

EQUILIBRIUM

Your Total Wellbeing & Resilience Guide

PART 01

PHYSICAL WELLBEING

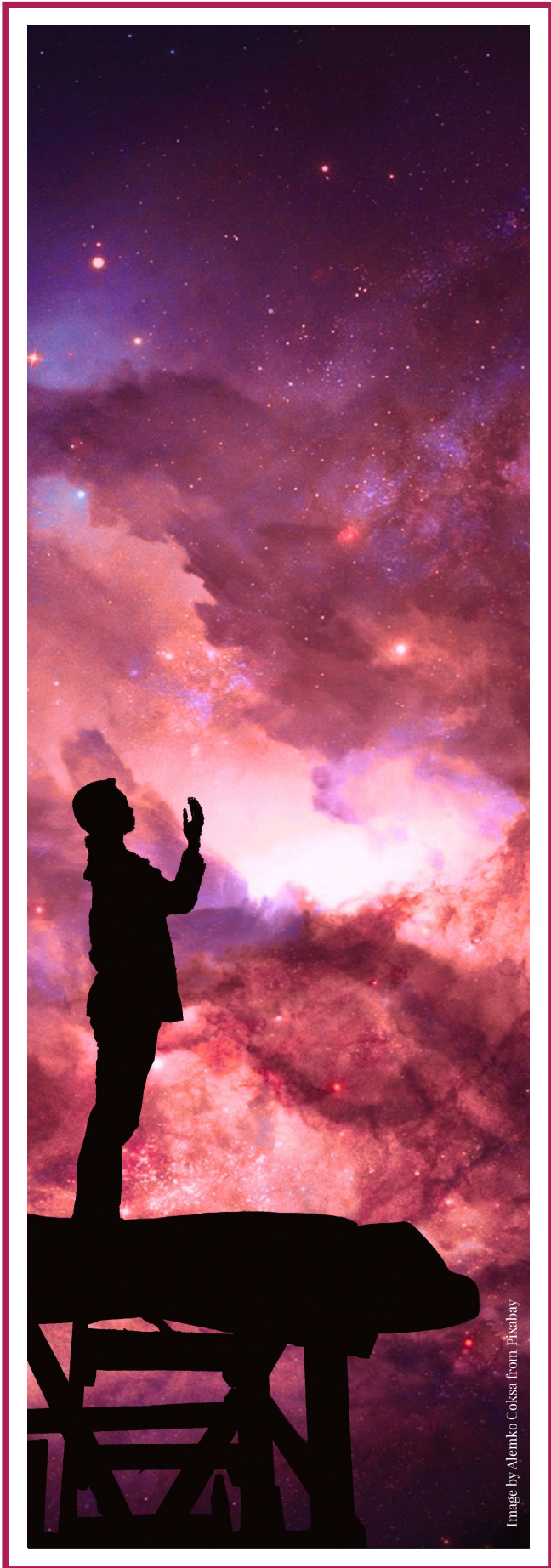


Image by Sergei Tokmakov from Pixalbay



RAWenergy

Resilience - Authenticity - Wellbeing



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Welcome!

When we look back at the momentous historic moments in our life, many of us will remember exactly where we were the moment that history struck.

On September 11 2001, I was sitting in my office in Tottenham Court Road in London under the shadow of Centre Point, watching the terrible events unfold. Where were you when it all happened?

Few of us, though, will recall where we were when we first heard about the Coronavirus.

None of us could have predicted with accuracy the impact this news would have on our everyday lives.

This is an extraordinary period. Fear of getting the virus and protecting the vulnerable has put us all inside, emerging only for 'essential trips' which vary by country. Many people are struggling and languishing in fear, isolated in their homes, forced to wear several hats at the same time, living under a light form of martial law without any clarity on how long it's going to last and what life will be like when it ends. Everyday aspects of our lifestyle that were so very normal have gone and in their place are left gaping holes.



Between ourselves and on social media, speculation is rife. There are some very interesting conspiracy theories, some of which in the fullness of time, may turn out to be conspiracy facts.

But whilst this is all very anxiety-inducing, on the ground, we need to look at this period as an opportunity. I know seeing a situation where people are sick, dying and losing their income and lifestyles may not sound like much of an opportunity, but right now, we don't have the full story. We can't yet see the yin that goes with yang.

My life, like yours, has been disrupted hugely.

But I still see this situation as a time to:

- a.** Take a pause and reflect
- b.** Reset
- c.** Prepare for the life we want to have when things return to normal, whatever that 'normal' looks like

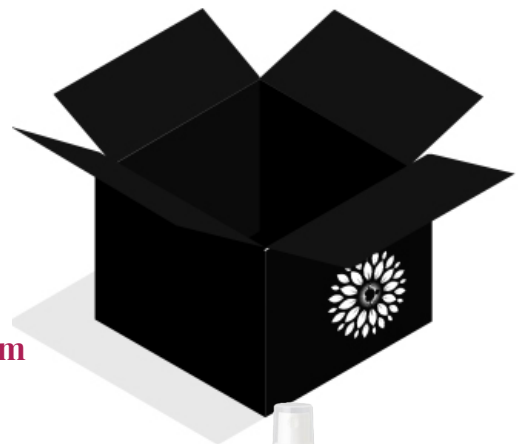
Like all historic events, this chapter will come to an end. Whilst there's so much in this world that we can't control, there are many things we can do. The opportunity for all of us is to take responsibility and to use this time to make the changes in our own lives to improve our personal vibration.



Reader Offer: Vitality Boxes

Small things can lead to big changes. That's why we have created the Vitality Box - a small box of surprise wellness goodies, delivered with a personal note of appreciation and recognition.

For this exclusive offer email amy.bettiol@innerorigin.com and quote the code EQUILIBRIUM1



Vitality Box \$25*

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- Divine Company Bath Salts
- Sheer Shea Lip Balm
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- Nodus Lipstick
- getBARE Perfume 10ml
- My Mag Essentials Magnesium Oil

To view the complete range, go to www.innerorigin.com/GiftofWellness

*Costs in AUD





Image by Manuel Santos 2018 from Pixabay

How To Use This Guide

We've pulled this series together to help you make the most of this time, to upgrade your habits and come out the other side of this pandemic in a healthier state than when you went in. What better opportunity than now to have a break from booze, get your recommended sleep, hone your healthy cooking skills, and more!

The whole series is based on the RAW Philosophy that sees people as individuals with whole lives that are interconnected with others and all other forms of nature.

I created the philosophy years ago, to help me cope with the enormous amount of disruption and uncertainty I was experiencing, working in the publishing industry through the first phases of the digital revolution.

Though the model has been refined over time, the essence is the same, helping people move towards Total Wellbeing and Resilience, whatever their starting point.



Equilibrium

Each and every one of us has a deep inner strength that enables us to adapt and survive whatever the external context.

Activating and nurturing that inner strength starts with a simple decision that only you can make: to prioritise your physical, mental & emotional wellbeing & resilience.

That simple decision will enable you to show up in the best state so that you tackle life's ups, downs, twists & turns. A state of Total Wellbeing will give you the energy you need to thrive. We call that state EQUILIBRIUM which is based around the RAW Philosophy helping you identify, which aspects of your life are out of balance so you can take steps to improve them.

RAW Stands for:

RESILIENCE

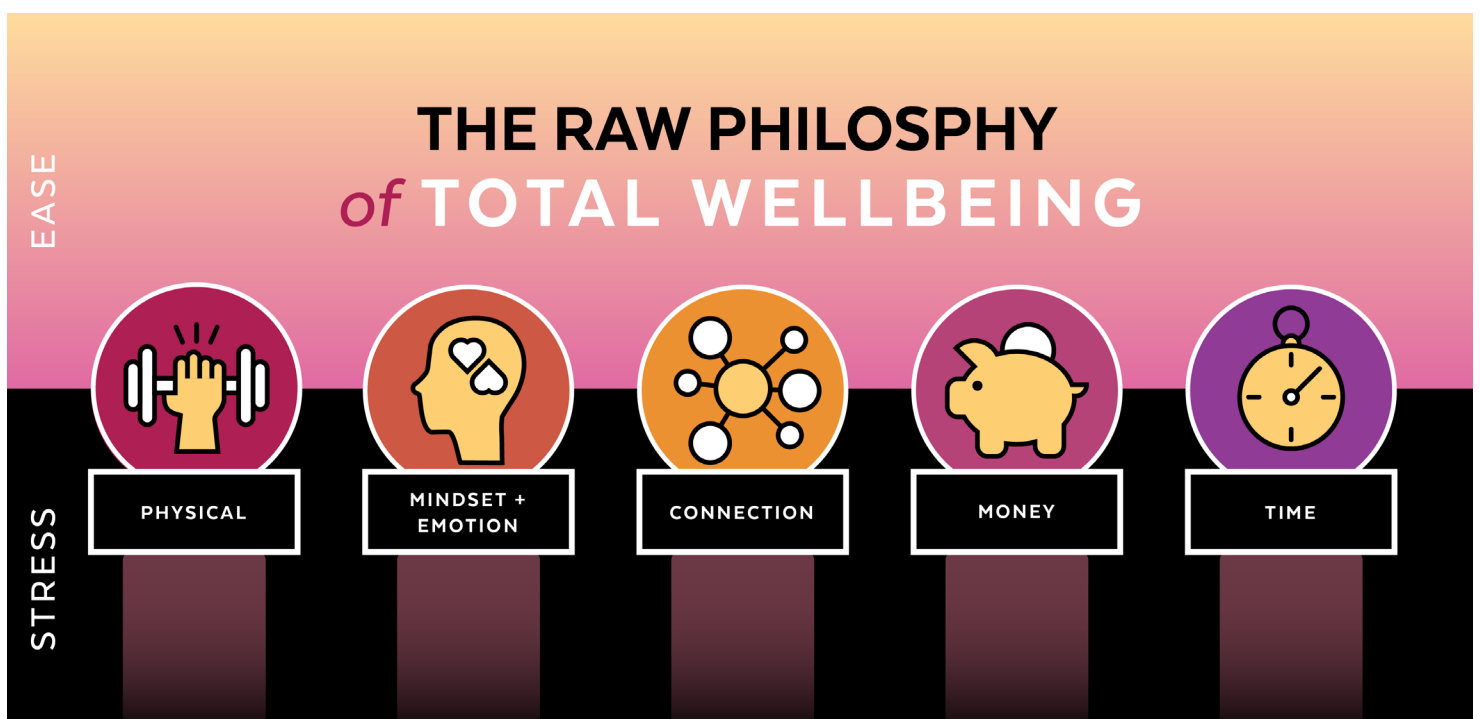
Resilience is all about building a core inner strength and a toolbox ready at hand, so that you can get back to EQUILIBRIUM when you need to.

AUTHENTICITY

Each of us has natural strengths and also areas of development. Learning about ourselves gives us the courage to show up as our true selves and experience more joy in life.

WELLBEING

Total Wellbeing is the outcome of achieving EQUILIBRIUM in your life.



This guide is organised around the RAW model, with each part focused on a different pillar.



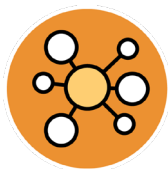
Physical

Your body.



Mindset & Emotion

Your thoughts and feelings.



Connection

Your relationships, your work, your purpose.



Money

Your financial wellbeing.



Time

How you use your time.

These are all interconnected and when EQUILIBRIUM is achieved, we move to a state of Total Wellbeing. Life contains challenges, but if we develop skills and healthy habits, we will support ourselves to travel safely through the present storm and emerge on the other side stronger and more prepared for any future crises.

Knowledge is power, but in a world full of misinformation, confusion and isolated tactics, it can be hard to see the bigger picture and to feel confident that you are on the right track.

That's why we've brought together these amazing people to share their wisdom to help you regain and maintain EQUILIBRIUM through the lockdown period and beyond.

There are **5 principles** that underpin our guidance:

- 1.** We are all different - which means there is no "one size fits all". Each of us is unique and requires an individual lifestyle plan to keep us healthy in mind and body.
- 2.** It's not what you do occasionally, it's what you do every day that makes the difference. In short, it's all about habits. Transform your habits and you will transform your experience of life.
- 3.** Food, movement and sleep are the foundational habits that will support us every day.
- 4.** Do what you enjoy. Willpower doesn't work over the long-term, so find things you enjoy and you will look forward to doing them.
- 5.** We are not separate from nature, we *are* nature. We can't be healthy in a sick world.



Start Where You Are

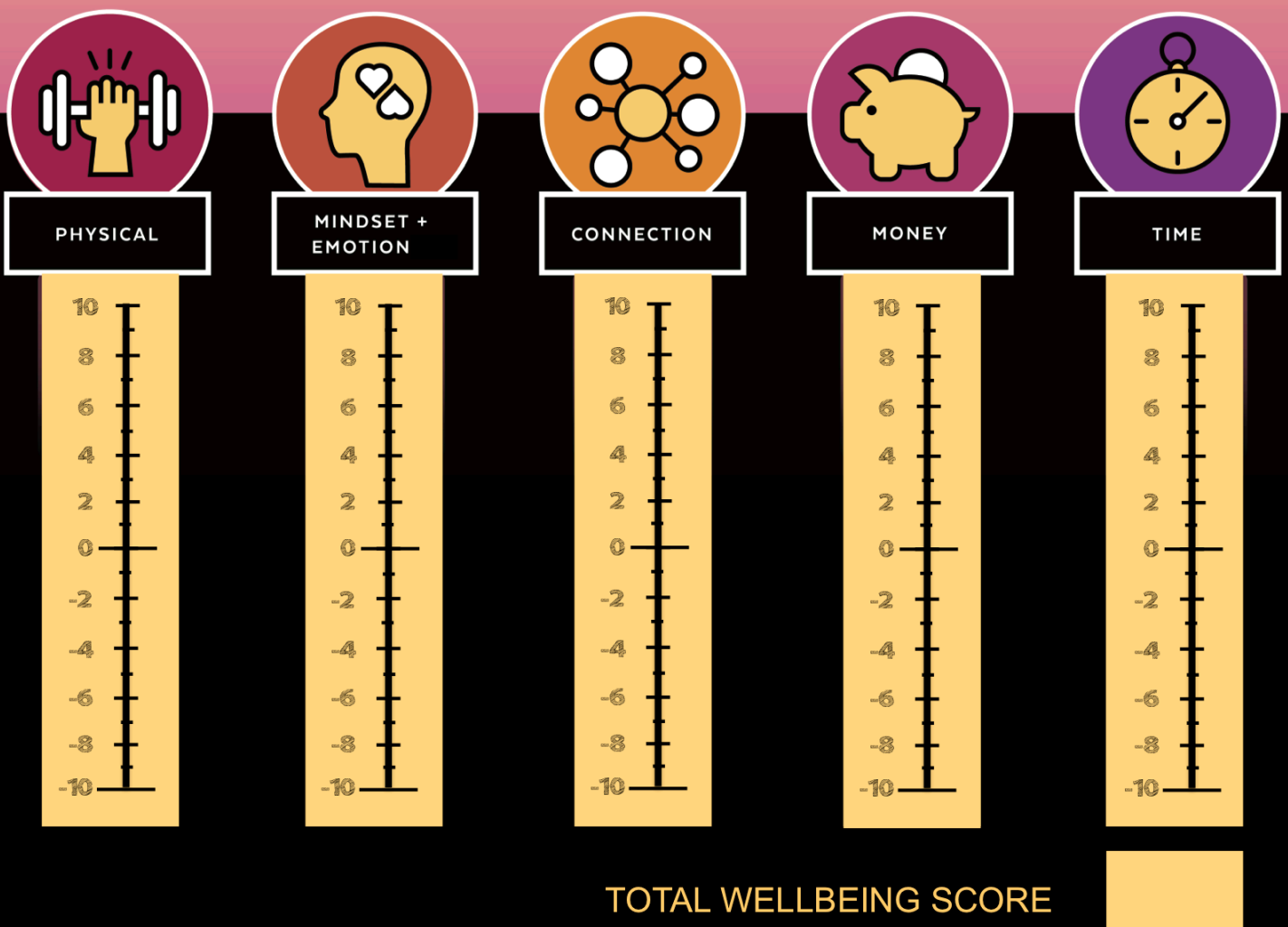
Wellbeing is an individual experience and our aim is not to overwhelm you with information, but to give you the knowledge, skills and support to upgrade your daily and weekly habits.

Everyone has a different starting point, so let's start by finding out where you are.

Using the **framework below:**

1. Mark where you are on each pillar from -5 to +5
2. Connect the dots
3. Add your scores together
4. Keep a note of this score - this is your starting point. This is your EQUILIBRIUM score.

Right, let's get going...





FROM TOP LEFT TO BOTTOM: Ashleigh James, Lawrence Mitchell & Chibs Okereke

Meet Your Team

That's me - **Lawrence Mitchell** - in the top right-hand corner. These days I describe myself as a Wellbeing & Resilience Advocate and Coach. I'm British, have lived in Australia since 2016 and you can read all about my story here: www.lawrencemitchell.co

To my right is **Ashleigh James**. I first met Ash when I was working as Chief Customer Officer at SumoSalad. Ashleigh is a coach and nutritionist, focused on helping young female entrepreneurs with their business and health.

Finally, occupying the bottom level is **Chibs Okereke**. Chibs is a mindfulness and resilience specialist and I met Chibs when we both attended Google's Search Inside Yourself programme in 2018.

I also want to give a massive shout out to the globally-based contributors who have shared their knowledge and wisdom throughout these pages:





Kristen Marconi

Community Catalyst & Event Producer at Daybreaker Sydney

Daybreaker is a global dance community of 500,000 members in 28 cities around the world that inspires people to connect and start their day by waking up and dancing in iconic places sober, first thing in the morning. Daybreaker Live has been launched globally, to bring dance & connection to everyone at home.

www.daybreaker.com Facebook: @dybrkr Instagram: @daybreakersyd



Benjamin Haynes

Ayurvedic Practitioner and owner of The Medicine Man

Benjamin is a graduate of the Australasian Institute Of Ayurvedic Studies, and holds a qualification in Ayurvedic Lifestyle and Consulting. He is also a qualified yoga teacher. He offers consultations to help you understand your own constitution, and provides personalised lifestyle programs to help you get into balance.

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Karla Borland

CEO and Founder of Morsl

Karla was one of the first to bring the concept of self-service healthy food markets (micro markets) to Australian workplaces, providing in-house access to fresh healthy food, available 24/7.

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Jane Strobe

Co-founder of Bistrophe and Head Chef at TwoGoodCo

Jane is the co-founder of Bistrophe and Head Chef at TwoGoodCo, which has an 'Eat one, treat one' model. For every meal purchased, they give an identical one to a local women's refuge for domestic violence survivors. Since 2017, they have served over 157,000 meals to women in refuges across Sydney and Melbourne.

www.twogood.com.au Facebook: @TwoGoodCo Instagram: @twogoodco



Jack Graham

Founder and Owner of Raw Press

Raw Press is a cold-pressed juice and wellbeing brand in London, UK, run by Jack Graham. It boasts a cafe in London's Chelsea with its own range of delicious, organic cold-pressed juices, as well as a selection of uniquely flavoured raw vegan snacks, plant-based food and functional granolas.

www.rawpress.co Instagram: @rawpressco





John Cawley

Personal trainer & fitness advisor. Founder of Plant Based Life

John Cawley is a certified personal trainer and fitness advisor. He founded his company, Plant Based Life in 2015 and has gone on to become one of Sydney's top go-to professionals for plant-based lifestyle and fitness training.

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Sean Hall

Energx Founder and Chief Energist

Sean works with Australian organisations who share the belief that the most valuable, sustainable & high growth resource they have is the collective energy & creativity of their people. Endorsed by The University of Sydney, Energx assesses and builds the skill of 'energy intelligence' [ExIQ] at a personal and collective level.

www.energx.com.au



Jerone Fleming

Fitness & Lifestyle Coach, Online Trainer & co-founder of Beyond28Days

Jerone began by playing soccer at an elite level in the UK, with Aston Villa & Birmingham City. He is one of the founders of Beyond28Days, which provides live meditation, fitness, recipes and interviews, on Instagram every day.

Instagram: @Beyond28Days



Scott Robinson

Founder & CEO - Yogibanker

Scott's goal is to inspire other finance professionals to experience a better life, through yoga and meditation.

www.yogibanker.com Facebook: @yogibanker2 Instagram: @yogibanker



Timo Topp

Wellbeing Coach, Author & Speaker

Timo offers personal coaching and workplace wellness workshop educational programmes. He created the "well for work" programme to empower busy people to find balance between their hectic schedules and health.

www.timotopp.com Facebook: @SydneyToppTrainer





Physical Wellbeing

“Put Coke in your car, not in your body as you can get a new car, but not a new body”

Peter Pure

I first heard this quote when I attended a talk on nutrition, back in 2006. These words made so much sense to me that I immediately changed my drinking habits and I have never looked back.

Your body is amazing and if you support it well it will support you back and enable you to live your fullest life. When our body is in pain, all of our energy goes to the part of the body that is in stress. And if we ignore the symptoms and continue with poor habits, eventually we build up stress debt which will manifest as a weakened immune system and make us more susceptible to getting an infectious or chronic condition.

How you look after your body is 100% your responsibility.

Never before has there been a better time to upgrade your foundational habits:

- Your **sleeping** habits
- Your **eating** habits
- Your **movement** habits
- Your **cleansing** habits

Movement

Our biological bodies are designed to move! Moving results in huge benefits for the heart, bones, muscles and mental wellbeing. Given we're now in a situation of lockdown where many of our exercise habits have been interrupted, we need to replace those habits with virtual versions. Personally, I love to exercise, but I am well aware that not everyone does! So pick an exercise or movement that you enjoy and do it consistently throughout this lockdown period and beyond.





DAYBREAKER SYDNEY

Before the lockdown: a typical Daybreaker event – a morning rave, minus the alcohol



Let me introduce Kristen Marconi, a dance and fitness coach and founder of 'Let The People Dance' & 'Daybreaker Sydney'. Let's kick off with an exciting way to move your body when stuck at home: Dance!

Dancing at Home

Dance is easily the most underrated movement.

If I had my way it would be compulsory in classrooms, universities, offices... everywhere as it has so many benefits.

There are a number of neuroscience studies that link a combination of meditation and physical activity like dance as a healing modality for PTSD and trauma-related stress. Neuroscientist Tracy J Shors is leading the way, helping women in shelters and all around the world where it is so needed.

I'm on a mission to get this more widely known so that we can all shake off our trauma.



Learning dance has been helpful for treating people with dementia, Parkinson's and more. African cultures have long used dance as a healing modality to connect communities and for individuals to work through and release trauma. It seems that science is now backing this ancient tradition, which is huge as it will play a vital role in getting this into the mainstream.

The dancers among you are reading this like "hell yeah!" - more excuse to get some music on and move. Those of you who are uncomfortable dancing in a crowd and have thought it wasn't their thing might be intrigued but hesitant... I cannot urge enough that right now is THE time during this globally stress-inducing time to start finding your groove and getting comfortable with shaking that booty in the privacy of your own home!

Once you're moving and grooving you'll soon realise why the 'front and centre straight to the dance floor' people like me are so "all in" on this!

Once you start feeling the benefits and shake off those negative beliefs that it's not your thing, you'll realise that it is actually *everybody's* thing. Oprah just went on tour with two dance movements Daybreaker & Kinrgy with Wellness Works. Personal Development giant Tony Robbins gets everyone out of their chair, dancing regularly in his seminars, to help them absorb the information better. Dance breaks help neuroplasticity and productivity. This is the good stuff and it's free!

Got you convinced? So how do you do it if the nightclubs and dance studios are closed? I can promise you that there are plenty of options and they all include getting a good night's sleep.



Before the lockdown: a typical Daybreaker event - a morning rave, minus the alcohol



When this is over I cannot wait to be able to dance with people again in live events and studios but until then we have:

1. Freestyle dance breaks. You don't need anyone to show you or tell you how to dance, it is moving your body to music. You've got this. Put your favourite song on and just move. See what happens. Tommy Franklin Smiles, our Daybreaker ambassador, was first found dancing in the street lights in the rain in Byron Bay and ended up a YouTube sensation! There is no 'off limits' with dance. If the music is making you move...move. You can't be moody when you're shaking your booty. Any time you feel tiredness or stress build-up, it is a great mood shifter and when you're working from home you don't even need to explain where that spontaneous dance break came from - you can just go for it!

2. LIVE Dance parties. Daybreaker Live are going global Saturday 11am EST/Sunday 1am AEST depending on where in the world you are. We are looking at getting some Sydney options in our day time hours going too as there are so many great artists and MCs this side of the world that we miss working with. Keep an eye out in our Daybreaker Sydney Facebook community. It's our place to post what's happening with our dance family, global and local. Or you could choose a playlist and start your own dance party using the app House Party or Zoom, and inviting your friends to join the link.

3. Dancing live with heaps of others on Instagram Live 7.30pm every Tuesday AEST with Kat John for #ZFTuesday or Zero F*\$ks Tuesday. This Lululemon ambassador and speaker knows what's going on. Right now her Real Raw & Relatable podcasts and #zftuesday grooves are some of our favourite things. All for keeping it real!

4. TikTok. This app is simple dance choreography and comedy at home. It's so fun. Download the app and start learning those moves and posting your attempts. Even the celebs are joining in!

5. Online dance classes. Virtual studios are now a thing. So many are offering Zoom timetables - it's never been more affordable or easy to get dancing at home with world-class instructors. Sydney Dance Company have launched a virtual studio; so have our other favourites, Dance Central Sydney and Elevate Performing Arts.

6. Zumba. This is now a global craze. It's absolutely everywhere, including online. It's so accessible to all ages, as well as being great fun.

7. Barre. Barre is a mix of ballet, Pilates and aerobics to a beat. I love teaching it. It is amazing for posture and all-over fitness. Barre Attack, Movement Society, Move123 and Barre Body are all online. You can use the back of a chair instead of a barre to make the home workout happen.

8. The Jungle Body - "World's most fierce workouts" - This is next on my list to learn to teach. It's simple, easy fun choreography mixed with great tunes, martial arts and bodyweight fitness moves. Excellent fun and a great workout.

8. Shake moving meditation. Put on a song and shake your body head to toe like you're trying to shake everything out. Literally shake all the stress out. You'll feel silly doing it but feel light as a feather afterwards. Kids shaking and dancing in war-torn areas are thought to be why they are so much more resilient than immobile adults in crisis, as they're taking the time to shake off the stress and get into creation and play.



Best formula... team your meditation with 30-40 minutes of dance at least twice a week for the trauma-release benefits. For daily health enhancement and stress release, get your dance on, any way you can, as much as you can. Kitchen cooking dance-offs are a thing in our house. You can do this anywhere.

Written by:



Kristen **Marconi**

Community Catalyst & Event Producer at Daybreaker Sydney





I'd now like to introduce Benjamin Haynes, a Sydney-based Ayurvedic practitioner and founder and CEO of the Medicine Man Sydney. I first met Benjamin in 2018 and his sage advice has helped me significantly. If you're unfamiliar with Ayurveda, then you're in for a treat!

7 Things You Can Do To Boost Your Resilience Using Ayurveda

Ayurveda is an incredible system of healing, handed down to us over the past 5,000 years.

It offers a unique blend of both profound and practical tools that allow people to easily maintain or regain balance in their health and lives.

It is based on an individualised approach to health that takes into account all aspects of your being - physical, mental, emotional and spiritual. It is a truly holistic system of healthcare for all people and all time.

In addition to all the mainstream advice around social distancing and hand hygiene, the following Ayurveda protocols can be implemented to help you stay balanced and healthy:



1. Oil your body - your skin is a semi-permeable barrier that both protects and connects you to the outside world. Applying oil to your skin every day strengthens this barrier and reduces the ability for external invaders to enter the body. We recommend organic cold-pressed black sesame oil or Life River Oil which is a lightweight combination of black sesame oil and other oils that can be applied to damp skin following a shower and prior to dressing.

2. Nasya therapy - involves putting three drops of warm medicated oil (known as Anu

oil) up each nostril every morning, followed by a gentle face massage. This helps to ensure that the lining of the nose remains moist, which is critical to its function as a filter for airborne particles, and also works to flush toxins out of the sinuses on a daily basis so that they cannot build up in the respiratory system.

3. Chywanprash - give your immune system a massive boost with an ancient formula that is the herbal 'jewel in the crown' of the rejuvenation branch of Ayurveda. Dosage is one to two teaspoons per day for health maintenance or three to four teaspoons if you become unwell.



Photo by Chelsea Shapouri on Unsplash



4. Reduce your intake of mucus-forming foods -

known as 'Kapha' in Ayurveda, certain foods increase the amount of mucus in the body despite them being considered 'healthy'. These include dairy products, avocado, bananas, peanut butter, wheat-based products such as bread and pastries, creamy sauces, beer, sweet potato, pumpkin, cashews, pistachios, watermelon and other items that can be found via a simple google search (or via themedicineman.com.au).

5. Yoga - critical to any health program, exercise is about more than just managing your weight. Moving your body to the point of sweating helps to clear the lymphatic system (which among other things is where toxins are quarantined by your body); improve the circulation of white blood cells (the ones

that fight infections and other nasties); increase your heart and respiration rates (ie. strengthen the lungs and heart); improve your mental health, and reduce stagnation in the mind and body.

Yoga is a wonderful option for everyone (you don't need to be flexible!) and, in addition to the benefits above, has specific postures for squeezing out the liver (pretty much any twisting movement), flushing out the digestive and excretory systems (forward bending), and by syncing your breath to your movements (which requires concentration) creates a moment of 'pause' in your mind from your day-to-day worries.

The longer you breathe and stretch, the longer this pause can last!

6. Maintain routines - from an Ayurvedic perspective, this is particularly focussed around eating and sleeping as these are the two most primal functions of the body. As such, they also have the greatest impact on your health. Aim to be in bed by around 10pm each night, with a view to being asleep by 10.30pm. Avoid being on your mobile phone during this time as it will create more activity in your mind, making it harder to sleep. Set your alarm to be up no later than 7am. Sleeping in after 7am can lead to dullness of the mind and low energy in the body.

From a food perspective, aim to eat your main meals as close to the same time as possible each day. As your body comes to expect food at certain times, it will begin to



secrete digestive enzymes in preparation, leading to better digestion and assimilation of nutrients. Lunch should be eaten close to midday and be the biggest meal of the day, and dinner should be eaten by 7.30pm to avoid sleeping on a full stomach.

Note - If you are the type that very easily gains weight, feel free to skip breakfast or just have a light snack (juice, fruit, or hot water with lemon + fresh ginger + honey)

7. Tongue scrape - the easiest detoxification program of all. Scrape your tongue with a copper tongue scraper every morning to remove toxins from your system that have been dealt with by your body overnight. If you look at your tongue first thing in the morning, you will find it coated in a layer of mucus. This mucus contains toxins that have been removed by the body while you slept. If you eat or drink before removing these toxins with a tongue scraper, you simply put it back into your system.

Make a habit of brushing your teeth as soon as you wake up (Ayurveda recommends within three minutes of waking up) and then scrape your tongue to remove the coating. This not only clears the body of toxins (and takes care of bad breath!), it also massages the internal organs (which have corresponding areas on the tongue) and stimulates the digestive system so that it is ready to receive food. For those that are really keen to stay super healthy, try oil pulling (after tongue scraping) by taking a teaspoon of coconut or black sesame oil in your mouth and gently drawing it back and forward through your teeth. This will draw toxins out of the gums and mouth to support your immune system in maintaining optimum health. It will also keep your teeth extra white!

Written by:



Benjamin Haynes

Ayurveda practitioner & Founder and Creator of the Medicine Man Sydney



Reader Offer: Medicine Man Ayurveda Starter Pack

- Copper tongue scraper
- Organic Sesame body oil
- Vata tea
- Free Ayurveda 101 webinar
- Free postage (in Australia)

Total value: \$80. Save 50%

Equilibrium Reader Offer: \$39.95 (Aus)



ORDER NOW

To order: email benjamin@themedicineman.com.au quoting **EQUILIBRIUM1**





Photo by Rachael Gorjestani on Unsplash



My own personal journey to wellbeing transformation started by understanding the power of nutrition. We are literally what we eat, so that apple you just ate will end up powering your cells for your exercise session.

Let me now hand over to nutritionist Ashleigh James, to take us through her perspective on food.

Food For Thought

Good eating is not a punishment, but an opportunity!

And we have a great opportunity at the moment to plan and eat healthy meals, get creative in the kitchen, and upgrade our nutrition habits. If you establish an overall pattern of healthful nutrition now, not only will you have plenty of wiggle room to savour your favourite treats, you will be able to carry these behaviours on, once normal life resumes.

When deciding what to eat each day, it helps to have an idea about what constitutes a healthy diet.

Australian National Healthy Eating Guidelines recommend 2 servings of fruit a day, and 5 or more serves of vegetables a day as a minimum, to promote health and longevity. It's important to build meals that will satiate and sustain you throughout your day and support your physical and mental health, energy and mood.



Food is made up of both macronutrients and micronutrients. **Macronutrients** as the name suggests, are required in large amounts by the body as they are nutrients that provide calories or energy. There are three macronutrients which are proteins, fats and carbohydrates, and these are required for growth, metabolism and other bodily functions.

Micronutrients are called micro because they are needed only in small amounts. These substances act like magic wands that enable the body to produce enzymes, hormones and other substances essential for proper growth and development. It's important that every meal contains a good balance of macro and micronutrients.

When building meals, it's helpful to think of them in terms of components. When we eat meals that contain four key elements (carbohydrate, protein, fat and vegetables & fruit), our bodies recognise them better, they satisfy us more, and they fill us up.

Have you noticed that when you just have a bowl of dry cereal and milk, or a piece of toast with Vegemite for breakfast, you are ravenous a few hours later? It's because these meals don't contain all the elements necessary for satiety.

When we have a healthy and filling breakfast, we are less likely to overeat during the day, and when we have a healthy and filling lunch, we are less likely to graze throughout the afternoon.



Photo by Surabhi Siddaiah on Pexels



A rough guide on building meals is below:

BREAKFAST = Protein + Carb + Fruit

LUNCH = Protein + Carb + Vegetables/Salads + Fat

DINNER = Protein + Carb + Vegetables/Salads + Fat

SNACK = Fruit + Protein

Carbohydrate

Good sources of complex carbohydrates are oats, bran cereals, potato/sweet potato, rye or sourdough bread and wraps, rice, quinoa, whole-wheat pasta, and noodles, buckwheat and couscous.

Protein

As well as meat and dairy products, protein sources include lentils, beans, tofu, tempeh, nuts and nut butters, protein powder, Greek yoghurt (both dairy and plant-based). When thinking about protein, don't automatically go to animal products. Legumes and tofu are wonderful sources of protein, with the added benefit of fibre, so you are getting additional nutritional benefits from these protein sources.

Fat

Healthy fat is important for brain development, our skin, hair and nails, and also for feeling full. Aim for plant-based healthy fats like olive oil, coconut oil, avocados and tahini.



Photo by Monika Grabkowska on Unsplash

A note for vegans

Add a plant-based Omega 3 supplement as well as a B12 supplement to your diet. A good multi-vitamin can also help if you can't meet your zinc and iron requirements (these nutrients are harder to get on a plant-based diet).





Photo by Emily Simenauer on Unsplash

An Easy Guide To Portions

Remember you can “eat with your hands” meaning, use your hands to estimate certain amounts of foods.

In terms of your plate, half should be non-starchy vegetables, a quarter should be healthy carbohydrates like potato or rice, and about a quarter should be lean protein (beans, tofu, meat or fish). Your serve of healthy fat at lunch and dinner could be 1 TBS of olive oil or about 1/3 of an avocado.

For example:

- Your fist = about the size of 1 cup of food (dry cereal, cooked grains, yoghurt)
- Your palm = 100-120g (meat and seafood)
- Matchbox = 30g of cheese
- Handful = about 30-40 grams (nuts, crackers)
- Tip of your thumb = 1 teaspoon
- Length of your thumb = 1 tablespoon



Grocery Shopping

When grocery shopping, always try to buy 3-4 types of fruit, 4-5 types of vegetables, as well as salad ingredients (spinach/lettuce, tomato, cucumber). Also make sure you are stocked with tinned beans, tinned tomatoes, tofu, yoghurt, eggs, and ensure you have shelf stable ingredients like pasta, rice, oats and rye bread. Use condiments sparingly, especially if they are high in salt and sugar. Favour herbs and spices instead – these have added health benefits, including reducing inflammation.

Mindful Eating Habits

Research has shown that when we eat while we are distracted, we eat more. A simple way to bring more awareness into your meals is to eat without distraction. That means no TV, no books, no phones. Sit down at the table and focus on what you are eating. Aim to chew your food thoroughly - 20-30 chews per mouthful. Digestion happens in the mouth as chewing releases hormones and saliva that stimulates your digestive system into action. Chewing your food also means your stomach has less work to do (reducing reflux) while also giving your brain time to register that you have eaten enough. I try to encourage people to stick to the 'One Plate Rule' - having one plate of food at lunch or dinner and not going back for seconds unless you are genuinely starving.



Eating times

It's helpful to stick to regular eating times. This helps your body know when to expect food, and gives structure to your day and meals. Aim for breakfast between 7-8.30am, lunch between 12-2pm, and dinner between 6-7.30pm. Having one snack in the afternoon can help break up your afternoon and keep you going until dinner. I also try to encourage people to implement the 'after dinner, the kitchen is closed' rule (no late night snacking). Once you finish your dinner, aim to not go into the kitchen again until the morning.





Photo by Wendy van Zyl on Pexels

A Note On Sugar And Refined Carbohydrates

Foods and baked goods high in sugar and refined flour are highly addictive. These foods activate the reward pathway in the brain, exactly the same as illicit drugs. During the initial phases of your health journey, I would recommend limiting these foods to a few times a week, and make them planned as part of your day. E.g. Want to have a few pieces of chocolate? Fine, have them in the afternoon as your snack with some dried or fresh fruit, or have a smaller dinner if you want them for dessert.

Setting Up Your Environment

There has been plenty of research that shows setting up our environment for success is a huge factor in whether or not we achieve our health goals. Removing unhealthy foods from the house, and stocking up with plenty of healthy and fresh foods is a great start. One final thing to remember is, as you start to include more healthy food in your diet, you will find you become less hungry.

This is because healthy foods like fruit and vegetables are high in fibre and water, meaning you stay fuller for longer. We'd love to know how your health journey is going! Post a photo on our **Instagram page @totalwellbeing.co**

Written by:



Ashleigh **James**

Coach & Nutritionist focused on helping young women with their health and business





If you are finding yourself with more than your fair share of snacks keeping you company during the lockdown, then Karla Borland, the CEO and Founder of Morsl is here to help. Karla, a former director at Credit Suisse, was so tired of eating unhealthy food at work that she decided to create a whole business, bringing the first self-service healthy micro-markets to Australian workplaces.

Along the way, she has learnt a thing or two about snacks, and is here to share some nuggets of wisdom.

Snacking for Wellness...

...and to still fit into your pants after isolation

As we achieve new heights of binge-watching Netflix during this crisis, it's highly likely we are reaching for the snacks. Right now, it's one of the few things that are making us feel better.

We're probably also checking our Instagram feeds to catch up on the latest memes. I'm sure you haven't missed the ones that show the before and after quarantine photos. The before shots of a good-looking guy Salsa dancing and the after shot where he looks like he has gained a kilo for every day of isolation! The risk is real and if CoVID-19 has taught us anything, it's that we need to look after ourselves.

Finding the right snacks and drinks to purchase is an absolute minefield. I think we can all agree that this is additional stress

we don't need in our lives right now! The great thing is that today's health food industry is full of up and coming suppliers who focus on all-natural, fewer and functional ingredients.

We don't need to snack just to fill our bellies any more. We can happily snack to boost energy levels, increase brain function, improve gut health and even our overall immunity.

WORKING MOMS WHO ARE TRYING TO HOMESCHOOL KIDS AND WORK

DAY 1

DAY 5



To help you make better choices with your snacking and drinks during this time, here are 7 practical examples we love here at Morsl:

Veggie Crisps

With 93% of Australian adults not having sufficient intake of both fruit and vegetables in their daily diet, you might be like me and love to get some of your veggie intake via a snack or juice. We absolutely love DJ&A for their veggie crisps. Their vacuum cooking process preserves the natural goodness and turns our favourite veggies into super crunchy and tasty snacks.



Nuts and Seeds

Including nuts in your daily diet can help reduce the risk of heart disease whilst helping to retain and improve cognitive brain function and health. This can mean better focus, improved memory, mental endurance and greater clarity. The biggest challenge is not to consume too much. A healthy portion is 30g per day.

Dried Fruits

In addition to eating fresh fruit, dried fruits are a great source of fibre and antioxidants. The trick is to avoid those snacks with added sugars and the ones that come in large portion sizes. Here are two of our favourites from Sunny Fruit in just the right portion size.



Superfoods

Whether it's straight from the grocer, bought frozen for your morning smoothie or via a nutritious snack, you can't go wrong with including blueberries in your daily diet. The likely health benefits range from helping to prevent heart disease, maintaining brain function, improving memory and reducing muscle damage after exercise. Sounds like a no brainer to us.





Dark Chocolate

That leads us to dark chocolate. If you're a lover of chocolate, then it's always best to focus your energies on the darker end of the chocolate spectrum. The possible benefits of improved health and lower risk of heart disease give us all the reasons why we don't need to feel so naughty. Combine your snack with almonds or goji berries to help support a good immune system.



Green Tea

Of course, you can easily have a green tea at home, but there are lots of other great options to have your green tea intake. Why is it so important? Green tea contains antioxidants which can help fight cold and flu symptoms. It could also reduce the risk of heart disease, increase your metabolism and reactivate dying skin cells. Perhaps the perfect solution, given we can't get to our beauticians right now!



Prebiotic and Probiotic Drinks

Prebiotics and probiotics assist in good gut health, which is said to impact key bodily functions such as digestion, the immune system, as well as brain and heart health. With an ever-growing supply of pre and probiotic drinks in the market, a special mention goes to PERKii. Born out of the University of Queensland, they use patented micro-encapsulation technology to deliver probiotics effectively to your gut. With 1 billion Lactobacillus Casei in each drink (one of the world's most documented probiotic strains), that's a billion reasons to give their drinks a try.

I hope our practical examples make it easier for you to snack well during these stressful times.



Written by:

Karla Borland

CEO and Founder of Morsl

morsl Healthy Essentials Box

- The Healthy Essentials Box combines big sachets of Thr1ve ready meals, hearty soups with a selection of fresh, seasonal produce
- Thr1ve's nutrition solutions are based on the latest science and assist with weight loss, recovery from exercise and enhanced mental performance

Order before 12pm Tuesday, of each week

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Contact morsl via <http://www.morsl.com.au/#contact>



MORSL DEAL – 10% saving and 5% on further purchases
Period Available – 1st May until stocks last
Coverage – NSW, VIC, south east QLD, ACT





Whilst it's great to talk about food, one thing that I've learnt over the years is that people would much rather experience food than talk about it! Whilst I am no chef, I am glad that I learnt to cook. Working at Sumo Salad head office for three years helped me to improve my culinary skills - what I cook now actually tastes good! However, let me now hand over to an expert at putting food together in an extraordinary way, chef Jane Strode.

Jane is the Head Chef at TwoGoodCo and co-founder of Bistrotde. She is sharing with us 5 of her own recipe creations. I have tasted them all and they are beyond delicious! Try them for yourself and let us know how you go by sharing pictures of your creations on Instagram tagging @totalwellbeing.co

Recipe Corner



Coconut Chia Pot

INGREDIENTS

- 100g chia seeds
- 190g tin coconut cream (shake well before opening)
- 330g coconut water
- 40g coconut syrup

METHOD

- Combine all ingredients together into a stainless-steel bowl, mix to combine.
- Set aside for 10 minutes and allow to thicken.
- Mix again and spoon into 4 pots. Cover and place in the fridge to set overnight.
- Serve with fresh fruit, toasted coconut and chia seeds.



Boiled Eggs & Siracha Mayo

INGREDIENTS

6 large free-range eggs (as fresh as possible)
Kewpie Mayonnaise
Siracha Hot Sauce

METHOD

Bring a medium-sized saucepan of water to the boil.
Add eggs one at a time as gently as possible.
Boil for 8 minutes.
Remove from heat.
Use a slotted spoon to remove eggs and place in cold/iced water.
Peel and serve with Siracha Mayo, **Green Sauce** and **Seed & Nut Mix**.

Green Sauce

INGREDIENTS

1 cup basil leaves
1 cup parsley, leaves & stalks, roughly chopped
1 cup coriander, leaves & stalks, roughly chopped
½ cup chives, roughly chopped
1 tbsp mustard
1 tbsp grated fresh turmeric
Extra Virgin Olive Oil, Avocado Oil or water
Sea salt
Freshly ground pepper

METHOD

Place all ingredients in a blender (or use a stick blender) and process until smooth.
If blended with water, use straight away.
If blended with oil, the sauce can be stored in the fridge for 1 week.



Seed & Nut Mix

INGREDIENTS

50g chia seeds
50g sunflower seeds
80g slivered almonds, toasted
40g flaxseeds
½ tsp cinnamon powder
10 goji berries, raisins or sultanas
1 tsp mustard seeds, toasted
Sea salt
Freshly ground pepper

METHOD

Place all ingredients in a medium-sized jar with a lid and shake well to mix.
Serve with good quality probiotic yoghurt, protein powder and mixed fruit.
For a savoury version, omit cinnamon and dried fruit and add mustard seeds, sea salt and pepper.





Photo by Evita Ochel on Pixabay

Green Power Smoothie

INGREDIENTS

- ½ avocado
- 1 small cucumber, roughly chopped
- 1 cup baby spinach leaves, washed
- 2-3 tbsp **Green Sauce** (see above)
- 1 heaped tbsp protein powder
- 300ml Water or coconut water
- Sea salt
- Freshly ground pepper

METHOD

Place all ingredients in a blender (or use a stick blender) and process until smooth.



Written by:



Jane **Strode**

Co-founder of Bistrophe and
Head Chef at TwoGoodCo





If you're into juicing, then you're going to love this recipe for an immunity boosting juice created by Jack Graham, the founder of Raw Press, one of my favourite cold-pressed juice and wellbeing brands in London's Chelsea.

Immunity-Boosting Juice

Incorporating carrot, orange, fennel, turmeric, ginger, baobab and black cumin seed oil, this juice is sweet and spicy, with a really unusual combination of ingredients that are geared towards antiviral and immune-boosting properties.

We cannot, of course, make any health claims in the context of coronavirus, but many of these ingredients are said to be beneficial for immunity, and making a homemade juice is at the very least a great way to take in your fruit and vegetables without all that annoying munching and crunching.

With all that time to spare at home, there's no excuse not to dust off your juicer!



Photo by Toa Heftiba on Unsplash



Turmeric is an antioxidant and anti-inflammatory ingredient, and several studies have reported broad-spectrum antimicrobial and antiviral benefits for turmeric's key compound, curcumin, in particular against HSV and parainfluenza viruses. Turmeric ordinarily isn't that well absorbed into the body, but it is fat-soluble, so when combined with a fat, the bioavailability of the curcumin increases.

As the benefits of the turmeric, therefore, become even more potent when combined with healthy fat, here I have chosen black cumin seed oil (*nigella sativa*), a traditional folk remedy, which has a beautiful black-pepper-like spiciness, and by way of its active bio-compound thymoquinone, has shown antiviral properties, interestingly including **reducing viral load of a certain type of coronavirus in a 2014 study.**

These fabulous ingredients are combined with ginger root, which also is a powerful anti-inflammatory, as well as carrot and orange, rich in Vitamin C. As if this weren't enough, to get that extra Vitamin C boost, as well as to give this drink a sherbety twist, I have added a pinch of baobab. Baobabs are beautiful tall trees with huge wide trunks and spindly branches, found in hot areas of Africa and Australia, and these trees yield the only fruit in the world that dries naturally on the branch.

Baobab powder is made from this delicious fruit, and has a citrusy sherbety taste, with importantly 7-10 times more Vitamin C than oranges!



Recipe – 250ml

INGREDIENTS

- Around 3 carrots (c.300g)
- 1 fennel bulb (c.100g)
- 150ml freshly squeezed orange juice
- 5g fresh turmeric root
- 5g fresh ginger root
- 1 tsp black cumin seed oil (olive oil or 'hazelnutty' argan oil will work well here too, although all with different benefits)
- A pinch of baobab powder

Written by:



Jack **Graham**

Founder and Owner of
Raw Press





Thanks Jack, I'm going to try that as I love my juice and am very curious what impact the baobab powder has!

Back in 2006, I attended a Tony Robbins event. At the time, this was a very alien experience for me. As a Brit, I was not used to hugging and high-fiving complete strangers. On the last day, the focus was nutrition. I nearly didn't go, but I'm super grateful I did as Tony challenged us to do a 10 day detox: no processed foods, no animal products (nothing with a face) and no alcohol. It was pretty hard at the time, but after the 10 days, I felt so much better than I'd ever felt before that I decided to stick with it and though the rules have been refined a lot, I haven't eaten anything with a face since then.

Today, plant-based nutrition and veganism have become a mainstream trend and if you're thinking of using this opportunity to move to a more flexitarian or plant-based lifestyle, then John Cawley, the Founder of Plant Based Life, a company dedicated to helping people transition to a plant-based diet, is here to help you in your journey and hopefully avoid the many mistakes that I made along the way! I first met John at the Sydney Vegan Market back in 2017.

Transitioning To A Plant-Based Diet

Tips And Tricks From Someone Who's Already Made The Change.

When I started this journey 6 years ago, I wish there were the resources and food options that are now available everywhere.

Along the way I made so many mistakes, but these have caused me to learn a great deal and here are my recommendations for a healthy transition to a plant-based diet.



1. The first important step is to cut down on processed food. When you decide to eat better food for your health, the key is to focus on whole foods as close to nature as possible.

2. You need to get your greens in - dark leafy greens have an abundance of nutrients to enhance your health. Whether you steam, sauté or blend them into a green smoothie, don't hold back, get as many leafy greens in as you can! Not only are leafy greens such as kale, spinach, and rocket bursting with vitamins and minerals, they also help detoxify the body, reduce inflammation, and fight disease.

3. I find that the best way to get your greens when starting out on this lifestyle is having a daily green smoothie. A good example would be a smoothie made up of: a cup of spinach leaves, a banana, and a tablespoon of ground flaxseed.

4. While you are transitioning and getting more plants on your plate, plant-based meat products and other meat and dairy substitutes can help you replace the foods you may find hard to give up. But try not to become reliant on these types of foods long-term, as the ideal aim is to replace these with wholefood plant-based choices that help you thrive.



Photo by Martin Lopez on Pexels



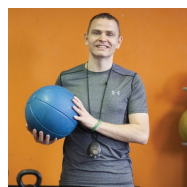


5. You will make mistakes and you will eat foods you'll probably feel bad about. If you make an unhealthy food choice, don't berate yourself. It doesn't make you a bad person and it doesn't make you a failure. Remember the big picture, observe how you feel, and get back on track when you're ready.

6. This is not a diet. Diets are about calorie counting, scales, deprivation, and two to three weeks of suffering before you can go back to your cookie jar. This is a lifestyle. It's a gradual, permanent shift toward a new way of nourishing yourself and improving your overall health and wellbeing.

Enjoy the journey and well done on considering making the best choice for your health, the planet and the welfare of animals :)

Written by:



John Cawley

Personal trainer and fitness advisor. Founder of Plant Based Life.





Interesting, thanks John. I completely agree with your point about diets! At Raw Energy, we always recommend daily Healthy Habits that act as the basis for everything else that you do.

Now we come to one of the most foundational aspects of a healthy lifestyle: good sleep habits. Here's a great piece from my friend and founder of Energx, Sean Hall.

How To Wake Up Refreshed

If you want to have more energy, the first place to start is sleep. After all, waking up tired literally means starting the day already behind.

So few of us get the WHO recommendation of 8 hours a night. In addition, the quality of our sleep also has a major impact on our performance.

First of all it's important to understand the science of sleep. Here are the basics.

The human body follows the circadian rhythm, a 24-hour repeating rhythm that operates as an internal clock. This clock is controlled by two things: external cues such as light and darkness, and internal compounds that trigger and maintain our sleep. These chemicals work together to keep our sleep / wake cycles in harmony.



Photo by Andrea Piacquadio on Pexels



Adenosine:

Slowly builds the desire for sleep (sleep pressure) throughout the day.

Melatonin:

Produces drowsy feelings that signal your body is now ready for sleep.

Cortisol:

Naturally triggers your body to wake up.

This TED Talk **“Sleep Is Your Superpower”** from sleep scientist Matthew Walker is essential viewing. OK, now you understand the importance of sleep, here’s what to do next:

1. Know what time you should be in bed each night by taking this **simple test to understand your chronotype**. Understanding your chronotype also allows you to better plan your day based on the types of tasks you need to be doing. See below.

When Can Be More Important Than What

BEDTIME	LARKS 8pm - 11pm	THIRD BIRDS 11pm - 2am	OWLS 2am - 6am
Analytic Task (vigilant, logical, alert)	Early Morning	Early to Mid-morning	Later afternoon/ Early Evening
Insight Task (creative, open, reflective)	Later afternoon/ Early Evening	Later afternoon/ Early Evening	Morning

SOURCE: ROENNEBERG - CHRONOBIOLOGIST





Photo by Bruce Mars on Unsplash

2. Once you know what time you should be asleep, now it's time to get creative designing a night-time routine for the hour before bed, that sets you up for a great night's sleep. If your chronotype has you asleep at 11pm then your night-time routine should be 10pm-11pm.

Get creative and make a list of all the things that relax you. The golden rule is that this time should be technology-free and with low-level lighting.

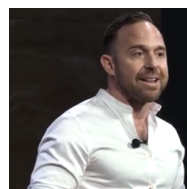
Here's why. From here you can have fun filling the hour with a mix of relaxing activities like a warm bath, meditation, reading light fiction, or even **gentle yoga poses**.

3. Give your bedroom a makeover by following these two simple rules.

Your bedroom is for two things - sex and sleep. Nothing should be in your bedroom that does not contribute to the quantity, quality and frequency of those two things.

Make your bedroom a sanctuary like a dark, cool cave. After regularity, temperature is the next most important factor impacting us falling asleep and staying asleep so start there. Make your bedroom a sanctuary. Buy the best bed, pillows and linen you can afford.

Written by:



Sean Hall

Energyx Founder and Chief Energist.





Thanks Sean! I just took the test and scored '67' which makes me a moderate morning person! Many experts say that improving your sleep habits is the most impactful habit for your wellbeing, since sleep is the foundation of all wellbeing.

Now to finish, it's time for some serious workouts. Let me introduce you to Jerone Fleming, a former professional soccer player and now a fitness and lifestyle coach, online trainer and fitness event coordinator, and one of our team members from Beyond28Days, a programme we created during the lockdown to help people get three core habits into place: a 15 minutes workout, a 10 minute meditation and a healthy recipe. Find out more on Instagram @beyond28. Over to you Jerone!

Passion For Fitness

Fitness is not only a passion for me, it's a way of life. Given the challenge in finding work-life balance, I have included three time-efficient workout concepts that you can include into your busy day.

Each one is a full body workout, designed to work multiple muscle groups, make you sweat, eliminate toxins and leave you feeling energised for the day ahead. They can be done at home or outdoors (and there's no equipment required).



Workout 1: Pyramid AMRAP

(As Many Rounds As Possible)

Complete the following 5 exercises (for the reps displayed) for as many rounds as possible in 10 minutes. Keep track of how many rounds you complete and re-test the following week.



5 X PUSH UP
SHOULDER TAPS



10 X SQUAT AND
KNEE LIFTS



15 X TOE TOUCHES



20 X REVERSE
LUNGES



25 X JUMP JACKS

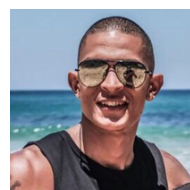
Workout 2: Ladder AMRAP

Complete one rep of each of the following three exercises then two reps of each, three reps and so on as for many levels as you can in 10 minutes.

1. JUMP JACKS
2. SQUAT AND KNEE LIFTS
3. PUSH UP SHOULDER TAPS

Keep track of how many rounds you complete and re-test the following week.

Written by:



Jerone **Fleming**

Fitness & Lifestyle Coach and Co-Founder of Beyond28days





If you're interested in yoga,

Scott Robinson, The Yogi Banker, has written a great piece on the benefits of Yoga during this lockdown period. Read more [HERE](#).

Scott is also now running virtual classes every Friday:

Friday Flow at 4.45pm (AEST) 7:45AM (BST)

Please enjoy a complimentary class.

Use code YBGIFT at checkout.

<https://yogibanker.as.me/Rise-Energise>

So there we have it – a selection of tools, techniques and strategies that you can integrate into your own life to lift your physical health, your wellbeing and your personal vibration.

Of course, we are far more than our physical bodies and Part 2, available on May 15th, will focus on the second pillar in the RAW Framework: Mindset & Emotional Wellbeing. Chibs will be here sharing some very practical mindfulness and breathing techniques that you can apply every single day to reduce your mental stress and the physical impact it can cause. Plus we'll be hearing about some real life stories of how different people have supported their mental wellbeing during times of extreme adversity.

Until next time, keep safe, keep well and keep balanced.

Lawrence

Lawrence Mitchell
Editor

