

MY FAVOURITE HEALTH TIPS

How To Get To Your
Body's Optimal
Weight Without
Tasteless Boring Diets
or Torturing Exercise

From **Jessica Hughes**
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#1 **Drink a glass of water as soon as you wake up.**

As soon as you wake up drink a large glass of room temperature spring water. This rehydrates your body, revs up your digestive system, and gets things flowing. You may notice positive changes like clearer skin and better digestion.

Try adding lemon slices or a teaspoon of apple cider vinegar for even more health benefits

Continue drinking plenty of water throughout the day to eliminate toxins and keep the body hydrated.

Other benefits include

- ❖ Better digestion
- ❖ More focus
- ❖ More youthful skin
- ❖ Lower body fat
- ❖ Overall better body function

#2 Set an intention for your day.

How do you want to feel?

Think of one thing for which you are grateful and this sets the stage for positivity throughout the day.



#3 Move your Body

Physical activity releases endorphins (the happy hormones), and reduces cortisol (the stress hormone).

Find an activity or nourishing way to move your body.

Go for a walk in nature, do some yoga outside or take a dance class.

Do something you enjoy so you will stick with it.

Any activity where you move your body will help.



#4 Positive Self talk

Its time to drop the
negative self-talk

The cells in your body
react to everything that
your mind says.

Negativity brings down
your immune system.

Stress, anxiety, fear,
negative self talk and self
attack can powerfully
deplete metabolism,
negatively impact weight
and significantly impact
our natural ability to
regulate appetite.

#5 Say your affirmations

Look into the mirror and
say something positive to
yourself

For example:

I am healthy

I am happy

I am strong

I radiate beauty,
confidence and grace.

Every cell in my body
is healthy and vibrant



#6 Eat your largest most substantial meal at lunch time.

That is when your metabolism is at it's highest.

Eat a moderate healthy breakfast, a substantial meal at lunch and a light dinner with healthy snacks in between.

This is a simple and easy way to utilize your body's own natural metabolic rhythms for optimal calorie burn.

Eating this way and not skipping meals ensures your metabolism is running optimally.



#7 Green Juice

Try drinking a green juice everyday.

Green juices are packed with nutrients, can cleanse your digestive system and provide an extra dose of readily available nutrients.

My favorite green juice recipe:

5 florets of broccoli

1-2 celery stems

1 small bunch parsley

1 green apple



#8 Invest in a foot reflexology mat

Foot reflexology massage is good for your health.

Benefits include:

- ❖ improved circulation,
- ❖ relaxation of tension,
- ❖ stress relief,
- ❖ and an improved overall sense of well-being

Take **3 min everyday** to give your organs some love with one of my favorite things: a reflexology mat.

I recommend the Circulator mat

#9 Breathing

If there is one simple thing you can do each day it is to focus on your breath.

Deep breathing activates the parasympathetic nervous system, which allows our bodies to go into rest and repair mode- essential for immune function, digestion, restful sleep and a great mood.

No matter where you're eating, get into the best digestion mode possible. Whether you're eating at home or at work **take five, slow, deep breaths before you eat.** Close your eyes and become aware of how your stomach feels. Are you tight and nervous? Take a few more deep breaths. (You can either be stressed or digest, not both).



#10 Awareness

While the ideal eating space is a calm and beautiful setting, even a noisy park bench or workstation can transform into a healing meal spot when you bring your body's awareness to the meal at hand.

#11 Spend time in nature

There's nothing like a walk
in the forest or on the
beach to calm the mind,
soothe the soul
and bring inner peace.

#12 Shop Organic

Eat quality food – organic, fresh, real, consciously grown

Try eating less processed foods and more wholesome foods, the fewer the ingredients the better.

Not only is the production of organic food better for human health and the environment, organic food is more nutritious.

You can be eating to your heart's content but as long as you are starving on a nutritional basis your body is going to stay hungry for specific nutrients it is missing from eating poor quality foods. A body just registers hungry so you eat more food to feel satisfied.

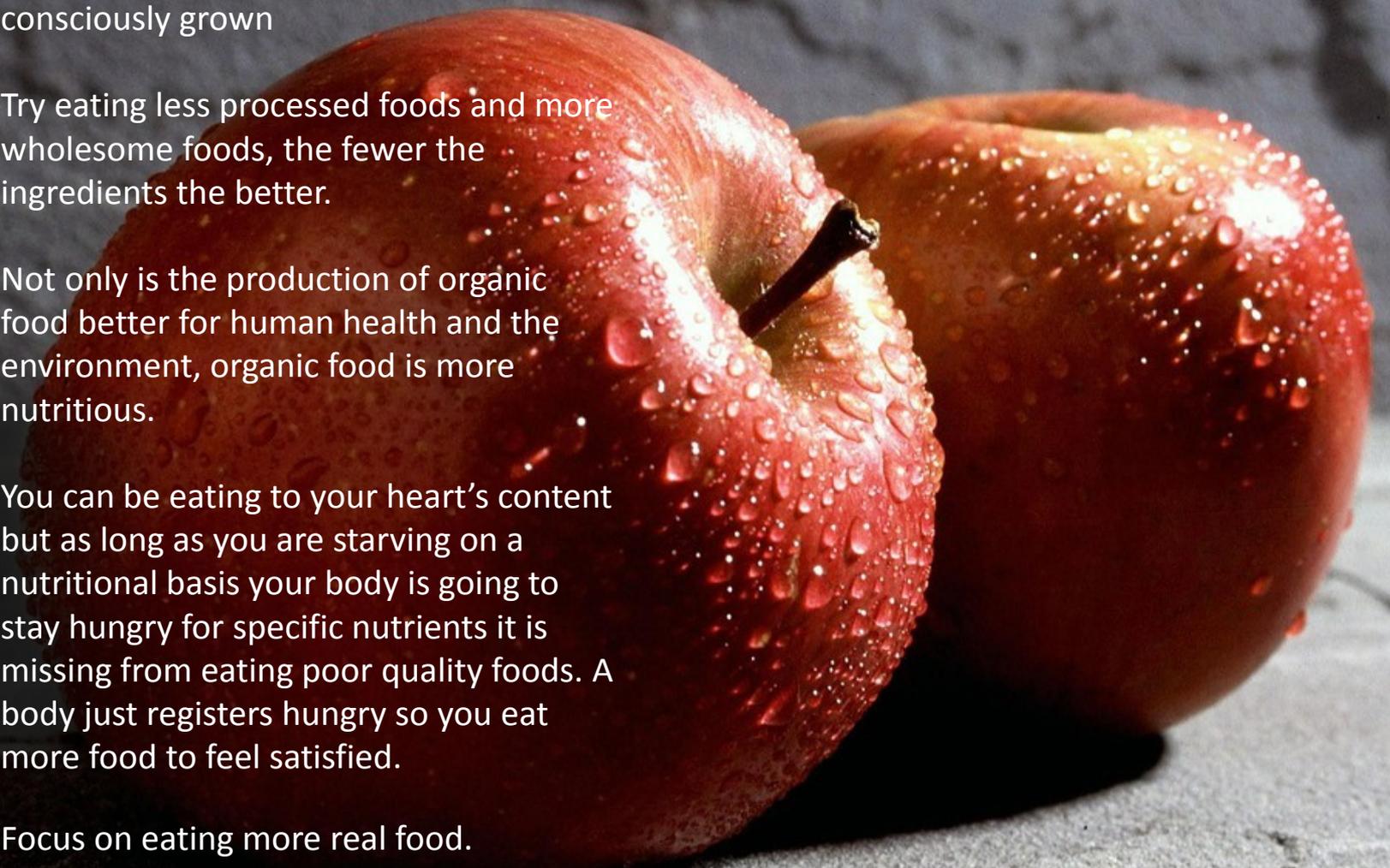
Focus on eating more real food.

If you think wellness is expensive
try illness.....

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#13 Practice yoga and meditation

The regular practice of yoga and meditation has a profound effect on your physiological system and state of mind.

Yoga is well known for its therapeutic health benefits, and it is a great tool to help deal with stress.

- ❖ Reduces stress
- ❖ Improves concentration
- ❖ Encourages healthy lifestyle
- ❖ Increases self awareness
- ❖ Increases happiness
- ❖ Increases acceptance
- ❖ Slows aging
- ❖ Benefits cardiovascular and immune health



#14 Dry Brushing

Try dry brushing before your daily shower; brush your skin from head to toe using small, quick circular movements.

Brushing your skin for 5 minutes a day helps increase circulation and break down fatty deposits within your body.



#15 Do what you love

Write a list of things that you love, that make your heart sing and do more of them.

A lot of us are out of touch with what makes us feel good, and the things that serve our health.



#16 Support

Surround yourself with people
who make you hungry for life,
touch your heart and nourish
your soul.



#17 Practice Gratitude before you go to sleep at night

Reflect on your day and think of at least one thing for which you are grateful for. (Bonus points if you can think of more).

Ending your day this way, bringing positivity and gratitude into your sleep is a powerful way to use your subconscious mind to create a more positive and healthy future.

Start a gratitude journal and write it down.
There is power in the written word.

#18 Focus on health not on weight

Far too often people make grandiose statements about dropping a dress size or losing a number of pounds. While the intention is good, focusing on weight means we focus on deprivation, which cannot be sustained and this leads to poor long-term results.

Instead, focus on your health and approach weight-loss with more health specific results in mind.

For example, set goals around increased energy or feeling happier.

This way, losing weight will be an added bonus rather than the driving force and you will make sustainable changes to your diet and lifestyle plus you'll be happier and healthier as a result.



Eat like you love yourself
Move like you love yourself
Speak like you love yourself
Act like you love yourself
Love yourself



Professional Bio

Jessica Hughes is a Certified Eating Psychology Coach & Registered Therapeutic Counsellor, Specializing in Eating Psychology & Holistic Nutrition.

A Recognized, Weight loss, Self-esteem & Lifestyle Expert, featured on CBC radio and Psychology Today, Jessica gives talks, facilitates workshops and also gives back to her community thorough her volunteer services for Hospice House.

She lives in the beautiful sunny Okanagan with her husband and son where she works to inspire others to live, love and nourish body, mind, heart and soul.



I so hope you enjoyed these. I love to help people find more vibrant health by integrating psychology and health nutrition consultations.

If you want to explore further, subscribe to my newsletter and visit my website for further program and workshop details.

Contact me by phone or email for a free 45 minute consultation (a \$65 value).

Love and Light
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