

SHOKUIKU



Vol. 1

How Do You
Welcome
Yourself
into the Day?

6 HANDY TOOLS
TO BOOST YOUR
SELF-
NOURISHMENT

Deep
Nourishment
in Colder
Weather

CONTENT

10 WAYS TO NOURISH YOURSELF

From - **Audrey Scharf**

SHOKUIKU ACADEMY

6 HANDY TOOLS TO BOOST YOUR SELF-NOURISHMENT

From - **Anna Johnson-Hill**

HOW DO YOU WELCOME YOURSELF INTO THE DAY?

From - **Carla Beasley**

RECIPES

NOURISH YOUR BODY AND YOUR LIFE WITH SLEEP

From - **Dee Trethewey**

MY JOURNEY OF NOURISHMENT THROUGH KINDNESS

From - **The Kindness Effect**

NOURISH BY ORGANIKA

From - **Sarah Di Iorio**

NOURISH ON A BUDGET

From - **Lia Wilson**

DEEP NOURISHMENT IN COLDER WEATHER

From - **Yoko Inoue**

WHAT IT MEANS TO FEEL NOURISHED

From - **Bec**

THE ONE TOOL I CANNOT LIVE WITHOUT

From - **Sage**

EDITOR'S NOTE

Now that being healthy is kind of trendy thing to do, I feel like words like "nourishment" have been lightly thrown around.

What does that really mean to nourish yourself?

A while ago "nourishment" may have meant eating hearty meals to many people. Now we know that nourishment is much more than what you eat. It's how you treat yourself in every aspect of life. From the way you talk to yourself, how you move your body, every minute of everyday.

Imagine feeling free from having to worry about dieting and keeping up with other people's expectations. Imagine having a relationship with yourself in the most natural and loving way.

I believe that accepting and being grateful for what you have now is how to start nourishing yourself. When it is clear that you are worth being looked after, and deserved to be treated just the way nature intended, you have already started this journey.

Learn from others and experiment. What feels good for some people may not be the right fit for you. Short term nourishment may not be the same as long term.

Nourish yourself with the most wholesome and consciously put together meals
Nourish yourself with the most beautiful and loving thoughts.

much love,

yoko



NOURISH Vol 1

COPYRIGHT Shokuiku Australia 2016
120 High Street, Northcote, VIC 3070 Australia

FACEBOOK facebook.com/shokubyshokuiku
INSTAGRAM instagram.com/shokuiku
WEBSITE shokuikuaustralia.com

- Ashwagandha * ♡ elevate brain function, boost energy
 - Astragalus * ♡ Powerful immunity boost
 - Bee Pollen * ♡ "nature's perfect food"
 - Baobab * highly nutritious, Calcium, Prebiotic
 - Bilberry * anti-aging, visual health
 - Brahmi improves brain function, short & long concentration
 - Cacao ♡ Vitamin C, anti-viral
 - Camu Camu * ♡ high in ORAC, nutrition, energy boost
 - Cupuacu * ♡ high in minerals, including calcium
 - Elderberry * anti-viral, immuno protecting
 - Goji * ♡ total body health
 - Green Magic ♡ land & aquatic greens with enzymes
 - Graviola ♡ parasite
 - Ho shou wo ♡ hormones
 - Rhacoma ♡ cellular health
 - Mangosteen ♡ tissue
 - Maqui ♡ Lysine
 - Mesquite ♡ antioxidants, anti-oxidant
 - Morinda ♡ testosterone
 - Mucuna ♡ cell growth
 - Nori ♡
 - Pomegranate ♡
 - Tribulus ♡

SHOKU

食育IKU

www.shokuikuaustralia.com
 120 high street, Northcote VIC 3070
 0403 569 019

INSPIRE. EDUCATE. CONNECT. NOURISH.





The word ‘Nourish’ means so much, and can stand for that much more. I believe in order for us to be ‘nourished’ we have to nourish ourselves inside and out. It can be hard at times to find balance but I believe once we feel nourished- life is so much brighter and we can see so much more clearer. We radiate, glow and have a constant spill of energy that pours into everyone around us. Here are ten tips to nourish yourself in no particular order.

10 WAYS TO NOURISH YOURSELF by Audrey Scharf

1. Wake up everyday reminding yourself of what you are grateful for. Wake up with a positive mindset, reminding yourself of the wonderful things in your life. Keep a journal and write down, so you can reflect back on it.
2. Avoid processed foods and just eat real food. Processed foods surround us wherever we go, if we make the conscious decision to stick to unmanufactured natural foods we will have more energy and generally feel better. Stick to natural
- wholefoods, fresh fruits and vegetables that are high in nutrition and low in sugar. Try and choose organic where possible.
3. Limit your sugar intake. Stick to natural sugars such as fruits or natural sweeteners such as coconut nectar, honey and rice malt, with everything in moderation. Cut out cordials, packaged cakes and refined processed carbohydrates. Don't forget to treat yourself on occasions however, with raw cakes and chocolate!
4. Take care of your gut. Each one of our

guts contain trillions of good and bad bacteria. This bacteria relays information from the nervous system to all the pathways in our body; including the immune system. Imbalances in these bugs can affect the brain and can lead to anxiety, depression and diseases inside the body. By changing our diets and taking care of our guts health through fermented foods, daily probiotics and Kombucha, we can reverse these imbalances.

5. Smile and laugh. The more you smile and laugh- the more the universe smiles back at you. The more you see the beauty in objects and the people around you, you can feel nourished within yourself.
6. Sweat and move your body. Nourish your body the way it deserves. Move everyday, twist, bend and turn. Look up to the

sky, practice sun salutations. Practice movement with breath. Run a marathon, do whatever your body needs to do. Give your body the opportunity to move, give your body what it deserves whether it's a walk, run, yoga, cardio or dance.

7. Have fun. Always have fun. Have fun with friends, have fun with family and have fun with strangers. Always be positive and find a way of making things fun.
8. Carry a water bottle with you all the time- keep yourself hydrated
9. Eat the rainbow. Eat as many fruits and vegetables you can- they will make you thrive.
10. Be mindful. Be mindful of your decisions, of your actions and of your thoughts. Watch yourself and control your thoughts before they control you. Meditate everyday.

ABOUT *Audrey Scharf*

AUDREY Scharf has a lovely and curiosity for gut health. Her story not unlike many, is that the pace and expectation of busy life, led Audrey to an ancient beverage- Kombucha. Inspired by the diverse wellness community and demand for functional foods, Extra Mile health is a readily available source of bacteria that's good for the soul. Although she has faced the challenges of a grass roots business, after nearly one year, Audrey's community continues to foster the redefinition of health through their conscientious engagement with such a enthusiasm that sets the tone for a revolution in how we view our health.

HOW DO YOU WELCOME YOURSELF INTO THE DAY?

by Carla Beasley

What habits do you have to keep your body and mind nourished and nurtured? Before diving into the ocean of Ayurveda, I hadn't given these questions much thought at all.

Sure, I knew starting the day with a bit of exercise, a good breakfast, maybe some yoga, meditation and pranayama, was a good idea, but why? Why in the morning? And why does it matter? Can't I just start the day with a double shot latte, and forget about breakfast? Eat lunch at my desk around 2pm, reach for the chocolate around 4pm for a quick pick me up, can't focus, have another coffee, have dinner late because I went to my workout/yoga class/spin class after work, over eat because I'm starving, haven't eaten since 4pm, and lunch was sushi...No? Apparently not if I want to experience optimum health and to prevent any kind of nervous breakdown in the future!

Seeking Balance

Our bodies are constantly aiming for homeostasis; equilibrium in the internal environment of our physiology. When we create a routine that supports this aim, the results are more energy, clearer thinking, increased productivity, a more robust immune system and of course a more peaceful experience of day-to-day life.

The exploration of Ayurveda has not only offered me insight into all of this; it's given me a greater understanding of self-love and preventive health through the act of dinacharya – the daily self-care routine, a routine, that aligns us with the rhythms in nature.

When our bodies are synced with the rhythms in nature our internal rhythms associated with hormone production, healthy digestion, menstruation, and a strong immune system are supported. Waking and rising with the sun, eating a regular times each day, having our largest meal at lunch, and eating our evening meal at least 3 hours before bed, all help to align us with these cycles and support the digestive system, keeping the body and mind in tune.

I've put together a short summary as an example of a Dinacharya called Nourishment #101. Following this kind of routine is a great way to keep ourselves nourished through the change of seasons.

I'm sure you've noticed; winter in Melbourne can be freezing! The freezing cold that we get in this part of the world can leave the skin dry and dehydrated. One of the most nourishing things we can do during the winter is warm oil self-massage (Abhyanga). Anointing the body from head to toe can be a beautiful act of self-love, offering numerous health benefits, including the increased stimulation of circulation, getting the lymph moving, aiding with the elimination of impurities, an increase in stamina and a soothing effect on the nerves, and assisting with improved sleep. If you only do one thing from the recommended routine, let it be this one!



ABOUT *Carla*

YOGA and Ayurveda have been an integral part of Carla's life for over 15 years. Carla trained through the Australasian Institute of Ayurvedic Studies, with Dr S.Ajit (BAMS, PCAS), Satyananda Yoga Academy, and more recently through the Australian Yoga Academy, completing the Ad. Dip in Yoga Teaching.

Carla offers Ayurvedic cooking classes in St Kilda and works one on one to facilitate health and well-being through preventative health care programs specific to the individual. Focusing on food and daily and seasonal routines and individual yoga programs to achieve your health goals. For more info go to thenourishmentgarden.com.au

Carla Beasley

Ayurvedic Lifestyle Consultant
& Yoga Facilitator
The Nourishment Garden
p. 0402 467 234
e. carla@thenourishmentgarden.com.au
w. <http://thenourishmentgarden.com.au/>

Daily Nourishment

1. Wake up early

In ayurveda the 24-hour day is divided into 6 parts. Each part is dominated by one of the three dosha. 6am and before sunrise is the Vata time of day, this means beginning your day early helps to regulate digestion and is the perfect time for meditation.

2. Scrape the tongue

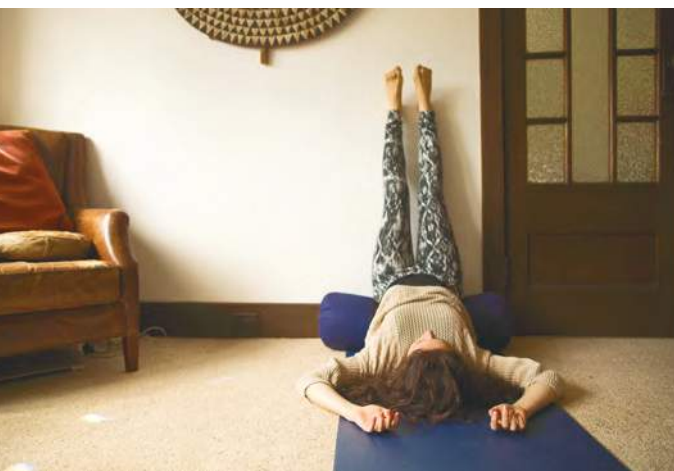
Use your ayurvedic tongue scraper to remove excess ama (toxin) from the tongue, followed by brushing the teeth, first thing when you wake.

3. Gandoosh

Traditionally called gandoosh, oil pulling strengthens the digestive fire, known as agni. Gandoosh assists with the elimination of ama from the mouth, teeth and gums. Swish cold pressed organic sesame oil in the mouth each day. After 5-10min, spit out and rinse the mouth with water.

4. Meditation

Practicing meditation calms the nervous system whilst invigorating the body and mind. Regular practice brings clarity, focus and concentration. If you're not a regular meditator, you can build up your practice by increasing the time you meditate for each day starting with 10 minutes.



5. Yoga

Through regular yoga practice, the body builds strength and flexibility whilst increasing oxygen and blood flow resulting in a strengthened immune system. Yoga is often included as a part of an ayurvedic health program.



The
Nourishment
Garden

Ayurveda ~ Lifestyle ~ Nutrition
thenourishmentgarden.com.au
info@thenourishmentgarden.com.au

Follow us on social media
[@thenourishmentgarden](https://www.instagram.com/thenourishmentgarden)



Daily Nourishment



6. Morning Detox Drink

Kick start the metabolism before breakfast

Squeeze of 1/4 of lemon,
Add ½ tsp raw organic honey,
½ an inch fresh grated ginger
to 1 cup of warm water

Together, honey lemon and ginger help to regulate digestion and elimination.

*Be sure not to pour boiling water directly over the honey as this destroys the medicinal properties of this wonderfully nutritious ingredient!



9. Time in Nature

Nature provides us with the Kapha qualities needed to balance our busy Vata lives. Time in nature increases prana, boosts the immune system and nourishes the central nervous system.

7. Mindful Eating

Eating with awareness is considered an important part of ayurvedic nutrition. Sit quietly or in company of friends and family with positive conversation. Notice the flavours in your food, the colours and the textures. Take a moment to be thankful for the nourishment you are about to receive. This encourages and supports optimum digestion, be mindful not to overeat.



8. Six Tastes

Include all six tastes in your diet every day, being mindful not to overdo any one taste

Sweet
Sour
Salty

Pungent
Bitter &
Astringent.

Each of the 6 tastes play an important role in nourishing the whole body.



10. Abayanga - Self Massage

This nourishing therapeutic self-massage calms and soothes the nervous system, balances Vata, nourishes the skin and joints, and improves sleep. Use warm, cold-pressed organic sesame oil over the whole body. Recommended daily. You can also receive this type of massage from your ayurvedic practitioner, which is recommended once a month.



The
Nourishment
Garden

Ayurveda ~ Lifestyle ~ Nutrition
thenourishmentgarden.com.au
info@thenourishmentgarden.com.au

Follow us on social media
@thenourishmentgarden



My Journey of Nourishment Through Kindness

by Kate Rizzo

I grew up in a small Italian family, one that as you'd expect, loved their food. 20 years ago my grandparents bought the empty block of land next to their house and since then have grown every fruit and vegetable you can possibly imagine on that space. Quite literally it is an orchard of all sorts of flowers and plants. Eggplants, peppers, strawberries, chili, lemons, broccoli, grapes, apples, zucchini, tomatoes and cucumbers... the list could go on. Food has and always will be a big deal in our family. The focus of special occasions wasn't the venue or the presents, or who could or couldn't attend but rather, what everyone was cooking. My Auntie would make her delicious schnitzels, my Nonna always made the lasagna, my mother would make her roast and veggies and there would always be far too many desserts. I grew up loving food and it was over our special meals that we all connected.

Two years ago, my view on food changed. I started to see a disconnect between my belief system and the outcome between my actions and choices. Ultimately everything is cause and effect, every single thing you do and every single choice you make has an impact somewhere along the line. I could no longer just



Fresh from Nonna's
Garden



Nonna in the Garden

see food for what was on my plate, but rather the process and the journey it had undergone to get on my plate. I watched a couple of mind-blowing documentaries, *Earthlings*, *The Cove*, and *Racing Extinction*, to mention a few and I educated myself. I read books, articles, watched behind the scenes footage of the meat and dairy industry (because really they are one in the same industry), learnt about agriculture and the damage being caused to our environment. I started to look at my Aunt's schnitzels, my Nonna's lasagna and my Mum's roast as animals, lives that were equal to my own. *I saw that my choices were causing immense suffering to animals, destroying our planet and also had an impact on my health... I thought it was time to evolve.*

I'll never forget when I first told my Nonna I was a vegetarian. She didn't believe me, she thought I was 'going through a phase' and that I would get over it. The following week I went over for dinner. My nonna had cooked her chicken schnitzels, outside on her little outdoor kitchen. Our conversation went something like this:

Me: Nonna why did you cook schnitzels? I told you I'm a vegetarian now.

Nonna: Oh don't be silly, just eat the schnitzels. I spent all day preparing them.

Me: I know Nonna and I appreciate your time, but I'm not eating the schnitzels.

Nonna: You're not going to eat them?

Me: No... sorry.

And then, with one swoop of her arm she picked up the plate of freshly fried schnitzels and through them across the garden, flying through the air to land scattered amongst the garden vegetables.



My Friend

It's taken my family a really long time to accept that I don't eat meat or fish, and recently have decided to cut out dairy. I still have many conversations with certain family members, work colleagues and friends that look at my lifestyle as 'restrictive'. I get the 'well where do you get all your vitamins, iron and protein from?' Now my Nonna loves cooking me pasta, fried eggplant, roast potatoes, asparagus and broccoli with chilli, garlic and lemon... YUM!

When I started The Kindness Effect in 2014 my aim was to create a shift in how humans were treating each other. However, early in my journey I realised that in order to create any type of change out in the world, I had to start from within. I had to look at my life and become aware of my own choices and actions and see the effect they had on the people, animals and community around me.

Nourish to me means filling my body with healthy, organic, wholefoods, that haven't gone through a process of violence, pain and chemical interference to get to my plate. **Nourish** to me means balance, which is funny because the majority of the world assume Vegetarians or Vegans don't eat a balanced diet, when in fact we probably take in a more well rounded diet than heavy meat eaters.

In a typical day I will eat/drink:

Breakfast: Oats with honey and berries OR an Avocado and honey smoothie – always with a cup of tea with soy/almond milk.

Snack: Fruit salad with lots of nuts.

Lunch: Pasta, stir-fry or black rice with heaps of green veggies, with a tomato, cucumber, capsicum & basil salad (from my Nonna's garden) with either chickpeas, black beans or mixed beans.

Snack: Cut up carrots, celery and cucumber dipped in organic peanut butter.

Dinner: Pumpkin, leak and potato soup, with sour dough bread and Eggplant fried in coconut oil and salt with a salad OR lentils with heaps of vegetables, legumes and spices.

Snack: Cup of chamomile or detox tea.

Now I'm not going to sit here and pretend I am a nutritionist or an expert on what's in each food and how much iron is in this or that. What I do know though, is that I am living a conscious life. I am living a life where I choose not to buy leather shoes or hand bags, I choose to fill my plate with beautiful wholefoods from the earth and I choose products that are cruelty free. It's actually not much of a lifestyle change, but more of a mental change. The dairy industry and the meat industry will tell you whatever they need to tell you to sell their product, just like every other non-food company out there that relies on animal products! So next time you see a commercial that states you should be eating red meat 3 times a week, go and do your research and see if that little advertising 'fact' is just that, fact. Educate yourself on the **fact** that green house gas emissions from livestock are 50% greater than the entire transportation industry put together! Read articles and research papers on the devastating affect killing animals for human consumption is having on our health! Animal consumption (meat) has been linked over and over again to heart disease, cancers and diabetes, just to name a few. Did you know we **can** consume all the protein, iron, and every other vitamin we need to survive on a vegan diet? Eating meat is not necessary for our survival or our health, as many companies/people/organisations state. Again, they are trying to sell a product.

I'll leave you with something from a role model of mine, Nikki Reed; "When it comes to making a

difference, just try to do SOMETHING. You don't have to be "one" or the "other". You can be a meat eater and still carry a faux leather bag, because it means you're doing SOMETHING. Being aware doesn't mean you're obligated to do it all, it means you're doing the best you can. Nobody's perfect. If everyone simply decreased their animal product consumption by even 10% we could change the outcome of our future. Pick one thing and stick to it. Eliminate eating ONE animal product once a week, try to buy LESS leather, ride your bike to and from your local coffee shop instead of driving. If everyone did something, we could accomplish anything. **Unity. Not division.** It's the idea that we have to do it all or nothing that overwhelms, intimidates, and isolates. Being a vegetarian and wearing leather doesn't make you a hypocrite, and conversely eating meat but carrying faux leather products doesn't either; it means you're trying to do SOMETHING, and for that I applaud you."

To me, Nourish means balance and peace. Think consciously about your choices, the ones you make every single day and ask yourself, is this a peaceful choice?

The Kindness Effect aims to create a shift in human interaction; a change in the way we treat ourselves, each other and our world. **We Believe** that through personal development, kindness and connection to one another and becoming active citizens in our community, we can create a conscious shift in the world. We run **School Workshops** and **Community Workshops**, hold **Community Outreach Days** and are filming a **Documentary**.

Links:

www.thekindnesseffect.com.au

Instagram: @thekindnesseffect

Facebook: thekindnesseffect14

Deep Nourishment in Colder Weather

by Yoko Inoue

Eating in Autumn and Winter - time for a deep nourishment

As much as I would love being warm without too many layers on I know having cold weather is here for a purpose.

Having a cold temperature makes our plants grow stronger and have varied crops to enjoy. Because we experience this season we appreciate a little but beautiful pleasure of spring when it comes.

The energy in winter is quite yin, which is more receptive and introspective. It is time to rest, meditate and look into your core energy.

In the stillness of winter, rediscover the power of your inner stillness

Indulge in creative activities and fulfil our desire to feel calm.

Both salty and bitter food can be healing during this season , as they have a grounding and centring effects. Salty food includes, salt (natural salt), miso, tamari, seaweed, soy sauce, umeboshi. bitter food include lettuce, watercress, turnip, burdock, horsetail and citrus peel etc.

The organs most affected in winter are kidney and bladder (water element). In Chinese Medicine kidneys are seen as a foundation of the body and stores JING (our essence)

In our modern days many of us are Jing deficient. Our stressful lifestyle, less ideal foods and water, lack of sleep can all deplete this energy. We all need to look after the precious “jing” as it is very challenging to get it back once it is gone.

Nourishing deeply for our whole body holistically is important all year around but winter especially is the time to restore our energy for the spring.

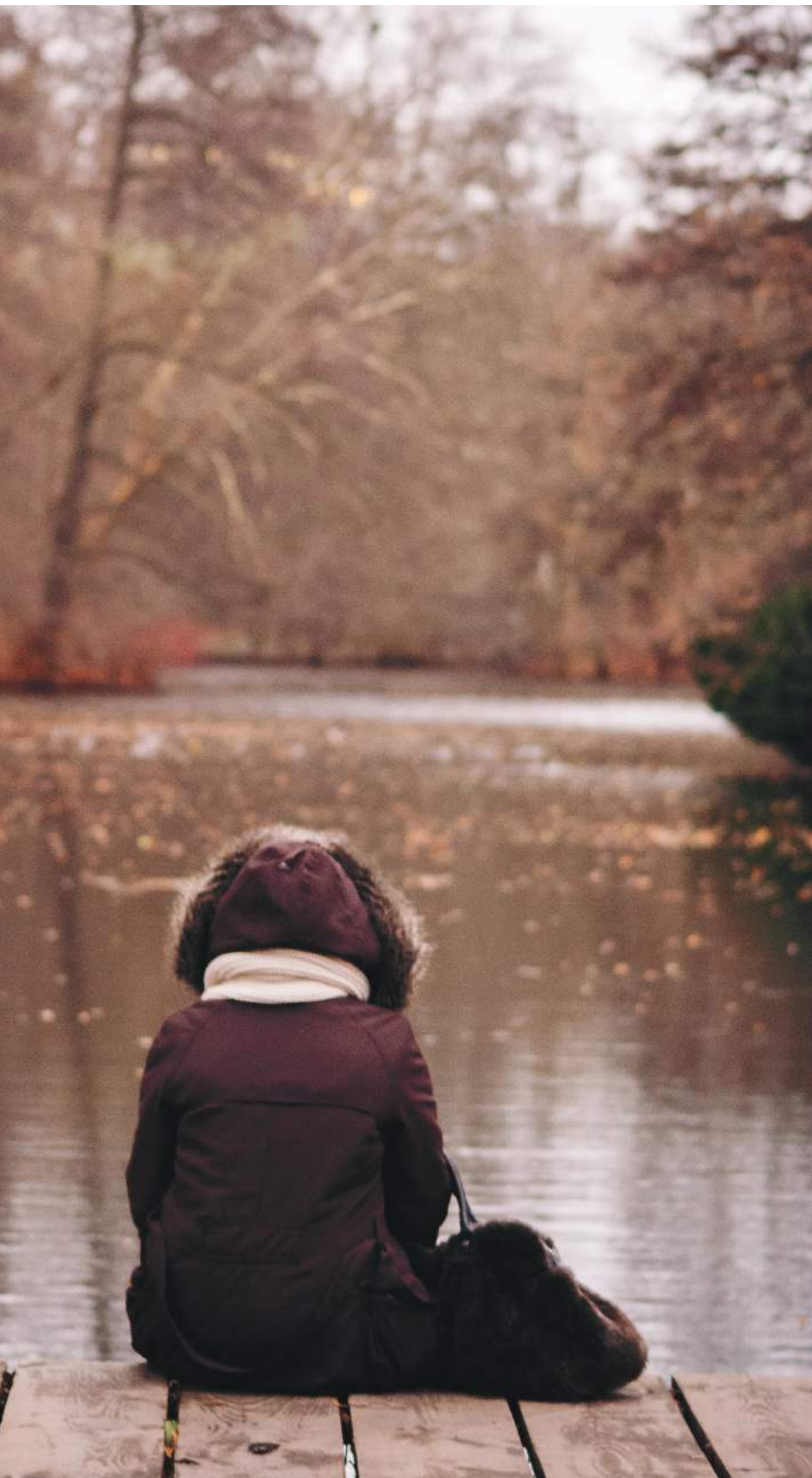
You may notice that you are craving richer foods with more fat, more flavour. keep in mind that it is natural to gain a couple of kilos around this time. As long as you are eating whole foods (select foods that grow in this season) and have a brief period to cleanse in spring it is not a big concern.

Herbs that can deeply nourish your body (Jing herb)

- ho shou wu
- rheumana
- goji berry
- epimedium
- eucommia

When it comes to eating raw food in winter it varies how much is recommended depends on your body's constitution and how you feel. Many people do better with increased amount of cooked foods. However they still feel better including some form of raw food in their diet. If you want to learn how to thrive on raw food all year around I have written a digital guide to help you eat more raw food in winter and still stay balanced. Find out more about it via <http://shokuikuaustralia.com/product/raw-in-winter/>





ABOUT *Yoko Inoue*

Yoko is the founder of organic raw food and living food cafe, Shokuiku. The desire to feed her new born daughter and herself healing natural food lead Yoko to discover the importance of the relationship between good health, diet, mind and lifestyle choices. Yoko studied the Macrobiotic lifestyle at the Kushi Institute in Japan, this inspired her to train as a holistic nutritionist which then opened up the world of raw and living foods.



SHOKUIKU ACADEMY

Learn how to prepare fresh, real and whole foods that will
nourish your body and soul.

Learn to design and create raw and living foods at the
comfort of your own home.

Shokuiku Academy offers online raw food course to students around the world. Our course is designed to teach you how to prepare basic and advance raw food cuisine at the comforts of your own kitchen. Our focus is on preparation of organic, raw, living foods integrating macrobiotic diet and east asian healing systems.

Shokuiku Academy sprung from our passion to promote healthy and ethical food choices. It is a place to learn and immerse yourself with the art and science of raw and living food cuisine. Eating real food is what we strongly believe in. That means organic whole foods that have not been altered and processed commercially. That is also what Shokuiku stands for.

About The Course

Our Raw Food Course Intensive is structured as a 17 day modules program which are to be completed within 3 months of commencing in order to receive your certification. The lessons in this program covers both basic and advance techniques in preparing raw food cuisine as well as general knowledge on nutrition and working in the kitchen.



Lessons are brought to life with videos and photos as well as accompanying texts. Assignments and photos of your own dish will be reviewed personally by Yoko and she will also be giving a comprehensive feedback on each assignments.

Below are some of the lessons covered on the Raw Food Course Intensive:

- | | |
|----------------------|--|
| Food safety | Superfoods |
| Kitchen equipments | Nut cheese |
| Soaking seeds | Natural Sweeteners |
| Healthy ingredients | Gluten free and raw flour alternatives |
| Flavour Balancing | Cacao |
| Dehydration | Sea weeds |
| Nut milks | Raw biscuits and breads |
| Knife Skill | Granolas |
| Juicing and Blending | Menu planning |
| Fermented Foods | Plating and presentation |

And over 25 raw food dishes and desserts that you can make in your own kitchen.

This program is structured so that you will learn how to not only follow recipes but create your own using both modern and classic understanding of culinary technique. In real world you will have to adjust, substitute and individualize recipes. Having a core knowledge and knowing how to make future adjustments are the key to a creative and more enjoyable experience in the kitchen.

There are also short quizzes and one final test and project that must be completed to complete the course. Upon completion, you will receive a Shokuiku Academy Intensive Raw Food Course certification. To learn more visit www.ShokuikuAcademy.com

BLUEBERRY AND WHITE Chocolate Cheesecake

Crust

1 cup Almond
½ cup desiccated coconut
30g cacao powder
1 cup dates, pitted
1/3 cup cacao nibs
1 vanilla, scraped
Salt

Filling

White chocolate
3 cups cashews, soaked
2 cups almond milk
½ cup date paste
2 tbsp lemon juice
1 vanilla, scraped
¼ cup honey, maple syrup, yacon syrup or other liquid sweetener of your choice
¼ tsp salt
3 tbsp sunflower lecithin
120ml cacao butter
3 tbsp coconut oil

Blueberry

180g blueberry

2 tbsp lemon juice

Place all the ingredients in a food processor and process until crumbly. Do not over process.

Line or grease your chosen pan and press the crust mixture into it to form the crust.

Make the white chocolate filling by blending all the ingredients except lecithin, cacao and coconut butter. When blended pour in the rest and blend again.

Pour in half of the mixture on the the prepared crust and place it in the freezer to firm up.

Blend blueberry and lemon juice until well blended.

Take out the pan and pour the blueberry mixture over the top.

Put it back in the freezer and wait for it to firm up or you can also keep this in the freezer.





COCONUT SHEET Cauliflower Lasagna

Coconut Sheet

½ cup coconut water or more if needed
1 meat of coconut
Half of the mixture
1 tsp maqui powder

Other half ½ tsp turmeric

Spread the mixture thinly on a Teflex sheet and dehydrate for a few hours

When they are dry enough to peel off the wrap flip on to a mesh and dehydrate for another hour or so
Make sure they are dry but still flexible

Filling

½ avocado
¼ carrot
½ tbsp tamari
½ tbsp lemon juice
Puree the ingredients together in a food processor

Cauliflower Rice

4 florets cauliflower
½ tsp salt
1tbsp chopped coriander
Pulse in a food processor into couscous consistency

Coriander for Garnish

Assembly

Cut the coconut sheet into small squares
Place one on a plate and top with some of the avocado puree and then cauliflower rice, repeat again until we have 3 layers.
Decorate with Coriander

NOURISH BY ORGANIKA

by Sarah Di Iorio

With autumn now in full swing and that golden Australian tan begins to fade, we can take stock of the damages done over that all-to-short summers break. Dry and aging skin, many an evening ice-cream and one too many barbeques can all take their toll on an after summer body. But what about our hair? Excess UV exposure, scalp dryness, salt water and chlorine can all mean we leave summer with our hair in less than tip-top condition. So, what can we do to Nourish our hair for the colder months ahead.

There are a range of things we can do resulting in brighter, healthier hair and longer lasting colour, both with the help of our professional hair salon and within our own homes.

One of the best at-home remedies is a coconut oil treatment. Coconut oil contains Lauric acid - a fatty acid that binds the hair protein, protecting it and preventing breakage. It also contains nutrients like vitamin E, vitamin K and iron which improve blood circulation to the scalp promoting growth and leaving locks soft and full of shine.

Another wonderful at-home treatment for your hair comes from the fruit bowl. A banana and avocado treatment will leave your hair nourished and glossy and will save those overripe beauties from being tossed out.

In salon, there are several specially formulated products designed to rejuvenate hair after damage, many specially tailored to provide rich nourishment and protection. Always use quality products free from sulphates, parabens or phthalates and use a replenishing and protecting shampoo and conditioner.

For the ultimate nourishment, we recommend our famous NOURISHING RESTRUCTURING MIRACLE Treatment. This treatment uses a repair serum that is recommended for damaged hair. The serum's formula is rich in keratin, which along with hydrolyzed keratin, carries out an important protective action on the hair structure. As well as repairing the hair structure, it delivers a remarkable improvement in hair shine and softness. We also include a hand, arm and shoulder massage with essential oils with this treatment to make it a nourishing, rejuvenating and relaxing experience.

Maybe the best way to renourish and rejuvenate your hair is to go with a complete new look. That means using an Ammonia and PPD free colour and the expertise of one of our trusted stylist who can work their creative juices to give you that refreshing makeover to see the winter months ahead. Natural tones are back. Hair that doesn't look overly coloured, clean, gentle and soft perhaps with very subtle highlights. Autumn tends to bring that natural colour palette to the forefront and this season is no different. Make sure you bring home our Davines Dry Texturiser spray. It gives that instant, full bodied hair whilst maintaining movement. It seems to keep the hair looking freshly styled and allows for natural flow.

Whether your hair is in need of that professional touch or a simple in-home remedy, there are a multitude of effective treatments, all happy and healthy to ensure you get those luscious locks back to their brilliant best for the year ahead.





ABOUT *Sarah Di Iorio*

SARAH Di Iorio has been in the hairdressing industry for 20 years, starting her apprenticeship with in 1996 and continuing on through qualification to senior stylist to salon manager. Along the way, Sarah received recognition in several leading competitions from the HBIA (hair and beauty industry awards) and attended several international training courses in the UK, learning the latest styles and international trends. In 2009, Sarah began her first Organika Hair salon with a vision to create Australia's leading sustainable, health conscious hair salon whilst maintaining a key focus on exceptional results. The salon has grown from three initial staff to 20 staff across two different locations.

NOURISH

Sarah Di Iorio
Organika Hair
www.Organikahair.com.au
www.facebook.com/OrganikaHair
www.instagram.com/organikahair/

What It Means To Feel Nourished..... by Bec

To me it translates to contentment, satisfaction, lightness and clarity.
It feels grounding, playful, passionate, driven and expansive. It also makes me feel extremely generous.

When I feel nourished, everybody around me feels nourished as well.

When my cup is full emotionally, spiritually and physically, I can offer more of myself to others freely and with my full presence and heart.

To nourish oneself is to eat with intention, move because it feels good, play with abandon, connect with those that inspire and delight you, seek what lights you up and be of service to others.

I truly believe that to feel completely nourished, one must approach it from a holistic point of view.

Choosing the right foods for your body is crucial but that's only one part of the nourishment equation.

Food has a powerful impact on our thoughts and behavior. We've all experienced a sugar crash before, one cannot think clearly in the grips of a sugar addiction, one minute we're high as a kite with the giggles, the next we're hating on the world and everyone in it.

Our hormones are strongly affected by food and the wrong balance of nutrition can result in a rollercoaster of emotions and muddled thought processes. We can be moody as hell if not nourished properly and that's generally the first sign that something is out of balance.

One of the reasons we began My Goodness Organics was because we knew how overwhelming one's journey to good health can be. If we can make that transition a little easier for someone, give them a little inspiration, a little more clarity and a burst of energy they haven't felt in a while... we stand a great chance of that person making a long term commitment to nourish their body and reap the rewards as a result.

Mental nourishment is the second part of the equation and is just as important as oral nourishment.

Are you feeding your brain junk food or messages of personal growth, discovery, inspiration and positivity?

Ditch the T.V for a night, make a date with a book, start a meditation practice, listen to a great podcast, get yourself a journal and get those dreams of yours on paper!

Connection and community is such vital brain food for us, without it we wither and die.

The ability to connect and converse with people is becoming lost and missing from so many people's lives in this modern world of ours.

Lifting our faces up from our phones and laptop screens to drink in our surroundings and appreciate those that are dear to us is crucial.

We are missing out on so much beauty and stimulation for our minds. Human beings are not solo beings; we thrive in a clan or a community where we can receive words of appreciation, feel, touch and love.

I want rich, open, vulnerable conversations with the people I know and the people I'm yet to meet. I am so grateful for the people in my life, particularly the awe inspiring women I get to work with on a daily basis through doTerra.

The people we surround ourselves with either raise or lower our standards. They either help us to become the best version of ourselves or encourage us to become lesser versions of ourselves.

We become like our friends. No man becomes great on his own. No woman becomes great on her own. The people around them help to make them great.

We need people in our lives that continue to raise our standards, remind us of our essential purpose and challenge us to become the best version of ourselves.

We cannot achieve true nourishment without community and being of service. Helping others is incredibly gratifying and fulfilling. Something as simple as filling up a new mums freezer with food or helping an elderly lady carry her shopping can light you up for hours.

For me service comes in the form of ensuring Melbourne is well nourished with the food we create as well as educating others about self care using the power of therapeutic essential oils.

It's a 7-day a week operation but my cup is full and I feel nourished.

Rebecca Carden

Founder & Co-Director of My Goodness Organics
& Wellness Advocate for doTerra

<http://mygoodnessorganics.com.au/>

<https://www.facebook.com/MyGoodnessOrganics/>

<https://www.instagram.com/mygoodnessorganics/>

<https://www.mydoterra.com/mygoodnessorganics/>



ABOUT *Bec*

BEC is a serious foodie, seeker of inspiration, lover of adventure and empowering others to take back control of their health and wellbeing. An avid enthusiast of the power of therapeutic essential oils, she's a lady on a mission to create healthier communities and impact the world positively, one person, one delicious mouthful and one drop at a time.

6 HANDY TOOLS TO BOOST YOUR SELF-NOURISHMENT:

by Anna Johnson-Hill

In our fast-paced world it is difficult to find the time for ourselves. We usually find ourselves at the bottom of our to-do lists. Self-nourishment means filling up your own cup first so that you can be operating as the best version of yourself.

Here are 6 handy tools for self-nourishment you need to know:

1. *Wellness Wishlist*

What are 10 things that you can do for yourself today that would absolutely light you up? These things don't have to cost any money, it is about the feeling they give you. It is these things that will fill you up and allow you to give to others from the overflow.

Imagine you are a car; you aren't going to get very far on an empty tank. But if you were to fill yourself up with the things from your list, then you will be so full that you could do everything you desire and more.

Here are 10 examples:

1. Having a shower or bath.
2. Going on a bushwalk.
3. Eating in the sunshine.
4. Lighting a candle.
5. Cooking healthy food.
6. Writing in my journal.
7. Painting a blank canvas.
8. Doing some gentle yoga.
9. Listening to one of my mindset meditations.
10. Rubbing essential oil on my skin.

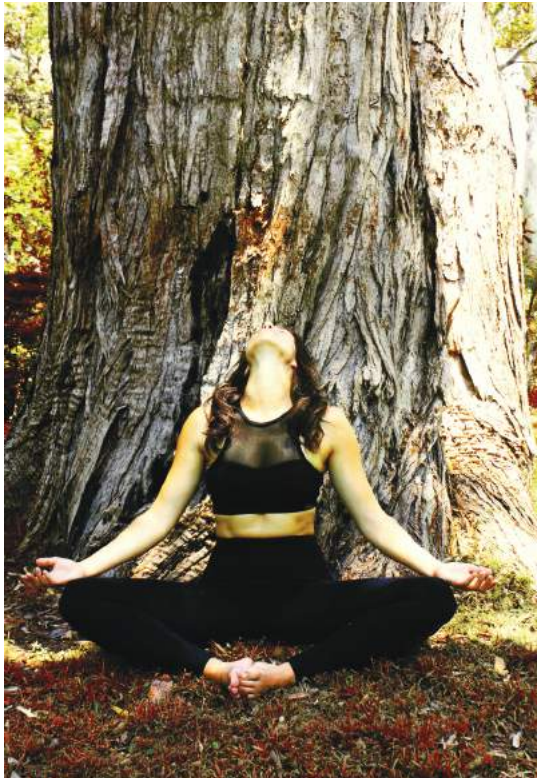
Now, what are yours?

Refer to these often and anytime you need a pick-me-up you'll know exactly what you need to do.

We all feel sad, drained and exhausted sometimes and these things will bring you back to the essence of who you really are by giving you the time to reconnect with yourself.

Aim to do at least one per day. All ten and you get a high-five for self-love mastery.

Take action now: Write out your Wellness Wishlist and stick it somewhere you will see it often and choose one to enjoy today.



2. Meditation

So many people struggle when it comes to making this powerful practice a regular part of their busy lives.

Meditation is like a muscle that needs to be strengthened to keep you in the present. Why is the present so important? In the past, there are embarrassments and regrets. In the future, there are worries and anxieties. In the present, everything is perfect.

Benefits of this transformational tool include less stress, better sleep and more focus.

You can use meditation in a way that fits in with your daily life. Some people like to listen to them whilst walking, as a break from work or before bed. The decision is yours but implementing it as a daily practice is paramount to your success.

You can choose to sit in silence, use a mantra or listen to a guided meditation. If you're interested in guided meditations, there is a collection of Mindset Meditations available at (<http://AnnaJohnsonHill.com>) with a new meditation released each week.

Take action now: Schedule time in your calendar to meditate daily.

3. Journaling

Many successful people throughout history have kept a journal. Benjamin Franklin, Mark Twain and George Lucas to name a few. But why keep a journal? What benefit does writing your thoughts down daily have?

It's basically a massive brain dump of anything that's on your mind. The process of writing (without censoring yourself) gets everything out of your head and onto paper. For example, you could write about your dream from the night before, a reflection on yesterday, anything stressing you out, what you're feeling grateful for or any creative ideas.

Journaling allows you to start the day fresh with all of your thoughts mapped out on paper. Basically, you clear your monkey mind of thoughts that would be worrying you all day. You get real with yourself by putting them on paper. Like, yep, that exists. Now let's get on with it.

Journalling also opens you up to learn about yourself. You'll get clear on what the best and most difficult things in your life are so you'll be able to make changes accordingly. Journalling helps you to learn about yourself.

It helps you to figure things out. When I'm stressing about things it all comes out on the paper. Next, possible solutions start flowing out. Some are not helpful but every now and then I'll come across a golden nugget to help me out of the situation. It's like talking to yourself about a problem you're having.

Take action now: Schedule time in your morning to unscramble your thoughts.

4. Morning Rituals

Morning rituals are a set of super exciting strategies that will make you feel awesome and set you up for a productive day.

Possible rituals include: waking early, making your bed, morning pages, journal, meditation, yoga, drinking herbal tea, affirmations, angel cards, eat a healthy breakfast, exercise, stretching, having a shower, and the list goes on.

No two people are the same. Some people will find it very hard to wake up early, do a meditation, drink herbal tea, exercise, shower and then journal. It works for some people but it doesn't work for everybody. You need to choose which work best for you.

Access your own inner wisdom to figure out when to wake up, when to meditate and when to exercise. Some include them in their morning rituals and others don't.

My morning ritual consists of morning pages, meditation, making my bed, eating a healthy breakfast and looking at my priorities for the day. If you spend 30 minutes doing these things, you know that you're settin yourself up for an awesomely productive day.

It also means not beating yourself up if something goes wrong and you're not able to do it all. There is no point bringing that negativity into your day with you. It's better to just try again tomorrow.

Take action now: Plan an amazing morning routine for yourself (it may take some testing to get it right) and tell us about your ideas in the Facebook group. Carve out the time in your calendar for tomorrow and let us all know how you feel afterwards.

5. Bedtime Routine

A bedtime routine is just as important as a morning routine yet is often overlooked. It's impossible to

start off your day bright-eyed and bushy-tailed if you haven't had a decent night's sleep.

Here are some ideas for a bedtime routine: power down technology at least 1 hour before bed, have a shower, brush your teeth, sip a herbal tea, read, dab lavender oil on your pillow, develop a gratitude practice, journal and meditation.

Take action now: Set out a plan for your bedtime routine to suit the amount of time you have available. I set aside an hour but do what feels right for you.

6. *Celebration list*

In our fast-paced world, it is so easy to jump from task to task without looking back at our accomplishments. Once we achieve a goal, there is always something else to get started on. The fact is, we put so much effort into achieving these goals and aren't stopping to give ourselves the acknowledgment we deserve. That's where the celebration list comes to save the day.

It is a place where you can write down all of your achievements. At the end of the year you can look back on all of the awesome things you've done and be proud of yourself.

Plus, by the time the year ends, it's hard to remember what we did back in January or what struggles we have overcome in that time. It's great to look back at how far you've come at the end of the year before moving on to the next goal.

Take action now: Start a celebration list in your phone or in a notepad and write your achievements down as the year goes on.



ABOUT *Anna Johnson-Hill*

ANNA Johnson-Hill is the CEO and success coach behind <http://AnnaJohnsonHill.com> supporting purposeful humans in pursuit of their big goals. She believes that life is not just about getting through the 9 to 5, eating and sleeping. Anna is your personal cheerleader so that you can feel freedom without worry of not having the time, motivation or money to live your dream life.

She inspires here on Facebook – <http://Facebook.com/AnnaJohnsonHillPage>
She plays here on Instagram – <http://Instagram.com/AnnaJohnsonHill>



Nourish Your Body & Your Life With Sleep

www.TheSleepEdition.com

To many the term “Nourish” generally means to provide food and other substances for life, increased growth and improved health. But have you considered other ways in which to nourish your body?

My Number One Tip For Nourishing Your Body? Sleep!

We have all become so busy with our lives, our work, our careers and more. As a result, sleep has become the one thing that is most needed but is the most neglected necessity.

Without quality sleep, we can suffer from numerous negative health issues. Long term lack of sleep can lead to weight gain, obesity, diabetes, depression, high blood pressure and more.

So, What Can We Do To improve Our Sleep?

#1. Keep a Regular Sleep Schedule

No matter how busy we are, we need to take the time to sleep well. Keeping a regular sleep

schedule will help to improve your sleep. Go to bed at the same time each night and wake up at the same time each morning. Even on weekends. By maintaining a regular sleep schedule your sleep quality will improve and your health and moods will also improve.

#2. Take a Digital Detox

For so many years we have been accessible 24 hours a day by our smart phones, our laptops and computers. As a result we are always “switched on” and never have the chance to take time out. Do you take your smart phone to bed with you? How often are you checking your messages? When you wake up during the night, is checking your phone one of the first things you do?

Start small. Switch off all electronics at least one

hour before bedtime. Eliminate all electronics from the bedroom. No phones, no eReaders, no laptop, no TV. Enjoy a great nights sleep with interruption.

Take the next step and switch off entirely for 24 hours. By taking a digital detox we are given the chance to reconnect. Reconnect with your friends and family with face to face interaction. By disconnecting we are given the chance to reduce stress and become more focussed on real time interaction.

“Disconnect To Reconnect”

#3. Reduce Caffeine Intake

Did you know that caffeine is the worlds most popular drug? Even though caffeine is legal, it can cause a great deal of stress to so many people. Some of us are overly sensitive to the effect of caffeine. Too much caffeine consumed during the day (in the form of coffee, sodas, chocolates and even some medications) can affect your sleep quality at night.

I’m not saying that you need to eliminate caffeine completely but try and refrain from anything caffeinated after midday. This will give you body ample time to eliminate all caffeine before bedtime, make your slumber much more restful.

You are only on this earth for one lifetime. Why not enjoy that time and nourish your body with a restful nights sleep, each and every night.

The Upside of a Restful Nights Sleep

- Wake up refreshed and rejuvenated.
- Enjoy increased happiness
- Enjoy improved moods and improved relationships.
- Feel less stressed



About Dee Trethewey

DEE Trethewey is a Holistic Health + Wellness mentor who helps busy, stressed women improve their quality of sleep, using only natural alternatives. The Sleep Edition is an online eCourse and community, built on the belief that health and happiness can be found by improving your sleep.

<http://www.thesleepedition.com/>
<https://www.facebook.com/TheSleepEdition/>
<https://www.facebook.com/PassionateLifeProject/>
<https://twitter.com/PassionateLifer>

NOURISH ON A BUDGET

by Lia Wilson

Being a mom to a young family, one of my greatest challenge is nourishing my family on a budget. I want to feed my family all organic produce, the best superfoods and supplements, all healthy snacks from the health shop – but realistically I have to work within a budget.

But I believe that with the right knowledge, the right mindset - and a lot of planning - we can nourish our family without breaking the bank.

1. Plan your meals, make a shopping list.

It only takes an hour or so a week but this could save you money and minimise food wastage.

What I do before heading out for my weekly shopping is check the fridge and my pantry for leftovers- and make a meal plan based on that. Sometimes I realise I could still make 3 or 4 meals out of what I have and this means buying less and minimising food wastage.

Also the nutrients on fresh produce decreases the longer we store it. If we only buy what we can eat fresh for the week – we get the utmost nutrients out of our food.

2. Buy local and season, and shop for discounts

We recently moved countries (from the Philippines to the UK) and I do miss my tropical fruits. But I would not buy a \$6 imported coconut knowing it travelled halfway around the world and I can get it for fresh for 50c (or free) back home. I know it's a treat for some but I try to be pragmatic with my superfood choices and choose what's abundant and local in my area like berries and seasonal vegetables.

I also know I can get the nutrients and flavours of this tropical fruits by buying their freeze dried powder form and making them into smoothies. Because it's freeze dried most of the nutrients are preserved and because it's their pure powder form it cost less than their fresh counterpart.

3. Grow your own superfoods, culture probiotics

I know this is easier than done. We do have our own big garden and I can easily grow my own vegetables. But to be honest with 2 young kids and running my own online business it's hard to find the time.

But I am very happy I am able to culture my own probiotics. I bought a handful of water kefir grains a year ago because I and my kids love water kefir and the grains have multiplied so much it's taking over our house! Not only do I have an abundant of this healthy drink but I am also earning extra selling excess kefir grains on ebay.

4. Know the clean 15 and the Dirty Dozen.

When you are on a budget its essential to know which you MUST buy organic because it has a higher pesticide residue and which produce you can get away eating non – organic.

The Dirty Dozen

Apples
Sweet Bell Peppers
Strawberries
Spinach
Potatoes
Peaches
Nectarines
Chillis
Grapes
Cucumbers
Cherry Tomatoes
Celery

The Clean Fifteen

Asparagus
Sweet Potatoes
Avocados
Sweet Peas
Pineapple
Papaya
Onions
Mushrooms
Mango
Kiwi
Grapefruit
Aubergine
Sweetcorn
Melon
Cabbage

5. Buy in bulk, share with a friend.

Buying bulk is always cheaper and if you split with 1 or 2 friends you can get more variety of superfoods and supplement in one order and also share the shipping cost.

8. The best things in life are free!

The best things we can do to nourish ourselves are free – detox, fasting, yoga, meditation, laughter, positivity, self-love, simple living.



ABOUT Lia Wilson

LIA is first and foremost a mom to 2 wonderful kids and have been running her virtual assistance business from home for the past 10 years. She practices attachment parenting and she's starting to learn minimalism. She's passionate about promoting virtual work to empower other mothers and girls in developing countries.



THE ONE TOOL I CANNOT LIVE WITHOUT

By Steph Sage

The honest truth is that life isn't always easy. We are emotional creatures, and every little speed bump in our path can feel like THE obstacle that's finally going to break us. I look back at the years behind me and can't help but think... "Thank goodness I made it out alive!"

As I sit here with the wisdom required to get me through some very tough times, and with the knowledge that turbulent skies surely lie ahead... there is one truth that I hold close to my heart;

With self-love I can get through anything.

To me self-love is not massages, mani pedi's, a glass of red wine, or a good book... sure these things

might make up some aspects of self-love, however it is the practice of choosing to love myself, trust myself, and have faith in myself *instead of* hating, self-deprecating, and criticising myself, that is going to continually get me through the rollercoaster of life.

Just as going to the gym and building up strength and fitness is a skill to develop and improve at, so is the practice of turning away from that nasty voice in your head and choosing self-love instead.

You know that voice... the one that looks in the mirror and says “ugh”... the voice that says that you’re struggling with work, that you need to be more careful with your money or you’ll be broke, the one that says there are no good people out there to date... yes that one.

That voice is NOT self-love. However, seeing the voice for what it is- a fearful, egoic, conditioned mind-pattern- and choosing to say “no, you are not making the decisions in my life, and you are not deciding how I feel about myself”... THAT is self-love.

Sure the nasty voice comes up sometimes. But it’s a LOT less than it used to be. And it is now a reflexive action for me to identify it and replace it with love.



Sometimes I look in the mirror and don’t feel like it’s a good day for my appearance... and instead I choose to say to myself “You are beautiful exactly as you are”. Sometimes I find myself worrying about the future of my career, and how much money I’ll make... instead I choose to create vision boards and mind maps, re-centre myself with my passions, and remind myself that I have everything I need right now to create an abundant life.

I have a (so far) unshakeable faith that all is well, and life is what we make of it. As a result- I can catch a flu, crash my bike, and lose my wallet all in the same day and my brain still finds what it is grateful for, it still locates the areas where I add value to the lives of others, and I always know that with some deep breaths and self-loving practices that I can make the day better.

It’s through self-love that I nourish my soul authentically, uplift my spirit, attract incredibly beautiful people into my life, achieve every goal I set my eyes on, and live with peace and calm in my heart.

Self-love may look like leaving toxic people out of your life, looking in the mirror and reminding yourself that you’re beautiful, standing up straight and tall and pursuing your dreams, giving your absolute best and loving self to all your relationships, and identifying the nasty voice chattering away in your brain and not listening to it.

I want my practice of self-love to inspire you to turn from your nasty mental voice and choose love instead; flex your self-love muscle! I guarantee that your life will change for the better.

ABOUT Sage

SAGE is a health coach, speaker, writer and creator of sagecure.com. After overcoming a childhood of abuse followed by years of Chronic Disease and Auto Immune Disease; Sage now primarily mentors women to bring their digestion, hormones, weight and fertility to 100%! You can grab her free eBook’s on Digestion Tips, and Body Types over at www.sagecure.com and you can find her hanging out on Instagram at [@sage.wellness](https://www.instagram.com/sage.wellness).

SHOKUIKU

Online Shop

www.ShokuikuAustralia.com



organic raw superfoods & superherbs
delivered to your door