

Holistic
NUTRITION

Eat well, train smart and be kind to your body

KATE CALLAGHAN



FINCH PUBLISHING
SYDNEY

writing this book, I have a healthy eight-month-old daughter who was 100 per cent naturally conceived. Take *that* fertility experts!

Unfortunately, I see many women making similar mistakes and suffering the consequences. Lady hormone problems aren't really talked about that much. If you have an issue, the response is usually, 'We have a pill for that.' My mission is to spread the word that there are other ways to heal your body. If you want to take the drugs, go for it, but know that in most cases, there are other, more natural, and probably longer-lasting, options. And if you *do* choose to take the drugs, doing so in combination with the food and lifestyle strategies you will find throughout this book will no doubt improve the results.

So this is why you won't find anything about how to get washboard abs, a thigh gap, or how to lose some ridiculous amount of weight in a short amount of time. These aesthetic traits that we perceive to be so important do not necessarily mean we are healthy. In fact, they can be quite damaging. I've been there. And it's not fun. Instead, I hope that women around the world, both young and old, can learn from my mistakes. Treat your body with warmth and respect. Nourish it well with good food and movement, as well as kind, loving thoughts and words.

MY HOLISTIC NUTRITION PHILOSOPHY

I am a nutrition nerd. This nerdiness has kept me kicking on in the health and fitness industry for over fifteen years. I'm what they (the elusive 'they') call a 'slashie': dietitian/nutritionist/personal trainer/group fitness instructor/former beauty publicist/mother/lover of all things fermented (I'll expand on this one in Chapter 4: Happy gut = happy hormones). Two degrees, multiple certifications and several years of self-induced stress later, I have found that my passion is helping others to become holistically well.

I advocate an ancestral healing approach. Sounds pretty airy-fairy, doesn't it? My philosophy is all about holistic nutrition, which is not about just what you eat, but also the way you move your body, how well and where you sleep, what stressors you are faced with and how you manage (or mismanage) them, the products you use on your body and around your home, and what you enjoy doing during your downtime (if you have any). On top of this, emotions and beliefs are explored to provide a well-rounded picture of the *whole* person.

The ancestral approach to healing involves taking all of these factors into account and seeing how they impact the various systems of your body (such as the digestive system, adrenal glands, skin, brain, thyroid gland and reproductive systems), and how you can make improvements through subtle, non-medical shifts by balancing your hormones.

In a nutshell (because I expand on all of this later, but I know you want to suss out what my caper is before you spend money on this book – you're still standing in the book store, aren't you?), my philosophy looks a little like this:

Eat well.

Train smart.

Be kind.



Eat well

When diet is wrong, medicine is of no use. When diet is correct, medicine is of no need.

– Ayurvedic proverb

Food has the power to nourish, heal and energise our bodies. As the famous Greek doctor Hippocrates stated 'Let food be thy medicine, and medicine be thy food.' Over the last century, this innate wisdom has been lost among the advancements in food science, medicine, technology and an ever-growing 'I'm too busy' mentality.

As a society, we are no longer truly nourishing ourselves with food. Instead we are opting for pre-packaged and processed fake foods that cause us more harm than we could have ever imagined. To truly heal ourselves, we need to keep our digestive system healthy (see Chapter 4: Happy hormones), reconnect with real, whole, nutrient-dense foods and eat the way nature intended. This is why I advocate an ‘ancestral healing approach’ (see Chapter 1: An ancestral approach). Chapter 5: Eat well gives you the details. In the meantime, here are my four simple food guidelines:

- ✿ If you can grow it, pick it, hunt it; if it will rot; if it was once alive (plants included) – eat it.
- ✿ If it is processed, don’t eat it.
- ✿ Food should always be enjoyed – ‘healthy’ does not have to mean ‘tasteless’.
- ✿ Create an awareness and appreciation of how you eat and where the food you eat comes from.
- ✿ Choose quality over quantity.

Train smart

The conventional ‘kilojoules in, kilojoules out’ recommendations for weight management have created a society of sick, over-trained, injured, tired and bored individuals. Seeing exercise as a way to burn off that extra slice of cake or glass of bubbles you had on the weekend is not going to create the healthy body you want. In fact, it’s incredibly unhealthy and damaging to your overall wellness. Exercise is a form of stress on the body, which means a little can be of huge benefit to your wellbeing, but too much is just as detrimental as none at all. My key exercise principles are:

- ✿ Train smarter, not longer, doing a variety of exercises and movements that you enjoy.
- ✿ Never view exercise as punishment for something else.
- ✿ Always allow adequate time for rest, recovery and regeneration.

See Chapter 6: Train smart for more on putting the fun back into exercise.

Be kind

Stress, negativity, lack of sleep and lack of play can undo all of the benefits we obtain from eating well and training smart. It's true. See Chapter 8: Be kind to find out why. It's time to start being kind to yourself (and others) *now*.

- ✿ Try to get seven to eight hours of sleep each night so as your body can adequately rejuvenate.
- ✿ Incorporate stress management into each and every day. (Chapter 7: Manage Stress is loaded with fun ideas to keep you chilled out.)
- ✿ Play! Do something fun with friends or family on a regular basis that is unrelated to work or exercise.

WHAT YOU'LL FIND IN THIS BOOK

What *won't* you find in this book? Seriously, when you're all about the holistic healing biz, you need to cover everything, which is why I wanted to create a bit of a hormonal bible for you. A place you can turn to when you're lost in a hormonal deluge, searching for answers and just a little overwhelmed and confused about all the different opinions out there. So here's what this book has in store for you.

Chapter 1: An ancestral approach gives you an overview of healing your hormones – the whats, the whys and the the hows. You'll see how a holistic, ancestral approach to healing incorporates nourishing all the systems of your body simultaneously: eating whole, nutritious foods we were designed to consume; exercising in a way that's fun, invigorating and biologically appropriate; and keeping your stress levels in check. This, my friends, is how to get your hormones in their happy place, so you can experience more energy, better sleep, better skin and a better sex life. (Yes!) Using an ancestral approach to healing is how I managed