

# Factsheet 1

nutritionalise  
food for good



## 5 Reasons to Eat More Slowly

Many people rush through the day, with no time for anything. When they have time to get a bite to eat, they gobble it down. That leads to stressful, unhealthy living. Here are some reasons you should consider the simple act of eating slower:

1. Lose weight. A growing number of studies confirm that just by eating slower, you'll consume fewer calories -- in fact, enough to lose 20 pounds a year without doing anything different or eating anything different. It takes about 20 minutes for your brain to register that you're full. If you eat fast, you can continue eating past the point where you're actually full.
2. Enjoy your food. It's hard to enjoy your food if it goes by too quickly. Make your meals a gastronomic pleasure, not a thing you do rushed, between stressful events.
3. Better digestion. If you eat slower, you'll chew your food better, which leads to better digestion. Digestion actually starts in the mouth, so the more work you do up there, the less you'll have to do in your stomach.
4. Less stress. Eating slowly, and paying attention to our eating, can be a great form of mindfulness exercise. Be in the moment, rather than rushing through a meal thinking about what you need to do next.
5. Rebel against fast food and fast life. A hectic, fast-paced, stressful, chaotic life -- the Fast Life -- leads to eating Fast Food, and eating it quickly. Rebel against that entire lifestyle and philosophy with the small act of eating slower.

## With or Without Wheat?

Wheat is now the most widely used cereal in the UK, however wheat products are often highly processed and wheat sensitivity is very common. Symptoms associated with wheat sensitivity may include bloating, headaches, low energy, constipation and water retention.

Avoiding wheat may seem daunting, however there is a long list of alternatives, many of which are now readily available in large supermarkets as well as health food shops. Alternative grains and breads include: barley, oats, rye and quinoa, corn bread, oatcakes and rice cakes.

## Fatigue - Why so tired?

Fatigue is a state of exhaustion, resulting in a loss of energy, strength or endurance. Fatigue may be constant, or may build rapidly during the day until nightfall, when the sufferer feels utterly exhausted. Often there is no evidence of another illness, however, fatigue is a sign that should not be ignored. Symptoms include:

- diminished work capacity
- muscle weakness
- malaise
- mental sluggishness
- loss of energy, strength or endurance
- memory impairment

There are many reasons for fatigue including anemia, poor diet, poor digestion, environmental toxins, stress, anxiety, food allergies, depression, thyroid problems, poor circulation or smoking.

Our food provides energy for the body to function. The vitamins, minerals and water that come from the food we eat are also part of the raw materials that we need to provide energy. When these nutrients are depleted, the healthy maintenance of body functions is impaired. It is not long before systems

break down and the signs and symptoms of disease begin.

Help to fight fatigue with:

- Clearing detox pathways: when the system gets overwhelmed with environmental factors, it is time to clear the system and detox. Our polluted environment unfortunately offers a multitude of opportunities for impeding natural energy-producing processes.
- Eat a healthy diet and avoid refined carbohydrates and simple sugars
- Munch on lots of vegetables: fresh organic vegetables provide a nutrient-dense source of calories, packed with vitamins, minerals and phytochemicals to optimise health.

- Take a good multi-vitamin and mineral formula which contains all the essential nutrients and micronutrients for optimum health.
- Drink plenty of filtered water
- Make up fresh fruit or vegetable juices which are packed with free-radical quenching antioxidant nutrients.
- Take time out from a busy schedule for quality rest and relaxation

Get in touch

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