

LIFE IS GOOD NUTRITION

an introduction for
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**LIFE
IS
GOOD**

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IT'S ALL ABOUT YOU!

Know your needs

Eat well

Think well

food is all you need

NO PRODUCTS

Life is Good!

LIFE
IS
GOOD





**LIFE
IS
GOOD**

SERVICES



CAROLA BECKER

THE NUTRITION COACH

EAT / THINK / FEEL / LIVE

PERSONALISED NUTRITION PLANS

Eat well, live well

CORPORATE NUTRITION ADVISOR

Workplace Wellbeing

PERSONAL NUTRITION COACHING

Reprogram the way
you eat, think and feel
- for good!

'MEALS APPROVED BY A NUTRITION EXPERT'

Healthy recipes and meal
planning for hotels and venues



HEALTHY EATING IN A BUSY ENVIRONMENT

increase stress resilience

increase productivity



COFFEE AND MUFFIN WILL KILL YOUR PRODUCTIVITY

high in saturated fat

sugar and caffeine



PRODUCTIVITY

stay hydrated

feed your brain

keep stable blood sugar

get some fresh air

produce dopamine

graze!



WHY ARE YOU STRESSED?

workload
major life changes
being too busy
financial issues

SYMPTOMS

cravings
headaches
burn out

FIRST STEPS

be prepared
reach for calming snacks
take a break

The best strategies to alleviate stress

- Find the balance between energy expenditure (stress) and energy renewal (recovery)
- Get away from your desk and get some fresh air
- When we are stressed, a hormone called cortisol is being produced. Cortisol sends a message to the body that a 'fight or flight' is to be expected for which the body needs energy. So it does whatever it can to hold on to all the bodyfat.
- Everybody is different – watch out for symptoms like changes in your eating or sleeping pattern – and take action
- Calming foods to reduce the pressure:
- Asparagus (high in FA), cashew nuts (zinc), oats (serotonin), avocado (FA, B)

The best strategies for brain power and sharper thinking

- Drink lots of water – hydration is crucial for your brain and many body functions
- The best foods for your brain and sharper thinking are high in
 - omega 3 (salmon, chia seeds)
 - zinc (sesame and sunflower seeds)
 - Vitamin B and Folic Acid (eggs, white fish)
 - Vitamin C (berries, kiwi, peppers)
 - All of the above help your body to produce its own dopamine – the ‘happy hormone’
- Keep your blood sugar levels even and reduce sugar and white flour in baked goods. A piece of fruit or a handful of almonds is a better choice

Willpower is like a muscle

*Creating healthy habits,
not restrictions
is the way forward*





Thank you!

MORE INFO AT
WWW.LIFE-IS-GOOD.CO.UK



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