

Kirsty Loves



Tips for long lasting
vibrant health the Natural
Way!



www.kirstyloves.co.za

Hello Beauties!

Welcome to Kirsty Loves

I am so excited to share this ebook with you, it is full of great tips I have learnt from my course and journey in health.

The Natural Way Program was devised by Mary-Ann Shearer, author of The Natural Way book. The Natural Way of eating and living is simple, aims to teach people how to correct imbalances in the body that cause disease, and teaches us how to use food as medicine.

The information below is the core of the Natural Way Program. Certain ailments may need certain variations and therefore a more in depth consultation if you have any further questions you can email me at kirsty@kirstyloves.co.za.

"When you start eating more healthily, you will find that the improvement in the overall quality of your life is well worth the small sacrifices and discipline involved. The results will be evident immediately: you will feel better than ever before, you will enjoy better levels of health than you have ever imagined possible, and as an added bonus, you will look good too".- Mary Ann Shearer



Reading

I recommend that you read "Perfect Health-The Natural Way" book to obtain more background info on this way of eating and living. If you do not know what to start eating you can visit my website: kirstyloves.co.za where I share my favourite plant based recipes and health tips.

Books

Mary Ann Shearer- Perfect health, Take Control
Perfect Weight, Healthy kids.



The acid/alkaline pH

Most of us eat a diet that is 75% acid-forming and 25% alkaline forming, meaning we eat food mainly from the acid- forming group and not from the alkaline forming group. This results in most of us having a body pH that is very acidic. Most bacteria, viruses, and fungi that causes disease love an acid pH and hate alkaline pH.

Foods are either acid- forming or alkaline-forming in the body. Acid-forming foods contain more hydrogen ions and more sulphur, phosphorus, and chlorine. Alkaline-forming foods contain less hydrogen ions and more potassium, sodium, calcium, magnesium and iron (most of the minerals we take in supplement form!)

Alkaline-forming foods include

- All fresh or dried fruit
- All vegetables, cooked or raw (including potatoes)
- Sprouts
- Almonds, raw and unsalted
- Millet (a grain)

Acid forming foods include

- All animal products except raw butter and cream (which are neutral if not heated)
- All grains, except millet
- All processed foods
- Vinegar(use natural- out of the lemon-lemon juice instead)
- Heated fats
- Tea, coffee, cocoa and chocolate
- Legumes (acidic but more due to the fermentation by-products such as acetic acid/ alcohol produced during legume digestion-as legumes contain high quantities of both starch and protein)
- Cooked fruit
- Nuts, except almonds
- Seeds
- Most medication



Neutral Foods include

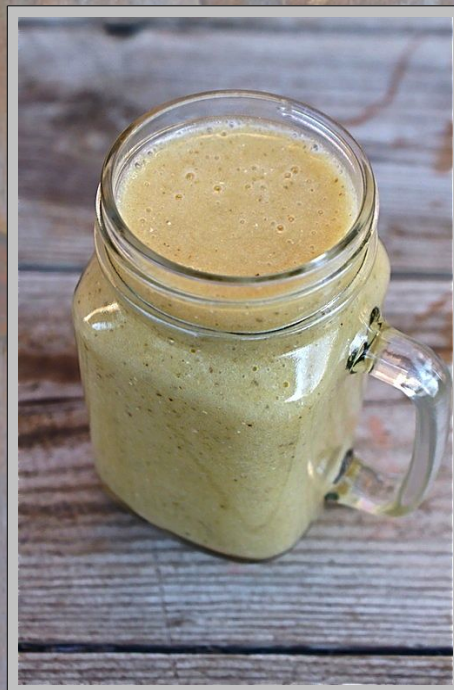
- All unheated fats -as they have equal quantities of acid-forming and alkaline- forming minerals. Avocado, nuts and seeds, unrefined oils.

Foods that change pH during digestion

- Raw fruit, particularly oranges and tomatoes, are acidic before digestion but alkaline after digestion.
- Milk is alkaline before digestion but acidic after digestion.

The Natural Way 5 Steps

1. Eat at least one fruit meal per day (more if you like), smoothies are a great way to start your day
2. All snacks should be fresh or dried fruit or vegetables
3. Eat no more than one animal protein meal per day (if any) – animal protein strains your kidneys, causes loss of calcium from your body, especially your bones.
4. Start all cooked meals with raw vegetables
5. Try avoid eating concentrated starches and proteins in one meal. Keep it simple!



By following the five steps above, you will naturally take in a lot more vitamin A, C, and E- three vital antioxidants that help the body destroy and eliminate free radicals or toxic substances that cause a lot of damage to the tissues and organs in the body, and are responsible for ageing, and poor health in general.



Remove all factors that upset the endocrine system and cause hormonal imbalances

- Caffeine (tea, coffee, colas, etc)
- Alcohol
- Artificial sweeteners (particularly aspartame)
- Refined sugar (chocolates, sweets, fizzy cold drinks, especially diet drinks as these contain artificial sweeteners)
- Heated, processed (margarine) and animal fats
- Vinegar (use fresh lemon juice instead)
- Certain Medications
- Cigarette smoking



Steps to Vibrant Health

- Start each day with **AIM Barley Life** as this regulates your blood sugar, contains vitamins, minerals, amino acids, and essential fatty acids in a natural plant form. This ensures that you can absorb 100% of the nutrients and that you will not need other supplements. A whole food Multivitamin.
- **Step 5** (noted above) is very important because if proteins and concentrated starches are eaten in one meal, they ferment and produce alcohol. Alcohol is an empty sugar (contains no nutrients) this can negatively effect blood sugar levels. By eating properly combined meals that are easy to digest, digestive comfort becomes the norm rather than the exception and in the process you will enjoy improved energy levels. An added bonus is that you will feel calmer too.
- Animal proteins should be reduced to 3 times per week or eliminated from the diet completely. If possible, a diet that is high in fresh raw fruit and vegetables, nuts and seeds is best for diabetics. Research

has shown that milk protein has been linked to the onset of juvenile diabetes, therefore it is recommended to remove dairy from the diet completely. If you eat tuna, ensure it is in brine and not oil.

- Avoid protein more than once per day while 2 starch meals per day are fine. A diet high in protein and fat has been shown to cause diabetes.
- **Fats:** As people get older, their ability to metabolize fat decreases. A high fat content in the blood can impair the interaction of insulin and blood sugar. This can explain why diabetes onset is more common in an adult. Fats that are heated, processed (transfatty acids), or that are from an animal source are the main culprits that increase blood fat content. Mono-unsaturated and poly-unsaturated oils should however be consumed in good quantities. Your body also needs saturated fat but in limited quantities-plant sources are best. These can be found in avocados, olives, sweet corn on the cob, nuts, seeds and cold pressed oils.
- **Wheat:** products are thought to worsen (not cause) diabetes yet this may be due to the fact that it is often eaten with the wheat e.g. Margarine on bread, heated oils in pasta sauce on pasta. It is however best to try and remove wheat, and if you can gluten (wheat, barley, rye, oats) from your diet.



- All people need **glucose** to function. The best form of glucose for a diabetic to eat is fructose which is found in fresh and dried fruit- although the fructose found in dried fruit is very concentrated and therefore dried fruit may need to be introduced slowly. Vitamin C can help to reduce the dose of insulin needed to control blood sugar by helping the adrenal glands play a role in regulating blood sugar. All fresh fruit and vegetables contain high levels of natural Vitamin C. Replace refined sugar, refined carbohydrates and sweeteners with raw honey and fructose in very small amounts. Aspartame sweetener plays havoc with your endocrine system and may cause further imbalances and weight gain.
- **Caffeine:** Remove all caffeine from your diet. Drink herbal teas, coffee alternative and fresh fizzy cold drinks instead of tea coffee, and caffeine containing fizzy drinks.
- **Condiments:** Use salt, cold pressed extra virgin oils and fresh lemon juice, as well as fresh herbs as condiments.
- As treats keep Grapetizer, Appletizer, Liquifruit or Ceres juice with you instead of fizzy cold drinks.
- Everyone should get 30 minutes of natural sunshine (morning and afternoon) per day as sunshine helps build better quality body flesh, enables the body to assimilate food better, and stimulates glandular and endocrine activity, helps with irregularities of ovulation, as well as many more vital body functions.
- Stress management is vital as stress that is mental, physical, emotional, or chemical can overwork the adrenal glands and can result in an overall endocrine imbalance. Correct weight management is also vital as obesity or anorexia can lead to endocrine imbalances.
- Lastly, self awareness should be practiced daily to ensure that increased awareness becomes an unconscious process. If a person knows which factors are toxic and which are beneficial to their body and well being, they can increase, decrease, or avoid these factors. Awareness, which is often overlooked, is a great tool for preventing illness and keeping the body well. Yoga and meditation is great to practice self awareness.
- Never weigh your food- this is unnatural and can lead to obsessive eating patterns.
- Practice self awareness and listen to your body. Eat only when your hungry or drink when you are thirsty.
- A craving is your body telling you that it needs a certain nutrient. If your body is properly nourished, cravings will be diminished or absent. If you do have a craving, try to satisfy it by substituting a healthy food/drink for an unhealthy food/drink. If you crave something sweet, your body needs sugar, but if you crave something salty your body needs essential fatty acids.

Before eating an unhealthy **sweet food/drink**, try one of the following:

- Fizzy cold drinks- Try a natural fruit juice
- Chocolates-Carob/(Raw cacao in small amounts as it does contain a small amount of caffeine)
- Sweets-Raisins/Dates/Dried or fresh fruit

Before you eat an **unhealthy salty food**, try one of the following:

- Biltong/crisps/pretzels- Natural Fats e.g., Avocado/ raw nuts or seeds / olives/ sweetcorn on the cob/ Cold pressed extra virgin oil (olive, sunflower, flax)
- You can eat 1-2 avocados, 1/4-1/2 cup of nuts or seeds, 5-10 olives, 1-2 tablespoons of flax seeds oil and 1-2 tablespoons of cold pressed extra virgin oil per day!! By including these healthy fats your hormonal system will function optimumly, by including these foods on a daily basis, you are feeding your body on a cellular level, and you will find that cravings disappear.

Before you drink **tea or coffee**, try one of the following:

- Tea/Coffee- Herbal tea/ Coffee substitute/ Water
- Milk- Rice Milk/ Almond Milk/ Soya Milk/ Nothing



In addition to eating healthy it is vital to:

- Get 30 Minutes of natural sun light in the morning or afternoon to balance your entire endocrine system
- Exercise regularly to prevent a sluggish body, to help balance your blood sugar levels, and to balance your entire endocrine system.
- Practice self awareness and listen to your bodies needs carefully.
- Body Brushing- the most effective way to clean your skin. Start with wet brushing, using a natural bristle brush, in a circular movement working towards your heart. Use a smaller round brush on your face. The many benefits are:
 - Stimulates the Central Nervous System
 - Removes dead skin cells
 - Helps tone and tighten the skin
 - Increases the flow of oxygen and blood to the skin, bringing more nutrients
 - Once you have become accustomed to body brushing, try dry brushing before getting into the bath or shower. Remember not to use soap, as soap strips the acid mantle of the skin and can dry the skin. If you have any problems with your skin, body brushing is a good place to start.

Encouragement

Don't expect to make all the recommended changes overnight. The Natural Way is a lifestyle and you should view making changes as creating new, healthier habits, so work at it little by little, each day reinforcing those changes so and being proud of each one. Remember it has taken you how many years of creating these habits so it is going to take time to create new ones! Be gentle and kind to yourself, you've got this!

True wellness is only possible when we start to take responsibility for our health- we have to stop blaming our genes, our childhood, and viruses. No one can whip you into wellness. Only you can do that, I can give you tips and recipes and good information, but cant do it for you. I want to encourage you to make changes that are necessary for you so that you can enjoy the many benefits of living a well-balanced and joyful life.



Live and love every moment!

All my love

Kirsty

xxx

