

your healthy living

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**Immunity:
fact versus
fiction**

Beat your
sugar cravings:
tips and
recipes

**The guide
to good
gut health**

**Self-care
tips to get
you through
tough times**

**Best buys
for vegan
beauty**



**Andrea
McLean**

"It's important to have a healthy mindset"



Why Pilates has the answer, the expert guide to natural tooth care; vitamin, mineral and supplement recommendations, plus the latest news from the world of natural health and wellbeing

SWEET SUCCESS

Sugar addiction is all too common in the UK, with each Brit consuming on average 140 teaspoons of sugar per week. When you do the math, this works out to 560g which is around half a bag of sugar.



Sugar gives you an initial high, but then you crash and crave more sugar and the cycle continues. These ups and downs cause stress on our adrenal glands, decrease our immunity and can leave us feeling exhausted.

Here are some tips to reduce your sugar intake:

Get a good night's sleep! When we are tired, we crave easy energy foods so end up reaching for the biscuits and chocolate. Next time you have a bad night's sleep, watch the foods you crave the next day. Get to bed by 10pm and aim for eight hours of good quality sleep.

Eat satisfying foods. Choose meals that contain all three macronutrients - protein, fat and starch - all of which are important for feelings of satiety after eating. Protein and fat take longer to digest so, when eaten with carbohydrates, they slow the release of glucose, helping to balance your blood sugar levels and support energy levels throughout the day. Swap sugary breakfast cereals for poached eggs, avocado and veggies.

Check the ingredients list. If it contains high fructose corn syrup, maltodextrin, or one of the many other names for sugar, then put the product back. Food manufacturers are very good at hiding sugar in foods you wouldn't even think contain it so remember to check your tomato ketchup, yogurts, oat bars etc.

Top up your magnesium intake. Magnesium and sugar cravings go hand in hand. Sugar metabolism uses up the body's stores of magnesium and low magnesium can make us crave sugar and in particular chocolate. Eat more magnesium-rich foods such as almonds, spinach and white beans. Supplementing may be useful if your cravings are really bad, but check the dosage with your local nutritional therapist.

Rosie Weston is a nutritional therapist and a graduate of CNM (the College of Naturopathic Medicine). Study online with CNM: the UK and Ireland's leading education provider in natural therapies. CNM has a superb track record of over 22 years and over 80 per cent of CNM graduates are practising. Find out more about their internationally accredited diploma courses by visiting cnmcourses.com or calling 01342 777 747.



Reduce your sugar intake with these expert tips and recipe ideas

MANGO CHIA PUDDING

These chia puddings are the perfect way to start your day with a boost of good nutrition.

Chia seeds are impressively rich in fibre, vitamins and minerals, omega-3 fatty acids and a complete source of protein. Make on an evening and put them in the fridge overnight. This gives them time to reach the perfect consistency and can be enjoyed for breakfast the following day.

INGREDIENTS

- ½ mango, chopped into fine pieces
- ¼ cup of chia seeds
- ½ tsp vanilla extract or ¼ tsp vanilla powder
- Juice of ½ a lime
- 1.5 cups coconut milk
- 1.5 tbsp filtered water
- 2 tbsp desiccated coconut (to serve)

CNM recommends the use of organic ingredients.

METHOD

1. Start by blending the pieces of mango and lime juice with ¼ cup of water until you have a thick sauce. Add more water as needed (in tablespoons) to get the mixture going.
2. Place the mango sauce at the base of 2 ramekins and leave to settle.
3. Meanwhile, blend the vanilla powder and coconut milk together and mix in a bowl with the chia seeds. Stir well for 3-4 minutes to thicken.
4. Pour the chia mixture on top of the mango sauce in even portions.
5. Refrigerate the puddings for two hours (or overnight) to gel.
6. Top with the desiccated coconut and enjoy!

Recipe and photography by Lauren Windas, nutritional therapist and CNM graduate for the ICSA-accredited Natural Chef Diploma Courses at the College of Naturopathic Medicine (CNM).

