

# QUICK TIPS



Nisha Moodley, Holistic Health Counselor and founder of Wellness in Bloom, shares some simple advice that will help you incorporate healthier habits into your lifestyle.

Photography By Mark Townsend

## trust mother nature

Our bodies naturally crave foods that balance out the elements of each season. In the spring, we often crave detoxifying foods like citrus fruits and leafy greens. In the summer, we crave cooling foods like fruit and raw food. Don't forget - Mother Nature is perfect! Deconstruct your cravings to find out what your body really needs, and wherever possible choose local, organic and seasonal foods.

## get rid of fake food

Become an ingredient detective. Avoid artificial colors and flavors, MSG, pesticides, GMO's (genetically modified organisms) and partially hydrogenated vegetable oil. Get rid of artificial, chemicalized sweeteners as well as foods with added sugar. Choose foods that have more gentle sweeteners such as maple syrup, brown rice syrup, fruit juice, stevia, barley malt and agave nectar.

## eat real food

"Eat your greens" – you've heard that one before! But how about "Eat your carbs"? Our bodies need carbohydrates for energy, but it is important to choose complex carbs over simple carbs, which spike our energy for a moment, only to come quickly crashing down. For breakfast, try steel cut oats instead of a bagel. Dark leafy greens such as kale and chard are complex carbohydrates and another great way to get sustained energy. Choose food with less packaging, less ingredients. Opt for whole grains and sustainably-farmed fresh veggies and animal products.

## drink water

Most of us are dehydrated! Often our cravings and feelings of hunger can be relieved with a tall glass of H<sub>2</sub>O. To calculate how much your body needs, divide your weight in half - that's roughly how many ounces of water you should be drinking daily.

## kick the caffeine

Caffeine is an addictive stimulant that can cause nutritional deficiencies and a host of related health problems. If you're having trouble kicking the habit, try moving your morning cup to the afternoon, where it can be used to stimulate digestion after a hearty lunch.

## indulge

Try doing one small but special thing for yourself each day. Treat yourself to a bath, massage, flowers or a delicious piece of organic dark chocolate. Your body will respond to this pampering with renewed energy. Treat yourself with love, and you will attract love and abundance into your life!

## get moving

Take a little time each day for exercise you enjoy. Wake up 15 minutes earlier and treat yourself to a good stretch or one-person dance party, or get off the train one stop earlier and walk the rest of the way. You will have a chance to connect with your body and your body will thank you!

## take a breather

When we are tired and daily stresses get the best of us, our adrenal glands release stress-fighting hormones. We reach for sweets, simple carbs and caffeine for a quick pick-me-up, only to come crashing down soon after. Over time, this can cause major physical and emotional distress. Next time life feels like an emergency, try this 1-minute breathing exercise which oxygenates the brain and reduces stress: Sit quietly with good posture. Take 30 deep breaths from your belly, inhaling and exhaling through your nose quickly. Sit quietly for 30 seconds and feel the calming effects.

## honor your body

Your body is an incredible healing machine – always seeking perfect balance. Listen to your body's messages. Deconstruct cravings, slow down, and treat your body with care. Look for ways to live a simpler, more fulfilled life every day and remember that you are a unique individual!

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