cup roasted hazelnuts
- 1 tsp hazelnut extract or vanilla extract

METHOD

- Boil a pot of water.
- Roughly chop the chocolate and place in a glass bowl over the hot water bath. Once the chocolate has melted, remove the pot from the heat but keep the bowl over the hot water.
- While you melt the chocolate, place the coconut milk in a small pot and warm it up a little bit. Add in a generous pinch of sea salt.
- Slowly add warm coconut milk to the melted chocolate while continuously whisking over a low heat.
- Whisk in the maple syrup, nut butter and hazelnut or vanilla extract.
- Allow the mixture to cool and place in the fridge overnight for it to harden.
- Before taking the mixture out of the fridge, put aside at least 20-25 hazelnuts and chop the rest finely.
- Spread the chopped hazelnuts on a tray or clean baking sheet.
- Scoop portions of the ganache mixture into ‘eyeball’ portions. Flatten ball into your hand, place a hazelnut in the middle and then close over the truffle mixture around the hazelnut.
- Roll between the palms of your hands and then roll the truffle in the chopped hazelnuts. Continue until all of the mixture is gone.
- Store in the fridge... If they last that long!

the perfect Sweet treat
Tune into FMTV to find recipe series to suit your lifestyle and your diet. Whatever your needs are, we have you covered!

FMTV recipes

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Cracking the code to amazing skin

ANNMARIE GIANNI

We’re divulging some of our skin tips that might just help you achieve your best skin ever. It’s not so much a to-do list, but more of a “what not to do” list.

You’re probably already doing some awesome things for your skin, like using natural skin care or eating an organic diet. Keep on keepin’ on! But you might also be committing skin sabotage in some ways you didn’t realize.

We made a list of 9 things you might be doing to make your skin less-than-radiant. Most of us have been guilty of some of these things at least once in our lives.

If you want your skin tone to even out, your wrinkles to soften, or your breakouts to subside, we recommend you kick these habits.

1. Eating excess sugar (when you know you shouldn’t!)

A 2013 study looked at the connection between blood sugar and aging. Participants who tested with higher blood sugar levels were also rated as looking older. Crazy, right?

Looking older shouldn’t be the only reason you avoid eating sugar, but it is one effect that this addictive substance seems to have. Constantly spiking our blood sugar levels and then later crashing down is an unhealthy cycle that many of us subject our bodies to, and our skin shows it.

We recommend making informed choices about which kind of sweetener you use and paying attention to how much sugar is in the prepared foods that you buy. For those of us who maybe haven’t perfected the art of making “meals” (ahem, guilty), simply eliminating Justin’s Organic Chocolate Peanut Butter Cups from your breakfast menu might be an easy place to start.

2. Not hydrating

We’ve all heard that statistic that says we’re pretty much just a bunch of water that looks like humans walking around the planet. Yet we still find reasons not to hydrate: “Water is boring…”, “Having to pee all the time is inconvenient…”, “I hate washing cups…”.

We know that we need water to do all the things our body needs to do. One is transporting nutrients to the places they need to go. Another is flushing out the toxins we don’t want hanging around. So do yourself a favor and drink up!

Personally, the constant motion of drinking from a cup kind of annoys me. Not like a pet peeve, I’d-tell-you-this-during-a-get-to-know-you-game kind of thing. I’d just rather drink out of a straw. So I use one of those obnoxiously huge cups with a built-in straw, add a squeeze of lemon and ice and take sips throughout the day. Maybe having an awesome water receptacle would work for you, too.

3. Sleeping on pillow cases washed with toxic laundry detergent

Bet you didn’t see this one coming!

Yep, this is a scary one! Studies show that laundry detergents you might be using could be linked to cancer, lung damage, and hormone disruption. Given that your clothes are on your body all day and you sleep on your pillows all night, you might want to think twice about what you use to launder them.

Is using chemical detergents to wash your pillowcases causing your acne or wrinkles? Probably not. But it’s definitely not helping, and some people are more sensitive to chemical irritation than others. Either way, having those substances near your face (for ⅓ of your life!) does not make a happy complexion (or body). You might try making your own detergent if DIY is your style.
4. **Using skin care products that contain alcohol**

Why is there alcohol in your skin care products? They’re used to help ingredients mix together to form a finished product, act as preservatives, and temporarily shrink your pores.

Why don’t you want them there? Some alcohols used in skin care are drying, irritating, and damaging to your skin, and many contain petroleum-derived additives that you definitely don’t want on your face.

Even the types of alcohols that are pretty much harmless aren’t doing anything good for your skin, but if you replaced the alcohol with healing aloe juice, your skin would be singing joyful noises (or dancing or painting or doing whatever your skin does when it wants to express itself).

All we’re saying is, be choosy when it comes to the ingredients in your skin care. There are so many plant-based ingredients out there that your skin loves, so there’s no need to settle for skin-drying alcohols.

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5. **Skin addictions**

Skin gets used to what you put on it. If you’re feeding it well, awesome! If you’re not, then there can be problems. A common ingredient that skin gets addicted to is benzoyl peroxide. Usually prescribed for acne, it clears up the skin by killing bacteria and reducing oil production. In the long term, it is extremely drying for most skin types, essentially working like a bleach. Ouch!

Alkaline benzoyl peroxide disturbs your skin’s acid mantle, which should be at a pH of between 4.5-5.5. Once you stop using it, your skin starts to re-balance itself to its natural pH. During what is essentially a detox process, many people find that they break out.

Have patience! These skin detox-induced breakouts should subside after a few weeks. And there are lots of natural remedies for acne and other skin conditions. Our Citrus Mint Cleanser is pH balanced and gentle while also helping to keep acne breakouts at bay.

---

6. **Using unnatural makeup**

So we talked about your skin at night (resting on a pillowcase), but what about during the day? Many of us wear makeup, either occasionally or for everyday coverage. There’s nothing wrong with wanting to look your best, but putting on foundation, blush, concealer, etc. every day could be making your skin less healthy.

Many makeup brands, I’m going to say most, use ingredients that can cause you harm. Last September we talked about 10 toxic ingredients found commonly in makeup. We wrote that article because the thought of putting those chemicals on our skin freaks us out, and we’re kind of confused about why these toxic chemicals are being put in makeup products, to begin with.

Unnatural makeup products can clog your pores, irritate your skin, and create a barrier that keeps your skin from breathing. So, your skin gets worse over time as you use them.

We favor natural mineral makeups without added preservatives and fragrances. They’re a healthy way to even out your skin tone and cover imperfections. You can also use our Sun Love lotion for a hint of color (not to mention luxurious avocado oil and beautifying hyaluronic acid).

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Some alcohols used in skin care are drying, irritating, and damaging to your skin, and many contain petroleum-derived additives that you definitely don’t want on your face.
7. **Leaving your makeup on overnight**

You’re tired. Your eyelids are closing against your will. You’re almost considering sleeping in your jeans. Stop! Wait! It’s time to wash off your makeup. Naked skin is happy skin. Especially if you’re wearing chemical makeup brands, you want to give your skin a break overnight.

In the same vein, make sure to wash your makeup off before working out. When you break a sweat and your pores open up, dirt, oil and, yep, makeup will get in there. Also, unless you want to wash your pillowcases every day (Ouch! Said Mother Earth) you should do your best to keep them clean in between washes. Another reason that washing your face before bed is a must!

8. **Eating from a box**

You can’t talk about good skin without talking about health. Your skin is an indicator of what’s happening inside. We can’t tell you whether being gluten-free, vegan, raw, vegetarian or what will work for you. There a lot of theories and diet plans out there, and we don’t have the bandwidth to sift through them all.

However, eating whole foods is something pretty undebatably healthy. It can be challenging to prepare foods from scratch and avoid the urge to succumb to a prepacked frozen entree, but preparing fresh foods is a great way to stay healthy. At the very least, you’ll know what’s on your plate.

Try to have a salad or smoothie every day to up your intake of raw fruits, vegetables, and nuts. Try to eat the rainbow! Different colored produce provides different benefits, so make things fun and multicolored on your plate in order to cover your nutritional bases.

9. **Not exfoliating**

We’ll end with a simple one: exfoliation. As you get older, your rate of cell turnover decreases and your need for regular exfoliation increases. Giving your skin a good scrub sloughs off dead skin cells and encourages new ones to generate. Plus, when you’re using potent anti-aging products, you want to make sure they are being well absorbed (not just sitting on top of dead skin cells).

Of course, there is such a thing as too much exfoliation, so you need to find a balance. For most people, a couple times a week does the trick. As you age, this may be closer to 3 or 4 times a week.

You can achieve the skin you want by ditching some of your bad habits and adopting some good ones, you could find yourself waking up to younger, more radiant looking skin!
When it comes to skincare, my rule of thumb is, if you can't eat it, don't put it on your skin. Your skin is a massive transdermal delivery system and everything that you put on it makes its way into the bloodstream.

We have to be so careful about what we put on our bodies, yet the average woman, according to the EWG (Environmental Working Group), is putting over 100 chemicals on their skin before they leave their home in the morning.

And the beauty product industry has become a wholesale dumping ground for these toxic chemicals. Things like mascara, lipstick, and nail polish, are riddled with toxins, ones that you want to be avoiding as much as possible.

The beauty industry is the least regulated industry in the world - even things like perfume have up to 60 ingredients that don't have to be represented on the label! You can find out more about these dangerous toxins found in our products by going to websites like the Environmental Working Group.

So in terms of going back to basics on skincare, I like to think, what are the most simple things in my kitchen that I can use as skin care? Can I use coconut oil? Can I use Jojoba oil? Can I use argan oil?

All simple things, but in terms of ease of use, the one product that puts all the best things together in terms of essential oils and herbs, then Annmarie Skin Care is perfect. It's founded by the wife of a close friend of mine.

Kevin and Annmarie Gianni are a fantastic couple. Kevin and Annmarie actually traveled for about a year and a half around America in an RV called the Kale Whale. They shot episodes on a video blog called Renegade Health Blog and ended up using a lot of their knowledge to start Annmarie Skin Care.

It's a fantastic skincare line, my favorite products are the:

- Anti-aging skincare oil
- Citrus stem cell serum
- Aloe cleanser
- Neroli toning mist

They're clean, they're organic, and many of the ingredients are wild-crafted. 100% recommend these guys, which is why there's even a starter pack that you can order when you go to the Food Matters website.

Care on!

Head to foodmatters.com/products-we-love to check out the special offer for our Food Matters Community.
Greens are the perfect ingredient to detox and purify your body on the inside, leaving you with smoother, clearer skin on the outside.

**INGREDIENTS**

- 1 frozen banana
- 1 small zucchini
- ½ medium avocado, flesh scooped out
- 1 tsp of your favorite greens powder (optional)
- 1 probiotic capsule, emptied
- 1 lime, zest and juice
- 1 cup coconut milk
- 1 tbsp protein powder
- ½ cup of ice, to thicken
- 3 tbsp coconut yogurt

Toppings: pepitas, sunflower seeds, shredded coconut, blueberries, flaked almonds or any of your favorite beauty foods.

**METHOD**

- In a blender, add all ingredients except coconut yogurt.
- Blend until a smooth, but thick consistency is formed. You may need to blend in some extra ice to thicken.
- Pour into your favorite breakfast bowl.
- Swirl in coconut yogurt and top with seeds, nuts, coconut, and your favorite fruit.
skin

NOURISHING SALAD

Just like every other organ in your body, the skin requires a full suite of nutrients to grow, heal, replenish and repair. This salad offers a bounty of healthy fats, vitamins and trace minerals to nourish your skin - and bring out your natural diva!

INGREDIENTS

- 1 cup leafy greens
- ½ avocado, sliced
- 1 handful microgreens or sprouts
- 1 fillet salmon, cooked and flaked
- 2 tbsp pepitas
- 1 small handful torn basil
- 2 tsp olive oil
- 1 wedge of lemon

METHOD

- Attractively assemble the greens, avocado, microgreen/sprout and salmon in a bowl. Sprinkle over the pepitas and torn basil. Finish with a generous drizzle of olive oil and squeeze of fresh lemon juice.
KICK THE CRAVINGS

This juice blend is full of beta-carotene rich carrots and skin-clearing apple and lemon! This naturally sweet combo will help you kick the sugar cravings, making it the perfect mid-afternoon pick-me-up!

METHOD
▶ Prepare all ingredients by chopping and juice all ingredients.
▶ Drink immediately and enjoy!

INGREDIENTS (Serves 1)
▶ 2 carrots
▶ ½ apple
▶ ½ lemon
▶ 1-inch piece of ginger

GET THE CLEAR

The secret to clear skin? Promoting good digestion, hydration and alkalizing! This juice combo will help to calm inflammation from the inside, which will have you glowing on the outside!

METHOD
▶ Prepare all ingredients by chopping and juice all ingredients.
▶ Drink immediately and enjoy!

INGREDIENTS (Serves 1)
▶ ¼ cup pineapple
▶ 1 Lebanese cucumber
▶ ½ apple
▶ 1 cup leafy greens (eg. spinach, kale)
“If you have GOOD THOUGHTS, they will shine out of your face like sunbeams and you will ALWAYS LOOK LOVELY.”

ROALD DAHL
Beauty foods are foods that contain high concentrations of the minerals sulfur, silicon, zinc, iron and/or magnesium. David Wolfe refers to the following as some of the best beautifying foods that you can include in your diet. These foods will have an alkalinizing reaction with your body, anti-parasitical effects and contain high levels of antioxidants and anti-inflammatory properties.

In the list below you can see some of the top ‘beautifying foods’ recommended by David Wolfe in his book *Eating For Beauty*:

**TOP FOODS TO KEEP YOU BEAUTIFUL**

**Aloe Vera**
Believed to be a food of long-lasting youth and rapid healing. The anti-inflammatory power in acute inflammation is one of its best-known actions. The gel of the aloe vera can be used topically or added to your daily juice.

**Coconut Oil**
Contains a number of health-giving properties including being high in antioxidants, controls blood sugar levels, assists the thyroid gland and repairs the skin. You can eat it straight, blend into smoothies, use in cooking and on the skin.

**Pumpkin Seeds**
A wonderful source of B vitamins, many minerals (including zinc), phytonutrients and fatty oils. All of these contribute to their ability to produce clear and glowing skin. They also have anti-parasite properties.

**Cucumbers**
Fantastic for cleansing our bodies. The skins of cucumbers are high in silicon although are often grown with pesticides and waxed in stores so it is best to choose organic.

**Figs**
Super high in calcium and other minerals. They also contain large amounts of fiber and are therefore beneficial for our digestive system. They have been described as being the most alkalizing of all dried fruits.

**Hemp Seed**
One of the most nutritionally complete foods containing all nine essential amino acids making them exceptionally high in protein whilst also high in omega 3 and 6 fatty acids and minerals. Eat them as a snack, add to a salad or use the hemp oil in your smoothie.

**Turmeric**
Considered a restorative food, with strong anti-inflammatory, antioxidant, anti-cancer and anti-microbial characteristics. Well known for its ability to purify blood which is essential for clear skin.

**Macadamia Nuts**
Contain high levels of selenium needed to build the body’s most powerful enzyme. The macadamia nut’s overall combination of fatty acids and zinc makes it a wonderful skin beautifier.

**Pumpkin Seeds**
A wonderful source of B vitamins, many minerals (including zinc), phytonutrients and fatty oils. All of these contribute to their ability to produce clear and glowing skin. They also have anti-parasite properties.
Want to look & feel
naturally radiant
every day?

We'll show you how to transform your body inside and out.

In 10 days you'll earn how to:

▶ Naturally heal your gut
▶ Easily manage digestion, stress and weight
▶ Heal candida and yeast infections
▶ Use secret mood, skin and gut remedies
▶ Avoid toxins in the beauty industry
▶ Use everyday beauty rituals to detoxify your skin
▶ Diagnose your health through looking at your skin
▶ Feel like a goddess through choosing the right foods
▶ AND MORE!

Find out more at FMTV.com/programs
VITAMIN E
Vitamin E is a fat-soluble vitamin that also functions as an antioxidant in the body. It can help to protect your skin against free radicals and sun damage.

The body also excretes vitamin E through the oily substance in your skin called sebum. This helps to moisturize and protect the skin. Therefore, if your skin is dry or damaged, vitamin E can help to restore nourishment.

Sources of vitamin E: Nuts, seeds, avocado, oily fish (wild caught), olive oil.

VITAMIN A
Vitamin A is required for your body to produce retinol. Have you heard of this word before? It’s an ingredient commonly found in anti-aging skin care creams and face masks.

Vitamin A interacts with the skin to influence growth, cellular turnover and the activity of oil glands. In particular, vitamin A is believed to affect skin aging and prevent acne.

Foods that are high in vitamin A: Organ meats (organic, pasture fed), egg yolk (from free-range eggs) and bright orange veggies (these contain beta-carotene, which your body uses to make vitamin A).
ZINC

Zinc works around the clock to help heal and repair damaged areas of the skin. In fact, this hard-working mineral is required for over 100 enzymatic reactions in the body! It speeds up the biological processes required to heal wounds and tidy up tissue injury. Due to these impressive functions, evidence shows that zinc can help to heal acne, fungal infections, small skin irritations, and sores.

Zinc can also help to prevent injury to your skin by reducing the production of free radicals. It also safeguards the fats in your skin against damage from sunlight and pollution.

Foods that are high in Zinc: Pumpkin seeds/pepitas, seafood (wild caught, sustainable) and meat (organic, pasture fed), cacao.

VITAMIN C

Collagen is the key substance that maintains the firmness of your skin. Therefore, when your body is producing suboptimal or flawed collagen, wrinkles and sagging skin develops.

Vitamin C is used during the biological processes to create collagen. Vitamin C is also utilized during scar tissue repair and is important for skin healing. The antioxidant action of vitamin C also protects your skin against free radical damage.

Vitamin C is also found at high concentrations in both the outer and inner layers of the skin, which further supports its importance for your skin health.

Top foods that are high in vitamin C: Citrus fruit, berries, bell peppers (capsicum), tomatoes, broccoli, kiwi fruit and superfoods such as goji, acerola, acai or a top-quality supplement.
BRAIN-BOOSTING FOODS

If you're feeling like your brain is foggy, slow and you're finding it hard to remember things or generally keep on top of your day-to-day life, you might need to add more of these brain-boosting foods to your diet to help you reach your full potential.

Water

Your body is 70% water, your brain is 70% water and you want to be able to hydrate that. Your brain is only about 2% of your body mass but it requires 20% of the nutrients so keep that water up!

Blueberries

Full of anthocyanins, blueberries provide anti-inflammatory and antioxidant effects which helps combat brain aging and neurodegenerative diseases, and also support improved communication between brain cells.

Avocados

Containing good, healthy fats, avocados increase a number of different feel-good chemicals in the brain. Avocados are also a good source of Omega-3 fatty acids that assist with brain function, mood regulation and emotions.

Broccoli

Your mom was right! Broccoli is good for your health and for your brain because it is high in antioxidants as well as vitamin K, so it helps protect the brain against damage and helps with better memory function.

Make a brain food smoothie every morning with most of these ingredients (but leave the salmon and eggs for another meal!).
Nuts, and in particular walnuts, improve cognition and memory, and slow mental decline. Ever notice what a walnut looks like? It looks like the human brain. Walnuts also contain Omega-3 fatty acids so there’s double the reason to enjoy these nuts for brain health.

Turmeric is good for the brain with great anti-inflammatory properties. Curcumin, the active ingredient in turmeric helps to improve memory, ease depression and help new brain cells grow. Jim Kwik likes to make a golden tea with turmeric and pepper to help absorb the benefits.

Wild Salmon
The Omega-3 fatty acids in wild salmon (and sardines) are good for the brain. If you’re not getting enough of this essential fatty acid you may notice cognitive decline, emotional imbalances and mood issues.

Eggs
There are a number of reasons why eggs are great for the brain, with essential fatty acids, vitamins B6 and B12, folate and choline, which help to regulate mood, memory and cognitive function.

Coconut Oil
The fatty acids in coconut oil are good for your brain, and have even been linked to supporting people with Alzheimer’s disease.

Green Leafy Vegetables
Containing large amounts of folate, green leafy vegetables and spinach in particular can help reduce symptoms of depression and are very neuro protective.

Dark chocolate
Saving the best for last, eat dark chocolate for your brain (and your taste buds)! Dark chocolate boosts concentration, mood and actually improves blood flow to the brain. The darker the chocolate, the better!
Most of us are pretty confident when it comes to identifying the types of food that we should eat and the types of food that we should avoid, yet despite our best efforts to maintain a wholesome lifestyle, there always seems to be something in our environment that is working against us.

The tide of human modernity has inevitably drifted towards a convenience-based existence. This in turn, has given rise to a unique scenario in which our bodies are now languishing under the heavy burden of toxic compounds that we absorb from various sources each day. Unfortunately, one of these sources in most 21st century households is cookware.

**The inconvenient truth about convenient cookware**

Out of all the different types of cookware available today, the most commonly used is PTFE-coated “non-stick” cookware which is also sometimes referred to as Teflon cookware. The most obvious benefit of this equipment is that it provides the capacity to cook any meal without the likelihood of having to scrape burnt remains off it afterward - an attractive proposition for convenience-minded consumers. In 2014, U.S. retail sales of non-stick cookware amounted to around $1.45 billion USD.

With the average piece of non-stick cookware costing between $10-20 USD on Amazon.com, that figure boils down to somewhere between 70 - 150 million pieces of non-stick cookware being sold into American homes during 2014 alone. Extrapolate this data over a few decades, and you end up with a tremendous number of conventional non-stick cookware items in use across the United States.

So what’s the issue with using non-stick cookware and why should it matter to you?

**Nasty Little Abbreviations**

Fluoropolymers such as polytetrafluoroethylene (PTFE) and substances containing polyfluoroalkyl and perfluoroalkyl...
compounds (PFAs) are commonly used to create conventional non-stick cooking surfaces. These materials are extremely toxic and highly resilient, both in relation to their interaction with the human body and also the wider environment.

These compounds contain fluorinated chemicals which give rise to that slippery surface that we all enjoy cooking on. When exposed to heat, most non-stick cookware becomes a source of perfluorooctanoic acid (PFOA), which is a long-chain chemical compound that has been linked to a frightening range of health problems including thyroid disease, infertility in women, organ damage and developmental and reproductive problems.

Interestingly, the US Environmental Protection Agency has also declared perfluorinated compounds (PFCs) to be “likely carcinogens”, yet despite the warnings, these chemicals are still used in a wide array of household products. A study conducted by the Centers for Disease Control and Prevention (CDC) discovered that roughly 98% of Americans now have traces of PFAs or PFCs in their bodies.

Simple Solutions

There’s clearly no argument as to whether conventional non-stick cookware has a negative impact on human health, so with that in mind, what are the alternatives?

1. Ceramic

Ceramic cookware is gaining popularity fast thanks to its ability to create a non-stick cooking surface while containing no traces of PTFE or PFOA.

Brands such as Neoflam are using the most advanced ceramic technology to produce durable and heat efficient non-stick coatings that are safer and more environmentally friendly than conventional non-stick cookware.

2. Cast Iron

Companies like Solid Teknics are manufacturing some incredibly high quality cast iron products which have a myriad of advantages over conventional non-stick cookware.

Cast iron is extremely rugged, easy to clean, and if properly seasoned, it’s also “non-stick” (minus the toxic cocktail of chemical compounds). Cooking with cast iron is a great way to experience many of the benefits that come with using non-stick cookware while also minimizing your exposure to harmful substances.

3. Heatproof Glass

Glass isn’t the most dynamic cooking material and it’s somewhat limited in the styles of cooking that it can accommodate, however, for oven baked dishes there aren’t many materials more safe and affordable than heatproof glass.

When choosing glassware for cooking, be sure to check that the glass is heatproof and of high-quality construction. Pyrex has a great range of kitchen glassware for all sorts of different applications, including cooking.

4. Stoneware

Similar to ceramic, stoneware cooking equipment is a non-toxic alternative that usually involves a combination of crushed stone and a PTFE-free coating in order to achieve similar results to those of typical non-stick cookware. Brands such as Stoneline, Swiss Diamond and Ozeri all provide good products in this range.

5. Stainless Steel

Tried and tested, stainless steel is one of the safest cookware materials in existence and is an excellent non-stick alternative for many forms of cooking. It’s worth noting that using frying pans and skillets that are made from stainless steel will sometimes result in ingredients sticking to the surface of the cookware when exposed to high temperatures. However, if you use ample amounts of high-quality cooking oil, you shouldn’t have too much of a problem.
Indoor plants
PROVEN TO MAKE YOU HAPPIER

It’s no secret that plants are an essential component of our survival. They provide us with food, fiber, building materials, and medicine. Plants also have a direct influence on our wellbeing in their capacity to absorb carbon dioxide and convert it to clean oxygen; which is a pretty handy trick in our heavily polluted, overpopulated world.

Interestingly, recent studies suggest that plants, particularly indoor plants, can also have a direct impact on our overall mood and emotional wellbeing. Humans have been bringing plants into their homes for thousands of years but with the evolution of modern creature comforts, our species is spending more time indoors now than we ever have before. When taking into consideration the growing percentage of our population that identify as couch potatoes, the initiative to introduce more plants to indoor spaces could prove to be one of the most important public health and happiness initiatives of the 21st century.

Money doesn’t grow on trees, but happiness might

There are a number of reasons why plants may improve our mood - the most obvious being that they look quite a bit nicer than carpet and wallpaper. One study found an interesting correlation between the amount of care required to keep a plant healthy and the positive psychological effects it had on the caretaker. The research showed that those who spend extended periods of time in the presence of plants tend to have better relationships with other people and therefore experience increased levels of happiness. Individuals who spend more time around plants are much more likely to try and help others and often have more sophisticated social relationships. People who care for the natural world are statistically more likely to care for others, reaching out to their fellow humans and forming stronger bonds.
Another study found that flowering plants provide elevated levels of happiness and therefore, keeping flowering plants around the home and in the workplace has the potential to significantly reduce stress levels. Natural aesthetic beauty is known to have a soothing effect, and keeping ornamental flowering plants around the home is an excellent way to lower high levels of stress and anxiety. As a result of the positive energy derived from a space that has plants in it, the likelihood of suffering from stress-related depression is decreased as well.

So what types of plants should you choose for your home? Here are 4 of our favorites.

**Fiddle Leaf Fig**
The Fiddle Leaf Fig is an incredibly versatile plant which is beginning to pop up all over the interior design scene - in fact, if you have a Pinterest or Instagram account, it's likely that you already have a few impressions of the famous fiddle leaf subliminally embedded in your memory. Fiddle Leafs are one of the most photogenic and attractive indoor plants available, and as an added bonus, they're also wonderful for improving air quality by providing high levels of oxygen and cleaning the air of allergens. Fiddle Leaf Figs don't require excessive watering and will thrive indoors in the right kind of light. They can take a lot of indirect sunlight, however, positioning your plant next to a window is a recipe for disaster. Similarly, placing them in a dark corner is also going to be detrimental. Think “not too little, not too much” in terms of indoor sun exposure.

**Peace Lily**
The Peace Lily is a beautiful plant that is easy to care for and produces amazing flowers. Situated on the top of NASA’s list of all-around do-gooder greens, not only are Peace Lilies easy on the eyes, but they’re also incredibly good at detoxifying the air of benzene, formaldehyde, trichloroethylene, and ammonia. A great place to keep a Peace Lily is in your bedroom, where its toxin-destroying powers will be put to good use.

Peace Lillies are one of the easiest plants to care for, just keep them well watered and fertilize every 6 - 8 weeks!

**Philodendron**
Known for their exquisite flowering leaves and bold aesthetics, Philodendrons make a beautiful statement in any room. Like Peace Lilies, they also absorb high levels of formaldehyde from the air. Philodendrons require a warm spot with plenty of bright, indirect sunlight. Water them regularly, but be sure to allow the top layer of soil to dry out in-between drinks.

**Spider Plant**
As one of the most popular indoor botanicals, not only do Spider Plants look great, they’re also incredibly easy to care for. Spider Plants are especially good at absorbing mold and allergens from the air and can be put to good use in areas that are prone to dampness such as bathrooms and laundries.

The only things you need to consider when caring for a Spider Plant is keeping the soil moist and fertilizing once every 2 months.

---

People who care for the natural world are statistically more likely to care for others reaching out to their fellow humans and forming stronger bonds.

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**Hot tip:**
Every few weeks, take your indoor plants outside to a naturally shady position, maybe under another tree in your garden, and leave them for a few hours to absorb some fresh air and naturally filtered sunlight!
Many of us have done a detox in order to eliminate toxins from our bodies, but how many of us do anything about the toxins in our own homes?

With the average house containing over 500 chemicals and the increasing knowledge that common household cleaning products are found to have negative effects on our bodies, it’s more important than ever to clear our homes of dangerous toxins for the health and safety of our families and ourselves.

Here are five simple tips on how you can detox your home today:

1. **Take The Time To Read And Understand Labels**
   
   Reading the ingredients list of everyday cleaning products can be overwhelming with words that you have often never heard of, let alone how to pronounce. By doing a simple Google search, you can familiarize yourself with the names of dangerous chemicals and how they can potentially harm your body.

2. **Don’t Be Misled By ‘Green’ and ‘Natural’ Marketing Scams**
   
   Many households have begun using ‘green’ alternatives in their home believing they are a safer option but even these can contain harmful ingredients. Unfortunately, the terms ‘green’ and ‘natural’ are often nothing more than marketing terms used by manufacturers to increase sales and cannot automatically be deemed safe.

3. **Make Your Own Nontoxic All-Purpose Cleaner**
   
   The best way to ensure there are no dangerous chemicals in your cleaning products is to make your own! It’s not only safer for your family but also way cheaper. All you need for a basic all-purpose cleaner is water, white vinegar, and bicarbonate soda. For more toxin-free household cleaning recipes, check out our new DIY Holistic Cleaning eBook.

4. **Incorporate Essential Oils**
   
   Don’t like the smell of vinegar? The smell will leave not long after it dries, but you can also add a few drops of your favorite essential oil, like lavender or eucalyptus, to your DIY cleaning products. They are not only antibacterial but will have your whole house smelling beautiful too.

5. **Keep The Air Clean**
   
   When you breathe, your body takes oxygen and releases carbon dioxide; during photosynthesis, plants absorb carbon dioxide and release oxygen. By adding indoor plants around your home, you can increase the oxygen levels and clean the air. Plants that fare well indoors include the Spider Plant, Peace Lily, and Dragon Tree. You can also keep the air clean by eliminating artificial air fresheners and instead use fresh flowers or bowls of herbs to add a nice fragrance.

### DIY TOXIN-FREE FLOOR CLEANER RECIPE

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
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<tbody>
<tr>
<td>▶ ½ cup of white vinegar</td>
</tr>
<tr>
<td>▶ 1 ½ cups of water</td>
</tr>
<tr>
<td>▶ 10 drops lemon oil</td>
</tr>
<tr>
<td>▶ 10 drops lavender oil</td>
</tr>
<tr>
<td>▶ 4 drops melaleuca oil</td>
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<table>
<thead>
<tr>
<th>METHOD</th>
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<tbody>
<tr>
<td>▶ Place in a glass spray bottle. Spray onto floors and mop. Alternatively, double or triple the recipe amount (depending on the area you need to mop) and place in a bucket and mop floor.</td>
</tr>
<tr>
<td>▶ Do not use on polished timber floors as the essential oils and vinegar can dull the shine/strip the varnish - omit essential oils and vinegar and use the following instead: 2 cups water and 2 cups liquid castile.</td>
</tr>
</tbody>
</table>
Eat well.
Move daily.
Hydrate often.
Sleep more.
LOVE YOUR BODY.

UNIVERSE
Those with pets know how much joy they can bring to a household, but did you know that owning a pet can actually improve your health and wellbeing? We’re not just talking about getting fit from regularly walking the dog (although that’s a great benefit too), pet ownership can bring many more wonderful health benefits that should have more people considering adopting a pet or spending more time with their pet.

A phenomenon known as ‘The Pet Effect’ has been identified through a considerable body of literature that supports the idea that companion animals can improve the overall quality of life, including physical, social and psychological health.

1. Reducing Stress, Anxiety, and Depression

Research has shown that petting your pet, or even watching your fish swim around, can ease stress by releasing happy hormones when you connect with your pet. Many people find being with their pets relaxing, and simple rituals like patting your pet can help with practicing mindfulness, being present - taking your mind off negative thoughts of what happened in the past or may happen in the future.
One study revealed that older people with pets are less stressed by major adverse life events than non-pet owners.

In a survey conducted by HABRI (Human-Animal Bond Research Institute) it was found that 74% of pet owners reported mental health improvements from pet ownership.

A pet’s unconditional love is a wonderfully positive support for people experiencing depression and a pet’s instant gratification in response to time spent with them can be an incredible mood booster. Plus the routines developed through pet ownership - feeding, walking, cleaning etc - can boost motivation and give you a reason to get up and be active each day, positively impacting mental wellbeing.

2. Improving the Immune System

Exposure to pets can help develop children’s immune systems and reduce their likelihood of developing allergies and asthma.

For adults, pets can continue to support the immune system - a study by the University of Arizona is exploring how dogs can act as a probiotic, encouraging the growth of positive microorganisms in the human gut — enough to improve physical and mental health in older adults.

3. Improved Sleep

Research has shown that co-sleeping with pets may improve some people’s quality of sleep.

From data collected at the Center for Sleep Medicine, Mayo Clinic in Arizona, it was found that more than half of the respondents who owned pets allowed the pet to sleep in their bedroom, 41% of the pet owners perceived their pets as unobtrusive or even beneficial to sleep.

4. Improved Heart Health

From reducing blood pressure to improving recovery rates from heart surgery, pet ownership is proving to be good for your heart.

One study suggests that dogs can help control blood pressure better than drugs, specifically when it comes to controlling spikes in blood pressure due to stress and tension. The test groups were hypertensive New York stockbrokers. Those with pets were found to have lower blood pressure and heart rates than those without pets. When the results came in, many in the non-pet group wanted to go and get a pet!

5. A Sense of Purpose

Pets can provide a great sense of purpose and a positive feeling of being needed. As a pet owner you carry the responsibility of taking care of the pet’s wellbeing and this can be good for groups at risk of or experiencing poor health, including the elderly, people with chronic diseases and people with long-term mental illness.

6. Improves Longevity

Owning a pet can support healthy aging and human longevity. A study known as the ‘blue zone’ has identified nine factors that increase lifespan, and many of these factors are increased by pets.

7. Companionship

Often referred to as ‘Man’s best friend’, dogs have an incredible ability to understand human emotion and behavior which enables them to act like a great friend when we’re feeling down, lessening loneliness and improving our mood with little nudges, expressions and simply being there to comfort you.

But it’s not just dogs who help, most pets help improve your mental and physical health.

8. Increase Your Social Interaction

Those with a fear of social situations, or social phobia, could benefit from owning a pet, such as a dog, as they can help with slowly introducing you to other people who also have pets and enabling conversations to flow from a shared interest in pets. Dogs are social creatures and require regular walks so you’ll get into a routine of going outside and no doubt your furry friend will start making friends and help you to do so as well.

Therapy Animals

With such positive results of owning a pet, animal companions are now prescribed to support people with a range of conditions such as:

- PTSD in war veterans
- Alzheimer’s disease
- Depression
- Autism
- And so much more
e-Motion

*e-Motion* is a factual documentary that explores how human emotions affect the physiology of the human body and how when negative emotions are replaced with positive emotions, bona fide physical changes occur. A team of emotion experts from around the world share their wisdom and negative emotion clearing methods to show humanity the path to health and enlightenment.

The Healing Effect

*THE HEALING EFFECT* movie is a documentary about the healing power of food that features best-selling authors and experts from around the world like John Robbins, Joel Fuhrman, Daphne Miller, David Wolfe, Charlotte Gerson, John McDougall, Philip McCluskey, John Bagnulo and many more. The film follows the story of a police officer in the gritty city of Lowell, Massachusetts who has radically changed his diet and inspired his community. The movie explores the power of prevention, why bad genes are not your destiny, food and lifestyle secrets from the healthiest, longest-lived people on the planet, as well as simple steps to get started right now in changing your life, one bite at a time!

Finding Joe

*Finding Joe* is an inspiring film about living your purpose, discovering your true self and seeing new possibilities for your life. In the early 20th century, while studying world mythology, Joseph Campbell discovered a pattern in every hero’s story. He called it “the hero’s journey”. Through interviews with visionaries from a variety of fields interwoven with enactments of classic tales, *Finding Joe* navigates the different stages of the hero’s journey and the return home as a changed person.

The film takes us on an inspirational quest of self-discovery. As you slay dragons and uncover treasures, you just may find that the holy grail you seek is closer than you think. Rooted in deeply personal accounts and timeless stories, *Finding Joe* provides a narrative for how to live a fully realized life – or as Joseph Campbell would simply say, how to “follow your bliss”.
The Abundance Code

The Abundance Code is a 90-minute documentary featuring 17 of the world’s top thought leaders in the field of abundance, including John Demartini, John Assaraf, Jeff Walker, Bill O’Hanlon, Julie Ann Cairns, and many more. The documentary is based on a mission to help everyone understand how to unlock their own potential, power, and journey to abundance.

The Connection

After being diagnosed with an autoimmune disease, journalist and filmmaker Shannon Harvey travelled the world in search of the missing link in healthcare. From interviewing world-leading scientists to meeting people with remarkable stories of recovery from severe back pain, heart disease, infertility, cancer and multiple sclerosis, this documentary delves into the link between our mind and body.

The film includes an internationally recognized lineup of scientists, including Dr. Herbert Benson; researchers, including Dr. Dean Ornish; writers, including Dr. Jon Kabat-Zinn; and renowned medical doctors, including Dr. Andrew Weil.

Carb-Loaded

One in three Americans is pre-diabetic. A huge percentage of them do not know that they are sick. Adult onset diabetes is no longer an illness for the obese and elderly. Millions of Americans who regularly exercise and eat a diet recommended by the USDA are classified as “skinny-fat”. The connection between the standard American diet and numerous metabolic disorders is now an unspoken fact in most medical circles.

The film traces the origins of our beliefs about healthful and unhealthful food. Experts from all over the world talk about the problems, as well as short and long-term solutions. Among the many experts in the film are authors like Gary Taubes, Mark Sisson, and Melanie Warner. Medical doctors, such as David Perlmutter M.D., David L. Katz, and Timothy Noakes share insights that are certain to challenge the status quo.
Transform your health. Transform your life.

With inspirational films, guided programs, meal plans, shopping lists, online support and a thriving community inside Food Matters TV. Watch anywhere, cancel anytime.

Get healthy and stay healthy!

We’re more than a streaming TV channel. You could even see us as your own online nutritionist guiding you on your health journey. Inside FMTV you’ll find the tools, education, inspiration and guided programs to help you get healthy and stay healthy!

Whether you want to do a detox, learn about natural treatments for cancer, depression or chronic illness, or learn about healthy rituals to reduce stress, calm the body and sleep better. There is something for everyone.

Start watching with your FREE 10 DAY TRIAL

Get access at fmtv.com/mag
They say good things come in small packages, and they weren’t lying when it comes to the Annmarie Skin Care Body Essentials Travel Kit. Whether it’s a private jet, discount economy or the red-eye special, this travel kit provides first class skin care treats that will make all the difference when it comes to travel. Each pack comes complete with:

▶ Radiant Skin Silk Body Lotion
▶ Coconut Body Oil
▶ Rosemary Peppermint Body Wash

This kit is perfect for packing in your carry on and will give your face and body the refresh it needs after sitting in a stale aircraft for a long period of time.

Cost: $30

We’ve come up with a few of our favorite things to take on a plane that might just keep your friends an family from telling you, “You look tired”.

We know how hard it can be to turn off your fight or flight mode – especially in the sky, but with a little help from WelleCo – you’ll be able to get the rest you need. This elixir of life is formulated with essential oils designed to help you drift off into a soothing slumber. Combined with a tranquil and sleepy blend of lavender, wild chamomile, and vetiver, this natural mist is perfect for in-flight relaxation that will help you reduce anxiety and exhaustion whilst working to restore healthy sleep patterns.

Cost: $35

Heralded for its healing properties, sage oil is not just a one-trick pony, it can assist you with a number of benefits including:

▶ Helping regulate oil levels on your skin
▶ Assisting with back pain, cramps or sore muscles
▶ Easing anxiety or stress.

It is also a fabulous stimulant to help ease jet lag or sleepiness without the use of caffeine. Applying a few drops to your hands and problem areas will keep you feeling fresh, rejuvenated and ready to take on the day.

Cost: Starting at $8.99

There is nothing worse than feeling fluey on a flight or catching a common cold from the passenger sitting next to you which is why we carry with us an immune-boosting oil when traveling. The On Guard Essential Oil Blend from doTERRA comes in a handy roll on, perfect for traveling. This blend helps support a healthy immune system through its natural antibacterial properties with the aid of wild orange, clove, cinnamon, eucalyptus and rosemary. These powerful oils also help assist in the treatment of minor skin infections such as facial cold sores, mild acne and warts.

Cost: $20

A great supplement to take every day as well as while you travel. Unless you are eating fatty fish several days a week, it’s more than likely you aren’t getting enough omega-3 fatty acids in your diet. Omega-3 supplements in the form of fish oil contain fatty acids and eicosapentaenoic acid (EPA) that can assist the body with a range of functions including:

▶ Heart health
▶ Brain function
▶ Reducing weight and obesity
▶ Supporting eye health
▶ Skin health
▶ Immune function.

By taking two tablets a day, you can keep your body happy, fit and healthy – and step off the plane ready to take on the day.
Traveling can take a toll on the body physically, mentally, and emotionally. While travel often involves excitement and anticipation, the experience can also trigger anxiety, stress, and fear. Traveling disrupts our natural circadian rhythm while low oxygen levels, humidity, and sudden changes of pressure all have varying levels of negative side effects. Luckily, there are several ways you can minimize and combat the effects of flying and travel.

With a little forward planning and awareness, your journey can be comfortable and have you arriving at your destination ready to enjoy your time away. These simple tips will ensure you the smoothest journey possible.

**Stay hydrated**

At high altitudes, the air inside of a plane contains 66% less water than at sea level, making the plane environment drier than a desert! This easily amounts to a dry mouth, eyes, and nose, headaches, dizziness, susceptibility to infection and dehydration. To avoid dehydration, drink plenty of water before you fly and throughout the entire journey. Bring your own electrolytes or a good quality green powder to add to your water for extra hydration and nutrients. Having a good moisturizer, hydrating face mist and something to naturally moisten your lips with will also make your journey a little more pleasant.

**Pack your own meals**

Boosting your immune system and ensuring you are having nutrient-dense food will help ward off infection and illness that is common when traveling. Medical doctor Robin Berzin suggests passengers avoid the sodium-rich, preservative-laden food typically served on airplanes and to pack your food and snacks instead. Travel-friendly food may include fresh fruit and vegetables, raw nuts and seeds, quinoa salad, homemade sushi, flaxseed crackers with almond butter or avocado, chia seed pudding or homemade energy bars. You can also pack a lemon and squeeze it into some water for an easy vitamin C boost on board.

Do your body a favor and stay hydrated with water or mineral water during your flight. Opt for herbal tea over caffeine when traveling ...
3 Protect your ears
The pressure inside the cabin fluctuates throughout the journey and most significantly during take-off and landing. The Eustachian tubes inside the ear open and close, trying to balance and match this changing pressure and as a result, your ears may feel blocked or you experience ‘popping’ sensations. If you find this uncomfortable, try to swallow, yawn, or slowly suck on an ice cube. If you have severe discomfort you can also purchase air pressure-regulating earplugs which slow the rate of air pressure on the eardrum. The noise pollution from a passenger can also trigger stress in the body. Try wearing earplugs or noise-reducing headphones, especially during long flights.

4 Keep moving
Deep vein thrombosis is a blood clot that forms in the legs as a result of poor circulation, low air pressure, dehydration, and little movement. Avoid clot formation by keeping hydrated and mobile as much as possible. Wander up and down the aisles when safe and appropriate, try some gentle yoga poses such as seated twists, and flex your feet and legs often to keep the blood flowing. Compression socks can assist to avoid swelling which is another cause of clotting, these can be found in most airports or chemists. In between flights give the travelator a miss and walk to and from your gates, or even roll out a yoga mat and move through some sun salutations while you wait.

5 Breathe and meditate
Breathing exercises can be done anywhere and anytime. Try taking 4-5 deep breaths, holding the breath at the top of the inhale and then exhaling slowly. Meditation can also help to limit the stress and anxiety that often accompanies travel. Studies have proven that meditation during take-off and landing can be effective in alleviating those nervous jitters. Listening to gentle music or a guided meditation is a great way to relax the brain and help you to feel calm and centered throughout the journey.

6 Limit alcohol and caffeine
Both alcohol and caffeine are dehydrating and disrupt your natural sleep patterns, therefore while you may be heading off on vacation and looking to celebrate, or catching a red-eye flight and seeking that caffeine hit, these are the worst substances to turn to when it comes to air travel. Do your body a favor and stay hydrated with water or mineral water during your flight. Opt for herbal tea over caffeine when traveling - chamomile tea can assist you with relaxation and sleep, while peppermint tea can assist with digestion, which can also be triggered by travel.

7 Supplements
The physical and emotional stress of travel can lead to quick depletion of essential nutrients. Travel also exposes you to a rather unavoidable cacophony of germs and bacteria. While antibacterial sprays are used onboard between flights, these can be just as irritating to the body. Try traveling with a greens powder, vitamins A, D, and C, plus zinc to help keep your immune system strong. Invest in a good quality probiotic that you can take while traveling to support your immune system, ward off nasty travel bugs, and support digestion.

8 Catch some zzzz’s
Travel affects the body’s circadian rhythms and confuses our internal body clock. While sleeping on a plane may be challenging, it can also be one of the most beneficial ways to pass the time. Invest in an eye mask, wear layered clothing so you are neither too hot nor cold, and use earplugs to block out external noise. When heading across time zones, avoid jet lag by switching your clock and devices to the new time zone as soon as you arrive and maintaining a normal sleep pattern as best as you can.

9 Grounding
Once you arrive at your destination, try going for a long gentle walk and ground yourself by walking barefoot in nature or jumping in the ocean. Unwind with a herbal tea and Epsom salt bath. Continue to drink plenty of water and eat a nutritious meal. Expose yourself to the sun and allow your body to adjust to your new environment.
If you're interested in living a low-waste lifestyle, the best place to start is your kitchen. We waste food every day, but there are easy ways to lessen that impact without having to become a totally different person.

Simple shifts in daily habits can make all the difference later down the line. Store your food properly so you don't have to throw it away so quickly. Only buy what you need – make lists, plan meals, measure ingredients. Understand how expiration dates work so you don’t throw away food that’s still good to eat. Most importantly, look for little moments in your cooking process to revise. Here’s a few simple ways to reduce food waste...
DON'T STOP AT THE STEM
Make sure you use as much of your fresh ingredients as possible when cooking. Broccoli stems taste great roasted. Beet leaves make for an excellent salad. Carrot tops can be used to make pesto. Even celery leaves can be candied for a sophisticated garnish.

MAKE FRIENDS WITH THE FREEZER
There are so many things that can be kept in the freezer so they stay fresh longer. Freeze pantry items like flour and nuts, wedges of hard cheese, pre-chopped veggies, and even soup saved in single serving portions.

WHEN ALL ELSE FAILS, FRITTATA
Basically, every restaurant leftover can be thrown into a frittata. Use leftover veggies or veggie scraps, wilting herbs, and uneaten dinner remnants to add texture and flavor.

HANDLE YOUR HERBS
When fresh herbs start to wilt, chop them up and blend them with grass-fed butter, roll it into a tube with reusable wax paper and slice off pieces when you cook. You can also mix them with oil and make an infusion that doesn’t really go bad (because oil is a natural preservative), or make a pesto or chimichurri and freeze the sauce in an ice cube tray to have single-serving portions available to cook with.

PICKLE IT
Use your extra veggies and pickle them, done right they will last a long time. The fermentation process makes pickles prime food for a healthy gut.

USE THOSE COFFEE GROUNDS
If you make coffee every morning, save the brewed coffee grounds in the freezer and make into a homemade body scrub.

RACING TO ZERO
Only one-third of the waste in the United States is recycled or composted. Why? Industry, through its practice of planned obsolescence, plays a major role; our lives are almost totally dependent on unrecyclable petroleum products. In order to reach zero waste, we need to change our relationship with garbage and view the things we discard as resources, rather than waste.

Racing To Zero examines our society’s garbage practices in terms of consumption, preparation, use, and production, and discovers some amazing solutions in San Francisco, which is successfully taking the necessary steps to reach zero waste. Cities all over the United States have instituted zero-waste policies of their own, and it is through these mandates that we are challenged to think differently about not only how we handle our garbage, but what it can become.
Sometimes we get ourselves in a rut with a routine that runs us down and completely drains us of our energy. And with a society that’s getting busier with each passing year, more and more people are beginning to feel the negative effects of a stressful lifestyle and sadly, it’s taking a serious toll on global wellbeing.

The topic of sleep and stress might not seem connected to Food Matters but it is something so close to our heart; the power of the mind is just as powerful as the power of food. To help you manage your sleep we created a 10 day sleep and stress program with tools and techniques for how to deal with stress and achieve a deep, restorative sleep.

Here is what 5 people who have completed the program have to say:

<table>
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<th>Name</th>
<th>Has your mood changed after completing the program?</th>
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<tr>
<td>Courtney</td>
<td>A little, kids are stressful lol! Adam, after starting the program, I noticed my mood has definitely improved during the day. I felt less stressed and more in control of my emotions.</td>
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<tr>
<td>Lina</td>
<td>Yes, my mood has changed. I feel more positive and more grounded. Also more relaxed.</td>
</tr>
<tr>
<td>Nancy</td>
<td>I came into this program as a full-time shift worked who constantly had disrupted sleep, falling into the habit of my body automatically waking in the early hours of the morning and finding difficulty returning to sleep. As a result, I constantly felt tired and had difficulty “getting through the day”? This program has</td>
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certainly helped me to reset this unhealthy behavior and I can now say that mostly, my sleeping patterns have almost returned to a healthy level.

**Do you think this is a useful way to get better sleep/less stress?**

**Courtney:** Yes I found it was much easier to fall asleep when listening to the videos before bed.

**Lina:** Yes, I do believe this is helpful. I noticed improvement in my mood very quickly, but I feel I need more time to help me improve my sleep.

**Nancy:** Definitely! The evening videos were very helpful for me. They relaxed me before going to bed and I utilized them again during the night to fall back to sleep and I was always able to fall back to sleep, which is huge for me. Before the program it would take me an hour or more to fall back to sleep when I wake up in the middle of the night. Now, with the meditations, I can listen to a 10 minute meditation and fall right back to sleep! Love it!

**What was your favorite part of the program?**

**Courtney:** I enjoyed the different evening videos the morning one got a little redundant.

**Lina:** I really enjoyed morning meditations and the variety of evening meditations. I liked the short meditations the most and I didn’t mind the morning meditation was the same each day. Morning meditation and the healing meditation were probably my two favorite ones.

**Nancy:** My favorite part was the variety of the evening videos. I really liked having different meditations and of varying lengths to use depending on how I am feeling. I would love to see more meditations for stress. I didn’t care for repeating the same meditation every morning.

**How achievable is the program to follow? Did you miss any days?**

**Courtney:** Yes it was very easy to follow. I did miss a day or two because I ended falling asleep with the kids while putting them down.

**Lina:** I did all 10 days, both morning and evening. I believe the introduction to the program was that we require 20 minutes a day - 10 in the morning and 10 in the evening, which I thought was great.

**Nancy:** I think the program is incredibly easy to follow, I just made it part of my regular sleep/wake up routine and it was very seamless. I didn’t miss any days of the evening meditations. I did skip some of the days with the morning meditation...because of the repetitiveness.

**Could you fit it into your daily schedule on-going?**

**Courtney:** Yes definitely. I believe with the ongoing meditation my sleep will improve, as well. In general, I really enjoyed the program and the meditations.

**Nancy:** Absolutely. I will definitely continue to do the evening meditations. Would love to see more stress/gratitude meditations though. Thank you so much for the opportunity to participate in the study. I continue to be so impressed with FMTV and the quality of the content that you provide. I am FMTV for life!!!

**Kim:** Yes, I really enjoyed this session. I was able to fall asleep faster and wake up feeling refreshed. There were a few evening exercises that I like better and fell asleep while listening to a few of them. I also really liked the morning ritual. It would be easy to put this into a daily routine. I would like to do it again when the busyness of my summer is gone.

**Zena:** The length of the program being 10 days I felt was perfect. I was exposed to enough to rekindle my love for this self care practice to make me want to continue my journey in taking time to spend more time on “me”! It was also great to connect with others from all walks of life with different reasons to want to be involved in this program.

**Join us for the 10 Day Sleep & Stress Guided Program as we unlock the secret to a more vibrant, empowered life!**
GIVING BACK: a trip to Vanuatu

JAMES COLQUHOUN

Every year, we love throwing a big Christmas party for everyone at Food Matters. It always lasts a few days, is filled with great food, fun excursions, even spiritual challenges like a day of silence. Last year was no different, but we may have outdone ourselves, as our 2018 Christmas party was in Vanuatu.

We had been wanting to share the beauty of our second home with all of the Food Matters team, and we wanted to also give them the chance to see how most of the world lives, diving in and helping but also experiencing a culture that is so happy living in simplicity.

Just a quick flight from Australia, but what can feel like a whole new world, Vanuatu is a colorful country, filled with luscious produce, colorful reefs, incredible surf, and the kindest people you could ever meet. There are no stoplights, no lines on the road, yet there is a feeling of safety that doesn’t really compare to other places we have lived.

The team immediately fell in love with this haven, and continued to over the next 4 days.

The best day we had was spent in the local village, helping out our Vanuatu family. They had just recently added a new room to their house that was built to prevent it from flooding. We bought a whole heap of paint and came to them, ready to work!

In true Vanuatu hospitality, they welcomed us with leighs and they planned a lunch for us, a local favorite called Lap Lap - that they taught us how to make! Ironically, it poured down rain that day, but that didn’t stop the hard work and festivities from taking place. We painted the inside of the room and stood in the rain, holding up big metal sheets to cover the Lap Lap while it cooked (under hot stones on the ground).

We laughed through it all – even with the language barrier, the common spirit of the joy of humanity uniting us!
Another amazing day was spent in the practically untouched nature of the smaller surrounding islands of Vanuatu. We took an old ship across to a neighboring island to first visit a turtle sanctuary where people are hard at work keeping a specific turtle from going extinct.

Next we headed around the island to our own private beach that was quite isolated from any civilization. To be in a place that felt so untouched by humans, so untouched by rubbish or commercialism, was incredible.

Places like this seem so hard to come by in our world today, so it was encouraging to see they still exist. One of the highlights was being able to snorkel around some of the most beautiful coral and colorful fish. And to finish off an almost perfect day, a pod of dolphins swam alongside the boat as we headed back to the mainland.

This experience is one we will never forget. A life-changing and eye-opening trip for all of us. We were left challenged in a few ways: to care for our planet, it’s the only one we’ve got, and we don’t want to contaminate it more than we already have; to be happy with less, making sure our joy doesn’t depend on things, but on life itself; to realize we don’t have it right just because we live in ‘the developed world’, we have so much we can learn from those we often think are just ‘far behind’.
Juices, Smoothies & Soups with Medicinal Powers Recipe Book

It seems that no matter how much information we share with people about nutrition and natural healing, the #1 question we always get asked is... “If there is just one thing I should be doing daily to improve my overall health and wellbeing, what should it be?”

The answer lies within the pages of this book. Let food be your medicine and add in one green and cleansing juice, smoothie or soup to your daily ritual. The benefits of liquid nutrition and introducing more plant-based living foods into your diet than you do in a normal day, can have profound healing effects.

Food Matters jar

Our Food Matters Jar is the perfect way to enjoy your superfoods, smoothie or fresh green juice on the go!

Food Matters Recipe Book

Do you want quick and easy healthy meals without a lot of ingredients?

There’s nothing worse than spending hours in the kitchen trying to create the perfect loaf of gluten-free bread and ending up with something that resembles a stale Christmas cake. That’s why we’ve done the hard-work and experimenting in the kitchen to create the simplest, most nutritious meals that you can whip up without any fuss, and will taste so good you won’t believe they’re actually healthy for you! With a great range of recipes to select from, it’s your ultimate kitchen companion.
Organic kitchen towel twin set
The Food Matters organic kitchen towels are bespoke designs, created with love and made using the finest quality ingredients.

Food Matters Gut Matters Book
Hippocrates once said, “All disease begins within the gut”. So whether you’re suffering from a chronic disease, battling a whole host of allergies, or simply needing more energy and sparkle, spending some time getting acquainted with your digestive system is imperative to your health and wellbeing.

The Gut Matters book is a great starting point to understanding how our inner ecological system works and what action steps we can take right now to help promote a healthy and thriving gut. And of course, who doesn’t love delicious recipes that can help heal your body?! The second half of this book is a collection of our favorite gut-loving recipes that you can start making at home today.

Food Matters Natural Beauty Bible
The Beauty Bible is your ultimate guide to looking and feeling like a natural goddess every day!

A little known-truth of natural beauty is that the health of your gut has a direct and immensely powerful effect on the way you look and feel. With 70% of our immune system residing in our gut, we need to understand that our skin, hair and body are a mirror of what’s going on inside us. Through DIY recipes, delicious smoothies, health guides, and little-known beauty secrets, The Beauty Bible will take you by the hand into a world of more self-love, radiance, and natural good looks.

Food Matters natural jute bag
Here at Food Matters we strive to be ethically responsible, environmentally aware, and ecologically sustainable. The choices we make as consumers have a real and substantial consequence on both our health, and the greater environment around us. With this in mind, we have crafted our bags to be both beautiful and with as minimal a toxic load as possible. This is the perfect bag for the farmer’s markets, beach, or day-to-day bag! 100% natural jute materials.

Shop these products and more at the Food Matters store, www.foodmatters.com/store