



THE SCULPTED VEGAN

HEAL YOUR HORMONES



THE SECRET TO RESETTING YOUR
METABOLISM & BURNING FAT FAST!

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How would you feel if I told you that it's not your fault you're overweight? It's not your fault you have "no willpower" or suffer from too little motivation? What if I told you that the reason you're overweight is because your hormones have been hijacked? So many women suffer privately from food addiction and body shame. Yet what many don't realise is that the food they are eating is literally designed to be addictive. It's not that they are weak. It's that they are fighting a massive, chemical addiction that not many know about and hardly anyone speaks about.

Women also have far less testosterone than men, which is known to boost the metabolism and keep you lean. It's not overeating that makes you fat, it's hormonal chaos that makes you fat.

In fact, it's not even what makes it into your stomach that is important, it's what makes it into your bloodstream! If you're having trouble with your weight, belly fat, overeating or sugar cravings, then you've come to the right place. It's time to reset your hormones and learn to be lean... the natural way!

The reason conventional "diets" don't work for most women is that they fail to address the hormonal root cause. Hormones dictate what your body does with food. Carrying excess fat is often a result of major hormonal misfires in women, and forceful approaches to losing weight fail to address the hormonal root cause in strategy, tactics and delivery. You need to correct hormonal imbalances with what you put into your body.

You need to eat in a way that balances your hormones and helps you maintain a healthy weight.

Women are at a disadvantage when it comes to getting fat as we are sensitive to stress and inflammation. Sugar cravings, belly fat, love handles, moodiness, lack of energy or sleep are all signs of hormonal imbalances. If you struggle to get and stay lean, your hormones are often to blame. Hormones govern nearly all aspects of fat loss from where you store fat and how much, to your cravings, appetite, digestion and assimilation of nutrients. The secret to overcoming these issues is resetting your internal body clock. There is no point in being lean if your insides are unhealthy!

In my experience, the external appearance falls into place once you address the internal root causes. When you get a flat tyre you fix it immediately. You don't drive around on the rim of the wheel, suffering the discomfort of the journey, putting up with the fact that you can't go as quickly as you'd like, and ruining your car in the process. The same should be true for your body. When something is amiss and the usual strategy of "eat less and exercise more" isn't working, you need to look deeper for an underlying, not immediately apparent cause.

There are seven hormones responsible for keeping your body running like a well serviced Ferrari: estrogen, insulin, leptin, cortisol, thyroid, testosterone and growth hormone (I like to call them EILCTTG). Each of these is interconnected with what you put into your body. If you reset your hormones you can resynchronise them to make them more effective. You will find yourself more in balance emotionally and not on a rollercoaster of sugar highs and lows. But working from the inside out takes time, especially if you've been stuck in a destructive cycle of dieting and binge eating. If you persevere, you will rewire yourself, reset your weight, nutrition, hormones and habits, putting you on the path to a leaner, healthier body and a belief in self that you never thought possible.



How Does it Work?

Over the next 30 days, try eliminating these seven things to bring the body back to balance. If you can't manage the full 30 days, start with 7 days and build up from there. However, it takes at least 30 days for the body to fully restore its equilibrium. So give it your best shot.

1. ELIMINATE MEAT PRODUCTS TO REBALANCE ESTROGEN LEVELS



Estrogen is the hormone primarily responsible for making us into women with breasts, hips, curves and long hair. When you eat meat it slows down your digestion and cause bloating and constipation. It raises the body's estrogen levels and messes with your gut health by disturbing the microbiome. We are anciently hardwired by our own DNA to eat vegetables, nuts, seeds, infrequently fruits and plant proteins. Eating primarily these foods in their whole state is what keeps you lean and your hormones in balance - especially estrogen.

When you eat fat from animal meat, these toxins enter your gut and are sent to the liver via the bloodstream. Your liver doesn't know what to do with them and so to protect your vital organs from toxic overload, it sends them to fat stores where they accumulate over time. This only works for a short time as soon the fat cells become overloaded with these toxins and cannot take on any more, which leaves them floating around in the bloodstream. This signals to the body to store even more fat, and because fat cells produce estrogen, your levels climb even higher. Ultimately, if you're already overweight, estrogen dominance will cause you to store yet more fat instead of burning it. Your body will pull energy out of food for storage, and not fuel.

Fibre is also vitally important to losing weight and research shows that meat eaters eat half as much as their plant based counterparts. Vegans and vegetarians poop far more often than meat eaters (you should be pooping three times a day at least) which means that they excrete three times as much estrogen. Your body dumps hormones

into your digestive system for elimination. If you're not pooping three times per day, those hormones are reabsorbed back into the blood.

To make matters worse, starting in your early 40s, you become resistant to estrogen because your receptors start to go into retirement and your estrogen levels climb higher to try to get their attention. As a result, your memory falters, you feel irritable, and fat attaches to your waist. You are now officially resistant to fat loss, regardless of your weight, and it gets even worse in menopause. This is why so many women start to experience slow metabolism and fat loss resistance after age 40.

If you suffer from any of the following, your estrogen may be out of balance:

- Difficulty losing weight or rapid weight gain
- Bloating or fluid retention
- Muscle or joint soreness that does not come from exercise
- Tender breasts
- Irregular bleeding, endometriosis or painful periods
- Mood swings, PMS, weepiness or anxiety
- Migraines or headaches
- Gallbladder problems

Between the ages of 35-50, the ovaries make less progesterone (estrogen's balancing hormone) which can allow estrogen to dominate. It's important to keep estrogen levels low by following the protocol in this program to ensure the liver can easily clear excess estrogen from the blood. The reason the contraceptive pill is prescribed for women with estrogen dominance is that it is predominantly progesterone. This helps to regain the balance of hormones and can alleviate symptoms. However, your body is perfectly capable of balancing its own hormones if you would just stop overloading it with toxins and other substances which hamper its ability to keep you healthy.

2. ELIMINATE SUGAR TO REST YOUR PANCREAS AND RESET INSULIN LEVELS



Over the years sugar has gotten a very bad rap and for good reason. It's addictive, bad for your teeth, the bacteria in your gut, and you're already bulging fat cells. It causes your blood sugar to go on a roller coaster which makes you high then lethargic, cranky, and tired. However, you might not understand that sugar is one of the main reasons you are holding onto body fat no matter how hard you try to lose it. And it's not that you are eating too many calories and not exercising enough. It's more likely that you have insulin resistance which is causing your cell receptors to become numb to insulin.

Why does this even matter? It matters because insulin is responsible for whether a calorie makes you fat because insulin is the storage hormone responsible for storing the nutrients that enter your bloodstream. Calories from carbohydrates are actually more likely to be stored as fat than calories from protein or fat because the carbohydrate is broken down into sugar and its effect on insulin. Too many high glycemic index carbohydrates can cause insulin resistance. Which means that the solution to lasting and permanent weight loss is to try to keep your insulin levels steady.

Insulin is effectively a storage hormone released by the pancreas after you eat. It determines where the nutrients get stored either in the muscles as energy or in fat cells for future energy. When working perfectly, insulin takes glucose from carbohydrates and stores it in the liver to fuel the brain and in the muscles to fuel your workouts. However, only a small amount of glycogen can be stored in these organs at a specific period of time. This is where insulin turns from a fat burning hormone into a fat storage hormone once the glycogen stores are full. However, breaking the sugar addiction is hard. The only difference between the chemical element of processed sugar and the chemical element of cocaine is the addition of nitrogen. Otherwise they

are chemically identical. Shocked? That's why sugar is so addictive. Insulin resistance is one of the most common hormonal reasons I see everyday for slow metabolism and weight gain in women.

However, the good news is that you can reset your insulin pathway within 72 hours if you stay off the sugar. You can train your body to become a fat burning machine! Hormones are a vital part of our bodies communication and response system. But when that system breaks down, many problems occur. How do you know if you have an insulin imbalance? Simply look at your gut, if it's larger than you would like and filled with fat cells, then it's 99% likely that you have insulin resistance. High insulin leads to oestrogen dominance and also raises testosterone as well. This may make weight loss resistance worse. Additionally, insulin is a cousin to leptin which is the hormone responsible for regulating your metabolism and which tells you when you are full after eating. Insulin resistance raises leptin levels, eventually leading to leptin resistance which means you don't get the signal to stop eating. To combat these issues, it is vitally important that you reset your insulin switch by avoiding sugar for at least 30 days.

Avoiding sugar does not mean you need to remove carbohydrates completely although it's worth noting that carbohydrates are not essential for survival. They do not contain any essential amino acids that your body cannot make itself. Your liver is very capable of manufacturing carbohydrates for energy when there are none available. However, I do not want you to remove carbohydrates completely as severe restriction can actually raise your reverse T3 hormone which can block your thyroid receptor. Severe carb restriction can also raise stress hormones such as cortisol. Instead of choosing high glycemic index carbohydrates, I want you to avoid anything that is white, was white or could be white. Instead of coming from potato, bread, rice or grains, your carbohydrates should come from beans, lentils, legumes, and cruciferous vegetables. When you eat this way you will not spike your blood sugar, insulin will be fed in a very slow drip to your system and you will also have the added benefit of eating tons of fibre which is essential for maintaining a healthy digestive system.

When resetting your insulin levels it can also be useful to take supplements including alpha lipoic acid, chromium, cinnamon and L-tyrosine. L-tyrosine helps women focus better and reduces cravings. It is an amino acid which is the building block of protein, and has been shown to help in reducing stress hormones. I recommend a dose of 500 to 1000 milligrams 1 hour before breakfast and lunch.

3. ELIMINATE FRUIT TO STABILISE BLOOD SUGAR & LOWER LEPTIN LEVELS



The hardest part of the hormone reset diet is for many people giving up meat, dairy, and sugar. Yet many women are fruit bats becoming addicted to fruit and refusing to give it up. The primary sugar in fruit is fructose which gives it its sweet taste. Dried fruit especially contains 17 times the amount of fructose as fresh fruit. Fructose is also added to processed foods for taste and preservation known as high fructose corn syrup. Fructose consumption is at an all-time high in the standard diet and is linked to problems with insulin and leptin which is in charge of hunger. Fructose is 73% sweeter than table sugar which makes it highly palatable and encourages overeating, plus, its processed differently in the body.

Experts argue that too much fructose is actually the primary reason why we are too fat. When you eat small amounts of fructose and your blood sugar is normal, it's ok. But if you eat too much, your liver can't process the fructose fast enough for the body to use as fuel and instead starts converting it into triglycerides in the bloodstream and depositing them as fat cells in the liver and elsewhere in your body. When you over consume fruit or the wrong type of carbohydrates, fructose can impair your biochemistry. In fact, it's worse for your health than other sugars. When you overindulge in fructose, your leptin levels rise excessively and not only do you get fat but you feel hungry too. We are not designed to handle excessive amounts which is why our leptin levels rise and our hormones go nuts. Eliminating fructose can lead to transformative changes in your health and your waistline in a very short space of time.

What foods contain fructose?

Fruit, honey, and some green vegetables (although these greens should not be avoided). It is also commonly found as high-fructose corn syrup in bread, candy, cakes, cookies, ice cream, beverages, and processed foods. Carbonated beverages

such as Coca-Cola contain about 30 grams of pure fructose.

When you are healthy with an ideal weight and normal fat competition, the hormone leptin is your natural appetite suppressant. When you have had enough to eat, leptin signals to your brain to say that it is full. Unfortunately when you are overweight, your fat cells produce excess leptin. Therefore when you eat, your brain gets bombarded with leptin signals from too many fat cells and shuts down from being overwhelmed. The result is that your levels keep rising and your receptors stop functioning so your body does not get the signal that you are full so you keep eating the wrong foods in an addictive pattern and keep gaining weight. This is why overweight people tend to be constantly hungry. Your body can become leptin resistant just as your body can become insulin resistant. Most women who are overweight or stuck in a full sense of perceived starvation are driven by leptin resistance. I have found that many women have a hunger hormone problem and not a problem of willpower. Leptin resistance is at the heart of carbohydrate cravings, increased hunger, overeating, and paradoxically, results in your brain thinking that you are starving. In order to regulate your leptin levels you need to bring your fructose consumption under control by avoiding all soda (even diet soda), sports drinks, bread, cereals, energy bars, flavoured yoghurts, and condiments. Leptin levels can also get out of balance when you disrupt your circadian rhythm full stop in order to regulate your hormonal levels, hence it's important that you get enough sleep. Studies show a link between weight gain, lack of sleep, and insulin resistance. You should be aiming to get a solid 7 to 9 hours per night.

When I teach this method to women they get upset and argue that fruit contains a massive amount of antioxidants and chemicals that fight free radicals. This is true, and I want to be careful not to demonise fruits across the board. Small amounts of fruit are surely OK but vegetables are the best medicine when it comes to healing hormonal imbalances that cause a broken metabolism. We have been brainwashed into believing that eating fruit is a simple way to lose weight. If you are a normal eater and lean with no blood sugar problems, fruit is fine. But if you are overweight or suffer from too much belly fat, you would be advised to avoid whole fruit, fruit juices, and high-fructose corn syrup until your metabolism and hormones are healed.

4. ELIMINATE CAFFEINE TO RESET CORTISOL LEVELS



As a coffee addict, I completely understand how difficult this may be for 30 days. Personally I do not consume a lot of coffee, maybe two or three cups per day of freshly ground and brewed espresso. However, I'm also aware that caffeine is a stimulant and a drug and can become toxic at certain levels. Caffeine can also disrupt your sleep and give you palpitations which is commonly known as overstimulation. On average, women with sleep problems drink 4 cups of coffee per day. Too much caffeine can disrupt your natural circadian rhythms which govern your hormonal activity. Coffee elevates cortisol, one of the body's key fat storage hormones and the ultimate director of your inner world. When cortisol is too high or too low, it becomes disruptive to the body. Living life with high cortisol levels disrupts your happiness, sleep, and control over your weight. If you are having issues with any of these things then it may be time to kick the caffeine for the next 30 days.

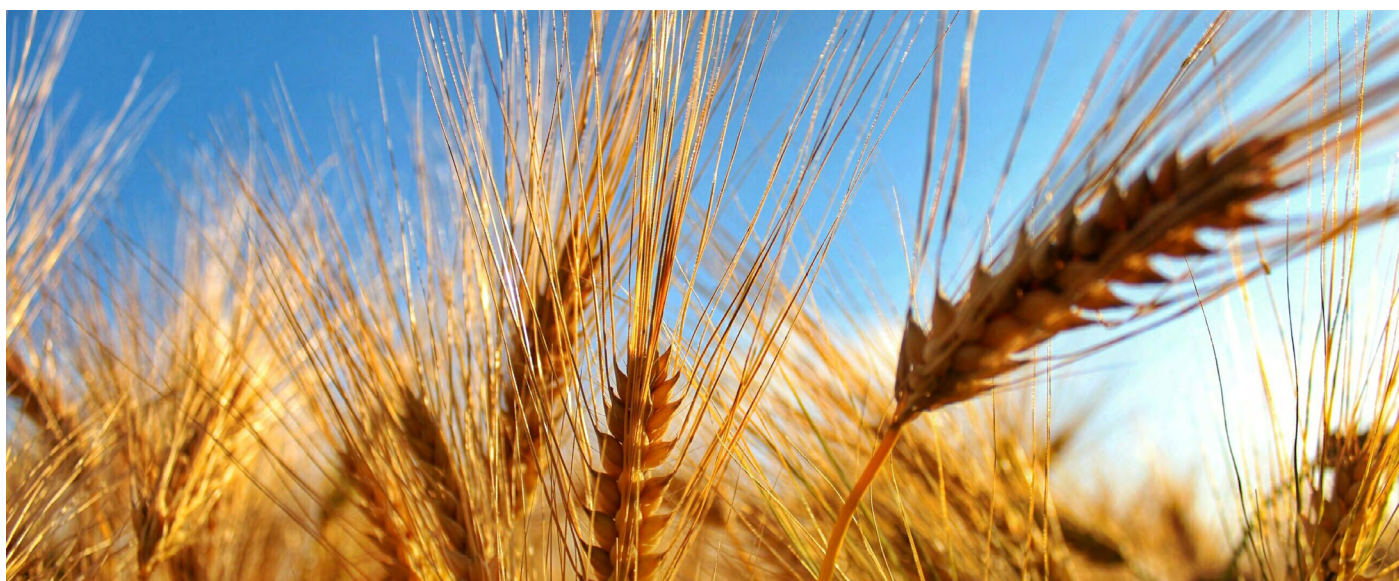
However, you don't need to drop the caffeine immediately, causing withdrawal and headaches. You can simply decrease over time. Days 1-3, aim to cut your intake in half. Days 3-5, cut it in half again by starting the day with a cup of green or black tea instead of coffee. Days 6-8 switch out all of your caffeine for green tea (but no more than 2 cups per day) and on day 9, aim to have one cup only. From day 10 onwards, replace all of your caffeinated beverages with herbal tea. Continue this for the next 20 days.

NOTE: Decaffeinated tea or coffee is not the answer either as it still contains small amounts of caffeine. It also contains acids that affect blood sugar and cortisol levels and has similar effects on cholesterol.

Why Cut Caffeine?

When you drink caffeine, it is transported from your stomach to your hypothalamus which regulates hormone levels and signals to your pituitary gland to tell your adrenals to release more cortisol. One serving of strong coffee also reduces blood flow to the brain by 20 to 30%. If you are prone to high stress, the elevation in cortisol from the carbs and sugar can raise your blood sugar by constricting your blood vessels. Increased cortisol may also keep you from sleeping at night as well as raising your blood sugar which makes you feel irritable when it drops. This means you enter into a vicious cycle of caffeine, rise in cortisol, and unstable blood sugar which causes insulin resistance. Insulin resistance causes your body to store fat and because visceral fat has four times the cortisol receptors of fat elsewhere, you keep taking on more fat there for repeating the vicious cycle.

5. ELIMINATE WHEAT & GLUTEN TO ACTIVATE YOUR THYROID HORMONE AND RESET INSULIN & LEPTIN LEVELS



Long before bread became a standard part of our diet, we eat vegetables, seeds, nuts, and fruit. Our paleolithic ancestors were adapted to a diet high in fibre and clean anti-inflammatory proteins and phytonutrients. So it makes sense that our bodies have not adapted to the highly processed wheat found in the bread we eat today. Our bodies are not designed to digest highly processed bread and in addition it does not provide adequate nutritional support. Bread is also one of the most common reasons I see in women desperately trying to lose weight and having no success. I literally never eat bread. Instead, I eat an enormous amount of green vegetables and carbohydrates. I eat sweet potatoes, beans, lentils, and legumes.

One of the main reasons why bread is not good for us is because of the protein contained in wheat called gluten. Now for most people, gluten consumed in small amounts is not harmful whatsoever. But for many people, especially those suffering from belly fat, gluten can be the cause of all kinds of discomfort. Gluten is difficult to digest as your digestive system needs special enzymes to break it down. Sourdough bread is fermented which means that the gluten is already partially broken down before it enters your digestive system and many people who do consume small amounts of bread will only consume sourdough.

When gluten proteins are not sufficiently broken down in the digestive system they permeate the underlying immune tissue of the gut and lead to over stimulation of the immune system. In fact, several of the more serious health conditions we face today including diabetes, thyroid disease, and even autism may be linked to gluten consumption. When you eat refined carbohydrates such as those contained in bread, gluten causes the blood sugar to spike. People who go on a gluten-free diet are therefore avoiding the refined wheat products that cause their blood sugar to spike and then drop, which may account for the health benefits experienced by those who

go gluten-free.

Whilst I am not advocating a gluten-free diet, there are a growing number of people who would benefit from going gluten free. Gluten problems used to be thought as an anomaly but we now know that there is an evolving and broad array of negative immune reactions to the toxic family of gluten proteins found in wheat, rye, barley, and their derivatives. If you are struggling with weight and bloating then chances are you will get lean and feel more energetic if you eliminate wheat and gluten. Cereal especially has been linked to all kinds of nutrient deficiencies, broken digestion, and autoimmune diseases as well as containing opioids which makes them addictive. Cereal just doesn't have the protein you need in the morning to stimulate the metabolism and is often packed with sugar. So just like you should avoid bread, you should avoid all cereal especially first thing in the morning. Greens also may increase your risk of thyroid problems such as autoimmunity full stop when gluten crosses the gut barrier, the immune system prepares for attack and thyroid tissue can often get caught in the battle. The safest bet is to stay off the grains and give your thyroid a break.

Stock your pantry with food that do not contain wheat or grains and try to avoid even gluten free flour. Stay away from pizza, pasta, and pastries as well as bread and cereal. Look out for processed food containing wheat or gluten derivatives or sickness. These foods can include mustard, ice cream, salad dressings, canned soups, non-dairy creamers, processed cheese, beer, spices, and hundreds of other foods. Study labels to avoid chemicals. Don't trade gluten filled refined carbohydrates for gluten-free refined carbohydrates. Studies show that refined carbs, whether they contain gluten or not, increase your production of insulin which blocks your ability to burn fat. Replace your spaghetti with courgetti and use large lettuce leaves instead of bread or buns. Bake with coconut flour and eat sweet potatoes instead of rice. Flax seed crackers are also a great alternative to wheat based biscuits.

6. ELIMINATE DAIRY TO BALANCE GROWTH HORMONE & ESTROGEN LEVELS



Despite your best efforts and low fat foods, there's probably a good reason why you are still carrying too much fat. If you are not plant-based already, the reason could be dairy. Dairy is one of the top foods that contributes to excess inflammation which causes you to gain weight and become resistance to losing it. Inflammation is your body's emergency response system to when it senses a problem, but it should stop after 72 hours. If your body continues to be inflamed after this time it can be a major contributor to obesity amongst many other things. By eliminating dairy you will be amazed at how quickly you will see results. In addition to a reduction in fatigue, anxiety, and irritable bowel syndrome you will lose weight quickly as your body's inflammation subsides and your hormones go back to balanced. Even adding in small amounts of dairy can cause your gut to become inflamed and retain fluid. Dairy also causes low grade pathological inflammation which makes you overweight, insulin resistance, congested, tired and even depressed. Dairy allergies or intolerances are caused by reduced enzymes to break down lactose, which is the main sugar in milk. Interestingly, half of the adults who were sensitive to gluten in a recent study were also sensitive to dairy!

Women interestingly are more sensitive to inflammation than men. This could be because we have a more robust immune system which also means we have higher immune responses which lead to thyroid issues, infections, arthritis, and other conditions. The reason for this is not yet known but may be linked to lower levels of testosterone and higher levels of oestrogen. Another reason why we need to keep oestrogen in balance.

Sensitivity to dairy occurs when your immune system falsely identified the dairy protein as harmful and inappropriately fires off allergic antibodies for protection. However, not everybody who is intolerant to dairy is allergic. As we get older, our

body stops producing the enzyme lactase which is responsible for breaking down lactose, the primary protein in milk. This means that the lactose travels through the small intestine into the large intestine where it needs to be broken down causing uncomfortable bloating and gas production.

Dairy also raises your levels of growth hormone and insulin. Growth hormone, along with cortisol, determines how much fat you deposit on your belly. In the USA, a synthetic growth hormone has been injected into about 1/3 of the nation's dairy cows. This hormone increases a cow's milk output by 10 to 15%, much of which goes into the milk they produce which you then consume. It goes without saying why this would not be good for you! There are many non-dairy alternatives on the market for cheese, butter, yoghurt, and milk. Simply look for foods that are labelled vegan as they contain no dairy.

And if you need a reason to encourage you to ditch the dairy, let it be this. Cows need to be milked most of the year to produce enough milk for the farmers to make a living. Because of this they are often pregnant. In the final stage of gestation, cow's milk contains 33 times as much oestrogen as milk from non pregnant cows. Oestrogen as you know, is interrupting the hormonal balance of your body. It's time to remove dairy in order to reset your hormones and banish your belly.

7. ELIMINATE ALCOHOL TO RESET ALL 7 HORMONES - ESTROGEN, INSULIN, LEPTIN, CORTISOL, TESTOSTERONE, THYROID & GROWTH HORMONE



By now I am sure you are beginning to realise that the body's hormones work together in a finely coordinated and complex system, to keep you lean, healthy, and disease free. Yet one of the biggest disruptions to this delicate system is alcohol. Surprised? How is it that your nightly glass of chardonnay is wreaking havoc with your hormones? Hormones act as chemical messengers to control and coordinate the functions of the body's tissues and organs. When the hormone system is perfectly in balance, the exact amount of hormone is released at exactly the right time and the body's tissues and organs respond appropriately to those messages. Yet, drinking alcohol can impair the functions of the glands that release hormones, having a knock on effect on the functions of the tissues targeted by the hormones, such as belly fat.

When alcohol impairs the hormones, it can also disrupt systems such as fat storage, reproduction, blood pressure, bone density, cell growth, and development. It affects blood sugar levels and insulin levels, sending it on a rollercoaster, which has the knock on effect of affecting hunger and digestion.

The main energy source for all body tissues is glucose. The body gets glucose from food which is then synthesised in the body to form glycogen, stored in the liver and tissues. The body's blood sugar levels are controlled by insulin and glucagon, hormones secreted by the pancreas. They work together to maintain a constant concentration of glucose in the blood. Insulin lowers glucose levels, while glucagon raises it. The adrenal and pituitary glands also backs up the function of glucagon to make sure your glucose levels don't fall low enough to cause you to pass out or faint. Alcohol interferes with all three sources of glucose and also wreaks havoc on the hormones that regulate glucose levels. It also inhibits glucose production while alcohol is being metabolised and raises insulin secretion, causing temporary

hypoglycemia. Alcohol also has a profound effect on raising cortisol levels not only while you are drinking, but also when you are suffering a hangover (aka withdrawal symptoms). Cortisol can increase blood pressure and make you more alert, but over time can adversely impact bone growth, digestion, reproduction, and the immune system.

Never mind the effect on your hormones, alcohol is extremely calorific. A standard bottle of wine contains around 1000 calories, and a bottle of beer contains about 160 calories per bottle. When dieting for a show, I avoid all alcohol for around 6 months simply because of the effect it has on my blood sugar and also the empty calories it provides. When you're dieting and starving most of the time, you want your calories to come from food, not alcohol. It's simply not worth it for how much it affects your progress. One of the reasons women struggle to lose fat around their belly is over consumption of alcohol. Yet, many women refuse to give it up. They are addicted to their one or two glasses per evening, which they claim alleviates stress and helps them unwind. I would suggest that you replace your evening tipple with a long walk instead. Not only will you burn extra calories, but you'll refresh your whole system with oxygenated blood and rejuvenate mentally and physically. If you find it hard to give alcohol up on the weekend, simply try it for one day. Replace your gin and tonic with a refreshing glass of sparkling water with fresh lime and lemon. And then congratulate yourself for waking up fresh and full of energy, ready to tackle the day with gusto.

BUILDING BETTER HABITS

How many times a day do you think about brushing your teeth? Do you lie in bed and suffer over it every morning? Do you avoid it until the very last minute at night? Of course not. You simply go to the bathroom and brush your teeth because it's a habit. In fact, you wouldn't consider not brushing your teeth, I bet! I often think back to times as a child when I would sneak to bed without brushing my teeth feeling like I'd got one over on my parents because I'd avoided doing this annoying task. Today, I am the only person responsible for making sure my teeth are clean and I would never choose to miss one of my twice daily brushing sessions. Why? Because it's a habit and NOT doing it causes me more discomfort than doing it. It's the same with healthy eating and going to the gym, or exercising in general. It feels uncomfortable for me NOT to do these things than it does to do them. Why? Habit. My body is addicted to the feeling. Creating new habits is actually easy. You just need to make a plan and commit to doing these things every day.

Eat a Nutritious Breakfast

The best way to ensure you get a good mix of protein and fat in the morning is to blend a smoothie for breakfast. My favourite smoothie recipe is simply 2 scoops/50g of vanilla protein powder blended with a small handful of pecan nuts, ice, and plant milk or water. It fills me up until lunchtime and boosts the metabolism. It's carb free which will not spike your blood sugar, and will leave room for carbs pre and post training when your muscles most need them.

Weigh Your Food

Until you are a pro at eyeballing quantities, I suggest getting into the habit of weighing and tracking your food. On the sculpted vegan program we teach you how to do this very comprehensively. Failing to nail your nutrition is the single most important reason people FAIL on this program. What gets measured, gets managed. Invest in a kitchen scale and out of interest, weigh everything that passes your lips. Not only will it make you more mindful of what you're eating, you'll be shocked at how small 100g actually is in weight! And you may find that you've been overeating for years through simple ignorance.

Track Your Sleep

I track my sleep every single night for the simple reason that it makes me more conscious of getting the rest I need. I aim for a minimum of 8 hours per night but often will manage 9 hours straight. The last time I flew back home from New York, I slept for 13 hours straight through the night I arrived home! I use a Whoop Strap to track all my daily activities and nightly sleep. It tracks my deep, REM, and light sleep as well as how many times I wake up during the night. It also tracks my heart rate variable and resting heart rate which tells me how well my body has recovered. Recovery is directly linked to sleep. I recommend that you invest in a device to track your sleep and ensure you're getting enough.

Dry Body Brushing

One of my daily rituals includes dry body brushing. I hold a brush in each hand and vigorously sweep in long strokes toward the direction of my heart. Dry body brushing not only exfoliates the skin but also stimulates the lymphatic system. Lymphatic drainage collects near the heart which is why we brush towards the heart. It is invigorating and once you've tried it, you'll become addicted. It can feel painful at first. But over time, your body gets very used to the sensation.

Epsom Salts

I buy 25kg of Epsom salts on Amazon and replace almost monthly. I habitually have 4-5 baths a week with at least 4 cups of Epsom salts and a few drops of coconut oil and any essential oil I fancy. If my muscles are sore from training, I will use a muscle blend. Or if I want to relax and unwind before bed, I will use lavender. Epsom salts are basically just magnesium sulfate which is very readily absorbed through the skin. About 75% of women are deficient in magnesium (as measured in your red blood cells) which can prevent your DNA from methylating (an important and good action your body takes to support your genes) and increase the accumulation of bad estrogens. Research shows that women with higher magnesium levels are leaner and healthier.

Conclusion

By now you should be familiar with the foods that cause harm through allergies, intolerances, hormone imbalance, broken metabolism and fat loss resistance. If you commit to eliminating these 7 simple things for 30 days, you will completely revolutionise your health and body. This plan is so much more than fat loss. It's about never sacrificing your health for how you look. It's about gaining mastery over your emotional, mental, and physical well-being. When you feel energetic and strong, you can make amazing things happen in your life. Now that you are no longer overweight, bloated, and feeling guilty, you can find your purpose in life and your place in the world. You can discover and harness that which makes you feel most alive.

I want you to remember that no matter where you are or where you have come from, you are not a victim of your life. You have the power to change anything that you are unhappy with including your health. It saddens me that we are not educated when young as to the power we have to heal our bodies through health, nutrition and exercise. I love the saying that God played a funny trick on us as he put our eyes on inside out. We are always looking to the external world to solve our problems not realising that many of the answers lie internally. If you are not liking what you see in the mirror, it's time to pause, re-evaluate, reset and plan a new way forward. Doing the same things and expecting a different result is actually the definition of madness.

If you are interested in embarking on a full 30-day cleanse involving detoxification and yoga, check out [Deyogatox](#). This revolutionary program was the cornerstone of my entire health and fitness empire and is the reason why I have been able to make such incredible changes in my body in such a short space of time.