



5 Foods to Slow Down Ageing

Your Guide to Remineralise
and Supercharge Your Body's Efficiency



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Ageing, no matter how we feel is unavoidable and a natural process.

Our transition through the years can be managed well if we have some knowledge around why our bodies age.

Our nutrition choices and how we prioritise our health and well being can strongly impact our longevity.

Incredible advances in Western medicine extends our lifespan with conventional medicine providing emergency care and management of chronic disease.

Ideally, we want to live our elderly years with vitality, continue to be active and independent.

Preventative measures can be taken so we can avoid health challenges that detract from our quality of life.



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Thanks for downloading this guide on 5 Ways to Supercharge your Longevity!

I am providing my 5 Key Foods (+ one Bonus Food) that you can rotate in your diet that may reduce the likelihood of ageing faster than your biological years and hopefully protect you from debilitating health challenges in your twilight years.

I'm Bec and help women in business, and passionate high achieving female entrepreneurs struggling with overwhelm and exhaustion to supercharge their health so they can have limitless energy and empowered resilience.

Ageing is but one part of the health puzzle that we can have more control over.

I enjoy supporting those who love achieving their career goals but who also potentially may have lost sight and control of their health priorities along the way.

This Guide is right out of my toolkit when I work with clients, and it's just one part of my signature system for solving and fixing fatigue (so you can release weight effortlessly), to support the body to run as efficiently as possible with preventative measures to also slow down ageing.

Without it, you'll continue to feel like your body battery is running on empty and your nutrition choices may not be as targeted towards longevity and ageing well.

With it, you'll have a clear guide on how to nourish the body optimally, so you have limitless energy and empowered resilience for your day, that extends into living your most vibrant life.

Hope you enjoy this guide; it's certainly loved by my clients, and I know that if you follow it, you're well on your way to living your best life.

From my heart space,
Bec

How the body responds to stress (overwhelm, busy-ness and modern living) and inflammatory triggers are major drivers behind ageing.

Inflammation is your immune system's response to a stimulus. This can be problematic substances that have entered the body or been created in your body.

There are many ways we are exposed – ingestion (what we eat and drink), air that we breathe and absorption through our largest organ, our skin. This is another reason why limiting 'toxicity' is so important.

In today's world the term 'anti-ageing' implies almost the superficial, aesthetic appearance (outside of our body) and follows the marketing obsession of having youthful, unblemished, taut skin that glows with a body to match.

Consider for a moment that ageing occurs from the inside out, on a cellular level.

With all the focus on creams, serums, and treatments an important piece of the anti-ageing puzzle needs to be a focus on not just the visible but the degeneration and breakdown of tissue and the prevention (or slowing down) of rapid and premature ageing.





Simply taking care of our body and how we fuel it, allows it to run as efficiently as possible.

We need:

- adequate energy to supercharge all the body's systems (fuelling the body with personalised nutrition)
- to respond well to stress (have resilience) and trouble-shoot inflammation on a cellular level
- to protect ourselves from toxic exposure and work on keeping our key minerals and nutrients balanced to offset the accumulation of toxic metals in our tissues and organs.



Let's look at what causes ageing



1. Oxidative Stress

On a cellular level when there is damage to DNA, proteins, and lipids (fatty substances) caused by oxidants, ageing can result from these highly reactive substances. Free radicals are produced when we breathe and result from inflammation, infection and the use or exposure to pollutants or toxic elements (cigarette smoke).

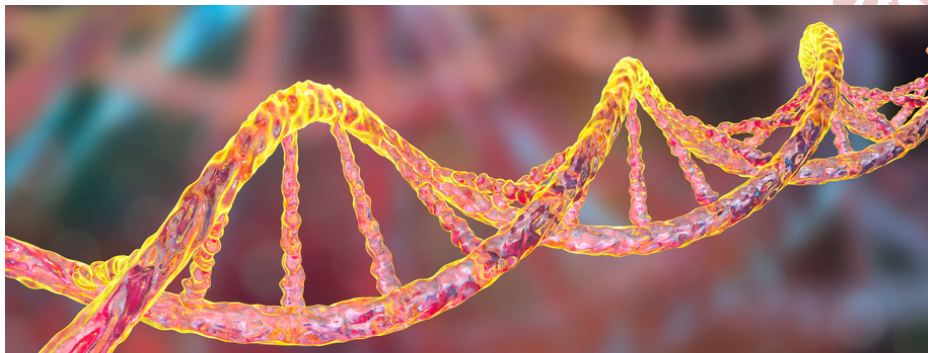
Having a nervous system highly wired to achieve, being in fight or flight and continuously stressed speeds up our breathing rate and increases the number of free radicals we produce.



2. Glycation

Another process of ageing that occurs when glucose (sugar) binds to some of our DNA, proteins and lipids rendering them unavailable to function for the body. If the diet is high in carbohydrates these issues escalate as we age especially if cumulative sugar intake continues (alcohol included).

Cells and tissues malfunction, driven by inflammation, tissue breakdown, accelerated ageing and sometimes disease.



3. Telomeres

Stay with me on this one, it's a bit technical
Inside the cell centre, the nucleus our genes are located on twisted double-stranded molecules of DNA known as chromosomes. At each end of the chromosomes are stretches of DNA called telomeres that protect genetic data making cell division possible. Telomeres stop chromosomes from 'fraying' that can scramble genetic information and lead to possible disease or even death. When cells divide telomere become shorter, can no longer divide, and become inactive. Ageing also shortens telomeres and although a natural process can be sped up by poor lifestyle choices. Accelerated telomere shortening has been associated with an earlier onset of age-related health



4. Metabolism and Are you Eating Enough

Starvation, deprivation, and not supplying your body with enough nutrients for energy is very stressful on the body. We need energy to sleep, to regenerate, for all your metabolic processes. Nutrient deficiencies severely impact your capacity for a good night's sleep.

As we age our metabolism slows down, we lose our capacity to have good levels of stomach acid (to digest food), so we tend to eat less which further slows down metabolic function. Energy is conserved for high priority functions the body needs to survive.

Personalised Nutrition (Metabolic Balance ® the program I work with) fuels your body optimally providing a highly individualised food list and macronutrient ratio quantities. Inflammation is reduced as you are nourishing the body with ideal foods on an individualised basis. Correct quantities result in the body not needing more energy to digest and assimilate.





5. Mineral Imbalance or Low Minerals

The big 4 minerals (calcium, magnesium, potassium, and sodium) play a foundation role in your metabolic health, your energy systems for body processes like digestion, detoxification, and cell regeneration.

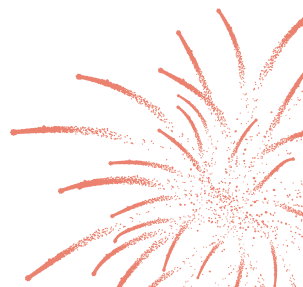
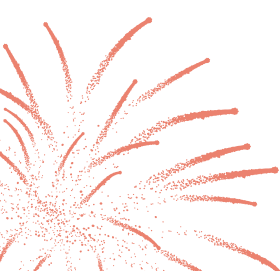
All our cells run off enzymes that are powered by mineral cofactors. Its these enzymatic reactions in your tissues that are responsible for all body functions including synthesising hormones and proper immune function.

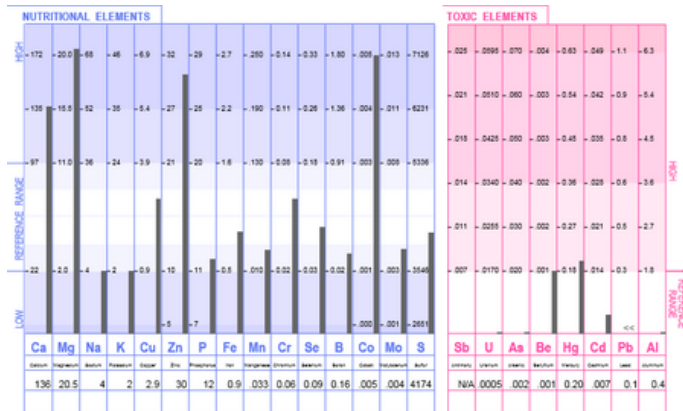


Minerals are the 'spark plugs of the body.'

Minerals not only conduct energy in the body, but they also help create it. Mineral deficiency can lead to poor energy conduction and impaired cellular function. The human body contains over 100 trillion cells made up of 70% water. Cells are the body 'batteries' which create electrical charges and its minerals that replete them, so they can conduct energy.

These mineral ions are involved in several aspects of cell metabolism and ATP (energy) creation. Cells also contain organic compounds – carbohydrates, lipids (fats), proteins and nucleic acids and these joined with mineral ions form the body's tissues which make up organs and the various body systems. Issues with cellular health affect our entire body systems.





Minerals ionise liquids which allow it to conduct electricity whereas distilled water cannot conduct electricity until minerals are added.

When we are deficient in minerals this impacts our body’s stress response system as we burn through minerals and if not ‘repleted’ it can be harder to ‘bounce back’ from life’s challenges.

An example is the stress catabolic steroid hormone cortisol, released by the adrenals in response to stress (emotional, physical, low blood sugar).

Which is why I love working with the Hair Tissue Mineral Analysis (HTMA) to check your mineral status and ensure your minerals are in ‘balance’ in specific ratios and how your body is responding the stress (even stress you were not even aware of).



*Let's Supercharge
your body for Longevity!*

Here are 5 Foods
to Slow Down Ageing
and Re-mineralise Your Body!

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1. RAW CARROT SALAD



Thanks to Dr. Ray Peat and his simple combination of a shredded carrot, coconut oil, vinegar and sea salt, thousands of women (and men!) across the world are experiencing better digestion and a major reduction in estrogen accumulation issues.

His research studied the effects of estrogen accumulation in the tissues (not just dominance or excess) due to low progesterone, iron overload, low thyroid/metabolic rate, and high stress hormones and how keeping adequate sugar (aka carbohydrate) balanced in the diet is supportive to long term health.

He found a correlation between estrogen, serotonin and his migraines and noticed how the raw carrot fibre bound to estrogen and carried it out of the body safely and effectively.

Eating it consistently/daily is ideal for best results.

Ingredients

- 1 medium shredded or ribboned carrot (skin on as you want the fibre)
- Splash ½ Tsp of your favourite vinegar (apple cider vinegar works)
- 1/2 Tbsp refined coconut oil, MCT oil or EVOO
- Sea salt

Homemade honey mustard is just:

- 1/3 Cup Dijon Mustard
- 1/3 Cup Raw Unheated Honey
- 1/3 Cup Coconut Oil Mayo
- 2 Tbsp. White Vinegar

“It takes a few days for the intestines to adjust to raw carrot, but the ingestible fibre is very protective for the intestine. These fibres prevent the reabsorption of estrogen toward progesterone and thyroid, in just a few days of regular use. Oats and potatoes also provide fibre, and they are good food for bacteria. Bacterial endotoxin is usually the basic problem causing hormone imbalance by being a chronic burden for the liver, keeping it from storing enough sugar to process thyroid and other hormones effectively” -Ray Peat, PhD

In Summary

- Binds and carries estrogen excreted into the gut
- Gently scrubs away biofilms and waste
- Lowers metabolic stress and burden
- Helps normalise gut transit time
- Makes room in liver for blood sugar
- Protects from bacterial endotoxin

2. CALCIUM FOR BONE HEALTH AND OVERALL WELL-BEING



We are aware as we age how important it is to take care of our bone health to maintain bone density and prevent osteoporosis. With current epidemic diagnosis of our ageing population (and no longer just elderly) we need to address what nutrients are essential to optimise our bone health and slow down the ageing process.

Bones are the structural 'pillars' of our health as not only do they provide structure they protect our internal organs from injury, allow us the freedom of movement and store essential minerals that can be released when other body systems need them.

Its important to slow down the decline of our bone density and address the processes that build and break down bone and the activity that can balance these two opposing processes shifts.

During early adulthood the building processes outweigh the breaking down and we accrue bone mass during this time reaching peak bone mass around the age of 30. From this point we need to maintain these levels through our dietary and lifestyle choices.

To ensure calcium stays in the body and doesn't move into tissues (calcification) we need to maintain our mineral balance and investigate our calcium metabolism – how the body is using calcium.

With my knowledge on minerals and what I have learnt from “mineral balancing” we really need to be strategic with the key mineral calcium. Magnesium controls electrical cell-to-cell communication allowing the correct amount of calcium to enter (cell contraction)

This can become difficult if the level of calcium outside cell is excessive (unsafe).

It also becomes difficult as Vit D supplementation is depleting magnesium, pushing up Calcium

The way the body holds excess calcium vs mag is very different as you can build up Ca but can't do that with Mg.

It really is all about balance -using all the minerals – as they antagonise (Na and K are important).

I am surprised the number of people with HTMA Ca: Mg imbalances. It really is about knowing the mineral status and working towards balance.

This was a great YouTube link **[Balancing Calcium with Magnesium - YouTube](#)**



Factors that impact Calcium

Nutrient Intake and Absorption


Our key calcium rich foods not only include dairy foods (cheese, yoghurt, kefir, full cream milk) but encompass green leafy vegetables (broccoli and kale), nuts (almonds), seeds (chia and sesame), tahini, sardines, salmon with edible bones and firm tofu set in calcium salt.

Its important that not only the body can tolerate these proteins, but they are able to be digested and assimilate. Sometimes gut function may be compromised, and you need to embark on a 3-month gut protocol (I use the G.E.M.M protocol extensively for my clients).

The absorption of calcium is critical as some factors can interfere with assimilation, for example alcohol intake, caffeine and excessive protein intake all effect the amount of calcium excreted via the urine.

Other key nutrient needed are:

Vitamin D is critical to be able to effectively absorb and use the calcium we consume. Ensuring you have adequate Vitamin D levels can be monitored by pathology and a trained Practitioner to confirm a strategy to get these markers into a normal range (which may be different to what your GP may consider adequate).



Vitamin K2 is naturally produced by bacteria in our gut and included as a food source in fermented foods such as sauerkraut, fermented dairy, eggs, chicken, and beef. Its important as it plays a role in how our body uses calcium helping to direct it into our bones (rather than arteries where we don't want to accumulate it).

Magnesium is a key mineral and essential for strong bones and needed for over 360 biochemical processes in our body for better energy, more efficient elimination of waste, balanced electrolytes, and improved muscle function. Magnesium helps keep calcium regulated on a cellular level and can be found in leafy greens, vegetables, nuts and seeds, seaweed (kelp) and cacao.

Other Factors affecting Calcium in the body

- Blood sugar regulation – insulin has a role in energy production
- Thyroid function – is thyroid hormone penetrating the cell (need minerals for this)
- Stress response and trauma patterns – chronic stress will move calcium into the tissues
- Bacterial and viral infections – H Pylori, candida, anything that causes a stress response
- Accumulation of toxic heavy metals particularly lead (not just through exposure)

Weight-bearing exercise is needed to improve and maintain bone density as it activates osteoblasts – cells that form new bone. Movement like walking will support healthy joint function and have a protective effect on some inflammatory joint conditions.

Resistance training like yoga, Pilates, tennis and dancing all help to maintain muscle mass.

Using the HTMA (Hair Tissue Mineral Analysis) I investigate your mineral balance and the specific ratio they all need to be in to create energy for your body's optimal function.

This tissue biopsy functional test (HTMA Hair Tissue Mineral Analysis) allows you to track your calcium storage so you can see if this mineral is leaving the bone and moving into the tissue.

When calcium is lost this way there is tissue breakdown which is stressful on the body and accelerates ageing through the process of catabolic oxidation of tissues.

Calcium metabolism is closely linked to blood sugar regulation, maintaining adequate nutrition so you have a robust metabolism and nourished adrenals – and thereby managing the body's stress response.

All these markers, particularly the body's stress response can be investigated with a HTMA.



3. MINERAL ELIXIRS AND HERBAL INFUSIONS



Don't be put off by the fancy names. Best to read on here to learn the secrets of longevity.

Infusions are one of the most bio-available foods in the world and packed with minerals, vitamins, amino acids, proteins and more and are so easy to make

Instructions

- Steep one cup of dried herb in a litre of hot water for at least 4 hours – leaving overnight is perfect.
- Strain the herbs and store the liquid in the fridge in mason jars (lasts 2-4 days)

These are my 2 favourites

Nettles: They assist adrenal health, kidney and liver detoxification, blood sugar regulation, hormone health, are supportive of iron absorption and a natural antihistamine. Nettles contain calcium, magnesium, iron, B complex vitamins, C complex, Vitamin A, D and K. They are full of trace minerals, potassium, iodine, boron, cobalt, manganese, zinc, copper, and sulfur.



Red Raspberry Leaf: Used for thousands of years as a tonic for women to strengthen the uterus and pelvic muscles particularly as a support during labour. High in nutrients, magnesium, manganese, iron, vitamin C, B vitamins and potassium. Supportive for women with PMS, endometriosis and helps balance hormones. A very successful remedy for infertility.



I commonly see clients who are dehydrated in my clinic with results on their HTMA showing imbalanced electrolytes – namely sodium and potassium.

Did you know even drinking litres of water per day can still leave you dehydrated on a cellular level. As 2/3 of our body is water with most of the body's water content is located intracellular (inside the cells).


Its hydration and minerals that allow water to move into the cells. Electrical charges (minerals) support water to enter the cells. Being well hydrated with hydrated cells containing adequate mineral cofactors supports the body's lymphatic system so the body can easily remove cellular debris and toxins.

When your water is mineral deficient your body had to use minerals from your body's stores to process the water and ensure it makes it to the cells. Water quality is just as important as water quantity so best to ensure you have adequate minerals (trace) including sodium, potassium, chloride, magnesium and more.

Also, without enough sodium in the body no amount of water intake will maintain optimal cellular hydration and no cell in the human body can function optimally without salt.

I test for these minerals on a cellular level with the HTMA (Hair Tissue Mineral Analysis)

Our electrolytes (sodium, potassium, and chloride) all drive every intracellular process in the body. Without these the human body cannot produce energy, maintain balanced blood pressure, or undergo cellular regeneration.



You may have previously been told salt (sodium) increases blood pressure and should be avoided? Much of the research here on the dangers of sodium were performed in the context of diets already low in potassium which is common in countries that eat a higher number of processed foods that contain a lot of sodium and not enough potassium. Remember potassium is designed to be balanced with sodium, and vice versa.

Not all salt is created equal, and quality is important as 6% of the population is salt sensitive (meaning salt consumption will raise blood pressure). The other 94% will not see any appreciable increase in blood pressure when adding more salt.

Research from the University of Cincinnati (UC) shows that elevated levels of sodium blunt the body's responses to stress by inhibiting stress hormones that otherwise would be activated in stressful situations. These hormones are located along the hypothalamic/pituitary/adrenal (HPA) axis which controls reactions to stress.

Consuming too little sodium causes your adrenal glands to make more of the hormone aldosterone causing the kidneys to conserve sodium and waste (lose) the body's stores of potassium. Sodium inherently lowers our stress hormone levels.





Do you crave salt when you are stressed?

Another interesting, published study from Haifa University (US) confirmed the relationship between salt and stress in humans. Researchers found an inverse correlation between salt and depression/stress, especially in women. This means the body is self-regulating to prevent stress and depressive mood changes by stimulating salt cravings.

Clients with low adrenal function (on a HTMA) often crave salt because cortisol regulates sodium and when cortisol is low there will not be enough.

How much salt should I be having?

Your HTMA (Hair Tissue Mineral Analysis) investigates your body's specific mineral needs especially sodium and potassium. A long-standing imbalance between these minerals reflects the priority to balance these 2 key minerals first.

Do you add quality salt (Celtic) to your food?

Do you notice if you have more energy? More mental clarity?
If you feel like you retain more water, feel puffy you may need to add more potassium – a mineral we as a population are extremely deficient in.



On the HTMA when these minerals (sodium and potassium) are elevated, there is a loss, typically a stress pattern generally from an acute stressful event (which can develop into chronic stress).

Stress on the body is ageing.

By balancing your minerals (with the HTMA) as a preventative approach to your health ensures you are working towards a balanced body that is running efficiently (with less inflammation).



Resources for more reading

<https://www.sciencedirect.com/science/article/abs/pii/S0195666314001731>

<https://archive.jsonline.com/sponsoredarticles/hot-topics/did-you-know-salt-reduces-stress8084350212-259332071.html>

<https://www.sciencedaily.com/releases/2011/04/110405175012.htm>

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4. LIVER AND BEEF LIVER CAPSULES



Before you turn your nose up, please consider beef liver (or if easier capsules)


Beef liver is a high-quality protein with amino acids (found in muscle meat) and contains essential vitamins A, D, E, K, B12, folate and minerals zinc, copper and iron contributing to endless enzymatic reactions in the body.

As a population it is these nutrients, we are deficient in, and it makes sense why some many people are suffering copper dysregulation. Benefits of beef liver:

An excellent source of CoQ10, liver is crucial for strong energy levels and cellular health and repair.

Also beef liver helps the immune system stay strong, supportive of liver function and helps speed up metabolism while assisting female hormonal balance (menopause, PMS, irregular cycles)





Best to source grass-fed liver from a reputable supplier or find a wholefood stockist of liver pate, some recipes don't even taste like liver, and it can be hidden in beef bolognaise or meatloaf recipes.

Product – capsules or powder can be added to smoothies and are great for sensitive individuals who can slowly introduce and prevent major detox reactions.

Liver contains vitamin A and copper which are very stimulatory especially for those dealing with underlying infections like EBV, yeast overgrowths or parasites.

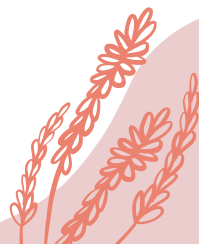
Common symptoms of not tolerating beef liver can be excess copper symptoms – anxiety, racing mind, insomnia and if adrenal strength and liver function is compromised liver work and supportive strategies may be needed first.

This superfood is extremely beneficial to support those with low iron levels (anaemia) as being high in copper it is supportive of building ceruloplasmin needed for the iron transport pathways. Iron deficiency or worst toxic iron overload is very inflammatory for the body which then accelerates ageing.

The benefits of beef liver cannot be under-estimated which is why it needed to be included here as a food that slows down ageing and is perfect for preventative health.



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5. GRASS-FED GHEE



Seems odd adding a fat on a handout for slowing down ageing.

Here me out please.

Ghee has so many health benefits and is the best fat for fat burning! Ghee, clarified butter and apparently in India is a sacred, nourishing and healing food. Free of lactose, whey, casein, gluten, salt, trans fatty acids, GMOs, and bovine hormones (when source is impeccable).

According to Ancient Organics:

"Ghee is comprised of full spectrum short, medium, and long chain fatty acids, both unsaturated and saturated. Ghee contains Omega 3 and Omega 9 essential fatty acids along with vitamins A, D, E and K. Ghee made from organic butter of pastured cows is one of the highest natural sources of CLA (Conjugated Linoleic Acid). 9 phenolic antioxidants, as well as numerous other minerals are present in ghee. Ghee is known as a substance that gives longevity; its elemental qualities balance the aging characteristics by enriching the living body. Ghee has been used for centuries as a digestive and elimination aid, for energy, sexual vitality, skin, and eye health, as a lubricant for the joints and for alkalizing the blood."





The Best Benefits of Ghee:

1. Heals the gut
2. Soothes internal inflammation
3. Helps Weight Loss
4. Helps reduce oxidative stress in the body
5. Boosts energy and vitality
6. One of the highest natural sources of CLA (Conjugated Linoleic Acid)
7. Promotes skin and eye health and supports alkalizing blood
8. Provides vitamins A, D, E and K2, as well as Omega 3s and 9s
9. Provides butyrate, a short-chain fatty acid that helps with detoxification, insulin levels, and especially colon health (it helps convert fibre into more butyric acid which helps with further detoxification- something that many of us need a lot of assistance with!)



Does ageing and weight gain go hand-in-hand?

It is true our bodies change as we grow older but gaining weight does not have to be inevitable.

Many women seem frustrated as they try everything to shift body fat and it appears their body no longer responds to previous strategies.

Reasons why it may get harder to release weight?

We lose muscle mass

From age 30 onwards we lose muscle mass unless we do resistance training to maintain it. Muscle mass affects metabolic rate and energy production. Muscle mass accounts for around a third of total body weight and a quarter of your body's metabolic activity. In contrast body fat usually accounts for at least 20% of your body weight and 5% metabolic activity. Your ratio of muscle to fat mass therefore greatly impacts your metabolic rate and when you consider that with age muscle mass naturally begins to decline it is important to actively look for opportunities to build it.



Restrictive diets and prolonged stress also lead to reduced muscle mass as your body can convert the protein from your muscles into glucose to meet its energy needs. After restrictive diets most people regain weight for many reasons – notably a reduction in muscle tissue, leading to a reduced metabolic rate making it easier to gain additional weight.

Our perception of overwhelm might increase

As we age our responsibilities may increase, we have young families, caring for elderly parents, financial responsibilities, and mortgage, maintaining a marriage and relationship with a partner, work commitments and the load of modern living.

This activates our stress response, and our body challenges the perception that we are safe, nourished and nurtured so its not safe to burn body fat efficiently as fuel. Until a safety message is communicated the body is unlikely to let go of extra body fat that is stored to 'protect' you in times of stress. Measures to calm the nervous system can be pivotal so the body finally can feel safe.





Body signs and signals

By learning to monitor queues from your body you will be better equipped to learn how to decipher the body's messages and make changes to your diet or lifestyle choices.

Examples here are daily bloating, if ignored it most likely won't go away. If we take an interest and explore why this may be a challenging symptom sometime, we need to find the road that our body took to create this problem.

For bloating it could be chronic busy-i-ness at mealtimes and not eating mindfully. Stress and overwhelm depletes key minerals (sodium and potassium) needs for stomach acid and digestion. Without these minerals metabolism becomes sluggish.

Are you craving sugar or salt? Sugar being the body's cry for energy and salt the result of depleted adrenals that need more nourishment – with salt.



Less Daily Movement

Time limitations and work pressures that keep you accountable to time at your desk means less time for incidental exercise.

How could I leave ghee off this list? Life without ghee is pretty miserable 😊

In my experience when using Metabolic Balance® in clinic weight release is a natural side-effect of great health and nourishing your body optimally with your personalised food list and specific macronutrient ratios – taking stress and inflammation away from the body so it runs efficiently.

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Bonus Food Item:



Bee Pollen – “Natures Most Balanced Food”

Jam packed with minerals and vitamins, amino acids, carotenoids, enzymes, protein, bioflavonoids and more. Containing vitamin C, D, K and E plus over 60 major and minor minerals, it truly is a superfood.

Bee pollen, raw honey, royal jelly is very high in B vitamins and a typical dose can be between ½ teaspoon to 2 teaspoons per day.

The best source would be from a local beekeeper or there are suppliers online, here was one example [Bee Pollen - Australias Bee Products](#)

Bee pollen helps with digestion, hormonal balance, joint health, blood pressure balance, skin issues, fatigue, weight loss and more.

It can easily be added to smoothies, added in yoghurt, or eat it plain.

NEXT STEPS

You now have a list of key nutrient and food ideas you can reclaim longevity as your superpower.

But here's the thing... for most women in business it takes more than this alone to truly

Regain energy, balance hormones to release weight effortlessly.

That's why the Supercharge Your Longevity (and slow down ageing) is just one part of my complete method.

There are so many other elements that all need to be working together so you can finally take control of your health and have a clear strategy and path forward for limitless energy (and weight release to feel a million dollars)

If you would like to explore what else may be causing you overwhelm, exhaustion, fatigue and potentially burnout, and find out what is stopping you from rocketing out of bed every morning excited to dive into your day, then I invite you to book in for a FREE 20-minute discovery session now.

I only have a small number of spots for these calls each week, so click now on the link below and grab your spot!

<https://bit.ly/3ux4m7w>

Or you may like to watch my Back from Burnout Masterclass to learn more: https://youtu.be/YaUT6o_8rW8



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