

Healthy New Year by Helen Mawson – Health Kinesiologist ©

Most of us start the New year on a “health kick” planning to eat healthier, exercise more and generally start to look after ourselves again after the Holiday season has ended. Some of us manage to get back on track quite easily, however many of us with our good intentioned plans don’t even last until the end of January!

Give yourself a chance

You will be more likely to stick to your good intentions if your body is receiving everything it needs in terms of proper nutrition. When you are depleted of vital vitamins and minerals you tend to crave the foods that give the body a “quick fix” unfortunately these foods tend to be rich in the things that are not good for us.

Help yourself

- **Forget diets;** move your attention away from fad dieting and try and focus on healthy balanced nutrition incorporating all of the main food groups, carbohydrates, proteins, and vegetation.
- **Juicing;** is an excellent way of eating your fruit and vegetable quota giving you a good “shot” of vitamins, minerals and vital energy.
- **Make soups;** another great way of getting a good deal of nutrition, warming, nutritious and perfect for the winter months.
- **Allergies;** could be the root cause of many health problems such as; inability to loose/ gain weight, headaches, pms, and digestive disturbances to name but a few.
- **Variety;** aim to eat many different ingredients each day, this gives your body a better chance of achieving its nutritional needs and keeps you interested in maintaining your healthy approach.
- **Supplement;** everyone could benefit from taking a good multivitamin and mineral supplement especially over the winter months.
- **Balance;** If you struggle to lose weight try to shift your focus away from this and make your goal to achieve a healthy balanced lifestyle on all levels. Sometimes people hold onto negative thoughts or emotions, which hold them back from achieving optimum weight loss / gain and general health.
- **Exercise;** moderate exercise speeds up the metabolism, and the lymphatic system and helps the body to eliminate toxins. Exercise has also been proven to help the endocrine system release happy hormones, which make you feel good.
- **Have a Health Kinesiology (HK) Session;** HK is a unique therapy that is concerned with re-balancing the body. The therapy can test for allergies / intolerance, identify specific nutritional and exercise needs, and balance emotional issues helping you achieve optimum health & vitality.

In my practice I have helped people with allergy / intolerance problems, digestive disturbances, pms, stress, high blood pressure, candida, migraine, arthritis, skin problems, nutrition & weight issues.

**If you would like to see what HK can do for you contact me: Helen Mawson
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