



## Simply Health by Lorraine Wallace

Hello DSM readers and thank you Sarah for giving me this opportunity to write a regular column.....I'm Lorraine, a certified Holistic Health Coach, on a mission to spread good health and happiness throughout the land!



I'm kicking off this month with Superfoods. It's the buzzword right now. We're all talking about them but what does this mean and are you going to die if you don't eat all of them every single day?

Superfoods are well, super, because they are the most nutritionally dense foods known to man. They are bursting with high levels of vitamins, minerals, phytonutrients (nutrients from plant foods), essential fats, anti-oxidants etc., etc. All the ingredients needed to keep our bodies functioning at optimum levels.

But let's get this straight, there isn't an official list you need to tick off as you eat and no, you won't die if you don't eat them all. HOWEVER, if you eat a range, regularly, you'll certainly be doing yourself a big favour. Unless you have a specific health issue that you wish to resolve, it's not necessary for you to worry about what each food offers, just aim to incorporate some into your every day eating.

I find it incredibly frustrating that the media makes it all so confusing. If we ate every food item we're told will save us from heart disease or cancer, we'd be more stuffed than our favourite teddy bear! This is what overwhelms people. Yes, the science is there, superfoods really do protect against serious health risks, but we can't eat all of them, all of the time.

### So what foods are SUPER?

Avocados, blueberries, broccoli, raspberries, lentils, almonds, chia seeds, salmon, kidney beans, goji berries, kale, oats, quinoa, green tea, spinach, ginger, garlic.... There are more as whole foods naturally contain so many goodies, but these are a few of the more readily available ones.

### My top tips for incorporating superfoods into your diet:

1. Start where you are with what is available. Some of you will be new to healthy eating, others, old hands. Simply strive to improve and keep improving.
2. 'Eat a rainbow'. Get a variety of coloured fruits and veg into your diet - the general rule is that different colours offer different health benefits.
3. Be inventive. Make smoothies to include things such as chia seeds, spinach, avocado, ginger. Sprinkle nuts and seeds on salads.
4. When cooking, see if you can 'health it up' eg. an oats and seeds crumble mix instead of breadcrumbs on apple crumble.
5. Don't get caught up in the science. Dig deeper if you have a health concern otherwise keep it simple. Don't let the confusion stop you from even trying.

*Until next month, enjoy those superfoods!*

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#### Do you want to:

- ♥ Lose weight?
- ♥ Reduce cravings?
- ♥ Increase energy?
- ♥ Improve health?
- ♥ Get motivated?

#### But:

- ♥ You don't know where to start?
- ♥ You can't do it alone?
- ♥ You're scared of failing?
- ♥ You need motivation?
- ♥ You need support & knowledge?

I can help you achieve **your health goals** with personal health coaching so you can claim back the life you **deserve!**

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of the month