



**FREE Guide my 10 steps for a healthier you. Use these steps and begin to take your health into your own hands ..**



By Randhiraj Bilan

## **Self care is the key to taking care of yourself**

### **What can you start doing today?**

Start by keeping a week's food diary. This will help you see what you eat and how you eat before you consider any big changes. Take a little time to reflect on the changes you would like to make and get support from someone like me to help you make small or bigger changes to feel healthier and happier about your eating habits and implement lifestyle changes.

### **Why? Keep a food diary**

Why, because it makes you think twice about what you are about to eat and the types of food you eat when you reflect on day 7 ..it also helps you recognise the types of food you eat and can help you think about why you may need to make the small or bigger changes for improved health outcomes.

By keeping a Food Diary you can see the changes you may need to make or get help to tweek- **Why not Start today ...**

**Food Diary Chart : Copy and pin to a wall or fridge – keep notes on your daily food**

**7-Day Food Diary**

Week Starting \_\_\_\_\_

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Snacks							
Lunch							
Snacks							
Dinner							
Snacks							
Physical Activity							
Fluid							

**The 10 steps to become a healthier version of you:**

1. **Morning time** : add 1/2 juiced lemon to warm water : instead add a couple of tablespoons of Organic apple cider vinegar to a glass of filtered warm water. Hippocrates treated his patients with apple cider vinegar. He found it was a powerful cleansing and healing elixir, a naturally occurring antibiotic and antiseptic that fights germs and bacteria, for a healthier, stronger, and longer life. This is a great liver detoxing drink -eat a protein rich breakfast between 7-9am
2. **Get fresh air everyday:** Walking or taking a light form of regular exercise e.g Walking, yoga, pilates , using utube can really help. Begin with 10 mins and build up to 30 mins a day.
3. **Skin brush** – use a bristle Brush and brush towards the heart, this is a really effective way to improve circulation and improve lymph circulation and toxins out of the body naturally also known as lymph drainage. By doing this every day you improve your blood circulation and lymph flow for removing toxins out of your

body. Cold and hot showers also help to improve lymph flow. Try this 3 times each ending on cold. For around 1 min a time.

4. **Change how you cook**- Making substitutions using good oils, such as cold pressed extra-virgin olive oil, coconut oil, avocado oil, hemp oil and flaxseed oil. Hemp oil, for example a great source of omega-3s, -6s, and -9s.( use just 1 tsp for adult meals- more for children )
5. **Replace salt** with Himalayan salt or unrefined rock salt use and try to use less as this is rich in sea minerals and better for you.
6. **Don't buy herbal teas.** Save ££ and make your own teas -try ginger & lemon, japanese green tea, dandelion or nettles picked from the garden or park.Washed well of course firstly. These teas are really helpful to any detox regime and help cleanse the liver. Tulsi and liquorice tea use fresh herbs and spices- mint etc can be planted in pots for easy use.
7. **Eat just 3 meals a day** and do not snack – try seasonal organic vegetables as these contain good minerals, enzymes and improve gut nutrients which can be better for absorption and digestion. Try to buy locally produced food if this is something you can do in your area.
8. **Avoid substituting sugar** with artificial sweeteners – these are just false calories and not a safe alternative. There are other better natural versions such as Ghoor, stevia, raw honey, coconut sugar, date sugar, molasses, or maple syrup. Why not try getting some locally made honey if this is available in your area which is getting popular now.
9. **Drink more water and hydrate at a cellular level:** by drinking more throughout the day and this helps to flush out the toxins. Increase you water intake to 2-2.5 litres a day – thats translates to 6-8 large glasses and you can include any herbal tea drinks you have during the day which can really help with brain fog and increase energy levels- try it to see. This helps flush out the toxins and improves alkaline state for the body.
10. **Breath i** deeply, walk, smile, laugh and be happy every day– smiling and laughing increases happy endorphins and helps happy hormones. You may also want to detox by removing toxic people out of your life. Yes, Honesty- This really works. Try it and see.
11. **Final words** - Find the positive things in every day and stay positive about what have in your life. People talk about this as showing 'gratitude and simply being

more grateful - I say just show yourself more self love and and love will come right back at you - go on try it and see what happens – let me know if this works for you or if you want more guidance by having an intuitive reading..

**Get in touch and see how I can support you to become a healthier version of you. Get in touch via my website [www.nourishednaturally.co.uk](http://www.nourishednaturally.co.uk) – use the contact form -don't be shy!**