



My Top 10 Tips to Finding Your Mojo!

Full fat dairy contains many vital fat soluble nutrients such as Vitamin these vitamins in such concentrations elsewhere. The mistake You are missing out on essential vitamins and low fat products are usually high in sugar or salt. The aim is to eat a small amount of organic full fat dairy each week.

Antioxidants these wonderful nutrients are our weapon against aging and are found in blueberries, salmon, carrots, pumpkin, cranberries, pomegranates and artichokes.

Superfoods - they are called super because of the amazing levels of nutrients found in them. You may have heard of some of them raw cacao, Goji berries, Açai berries, Maca, spirulina, chlorella, chlorophyll, bee pollen. I ensure that I have one Superfood every day and each week I try a different one.

Magnesium rich foods are wonderful to ease stress levels, smooth out fine lines and reduce your risk factor for insulin resistance. These foods include quinoa, oats, almonds, Brazil nuts, pumpkin seeds, sunflower seeds, spinach and navy beans.

Eating 5 small meals per day will speed up your metabolism and ease the strain on your digestive system. Women often suffer from a sluggish thyroid gland and this slows down your basal metabolic rate, or how fast you can burn calories. This results in fatigue, a tyre around the tummy and low libido. Eat a good size breakfast that contains some starchy carbohydrates and as the day progresses eat more protein. Dinner should consist of 50% protein and 50% complex carbohydrates in the form of salad or vegetables. Always avoid the starchy carbs after breakfast.

You must assess and then **address nutritional deficiencies**. Women are often low on vitamin D (keeps our bones strong), iodine (essential for a healthy thyroid), zinc (vital for optimal hormone balance), iron (needed for energy) and vitamin B12 (is required to absorb iron from your diet). Ask your naturopath to check these essential nutrients as a deficiency will leave you feeling less than your sexy best.

Probiotics are the good bacteria that are the seat of our immune systems. Lots of probiotics equates to a healthy, resilient immune system but these delicate organisms are depleted by the oral contraceptive pill, medications such as antibiotics and inadequate dietary fibre. If you have ever had eczema, a urinary tract infection or thrush then you have felt the effects of a lack of probiotics. Natural yoghurts, kefir, sauerkraut, tempeh or miso all contain probiotics.

Avoid anti nutrients such as white sugar, white flour, caffeine and alcohol as these actually strip essential vitamins and minerals from your body as they are processed. The Japanese culture believe that white sugar is the most aging substance that you can put in your body so think again the next time you reach for your sugar hit at 3pm!



Mindful eating is the practice of being in the moment with your food. Before each meal or snack, take a moment to sit calmly and take 5 deep breathes. This has the effect of turning your digestive processes on. Simply notice the food and consider its colour, texture, aroma and then how it makes you feel afterwards. Are you bloated and feeling heavy or are you energetic and light? Tune in and connect with your body and it will soon be telling you what it needs instead of your head telling your body!

Laughter and sex both increase our “feel good” hormones such as serotonin and this is vital to longevity, feeling like the goddess within and attaining optimal vitality.

PS .Eat these Libido Enhancing Foods Regularly to Put the Spark Back in Your Sex Life!

Avocado - Full of healthy essential fatty acids this is my top Sexy Food!

Pomegranate full of energy giving antioxidants, research from Sussex University found that pomegranate boosted libido in both men and women

Superfoods such as Açai berry, Maca and raw cacao these are loaded with antioxidants which increase blood flow as well as energy levels

Quinoa high in the relaxing mineral magnesium, quinoa also contains all nine essential amino acids making it the perfect protein hit

Asparagus -1 cup contains 65% of your daily folate requirements which gives you boundless energy!