

# Pressing » PAUSE «

Anyone who knows me (well or otherwise), will attest to the fact that I LOVE talking about gut health! After experiencing a period of ill-health whilst withdrawing from topical steroids use a few years ago, my healing journey began and I haven't looked back.

Maintaining a healthy and balanced gut microbiome can have a far-reaching and

beautifully positive impact on our overall wellbeing. Much of our immune system is located in the gut, so when our flora is happy and harmonious we feel amazing!

There are lots of things we can do to achieve a flourishing gut microbiome. From eating a variety of raw fruit and veggies loaded with fibre and drinking lots of water to hydrate the colon, to ensuring that we maintain a good level of exercise.

Another way to offer a helping-hand is to introduce drinks and supplements that are specifically designed to feed good bacteria. I'm a huge fan of bolstering my gut in this way – here are some of my recent favourites!

- Lo Bros Kombuchas – these uplifting and refreshing fermented elixirs will make you glow from the inside. The delicious blends are amazing for shining health!
- Biomed supplements for daily digestive support are loaded with live cultures to make the good guys THRIVE!
- Inspiriko "Love Thy Gut" organic superfood supplement is loaded with goodness to bolster and strengthen the gut!
- Microbz Bio Live active cultures are loaded with probiotic goodness to restore balance.
- Rhythm Health Coconut Kefir tastes divine and their flavours are sooo yummy!

That's a wrap!  
Give them a whirl!  
You will be glowing inside and out!



**Holly Johnson joins us every month to share her vegan wellbeing tips. With a love of vibrant**

**flavours and a passion for helping people to achieve optimum wellbeing, Holly's Wholesome Kitchen ([hollyswholesomekitchen.com](http://hollyswholesomekitchen.com)) creates nutriticious recipes that fortify, revive and restore to promote wellness in mind, body and soul.**

## "I ate myself healthy again with CNM. And wrote a book."

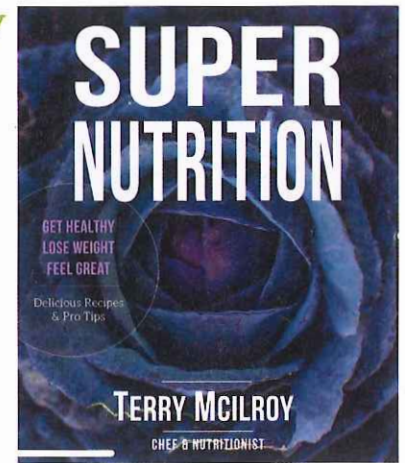


Terry McIlroy, CNM Nutritional Therapy graduate, author and chef, has released his new book *Super Nutrition* and fills us in on the inspiration behind it...

"My new book *Super Nutrition* is my life's work; it outlines the ways I've used nutrition and my passion for food to heal body and mind, improving my physical and my emotional wellbeing.

"All my life, I have been plagued with severe acne and constant mouth ulcers. Conventional treatments did not work and my health deteriorated and this is when I started to investigate what was causing my health problems. My thought process shifted to cause and effect and I wondered if what I was eating – or more importantly, not eating – was the cause, and the presenting symptoms were the effect?"

"I enrolled on a three year, part-time diploma in nutrition with the College of Naturopathic Medicine. Going back



to school was daunting, however, I was hungry for the knowledge. I bought a juicer and a smoothie machine and started consuming more fruit and vegetables, and went to see a nutritionist. With these small dietary adjustments my presenting symptoms all but disappeared. It was transformational! The course inspired me to combine my chef skills with my newfound passion for nutrition and create my own recipe book with recipes and lifestyle tips fuelled by the correct nutritional protocols."

Find out more at [naturopathy-uk.com](http://naturopathy-uk.com)



## Sparkling ethics

Living an ethical and sustainable lifestyle is all about making better choices and one of the biggest

opportunities to live up to our values is in the purchases we make. We often focus on our everyday buys, which is a great place to start, but often overlooked are the larger or more 'one-off' purchases. Even the most ethically minded and principled individuals often end up purchasing or wearing a natural diamond engagement ring for a number of reasons. Firstly an engagement ring is most often given as part of a surprise proposal, so the receiver may not have had any input into the purchasing decision. The second reason is lack of awareness of the issues. Whilst most people have heard of conflict diamonds, that is normally as far as it goes. Most people completely overlook the environmental devastation caused by diamond mining and the wider human rights issues. Thankfully many worthy alternatives now exist, like those from MADE Diamonds who have aligned their vegan values perfectly with their business!

Check them out at [www.madediamonds.co.uk](http://www.madediamonds.co.uk)

