

# Inner Strength - Outer Strength

## FOUNDATIONS

### Nutrition

We all have our own unique needs and no single diet or lifestyle works for everyone. However, one of the most important things that we can all do for our wellbeing is to eliminate toxins from our diet and consume whole, unprocessed foods such as fresh fruits, vegetables, grass-fed and free range meats, dairy, free range eggs, whole grains, nuts, and seeds. Whole foods fill you up and fuel you throughout the day. Sugar-filled foods and empty carbohydrates will give you a quick boost of energy but often lead to hunger or an energy dip shortly after. By eating whole foods you can control your calorie intake and keep your energy stable.

Watch for hidden sugars in your food consumption. The average recommended amount of sugar to consume is six teaspoons per day, but most adults consume around 19 teaspoons as it is hidden in so many processed foods. Consuming large amounts of sugars can have detrimental effects on your weight and overall health and wellbeing.

"Eating well is the secret to successful living," says Lily Soutter, our London based nutritionist. "Discover it and you will feel better than ever. Fuelling our body with nourishing food has the power to improve mental focus, energy, body weight, digestive health and even mood. Healthy eating doesn't have to be complicated or a chore. Some simple science and smarter eating strategies are all you need to optimise wellbeing and go beyond what you thought was possible.

Eat, Energise, Elevate!"

### How to improve your nutrition:

- Maintain consistent eating times and try not to skip meals. This will keep your blood sugar stable which, in turn greatly contributes to making healthy food choices.
- Keep a food journal and make a note of the food you are eating and how your body and mind feels after eating certain foods. You will find that your body shares important information with you.
- Deconstruct cravings by listening to the body's messages. When the body is craving sweets, chocolate, or alcohol, it's trying to create a balance for something that's out of balance. Explore why you have having these cravings and what your body is really saying to you.
- The high fibre content of fruits, vegetables, and grains keeps the digestive system in good condition, which is essential to optimal health

- Read the labels on your foods and know where your food has been produced and how much sugar it contains. Natural sugars exist in foods like fruits and vegetables packed with vitamins, minerals, antioxidants, and fibre. Foods such as sodas, cookies, cakes, sauces, dips and sweets contain added sugars, and tend to be higher in calories and lower in nutritional value.
- Make eating a pleasurable experience. Start each meal by looking at your food, smelling it, and taking three deep breaths.
- Chew your food well with at least 30 seconds per mouthful or more, until it becomes nearly liquid.
- Notice and honour how your body reacts to different foods and eat what works for you.
- Your needs may change over time so it's vital to listen to your body and what it is really telling you. Ensure that you keep checking in to see what's working for you as you go through major changes such as moving house, getting a new job, getting married or having children.

#### Interesting reading:

Sarah Wilson on <https://iquitsugar.com/>

Follow the guidelines for the “Dirty Dozen” and the “Clean Fifteen” on <https://www.ewg.org> to get the up to date yearly information on which fruit and vegetables are the most contaminated and not contaminated.

<https://www.mandarinoriental.com/en/spa/inner-strength-outer-strength#isos>



#### Vitality

Concepts and exercises around nutrition, fitness, and other wellness practices designed to keep us physically robust and resilient to illness.



#### Mindfulness

An introduction to meditation and mindfulness practices to help us develop skills for controlling our attention and managing anxiety



#### Authenticity

Positive psychology practices to help us better understand our own strengths and how to employ them in pursuit of our most important values and goals.