



SELENO HEALTH

Lifestyle Guide

Revitalise Your Healthy Lifestyle with Seleno Health

**DAILY PLANNER & HOLISTIC HEALTH GUIDANCE
PROGRAMME**

www.selenohealth.com





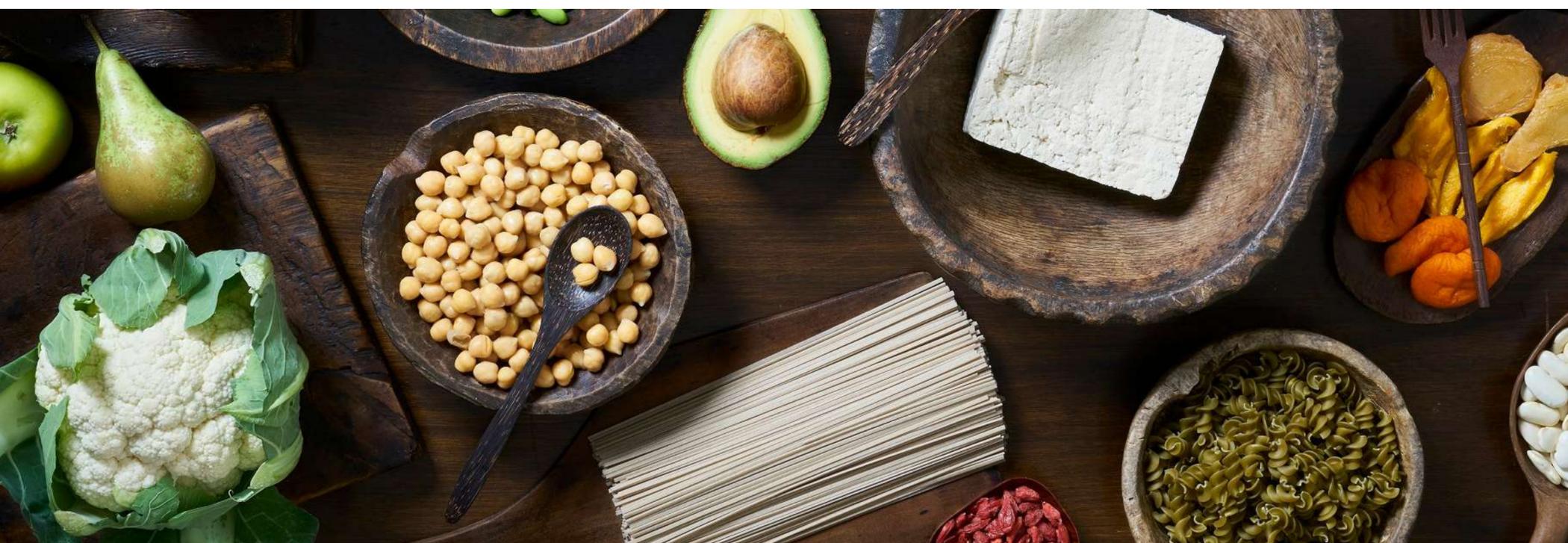
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OUR TOP 10 LIFESTYLE ADJUSTMENTS

1. Focus on micronutrient intake and gut healing - shop seasonal, local and organic where possible, and focus on consuming high fibre wholefoods rich in antioxidants, gut healing peptides, digestive enzymes, pre- and probiotics.
2. Get rid of unhealthy foods from the house to avoid temptation. Eliminate pro-inflammatory foods such as those listed on page 3.
3. Create a mealtime routine – how you eat is equally important as what you eat. Eliminate distractions, breathe, relax, clear your mind and focus on the experience of your food.
4. Consume less food more often – control your portion sizes to avoid strain on the gut. Small nutrient rich portions are better than overeating large meals.
5. Drink 8 glasses of water per day. Ensure your urine is light yellow to clear.
6. Make health and food your life – don't just tick the boxes. Spend time shopping, learning and connecting with your food. Become a natural health expert by expanding your wellness knowledge with resources such as webinars, workshops, reading and exploring what interests you.
7. Get enough Vitamin D and sunlight. A minimum 10-20 mins of direct sunlight per day to keep your immune system strong, bones strong and sleep better.
8. Follow an exercise program tailored to your capabilities (3-6 times per week). See page 12 for further guidelines.
9. Include tools within your every day routine that help to reset the nervous system. This includes practicing mindfulness by connecting to the breath, or practicing other forms of mindfulness such as yoga, meditation, breathwork, qigong, etc.
10. Assess the stressors in your life and look at bringing change. Relationship changes? Career changes? Lifestyle changes? Work-life balance? Investigate tools such as NLP (neuro-linguistic programming), LP (lightning process), biodecoding, hypnosis, etc. to help you on your journey.



Eat raw, unrefined whole foods rich in nutrients. As a general rule of thumb choose green and coloured foods over bland foods, fresh foods over packet foods and try to eliminate sugar, salt, processed foods, trans fats and alcohol as much as possible.



TIPS FOR GETTING THE MOST OUT OF THIS GUIDE

- Make a commitment to yourself to keep accountable for your choices, and commit to how you feel when you are healthy, radiant and nourished.
- When you're hungry, think "I'm thirsty" - often what can feel like a hunger pang is actually thirst. Practice drinking a glass of water at the first sign of "hunger." Staying hydrated throughout the day helps curb cravings, keeps you alert, and aids digestion.
- Carry healthy snacks, such as fruit and raw nuts, around with you wherever you go
- Cook a large healthy meal and keep the leftovers for lunches - preparation is key!
- Keep the fridge and pantry stocked with fresh, seasonal ingredients and nutritious meal options to inspire you.
- Put love and intentions into everything you prepare and eat - you are consuming that energy too!
- Optimise your nutrient value with superfoods and supplementation.
- Take note of how each food makes you feel - everyone is different, so be mindful of any sensitivities that may arise, and avoid that food where possible.
- If you have GI issues or health conditions, we recommend seeing a specialist such as a nutritionist or naturopath, to help you further.

Eating a whole-foods diet as outlined in this guide, is a great way of ensuring you are providing your body with vital micronutrients. However, there are always things we can do to enhance and optimise our system for true vitality, such as incorporating functional superfoods and supplementation. We recommend incorporating our highly researched product range of organic maca, cacao and GPx to enhance micronutrient intake and boost energy levels, mood, and immunity. You deserve to thrive, and you most definitely can with the right tools!

- Maca - our go to adaptogen for stress management, hormone balance and increased mood
- Cacao - mineral rich boost full of mood enhancing bliss molecules for energy, mental clarity, and is much better for you than coffee.
- GPx - 5 antioxidants in one, the only supplement your body will ever need for detoxification support & enhanced immunity



WHOLEFOOD EATING

As a general guide to get you started, below is a wholefoods chart outlining what we recommend eating most of, and what to limit in your diet!

Eat mostly

- Leafy greens
- Organic vegetables
- Organic fruit
- Berries
- Fresh Herbs
- Free range organic eggs
- Grass-fed organic meats
- Beans & legumes
- Raw nuts & seeds
- Ginger, turmeric, garlic
- Superfoods such as cacao, maca, spirulina, chlorella, barley grass
- Ancient grains e.g quinoa, amaranth
- Extra virgin coconut oil
- Extra virgin olive oil
- Herbs & spices
- Purified water
- Apple cider vinegar
- Sauerkraut
- Kombucha
- Seaweed
- Miso

Avoid

- Gluten
- Refined sugars
- Artificial sweeteners
- Dairy products
- Factory farmed & processed meats
- Farmed fish
- Soy products
- Fried foods
- Preservatives
- BPA products
- Artificial colours
- Bulking agents
- Stabilisers
- Corn products
- Lectins and phytates
- NSAIDs e.g Diclofenac
- Antibiotics
- Processed seed and vegetable oils e.g soy bean, canola, margarine
- Alcohol
- Any other food sensitivities particular to you!





EATING FOR OPTIMAL WELLBEING

Consume 1 portion or more from each list per day.

Prebiotics

Chicory Root
Flax seed
Psyllium husk
Asparagus
Onions
Leeks
Garlic
Dandelion root
Apples
Jerusalem Artichoke
Green Bananas
Raw Cacao
Seaweed
Radish
Coconut flour
Sweet potato
Yacon root

Digestive Enzymes

Papaya
Honey
Kefir
Ginger
Miso
Pineapple (pineapple skin)
Sauerkraut
Kimchi
Avocado
Apricots
Bananas
Kiwifruit

Probiotics

Kefir, coconut kefir, and
water kefir
Sauerkraut and kraut juice
Kimchi
Kombucha
Apple cider vinegar
Miso
Kvass
Brine cured olives

Gut Support

Bone Broth
Collagen
Aloe
Liquorice root
Slippery elm
Marshmallow root
Turmeric
Hemp seeds
Coconut
Peppermint
Raspberries
Salmon
Lemon
Ginger
Cinnamon
Apple Cider Vinegar



Maca



Maca root is a sacred plant from the high mountains of Peru that is traditionally used as a natural remedy to bring balance, boost energy and combat stress and fatigue. Maca offers strength, resilience, balance and promotes self-healing, therefore we recommend including it as part of your healthy lifestyle, for radiant wellbeing and vitality.

Maca is an adaptogen that helps the body cope better with stressors and naturally returns balance to the nervous and endocrine systems. Maca powder benefits natural hormone balance, promoting both libido and sexual function in men and women and returning hormonal harmony during hormonal transitions in women (e.g. menopause or PMS).

- Menopause
- PMS or hormonal imbalances
- Fertility and libido - Women
- Body shape - enhanced curves
- Fertility - Men
- Inflammation - anxiety, chronic stress
- Libido and sexual function - Men
- Prostate function
- Chronic fatigue
- Immunity
- Thyroid function
- General stress and fatigue
- Metabolic syndrome
- Mental Health
- Bone Density
- Athletic performance
- Neurological conditions
- Muscle building



Cacao

Cacao contains many bioactive compounds and essential minerals that work together to support immune and cardiovascular health, enhance cognitive function, elevate mood, and improve nutritional health. Flavanols in cacao possess antioxidant properties to reduce oxidative stress and mediate our inflammatory response. This is important in conditions associated with chronic inflammation, such as acne, obesity, and allergies, and is also important for mediating immune function. Theobromine is a mild stimulant in cacao that is derived from caffeine and exerts similar effects, amongst other unique ones. While it also interacts with adenosine receptors throughout the body to produce an uplifting effect, studies have shown that theobromine can also reduce blood pressure in patients with elevated blood pressure.

Cacao also contains the essential amino acid, tryptophan, and its related metabolite, tryptamine. Both of these compounds are important biological precursors for neurotransmitters, melatonin, serotonin, and for vitamin B3. They can also interact with the same receptors as our natural neurotransmitters and modulate our serotonergic pathways. Similarly, phenylethanolamine (PEA) interacts with our dopaminergic pathways, which are associated with feelings of pleasure and reward. These compounds are able to work together to elevate mood, enhance cognitive function and improve mental health.

- Enhances cognitive function
- Improves mental health
- Improves cardiovascular health
- Improves mineral deficiencies
- Prevents anaemia & bone loss, chronic fatigue, and more
- Improves brain & skin health
- Supports creativity and connection to self

- Magnesium
- Calcium
- Zinc
- Phosphorus
- Iron
- Theobromine ~ energising
- PEA ~ love chemical
- Tryptophan ~ sleep support



SELENO HEALTH

SOME FEATURES OF **GPx Immune Protect**



GPx Cell Protect® is a natural formulation built to support cellular oxidative damage. The product contains essential components to boost the body's own natural levels of energy-enhancing, protective antioxidant enzyme GPx (glutathione peroxidase), and its co-factor glutathione (GSH). GPx is the most protective antioxidant against oxidative stress and reacts up to 200x faster than other antioxidants. Unlike other antioxidants, GPx is rapidly recycled by co-factors like glutathione and ascorbate to stay in its active form for much longer. As such, GPx Cell Protect® is like a comprehensive 5 in 1 targeted super supplement that can offer multiple, full-body benefits. It's the only supplement your body needs.

Indications include immune support, stress management, chronic conditions, auto-immunity, secondary inflammation, chronic fatigue, fibromyalgia, illness and recovery, burnout and statin treatment.



Water

Water is essential for life; alive and swirling with charged ions, ready to flood the body with pure energy. Its time that we pay closer attention to this mysterious molecular gift from nature that makes up 70% of the average human body & is vital to our health and survival... Water transports nutrients throughout the body, aids digestion and elimination, supports detoxification pathways, regulates temperature, protects the joints, improves mental clarity and energy levels. Drinking enough good quality, chlorine, fluoride free, structured, alkalised water is essential for vitality.

A Kangen water machine is a medical grade water ioniser that produces pure, alkalised, antioxidant rich water that is optimal for the human body to consume and requires to thrive. It hydrates on a cellular level, decreases inflammation in the body, balances the body's pH, cleanses and detoxifies the body whilst improving digestion, energy and immunity. For more information on water ionisers email tamsin@selenohealth.com.

Tips

- Drink the right amount of water for your body: 0.033 liters per kg of bodyweight
- Drink pure, mineralised, alkaline water
- Avoid drinking from plastic bottles
- Invest in a water filter such as a Kangen water ioniser or Bio 1000 filter for optimal health and wellbeing.





PANTRY ESSENTIALS

Having a pantry full of nutritious foods helps you to maintain a healthy lifestyle! Buy organic and waste-free where you can.

Fruits

Apples
Avocado
Banana
Berries
Papaya
Apricots
Blueberries
Coconuts
Cranberries
Feijoa
Figs
Grapefruit
Honeydew melon
Kiwifruit
Lemons
Limes
Lychees
Papaya
Passionfruit
Pineapple
Plums
Peaches
Pomegranate
Rock melon
Tamarillo
Tomatoes

Nuts & Seeds

Almonds
Brazil Nuts
Cashews
Chia seeds
Flax seeds
Hazelnuts
Hemp seeds
Pine nuts
Pistachios
Pumpkin seeds
Sesame seeds
Sunflower seeds
Walnuts

Vegetables

Artichoke
Argula
Asparagus
Baby Greens
Bamboo shoots
Beetroot
Bok choy
Broccoli
Brussel sprouts
Cabbage
Carrots
Cauliflower
Celery
Chicory
Chinese cabbage
Chives
Collard greens
Cucumber
Dandelion greens
Fennel
Garlic
Ginger
Green beans
Green peas
Kale
Kohlrabi
Leeks
Lettuce
Leafy greens
Mushrooms
Mustard greens
Okra
Onions
Parsnips
Pumpkin
Radish
Seaweeds
Spinach
Sprouts
Sweet potatoes
Watercress
Zucchini

Protein

Anchovies
Chicken
Lamb
Duck
Beef
Venison
Trout
Prawns
Wild white fish
Wild salmon
Sardines
Eggs
Lentils
Beans

Grains

Amaranth
Brown rice
Almond flour
Brown rice pasta
Brown rice noodles
Buckwheat
Coconut flour
Kelp noodles
Oats
Millet
Quinoa

Fats

Almond butter
Avocado oil
Coconut butter
Coconut oil
Extra virgin olive oil
Hemp seed oil
Flax seed oil
Sesame oil
Tahini



PANTRY ESSENTIALS

Having a pantry full of nutritious foods helps you to maintain a healthy lifestyle! Buy organic and waste-free where you can.

Herbs & Spices

- Anise
- Basil
- Bay leaf
- Caraway seeds
- Cardamom
- Cinnamon
- Cloves
- Coriander
- Cumin
- Dandelion
- Dill
- Mustard
- Mint
- Oregano
- Paprika
- Parsley
- Rose-hip
- Rosemary
- Saffron
- Sea salt
- Thyme
- Tumeric
- Vanilla bean

Fermented Foods

- Sauerkraut
- Miso
- Kefir
- Kim chi
- Olives
- Capers
- Pickles

Beverages

- Bone broth
- Herbal teas
- Kraut juice
- Kefir
- Kombucha
- Sparkling water
- vegetable juice
- Purified filtered water
- Wine (in moderation)

Superfoods

- Aloe vera
- Barley grass powder
- Chlorella
- Collagen
- Cacao nibs
- Cacao powder
- Ceremonial cacao
- Camu Camu
- Goji berries
- Honey
- LSA
- Lucuma
- Maca
- Manuka honey
- Molasses
- Pea protein
- Pure maple syrup
- Psyllium husk
- Spirulina
- Stevia
- Wheatgrass

Dairy & Substitutes

- Almond milk
- Butter
- Coconut milk
- Coconut yoghurt
- Ghee
- Rice milk
- Hemp milk
- Oat milk
- Rice milk

Other

- Tamari
- Kelp sea salt
- Black pepper

Vinegars

- Apple cider vinegar
- Balsamic vinegar
- Red wine veingar





DAY PLANNER

Glasses of water

ON RISING

Warm water + juice of 1/2 a fresh lemon, and/or 1 tsp ACV



BEFORE BREAKFAST

2 GPx Capsules



+ 1 tsp maca or 4-5 capsules



BREAKFAST CHOICES

Smoothie



+ 1 tsp maca

Porridge



+ 1 tsp maca

Grain/protein



+ herbal tea

SNACKS (OPTIONAL)

Max 2 healthy snacks per day



Handful of nuts



Summer roll



Fruit



Veg & dip

BEFORE LUNCH

2 GPx Capsules



+ Probiotics (optional)

Kombucha/kefir



LUNCH CHOICES

Salad with protein



Soup



Small meal



SNACKS (OPTIONAL)

Max 2 healthy snacks per day



Handful of nuts



Summer roll



Fruit



Veg & dip

DINNER

Ideal dinner proportions

- 100g of lean protein
- 1/2 cooked carbohydrate (brown rice, quino, sweet potato)
- 1/2 plate of vegetables or salad
- 1-2 Tbsp of good fat (nuts, seeds, oils)



Tips

- cook with fresh unrefined foods over packaged foods
- use a smaller plate
- take time to chew
- eat slowly
- drink with sparkling water to prevent overeating



DAY PLANNER

Exercise



30-60 minutes 3-6 x per week

Exercise offers incredible benefits that can improve nearly every aspect of your health. Regular physical activity supports a healthy weight, creates strong muscles and bones, and increases the production of hormones that make you feel happier and help you sleep better. Most importantly, find a form of exercise you enjoy doing so that you keep at it! That can be anything from cycling, to weight lifting, to surfing. Don't let it become a chore!

Mindfulness



10-30 minutes a day

Mindfulness practices such as breathwork, meditation, yoga, tai chi, and qigong increase calmness, clarity and concentration as well as reducing stress, emotional reactivity, and boosting quality of life. Take at least 10 minutes a day to tune into stillness, practice gratitude, and set an intention for the day.

Sleep



8-9 hours a night

Getting enough sleep is essential for helping a person maintain optimal health and well-being. Adequate sleep improves productivity, concentration, lowers weight gain risk, improves calorie regulation, improves social and emotional intelligence and lowers the risk of heart disease, strengthens immune system and lowers inflammation.

Example Week

M	T	W	T	F	S	S
45 min weight training	45 min yoga	45 min weight training	Rest day	45 min weight training	30 min walk	Rest day
15 min meditation		15 min meditation	Mindfulness practice of choice	15 min meditation	20 min meditation	Mindfulness practice of choice

*This is an example week for a standard individual. If you have any health conditions such as chronic fatigue, please adjust the schedule to your needs, or as advised by your health professional.



DAILY CHECK IN

Take the time to reflect on each day. What went well, what didn't? Journaling is a powerful tool to help keep yourself accountable for adhering to the lifestyle guide, and encourages you to take time for yourself to reflect on your experience.

Date: _____

How is your body?

How is your mind?

How is your heart?

How were your energy levels today? Was there a particular time you felt energised?

What did you achieve today?

Tick what you achieved:

- | | |
|---|--|
| <input type="radio"/> I got to exercise for at least 30 minutes | <input type="radio"/> I drank adequate water for my body |
| <input type="radio"/> I found moments of peace & mindfulness | <input type="radio"/> I ate healthy foods that nourished my body |
| <input type="radio"/> I got at least 8 hours of sleep | <input type="radio"/> I took my tsp a day of maca powder |
| <input type="radio"/> I was relaxed whilst eating | <input type="radio"/> I ate 1 or more portion of each list on the
'Eating for optimal wellbeing' page |

What are your health goals, and how will improve tomorrow?



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