

Evidence-based helpful tips

Research shows that eating 30 different plants a week is beneficial for gut bacteria and overall health



Make up a mix of sesame seeds, pumpkin seeds, slivered almonds and crushed macadamia nuts and add to salads and yoghurt.

Use herbs and spices in your food

Listen to Dr Tim Spector: The Shocking New Truth About Weight Loss, Calories & Diet

https://youtu.be/66hWntvp0_4

<https://drhyman.com/recipes/>



<https://theplantfedgut.com>

Remember self-compassion. Treat yourself like you treat your best friend.

Books to read

The Good life – Robert Waldinger and Marc Schulz

The Art of Risk – Dr Richard Harris

The House That Joy Built – Holly Ringland

Breath – James Nestor

Limitless – Jim Kwik

<https://self-compassion.org>

Dr Andrew Huberman
<https://youtu.be/rBdhqBGqiM>

Calm

<https://www.calm.com>

Kindness – Kath Koschel

The girl who fell from the sky – Emma Carey

Spiced nuts

350 g almonds
200 g walnuts and pecans
2 tsp paprika
1 tsp turmeric
1/2 tsp dried chilli flakes
4 tsp ground coriander and cumin
1/2 cup maple syrup
1 tbs extra virgin olive oil

1. Combine all ingredients in a bowl – season with salt and pepper
2. Spread onto tray lined with baking paper and bake at 180 °C for 15 mins or until golden and crisp.
3. Can be stored in airtight container for 2 weeks.

Recipe adapted from taste (taste.com.au)

Free, online, personalised mental health care with MindSpot
<https://www.mindspot.org.au/assessment/>