

THE Glow Kitchen

WITH
MELISSA AMBROSINI

THE NO B.S. GUIDE

to *sexy skin*, **humming hormones**
and foods that will **rock your world**



Foreword by James Colquhoun
Founder of Food Matters & FMTV



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Foreword

What's the highest vision you have for your life? Is it to help inspire a million people to eat better? To help your mum or dad change their diet? To pass uni with honours? Or maybe it's to be a leading health & nutrition personality with a million followers!!!

Whatever your dreams, aspirations and desires, there are a few truths we need to set straight. You're obviously going to need passion, that's true. Inspiration and intelligence are a must. Holding a clear vision of your projected future in your mind's eye even more so. But one thing that you won't be able to 'fake until you make' is energy. It's the fundamental driving force that's either pulling you towards your goals or holding you back. If you think about all the successful people you've met, it's hard not to notice they all have this amazing energy around them.

The good news is that cultivating the kind of energy you need to thrive is within reach inside the pages of this book. Melissa has laid it out for you to plate it out, delivering the best of her nutritional knowledge and know-how into 'next-level' nutrition. I say next level because this is not the sort of 'eat your fruit and veggies' book that everyone seems to be putting out these days. This goes deep into the nutritional knowledge of how our bodies and gut are designed to work and adds a flavour, texture and substance into recipes that will even blow Aunt Dorothy's mind! (Or insert your disbelieving aunty's name that still thinks white bread and sprinkles is a healthy snack!)

So go on. Hold your vision high. Proclaim your dreams and aspirations from the rooftops! Whizz up your Fatty Latte, grab a slice of Coconut Cream Pie and get engulfed in the mind-bending, taste-bud-tantalizing recipes and inspirations dished up in The Glow Kitchen by Melissa Ambrosini.

The revolution has been publicised!

Bon-Appetite,

James Colquhoun
Founder of Food Matters & FMTV





Why You Need This Book

Who doesn't want to glow from the inside out? A healthy, vital and strong body, luminous complexion, shiny hair, killer confidence and a clear mind... there's nothing more beautiful and sexy than that!

The best way to get your glow on is by approaching things from the inside out. It's all about recognising that to create glowing health and beauty—and the kick-ass life to match—you've got to go way more than just skin deep; you've got to dig down to the heart of the matter if you truly want to create change.

That's where this book comes in—straight from my heart to your hands, and filled with all the tools, tricks and tips about creating an amazing, healthy life and a luminous glow through the foods we eat.

Before we dive in, let's be clear: this isn't another raw dessert cookbook filled with 'healthy treats' that are tearing your guts apart and loading you up with sugar. While it's great to see the whole foods movement sweeping the planet, it's brought with it a not-so-stellar trend of so-called 'healthy' recipes that require three cups of maple syrup, agave galore, and oodles of non-activated nuts and flours. These common ingredients can cause candida, leaky gut and much more.

Instead, The Glow Kitchen is jam-packed with delicious recipes and powerful information about how to *really* eat and give your body the ultimate nourishment it deserves. It's about getting back to your roots. Making real, wholesome, delicious food (with love) to help you not just survive, but thrive! Because who doesn't want to wake up everyday feeling the best they can? I sure do!

There is definitely a conscious shift happening towards a healthier way of eating and living, which is great. However, I see too many people starting on their health journey by avoiding healthy fats like the plague and overdosing on raw cacao, coconut sugar and cups of dates and convincing themselves it's ok. Then they're left wondering why they can't clear up their acne, get rid of the bloat, or lose the stubborn weight!

It isn't rocket science and if you mindfully digest the information in the following pages and take inspired action, you will be well on your way to glowing from the inside out.

There are six things you need to know before we get started:

1. I am a certified holistic health and life coach. I am not a doctor, naturopath, scientist, or any other type of medical professional. I studied health coaching at the *Institute for Integrative Nutrition* and loved it. The information in the following pages is based on my own personal experience, study, coaching clients, and by experimenting on myself and my family to find the foods that can really make us thrive. The information contained in this book is not intended to be construed in any manner as medical advice and all diet decisions should be made with approval of your healthcare provider.
2. These ideas have been tried and tested, with profound results. Not only by me, but by the thousands of women I have worked with all over the world, and—of course—my family.
3. The principles in this book are how I *actually* live my life. I walk my talk: Every. Single. Day.
4. No one knows your body better than you. Experiment and have fun exploring new tastes and food philosophies, but find out what ultimately works for YOU and your beautiful temple.
5. Throughout this book you will notice there are specific quotes that when clicked on can be tweeted. This is a beautiful way to share the love with your friends, family and the world. There are also LINKS throughout this book and some incredible resources to deepen your Glow Kitchen experience.
6. Most importantly of all, I am super excited to be sharing this knowledge and wisdom with you!

Reading and implementing *The Glow Kitchen* could quite literally be a turning point in your life. I want to encourage you to not just *read* it, but to take inspired action. That's when true transformation takes place. Whether you implement one thing at a time or do the whole lot at once, it doesn't matter. Just feel your way through it and do what rings true for you, beautiful.

Also, with all the things we cover here, don't simply take my word for it. Use this book to light the way for you to go out and learn more—to *really* continue to educate yourself—so that you can make the most conscious, informed decisions for you and your loved ones. Because let's face it: **knowledge is power**. If you want to create glowing, luminous health (and a truly kick-ass life) you've got to make sure you've got the best information there is. This book is a power-packed toolkit of what has worked for my family and my clients, plus I'll be covering all the things that have made a big, bold impact on my life too.

To encourage you to further your knowledge, I'll also be referring you to other resources so you can really take your journey to the next level.

So be hungry for more knowledge. Share your findings. Experiment and most importantly of all, always do what's true for you. Read this book, then check in and see what feels right deep in your core.

If you're ready to glow from the inside out, then this book is for you.

My Story

For many years, I entertained a very destructive relationship with food. I loathed it because I loathed myself.

It all started back when I was a professional dancer at the Moulin Rouge in Paris, as well as an actress, TV presenter and model. Yes, I know it all sounds very ‘Hollywood’ and glamorous, but it really wasn’t. I had an eating disorder, depression, and dealt with serious anxiety and panic attacks on a regular basis. My life was a mess and I *felt* like a mess.

It wasn’t until I ended up in hospital with a serious viral infection that I was forced to stop and take stock of my life. As I lay in that hospital bed, I realised a few potent truths about myself. I realised that my measure of happiness was determined by external factors and did not come from within. I realised that I had no idea what self love was, but that I had to learn it—fast. I realised I had to start taking responsibility for my own health and happiness. I realised that *I* was the only person who could help me. I realised that the decision to live my best life lay with me. I realised I had to stop looking outside of myself to find happiness and start to connect with my inner self, my truth, my spirit, the bigger me, and I realised I needed to master my inner Mean Girl.

So there I was—struck down with adrenal fatigue, thyroid problems, high levels of mercury, serious hormonal imbalances, depression, an eating disorder, loads of vitamin and mineral deficiencies, adult acne, eczema all over my body and a serious case of the cold sore virus. My body was screaming at me to STOP. It was sending me loud, bright red, warning signs that it had had enough. In that moment, in that bed, I *finally* took notice of what it was saying... and I haven’t looked back since. Although this was the darkest and hardest time in my life (I would not wish it upon anyone), I am so grateful for the experience because it has ultimately led me to where I am today.

From that first realisation onwards, I started listening to and honouring my body’s needs in a way I never had before. When the doctors plonked a tray full of drugs in front of me and ordered me to take them, I *knew* deep within my core that it wasn’t the right approach for me. I knew I wanted to take a different path. So from there, I began studying holistic nutrition and dedicated my life to healing myself naturally. After a few weeks of eating The Glow Kitchen way, I immediately started to get better—my skin cleared up, I had more energy, and my eyes started to shine. More importantly, I also started feeling a whole lot better inside my own skin, and began to truly cherish my body for the first time in my life.



Health is a journey, not a destination.

Wellness is not something you can ever forget about, or be done with. Even though today I feel better than ever, I'm still figuring things out. I'm stronger, healthier, and more in tune with my body than ever before, but I'm still constantly refining and adapting my approach, and I know I always will be.

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Feeling good is everyone's birthright, and to intuitively tap into that is easy. You just have to be willing to go within. Because if you don't go within, you go without.



My Food Philosophy

How we treat our bodies is a direct reflection of how we feel about ourselves.

Someone who's passionate about their work, is surrounded by people they love and has a high sense of self-worth is going to treat their body very differently compared to someone who hates their job, eats fast food, is surrounded by toxic people, and is constantly beating themselves up.



How you feel about yourself is reflected in every choice you make and every action you take, especially when it comes to food.

When I think back to my early twenties, my food choices said a lot about my internal state. I wanted quick, easy, cheap and fast options. I didn't believe I was worth anything more than that. Now however, I choose foods that are local, organic, fresh, wholesome and nourishing. Everything that enters my mouth is of the highest quality and purest form. Looking after myself in this way has actually become one of my greatest pleasures in life.



The body is the temple of spirit. It deserves the best nourishment you can give it.



The Glow Kitchen Food Philosophy

Caution:

THE INFORMATION YOU ARE ABOUT TO READ IS NOT WHAT WE ARE TAUGHT IN SCHOOL!

- ♥ Eat local, fresh, whole and in-season produce preferably from your farmers' market.
- ♥ Avoid sugar, wheat, dairy, gluten, soy, caffeine, alcohol, lollies, soft drink, processed and packaged food-like substances as much as you possibly can.
- ♥ Add in loads of easy to digest cooked vegetables, some low GI fruits like berries and plenty of enzyme rich light salad vegetables.
- ♥ Eat the rainbow. Try to get as many coloured veggies on your plate as possible. Always aiming for at least one green veggie per meal. Green veggies are incredibly alkalising and nutrient dense.
- ♥ Sip plenty of room temp filtered or spring water through the day. Tap water is a big no no unless you are hooked into a natural spring.
- ♥ If you are going to have nuts, seeds and grains, make sure you soak and activate them before eating. However, in order to heal your gut it is recommended to keep these foods to a bare minimum. I know what you're thinking: "*What? No quinoa, pumpkin seed and goji berry salads?*" That's right, beautiful—these foods are not a major part of The Glow Kitchen food philosophy. You can, however, try reintroducing these in small doses once your guts are running like a well (coconut) oiled machine. (See next point if you are vegan).
- ♥ Follow the 80/20 rule—80% of your plate should be mostly cooked vegetables and 20% protein. Switch the 20% to grain-like seeds such as quinoa, millet or amaranth if you are vegan.
- ♥ Aim to eat something green with every meal. Think broccoli, beans, zucchini or steamed kale.
- ♥ Ever wondered why some people seem to have such shiny hair and white eyes? Fermented veggies, baby! Include some of these probiotic and enzyme rich foods with each meal to enhance digestion and clean up any left over undigested waste material.
- ♥ Cook with Vitamin L. Yep, Vitamin Love! It's the most important ingredient you can add.

- ♥ Try to eat organic whenever possible, it really makes a difference. Organic produce hasn't been sprayed with chemicals and pesticides, and organic animal products haven't been pumped full of antibiotics and growth hormones. If you're worried about organic food being too expensive, head to your local farmers' markets or grow your own. Personally, I believe you can't put a price on your health and wellbeing. Besides, eating organic will save you loads of moolah down the track on doctors and medication.
- ♥ All red meat should be grass fed, grass finished and from a trusted source.
- ♥ All poultry and pork should be free range (or pastured) and fed their natural diet not corn.
- ♥ All fish should be wild, not farmed.
- ♥ Eat nose-to-tail, including the bone marrow, cartilage, organs and skin (it's loaded with collagen which is great for your skin). Cook meat on the bone whenever possible. Muscle meat is more acidic whereas organs and marrow are more alkaline, so eating nose to tail is a more pH balanced approach.
- ♥ Drink a cup (or three!) of bone broth daily to really supercharge your way towards sexy skin and humming hormones. I cannot stress just how crucial bone broth is. If you implement just one thing from The Glow Kitchen, make it a new love affair with bone broth!
- ♥ I also strongly believe in food combining. It makes total sense that some foods are not meant to be eaten together—for example, a steak isn't meant to be eaten with a bowl of fruit, and grains don't mix well with protein. The reason I got interested in food combining was because I kept noticing that after I ate certain things, I became really bloated and uncomfortable. When I started to implement food combining principles into my life, the bloating and discomfort disappeared, and I even lost weight. I also lost a lot of bloating around my face and my overall health dramatically improved. For more information you can read *The Body Ecology Diet* by Donna Gates.

Like everything in this book, try the suggestions that resonate most with you and see how they make you feel. If something doesn't work, great—at least you know more about your body. If it does work, brilliant—you just found another secret weapon to add to your wellness arsenal.

Part One



THE KNOWLEDGE BASE



Where We Came From

Ever since I was young, I've experimented with all sorts of diets. I was a vegetarian for five years and full vegan for one. During that time, I had a whole host of issues like adrenal fatigue, thyroid problems, high levels of mercury, serious hormonal imbalances, depression, an eating disorder, loads of vitamin and mineral deficiencies, adult acne and serious eczema on my face, arms and chest. It wasn't until I started going to a holistic gym (Origin of Energy, in Sydney) and began doing primal whole body training (think: climbing robes, crawling on the floor like a bear, throwing balls and doing box jumps), that I had an epiphany. I realised that many of the women at my new gym who were eating a diet high in saturated fat not only looked amazing, but had so much energy and vitality! You know that scene from *When Harry Met Sally*? Yep, I had a serious case of "I'll have what she's having!" Their eyes were bright, their skin glowed, and their hair was luscious and thick. It was quite eye-opening for me.

At the time, I was a vegan and the thought of animal products grossed me out. But I was so unwell, tired, sick, cranky and unhappy that I was willing to try anything. The first step for me was to introduce organic bone broth, which tastes like your Mum's old school chicken soup, and has some crazy-awesome health benefits!

Bone broth is loaded with vitamins and minerals and is incredibly healing. After two weeks of drinking it, I not only started to feel a million times better but I started to look different. My eczema and acne started to clear up, my eyes were brighter and my skin started to glow. Sally Fallon's incredible book *Nourishing Broth* is a must read if you truly want to take your health to new heights!

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*Drink a cup (or three!) of bone broth daily to really supercharge your way towards sexy skin and humming hormones. I cannot stress just how crucial bone broth is. If you implement just one thing from *The Glow Kitchen*, make it a new love affair with bone broth!*



Immune Boosting Bone Broth

WHAT YOU NEED

2kg free range or pastured chicken carcasses (plus a few chicken feet), or 3 kg beef or lamb bones with marrow exposed
1 large celery stalk, cut into chunks
1 carrot, cut into chunks
1 bunch of parsley stalks
4 cloves garlic, roughly chopped
1 onion, cut into chunks
1 tbs raw apple cider vinegar

1 tsp peppercorns
1 tsp Celtic sea salt
2 bay leaves
5L filtered water
Dulse, kelp or wakame to taste (optional, for added minerals)
Dried mushrooms — reishi, shiitake, porcini or chanterelle (optional, for deeper flavour and medicinal properties)

WHAT YOU DO:

- Step 1* Add everything to your slow cooker or pot and cook on low overnight or for a minimum of 4 hours for chicken, or 12 hours for beef and lamb.
- Step 2* Pour broth through a strainer into a large bowl or into individual glass jars.
- Step 3* When the broth has cooled, the fat will solidify into a layer on top. You can then easily scoop this off before serving.

HOT TIP:

You can keep half in the fridge and freeze the other half, depending on how quickly you are going to use it.



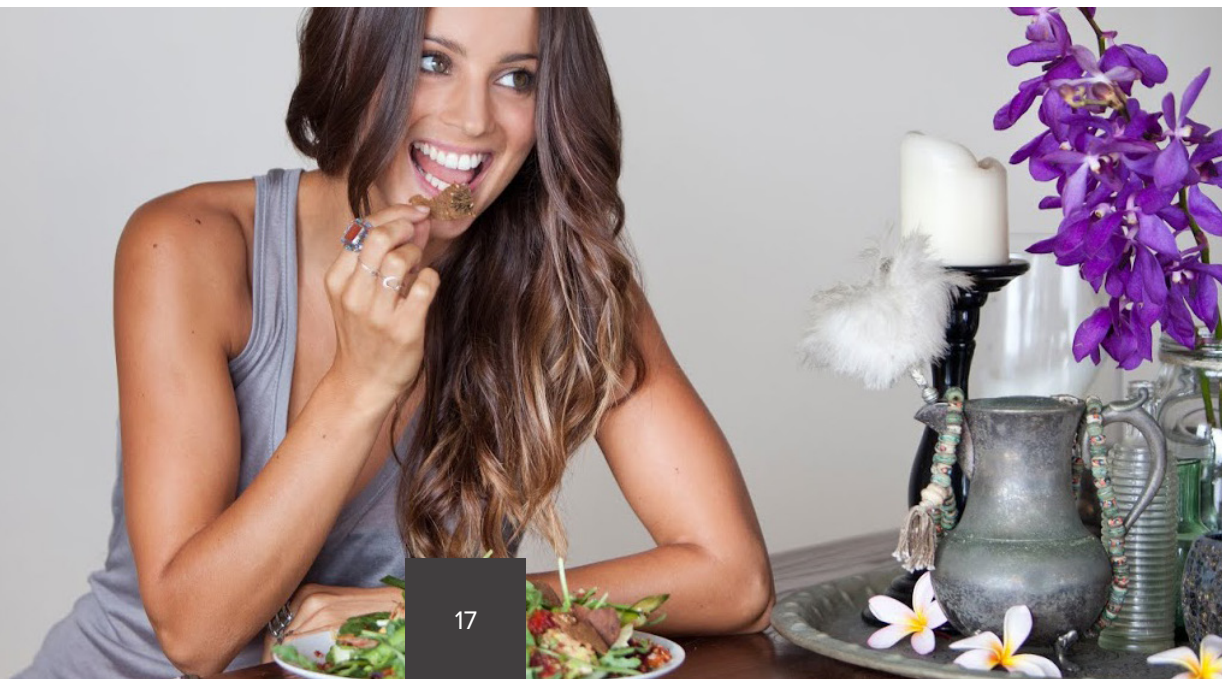
Let's Get Primal

Still unsure about the whole 'eating animals' thing, I went and did some serious research for myself. I began studying holistic nutrition at the *Institute of Integrative Nutrition* and also read the life changing book *Primal Body, Primal Mind*, by *Nora Gedgaudas*, which gave me all the insights I needed to make informed decisions about my health.

Primal Body, Primal Mind examines the lives of our pre-agricultural Paleolithic ancestors, in particular the marked decline in their health after they started living an agricultural lifestyle—including decreased stature, bone density, and dental health, plus an increase in birth defects, malnutrition, and disease following the implementation of the agricultural lifestyle. Nora shows how our modern grain- and carbohydrate-heavy low-fat diets are a far cry from the high-fat, moderate-protein hunter-gatherer diets we are genetically programmed for, leading not only to lifelong weight gain but also to cravings, mood disorders, cognitive problems, and “diseases of civilization”—such as cancer, osteoporosis, metabolic syndrome (insulin resistance), heart disease, and mental illness.

Primal Body, Primal Mind is a must-read if you really want to be able to understand and make informed decisions around your health and wellbeing. Educate yourself so you can make the best decisions for you and your family.

The following recipe follows these Paleolithic principles. It's great because it's high in protein and good fats, which will keep you fuller for longer and not give you that awful sugar or carb crash-n-burn. You can experiment with different proteins such as lamb, chicken or even prawns. Have fun making these and even get your kids involved—they'll love helping you put them together.





Primal Cups

WHAT YOU NEED

1 tbs of ghee or raw butter for frying
1 onion, finely chopped
1 clove garlic, chopped
500g beef or lamb mince
1 tsp ground cumin
1 tsp turmeric

1 tsp ground coriander
Salt and pepper (to taste)
Carrot, chopped (for garnish)
Red chilli, chopped (for garnish)
Fresh parsley or shallots (for garnish)
Romaine lettuce cups

WHAT YOU DO:

Step 1 Add ghee or raw butter to pan.

Step 2 Add onions and cook until translucent.

Step 3 Add garlic and cook for 1 minute.

Step 4 Add mince and cook until brown but never burnt.

Step 5 Add cumin, turmeric, coriander, salt and pepper and mix through the mince.

Step 6 Place mince mixture in lettuce cups and garnish with carrots, chilli and shallots or whatever other veggies or herbs you like.



Oh, Dairy Me!

Before we dive into dairy, let it be said: this can be quite a divisive topic! There is extensive research out there—some pro dairy, some against. For the purposes of this book, I will share my own perspective, but like everything you need to make up your own mind. Take what resonates with you and leave the rest. Like everything else in this book, I am simply sharing my humble opinion after years of research and experimentation.

So, are you confused about dairy? Let me make this as simple as possible: **Most people can't digest dairy efficiently.**

Some people (a small minority) have what is called **lactase persistence**, which is where a digestive enzyme known as lactase continues to be active in the body into adulthood. Since the only function of lactase is to help us digest milk, in most mammal species, the activity of this enzyme is dramatically reduced after weaning. So unless you are one of the lucky few, it is most likely that you may have to reconsider your caffè latte or milk and cereal for brekkie!

My mum took me off dairy when I was a baby because I was getting serious eczema and asthma, and dairy was triggering it. So I have never really consumed it on a regular basis. I have also never broken a bone in my body (touch wood). I guess for me, it was never hard to give up the cheese platters and ice-cream because I never ate it. Yes I have tried them, but I have never eaten them consistently. I have, however, introduced raw grass-fed and grass-finished organic butter and ghee into my diet, which I love (more on that later).

There is a big fat hole missing in the dairy debate that no one seems to be talking about: these food-types (and the 'healthy' marketing campaigns that back them up) are backed by a very affluent money-making machine. *Of course* the dairy industry wants you to drink gallons and gallons of the stuff. Why? Because then they make bucket loads of money! It's not rocket science. The idea that you have to drink cow's milk in order to have strong bones is deeply ingrained in us from the moment we are born—the result of very successful PR and marketing tactics by the commercial dairy industry.

Commercial dairy can actually be doing you active harm and can be the cause of many illnesses and diseases.

The reason it's not good for you is because commercial dairy cows are often raised on high-protein, soy or corn-based feed, instead of the fresh, chemical-free green grass that is their natural diet. Instead of free-range grazing in pretty green fields in the open fresh air and sunshine (as their advertisements commonly suggest), a lot of conventional milk can come from cows raised in intensive production systems where they stand in feedlots and manure all day, also known as *confined animal feeding operations (CAFOs)*. Which means: unhappy, unhealthy—sometimes even seriously ill—cows.

If that doesn't gross you the heck out, then here are some more points on what else is wrong with commercial dairy:

1. Dairy cows are forced into continuous birthing and lactation.

Breeding methods produce cows with abnormally large pituitary glands so that they can produce three times more milk than they're supposed to. This is not normal. We should not be tampering with nature, let alone consuming milk from these innocent domesticated animals.

Dairy cows are forced to start giving birth at about two years of age (crazy, huh?), then re-inseminated about 60 days after every birthing to maintain a yearly schedule.

“To maintain high milk production, dairy operators want the cows to give birth as often as possible. Reproduction is often manipulated with artificial insemination to ensure the cow will calve and reach peak milk production quickly.”¹

2. Most conventional milk is pasteurised and homogenised.

Pasteurisation completely sterilises the liquid by heating the milk to approximately 140 degrees Celsius for a second or two. The milk can become virtually devoid of all nutrients with virtually no significant health benefits at all. They then have to add back in things to call it 'milk'. Regulatory bodies would have you believe that pasteurisation of milk is necessary because it protects you from deadly pathogens contained in raw milk. However, if cows are raised as nature intended—free-range and grass fed and finished—then more often than not there's no need to process the milk these healthy and happy animals produce. However, due to the filthy and overcrowded disease-laden conditions cows are forced to live in these days, they are given large quantities of antibiotics, vaccines, vitamins and other potentially toxic drugs to prevent disease and infection. Which then you are ingesting... gross!

“Pasteurization transforms the physical structure of the proteins in milk, such as casein, and alters the shape of the amino acid configuration into a foreign protein that your body is not equipped to handle. The process also destroys the friendly bacteria found naturally in milk and drastically reduces the micronutrient and vitamin content.”²

When pasteurised milk is also homogenised, a substance known as *xanthine oxidase* is created. This compound can play a role in oxidative stress by acting as a free radical in your body. And just a reminder: free radicals can cause cancer.

3. Newborn calves are taken away from their mothers.

“After birthing, the calves are often immediately taken away from their mothers. While the female calves remain on the farm to replace other “spent” dairy cows, the male calves, often called the “unwanted by-product” of the dairy industry, are usually shipped to auction and sold to veal operations.”³

The fear, sadness and anger that those little calves and mothers experience the moment they are separated is deeply ingrained in their psyche. Fear is energy and it becomes embedded in their cells, which is not something you want to be consuming.

BUT DON'T I NEED CALCIUM FOR MY BONES?

As Dr. Robert Thompson M.D. describes in his excellent book *The Calcium Lie*, your bones are composed of at least a dozen minerals, and if you focus exclusively on calcium supplementation you are likely going to worsen your bone density, and can actually increase your risk of osteoporosis.

We need to focus on the whole picture here and not just one vitamin. We must always take a holistic approach to our health and wellbeing.

Collards and other leafy greens can have about as much or if not more calcium than milk by the cup. Greens, unlike milk, have the added benefit of vitamin K, also necessary for strong bones.

The following foods are also high in calcium:

- + Fresh, dark-green vegetables like spinach, kale, turnips, and collard greens
- + Sesame seeds and almonds (activated, of course)
- + Wild salmon and sardines
- + Rhubarb
- + Okra
- + Onions. They're high in gamma-glutamyl peptides that have also been shown to increase bone density.



For a more comprehensive list of calcium-rich foods check out the *International Osteoporosis Foundation's website*.

BUT WHAT IF I LIKE THE TEXTURE OF MILK IN MY TEA OR IN MY BREAKFAST?

Any homemade activated nut milks such as almond and macadamia or coconut milk are super tasty alternatives to dairy.

Stay away from soy and store bought rice and nut milks as they usually contain a whole host of other nasties plus loads of hidden sugars. Make sure you read the ingredients list, but it's always best to make your own—that way you know exactly what is going into your body.

If you can get dairy direct from a reliable organic and free range source, then fantastic! But you will have to do your research here and stay dialled in on how your body feels when trying to digest dairy.

Organic grass fed butter is one of my favourite fats, and since you are most likely going to cook with it, you are going to be pasteurising it yourself anyway so there is no need to go hunting for unpasteurized butter that can cost a small fortune.

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Ghee, or clarified butter, is an ancient Ayurvedic preparation of butter whereby the milk solids have been removed. It is also one of my favourite forms of saturated fats. Not only does it taste like creamy caramel, but is great for people who are lactose intolerant, epic in desserts, stable at room temperature, has a high smoking point when cooking so the delicate fats do not spoil, is rich in vitamins A, D, E and K and is high in Omega-3 fatty acids. Those smart Indian vegetarians have known about ghee for thousands of years... hop on the ghee wagon, it's loads of fun!

THE FATTY LATTE.

The fatty latte is my morning drink of choice. This is what I have for breakfast most mornings. It's high in saturated fats and keeps me full until lunch time, giving my digestion a nice morning rest. The added spices make it medicinal and give it a super delicious taste. I also like to add matcha green tea powder to increase my morning antioxidant intake.

Expand your mind with these recommended resources:

- ¹ For more information about dairy you can *watch this video* from Dr Mercola.
- ² Read *The Raw Milk Revolution* by David E. Gumpert.
- ³ Read this article: *Does drinking milk cause upper respiratory congestion?*



Fatty Latte

WHAT YOU NEED

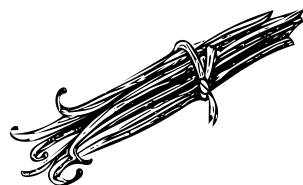
1 tbs raw grass fed butter or ghee
1 tbs coconut oil or MCT oil
1 tsp cinnamon
3 drops of liquid stevia or ¼ tsp green stevia powder
½ to ¾ cup hot filtered water (or a brew of tea such as Yerba Mate)

2 tbs Great Lakes Gelatin or Collagen
Pinch nutmeg
Pinch vanilla bean powder
1 tsp matcha green tea powder (optional)
1 tsp passion flower powder (optional)

WHAT YOU DO:

Step 1 Place all ingredients into blender and mix on high until creamy.

Step 2 Pour into a mug or glass and garnish with cinnamon.



The Glueyness About Gluten

Like I mentioned before, the best book you could ever read on the topic is *Primal Body Primal Mind* by *Nora Gedgaudas*, but I will give you my humble opinion on this sticky topic.

But first, what is gluten?

Gluten (from the Latin word *gluten*, meaning “glue”) is a protein composite found in wheat and other related grains. Gluten gives elasticity to dough, helping it rise and keep its shape and often gives the final product a chewy texture. Gluten is found in most processed and packaged foods and is also found in some cosmetics, hair products, and other skincare products.

WHAT GRAINS CONTAIN GLUTEN?

- » Wheat
- » Rye
- » Barley
- » White Flour
- » Whole Wheat Flour
- » Durum Wheat
- » Graham Flour
- » Triticale
- » Kamut
- » Semolina
- » Spelt
- » Wheat Germ
- » Wheat Bran
- » Most processed and packages foods

WHY IS GLUTEN NOT PART OF THE GLOW KITCHEN FOOD PHILOSOPHY?

Wheat contains gliadin molecules and when gliadin in gluten becomes water soluble, it is free to bind to cells in your body. If you are sensitive (meaning your body is compromised in any way, like through leaky gut, candida, inflammation, an illness or disease etc.) your body will make antibodies to gliadin and attack the cells gliadin has attached itself to, treating those cells as an infection. This immune response damages surrounding tissue and has the potential to set off or exacerbate MANY other health problems throughout your body and mind, which is why gluten can have such a devastating effect on your overall health. Gluten can also trigger an *immune response that damages your intestines*, preventing them from absorbing vital nutrients and causing inflammation in the gut. Sounds fun... NOT!

Even those who don't have celiac disease or an intolerance can still really benefit from cutting out the glue. Many people have reported weight loss, less bloating, increase in energy, clearer skin, luscious hair, stronger nails, less stiffness, brighter eyes, better concentration and overall health and mood improvements when they switch to a gluten free life.

If that's not enough to make you cut the glue then I don't know what is!

GLUTEN FREE GRAIN-LIKE ALTERNATIVES

When you are eating a nourishing diet high in good quality saturated fats and fresh veggies, you won't need grains to 'fill you up' so to speak. I personally don't eat any but if you want some gluten free alternatives try these:

- + Quinoa
- + Amaranth
- + Millet
- + Buckwheat

Or you can try my delicious Pop-Eye Spinach Bread.

This bread is jam-packed with nutrients and will still give you that feeling of eating bread whilst you wean off the glue.





Pop-Eye Spinach Bread

WHAT YOU NEED

9 eggs (organic or free range)
1 clove garlic, minced
Salt and pepper (to taste)

Olives, pitted
Coconut oil or raw butter to grease bread tin
1kg of organic frozen spinach, thawed

WHAT YOU DO:

Step 1 Preheat oven to 180 degrees Celsius.

Step 2 Whisk eggs, garlic, salt and pepper in large bowl.

Step 3 Using a strainer, drain all excess liquid from the thawed spinach, then whisk it into the egg mixture.

Step 4 Throw in any ingredients you fancy to spice it up, like chopped olives, vegetables, cured meats and pour into a bread baking tin which is lined and greased with raw butter or coconut oil.

Step 5 Bake on 180 degrees until firm to touch.

Step 6 Let it cool, slice with a bread knife to serve.

HOT TIP:

This delish 'bread' tastes best served with avocado, cultured vegetables, pâté or on its own.



Sugar: The New Crack

If you want to be fabulously healthy and bursting with love, you have got to kick sugar to the curb. I used to have the biggest sweet tooth and was always drinking caramel lattes and chewing on lollies, but I quit sugar a few years ago and have never felt better. I have more energy, clearer skin, brighter eyes, and no more cellulite or cravings. Plus, as a mega bonus, I am a much happier and nicer person.

So, why is refined sugar so bad for your health?

The thing with sugar is it's highly processed and refined and has actually been dubbed an 'anti-nutrient'. It contains 'empty' or 'naked' calories, so to speak. This means that when you consume white sugar, your body doesn't know what to do with it. It gets confused and can leach the missing nutrients from your blood, bones, hair, skin and nails in order to effectively digest and process the strange substance it's just encountered. This means eating sugar may slowly use up your body's supply of calcium, potassium, thiamine, chromium and vitamin C. Which is *not* something we want to have going on inside us.

Refined white sugar is empty calories with no nutritional value whatsoever.

The bad thing is: refined sugar is in almost EVERYTHING. It can even be disguised under different names like maltose, dextrose, sucrose, glucose and High Fructose Corn Syrup (HFCS).

H O T T I P :

ALWAYS READ THE INGREDIENTS LIST ON EVERYTHING!

You will notice that most of my desserts contain stevia. This is my sweetener of choice. Stevia is a natural plant that doesn't spike your body's blood sugar or cause it to leach minerals from your bones, making it an excellent healthy sugar alternative.





Lemon Curd Pie

WHAT YOU NEED

For the base

2 ½ cups desiccated coconut
½ tsp vanilla bean powder
½ tsp cinnamon
2-3 tbs coconut oil
1 egg (organic or free range)
Pinch of salt
½ tsp liquid stevia

For the curd

¼ cup lemon juice
6 tbs coconut oil
3 eggs (organic or free range)
Zest of two lemons
½ tsp liquid stevia (adjust to desired taste)

WHAT YOU DO:

- Step 1* Preheat oven to 140 degrees Celsius. Add all the base ingredients to a bowl and mix with a fork until sticky and almost dough-like. If mixture is too dry, add a touch more coconut oil.
- Step 2* Press base mixture into a 24 cm pie pan and build up the sides about 1 cm high. Make it nice and packed down and firm. Bake in oven until golden brown, then remove and allow to cool. Crust should pop out of the pie pan easily so you can place it on a plate free standing.
- Step 3* Whilst crust is cooling it's time to make the curd: Add eggs and coconut oil to small sauce pan and whisk over gentle heat until coconut oil is melted. Make sure you stir constantly to avoid clumps. Once oil is melted, add lemon juice, lemon zest and stevia and keep stirring until it becomes thick (approximately 5-10 minutes).
- Step 4* Take off the heat and press through a fine strainer directly into the crust, leaving only zest in the strainer. Be sure to scrape the curd off the bottom of the strainer. Gently shake the crust until the filling is level and covers the whole base. Serve warm and runny, or leave it in the fridge until set. Eat and thank me later ;)

HOT TIP:

To turn this pie into a cheesecake, simply bake it in the oven on 160°C for a few minutes until it starts to go golden. Curd one day, cheesecake the next!



If you are still not convinced, here are 12 more reasons to quit refined sugar:

- » Sugar can suppress your immune system.
- » Sugar consumption has been associated with depression.
- » Sugar raises insulin and causes unstable blood sugar levels.
- » Sugar may cause mood swings.
- » Sugar has been proven to contribute to diabetes.
- » Sugar can make you gain extra body fat.
- » Sugar can give you cellulite.
- » Sugar has been linked to cancer.
- » Sugar can mess with your hormones.
- » Sugar leads to tooth decay.
- » Sugar can cause bone density loss.
- » Sugary can fuel excessive, inappropriate inflammation that serves no useful purpose and promotes aging and disease.

But don't worry! There are awesome sweet alternatives you can try. Be aware though that like everything else, these alternatives must still be had in moderation. Don't go nuts.

STEVIA

As mentioned above, this is my sweetener of choice and it's the only one we have in our house—you only need the tiniest amount for a beautiful, sweet flavour. The green leaves are better for you than the white powdered version. You can also grow your own stevia plant in your back garden or buy a quality stevia leaf juice extract or liquid.



YACON

Yacon is a close relative of the sunflower and the Jerusalem artichoke. The sugars in Yacon do not get absorbed into your bloodstream. They pass through your digestive tract, feeding beneficial gut bacteria on the way through, and out your bot-bot. It's an incredible sweetener with loads of health benefits and I am amazed it is not more widely known or popular! Never tried it? Give it a go. You will be pleasantly surprised.

COCONUT SUGAR

I am a massive fan of anything coconutty, however I find this a bit too sweet for me.

ORGANIC RAW HONEY

Use honey in moderation, as it's still very high in fructose and glucose. Bonus points if you get organic, raw and local.

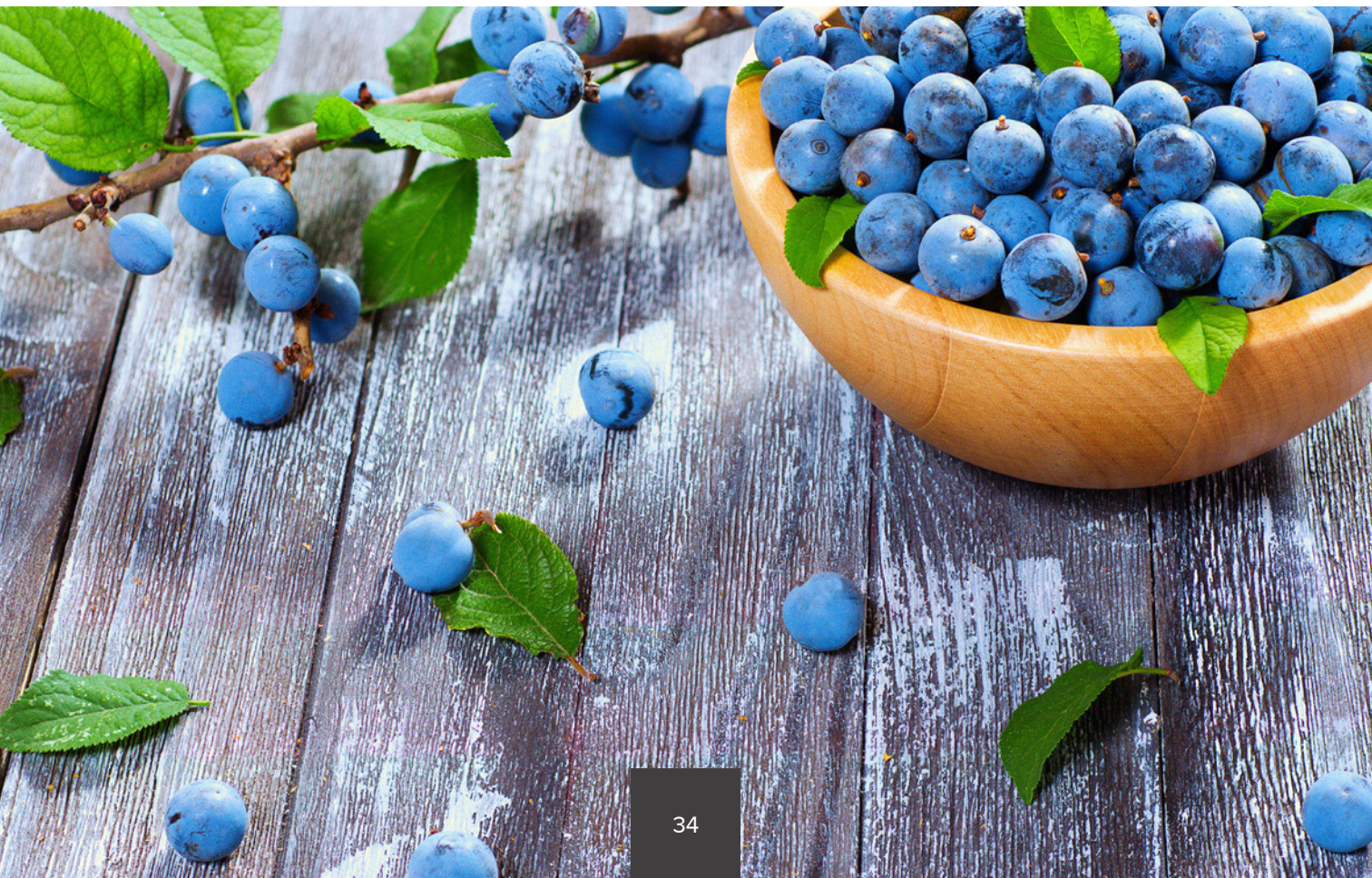
FRUIT OR DRIED FRUIT (SUCH AS DATES, FIGS AND APRICOTS)

You can stew fruits and add them to your dessert. After quitting sugar, I now find fruit way too sweet—one date is even too much for me. You may find this happen to you also.

ORGANIC MAPLE SYRUP

Maple syrup is great for cooking, but make sure that you get the organic real deal and that it doesn't have any other added nasties.

All of these following desserts are meals in themselves. And because some are jam-packed with the goodness of organic eggs, you could occasionally eat them for lunch or even brekkie ;)





Coconut Cream Pie

WHAT YOU NEED

For the crust

2 ½ cups desiccated coconut
¼ tsp stevia
5 tbs coconut oil
½ tsp vanilla powder
¼ tsp cardamom (optional)
¼ tsp nutmeg (optional)
½ tsp cinnamon (optional)
2 pinches sea salt

For the creamy filling

Flesh of 2 fresh young coconuts
Juice of 1 fresh coconut
2 tbs Great Lakes Gelatin (red package)
1-2 heaped tbs SurThrive Colostrum powder (optional)
¼ tsp stevia
¼ tsp vanilla powder
½ cup boiling water
Pinch of salt

CRUST | WHAT YOU DO:

- Step 1* Blend all ingredients together in a food processor until it's all mixed really well and feels sticky enough to press into a pie pan. Even if it feels quite loose, you will be able to compress it really hard into the pie pan and the coconut oil will set it in the fridge to form the crust.
- Step 2* Get a 25 cm non-stick pie pan with a removable base. Line the base with non-stick paper and then press the crust mix in until flat, even, and hard all over. You can build the mix about 1.5 cm up the sides to create a crusty edge, or you can just make a thin base layer (as pictured).
- Step 3* Put in fridge or freezer while you make the filling.

FILLING | WHAT YOU DO:

- Step 1* Soak gelatin in 3 tbs of water.
- Step 2* Blend all ingredients together (except for the gelatin and water) in a Vitamix or food processor. Blenders like the Vitamix will give the smoothest, creamiest filling.
- Step 3* Slowly pour gelatin into boiling water while stirring until dissolved.
- Step 4* With the blender on medium speed, slowly add the gelatin and water mix and blend for 15 seconds.
- Step 5* Pour the filling into the pie pan which should be firm by now.

Step 6 Put the pie in the freezer or fridge for around one hour, take out, place on an upside down large bowl and gently push down so that the base slides up leaving just the circular base of the pie pan.

Step 7 Place gently onto a serving plate and enjoy! You can mix a pinch of vanilla powder with some fine desiccated coconut and sprinkle from a height over the pie for added texture and vanilla scrumptiousness.

H O T T I P :

You can use this recipe as a base and add more super foods to mix it up. Stirring in small wild berries or bee pollen would look amazing. Just about anything will work.

It's way more than a dessert because it is truly good for you, unlike most raw desserts which generally have too much sweetener, nuts and seeds. This recipe is seed, nut and sugar free (apart from the natural sugars in the coconut), easy to digest, packed with probiotics and will give you as much energy as a hearty big meal.





My Style Lemon Souffle

Makes 3

WHAT YOU NEED

3 eggs (organic or free range)
6 tbs extra virgin coconut oil (gently melted)
100ml lemon juice
2 tbs filtered or spring water

Pinch of salt
½ tsp liquid stevia (or to taste)
Big pinch vanilla bean powder (optional)
Lemon zest to serve on top (optional)

WHAT YOU DO:

- Step 1* Preheat oven to 160 degrees Celsius.
- Step 2* Blend all ingredients on high for 10 seconds.
- Step 3* Pour into ramekins and bake for 20-30 minutes or until lightly golden.
- Step 4* Eat hot for a silky smooth and fluffy soufflé, or cold for more of a cheesecake texture.

HOT TIP:

Not all ovens are accurate. Try using an oven thermometer to keep the temperature at 160°C to avoid the soufflé from separating.





Chocolate and Orange Tart

WHAT YOU NEED

For the base

2 ½ cups desiccated coconut
½ tsp vanilla bean powder
½ tsp cinnamon
4 tbs coconut oil
1 egg
Pinch of salt
½ tsp liquid stevia

For the filling

Zest and juice of 2 oranges
¼ tsp liquid stevia (or to taste)
3 eggs (free range and organic)
6 tbs coconut oil
3 tbs cacao powder
2 tbs cacao butter, melted

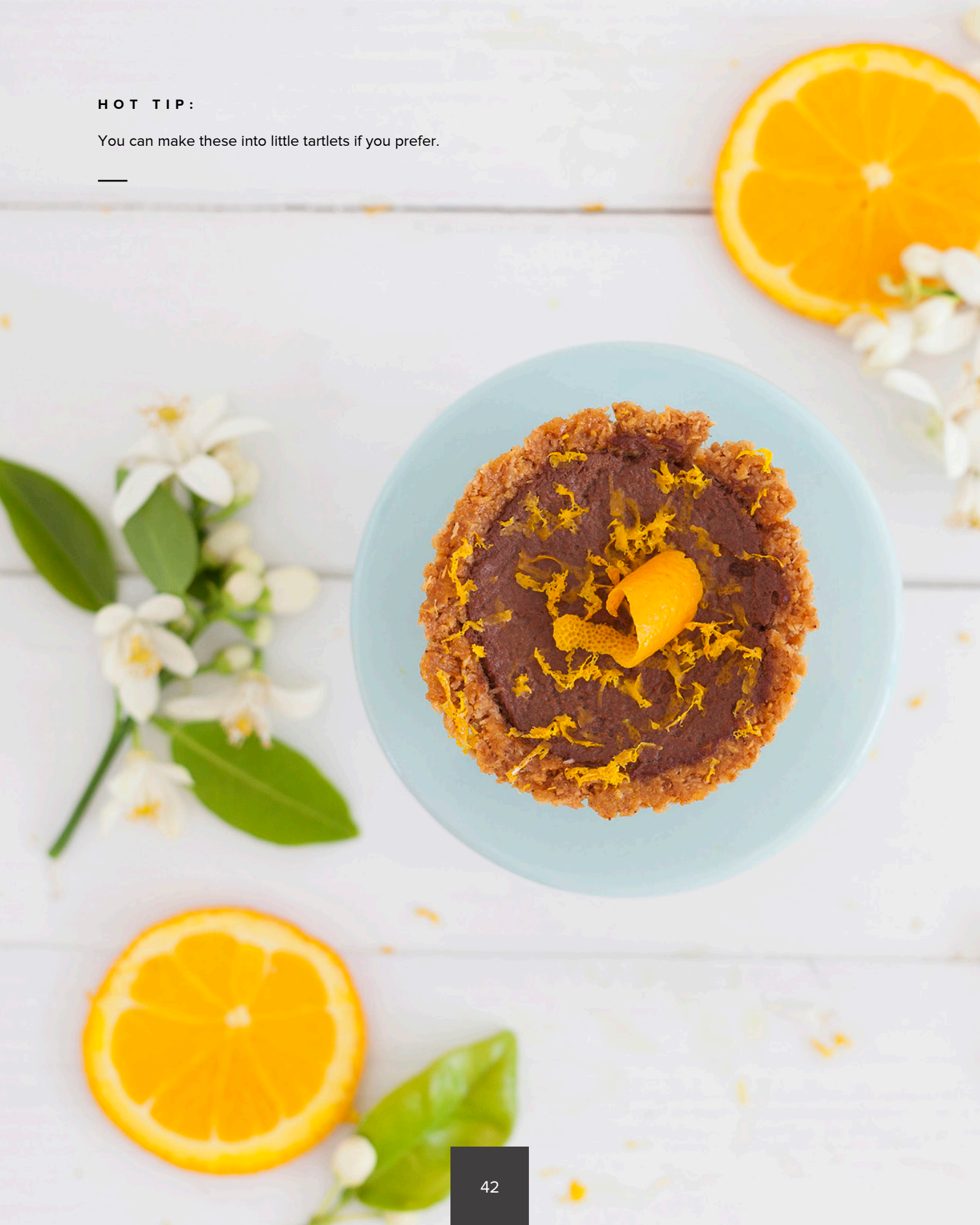
WHAT YOU DO:

- Step 1* Blend all base ingredients in food processor.
- Step 2* Line the base of a pie pan with non-stick paper. Press base mixture into the pan and up the sides about 1 cm high. Make it nice and packed down and firm.
- Step 3* Bake in an oven on 140 degrees until golden brown, then remove from oven to cool down.
- Step 4* Whisk eggs in a saucepan. Add coconut oil and place on a gentle heat until oil is melted into eggs while stirring constantly to avoid the eggs clumping.
- Step 5* Once melted, add orange juice, orange zest, cacao and stevia. Keep stirring until the mixture starts to get silky. Avoid it getting too thick as the oil will separate.
- Step 6* Take off heat. Press the mixture through a strainer into the cooled base, leaving only zest in the strainer. (Be sure to scrape the filling off the bottom of the strainer!) Shake the pan until the filling covers the whole base evenly.
- Step 7* Place in fridge to set (approximately 2 hours). Serve with grated orange zest on top.



HOT TIP:

You can make these into little tartlets if you prefer.





Blueberry Mousse

WHAT YOU NEED

1 cup frozen blueberries
1 tbs ghee
½ tsp vanilla bean powder

½ tsp cinnamon
1 tbs Great Lakes Gelatin (red package)
Filtered water

WHAT YOU DO:

- Step 1* Blend blueberries, vanilla, cinnamon, and ghee with ½ cup of water until very smooth.
- Step 2* Stir gelatin into ¼ cup room temperature water until smooth, then add ¼ cup boiling water and stir until dissolved.
- Step 3* With the blender on low speed, pour in the gelatin water mixture, then blend on high speed for one minute.
- Step 4* Pour into glasses or bowls and put in fridge until set.
- Step 5* To serve, sprinkle with cinnamon, coconut or any other topping of your choice.





Coconut Pudding with Sticky Nutmeg Berries

WHAT YOU NEED

For the coconut pudding

400ml tin coconut milk
½ tsp vanilla bean powder
Stevia (to taste)
1 ½ tbs Great Lakes Gelatin (red package)
¼ cup filtered water
Pinch of salt

For the sticky berries

1 cup frozen mixed berries
½ tsp ground nutmeg (or any other spices such as cinnamon or star anise)

COCONUT PUDDING | WHAT YOU DO:

- Step 1* Gently heat all ingredients except water and gelatin, in a saucepan for 15 minutes to let flavours blend.
- Step 2* Dissolve gelatin in water, then add to coconut liquid in saucepan and stir until dissolved.
- Step 3* Pour into 2-3 serving cups and refrigerate for 1-3 hours until custard-like in consistency.

STICKY BERRIES | WHAT YOU DO:

- Step 1* Heat berries in saucepan and stir until reduced and sticky.
- Step 2* Pour on top of each pudding and serve hot.
- Step 3* Garnish with freshly grated nutmeg.





White Mousse

WHAT YOU NEED

1 cup hot (near boiling) filtered water
2 tablespoons of Great Lakes Gelatin (red package)
½ cup unsalted raw butter

3 large eggs (organic or free range)
Ground stevia leaf (to taste)
Ice cubes (non-chlorinated)

WHAT YOU DO:

Step 1 Pour hot water into the blender.

Step 2 Slowly add gelatin and blend on low speed.

Step 3 Add butter, eggs and stevia, and continue blending.

Step 4 As blender whirs, add ice cubes one at a time through the inner lid, until the mixture forms a gel-like consistency.

Step 5 Add to dessert bowls and put in the fridge for 20 minutes.

HOT TIP:

Serve this mousse topped with fresh berries, a dusting of cinnamon or vanilla bean powder, or even some fresh rose petals.



The Root Of Most Disease And Illness

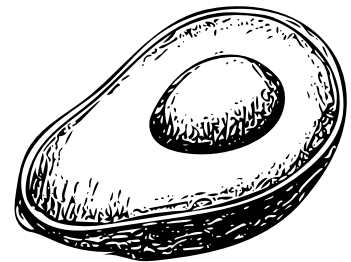
The root of almost all illness and disease is inflammation. And it all starts with inflammation from your food, environment and lifestyle—that's where the seed is planted.

Things in your diet such as gluten, refined sugar, dairy, processed foods, alcohol, coffee, soft drinks, sweets and junk foods can all cause inflammation in the body.

There are also loads of lifestyle and environmental triggers that contribute to the overall inflammation in your body too. Things like your household cleaning products, beauty products, perfumes, pollutants from the air, EMFs, mould, second-hand cigarette smoke and stress just to name a few.

But don't worry, here are some anti-inflammatory foods you can start to add into your diet today:

- ♥ Any organic vegetables, especially green leafy and cruciferous vegetables.
- ♥ Low GI fruits such as apples, kiwis and berries.
- ♥ Avocados.
- ♥ Saturated fats (such as coconut oil, grass fed and grass finished animal products, grass fed or pastured butter, ghee, salmon, sardines, anchovies).
- ♥ Extra virgin organic olive oil.



With all the inflammation-inducing triggers around us, our bodies are incredibly compromised so it's important we do our best to support our temple.

This super fast and simply delicious recipe is rich in omega-3 fatty acids and high in iron. And, of course, it's super-freaking delicious.

Omega-3 fatty acids are healthy unsaturated fats that lower inflammation and reduce the risk of cardiovascular disease.



Grilled Anchovies with Mint & Lemon Dressing & Wilted Wild Greens

WHAT YOU NEED

Fresh whole anchovies
2 tbs raw butter, ghee or coconut oil for grilling
1 tbs fresh mint, finely chopped
2 cloves garlic, finely chopped
Juice of half a lemon

2 tbs olive oil
Salt and pepper (to taste)
Your favourite leafy greens (e.g. spinach, rocket, parsley, coriander, kale, swiss chard, silverbeet)

WHAT YOU DO:

- Step 1* Roughly chop and steam the leafy greens.
- Step 2* Add mint, garlic, lemon juice, olive oil, salt and pepper to a small bowl and mix.
- Step 3* Add butter, ghee or coconut oil to grilling plate and add anchovies. Once one side is cooked and gently browned, turn over and cook other side.
- Step 4* Place greens on plate, then top with anchovies and drizzle with dressing and/or serve dressing on the side with a spoon.

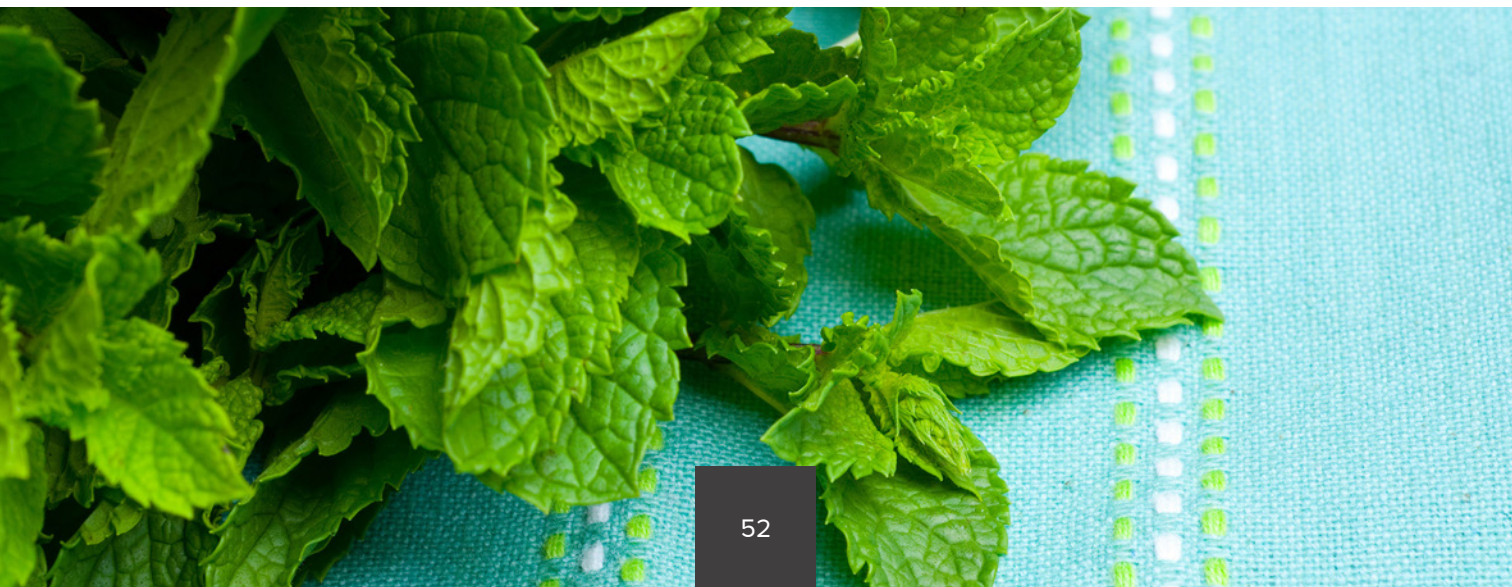
HOT TIP:

For presentation, it's best if the anchovies are cooked on a grill plate so they get grill lines.



Anti-inflammatory lifestyle tips:

- ♥ Change your diet and adopt The Glow Kitchen ways for eating and living.
- ♥ Take omega-3 oils such as fermented cod liver oil and/or krill oil.
- ♥ Drink filtered or spring water throughout the day
- ♥ Meditate daily.
- ♥ Get adequate sleep (approximately 8 hours per night) and go to bed at roughly the same time each night.
- ♥ Take time out for you every day (download my FREE *Self-Love Menu* to make this happen).
- ♥ Spend time outdoors in nature daily.
- ♥ Get 20 minutes of direct sunlight on your skin daily.
- ♥ Do daily movement such as natural whole body movement, yoga, Barre, MovNat, CrossFit, walking, and swimming.
- ♥ Green your home—leave your shoes at the door, and switch to all natural and organic cleaning products.
- ♥ Be conscious of what you put on your skin—use natural and organic beauty products; ditch perfumes and anything else toxic.
- ♥ Be mindful of second hand smoke and try to avoid it at all times.
- ♥ Turn off your wifi every night or whenever you aren't using it.
- ♥ Don't burn toxic candles and incense; use beeswax candles or organic essential oils.
- ♥ Open the windows and let in fresh air daily, especially in winter.
- ♥ Open the blinds to let in the sunlight daily.
- ♥ Get indoor plants to help detox and nourish the air.



The Principles Of Food Combining

For many years, I battled with candida, yeast infections, depression, leaky gut syndrome, fatigue, hormone imbalance, bloating, acne and eczema. It wasn't until I read *The Body Ecology Diet* by Donna Gates that everything changed for me. I learned that those health issues were dramatically affected by what I was eating and absorbing (or *not* absorbing). Donna says, **'it's not what you eat but what you absorb'**. You can be eating all the most amazing organic, wild caught, grass fed foods, but if you aren't digesting and absorbing the nutrients from it then *Houston, we have a problem!*

To give you a brief run down, *The Body Ecology Diet* offers a back-to-basics approach to restoring health and vitality. The digestive system is intimately linked to the immune, endocrine, circulatory and central nervous systems. Profoundly affecting all these interlocking systems is an amazing world of friendly bacteria. The Body Ecology Diet and associated products are all specifically designed to help cultivate, nourish, cleanse, and repair this abundant inner ecosystem.

There are three basic principles which you can implement today that can dramatically enhance your digestion, give you more energy and help you lose (and keep off) the weight:

1. Eat low GI fruit (such as apples, berries and kiwis) alone and on an empty stomach.

Fruit digests a lot slower than other foods, and if eaten together, will sit on top of your food and ferment. This can cause all sorts of health issues and encourages the growth of yeast and other pathogens.

2. Eat proteins with non-starchy veggies and/or ocean vegetables.

I am going to hand this one over to Donna Gates:

"When you eat proteins like poultry, fish, meat, and eggs, your stomach secretes hydrochloric acid and the enzyme pepsin to break down the food in a highly acidic environment. When you eat starches like potatoes or bread, your stomach secretes the enzyme ptyalin to create an alkaline condition.

If you eat proteins and starches together, they tend to neutralize each other and inhibit digestion. The poorly-digested food travels through the digestive tract reaching the intestines where it putrefies and causes your blood to become acidic. It also provides a welcome environment for disease-causing pathogens!"

3. **Eat grains and starchy veg with non starchy and/or ocean veg.**

The best grain-like seeds are amaranth, quinoa, buckwheat and millet. They are high in protein, rich in B vitamins, gluten free and feed the beneficial bacteria in your inner ecosystem.

Starchy veg include pumpkin, butternut squash, artichokes, peas and sweet potatoes.

Non-starchy veg include leafy greens, broccoli, asparagus, cauliflower, carrots, bok choy, cabbage, celery, lettuces, green beans, garlic, fennel, onions, chives, turnips, sprouts, red radish, yellow squash, zucchini and cucumber.

Ocean vegetables include dulse, nori, kombu, agar-agar, hijiki, wakame and arame.

This curried egg recipe is one of my favorites recipes. It's super quick and easy and is jam-packed with protein and nutrients from all the delicious spices. Because it's a protein-based recipe, according to Donna's food combining principles, you shouldn't eat it with grains and should wait four hours after eating it before chowing down on your next meal.





Curried Eggs

WHAT YOU NEED

3 whole hard boiled eggs (organic or free range),
peeled
4 small fresh curry leaves
1 tbs coconut oil
½ red onion, finely sliced
3 garlic cloves, sliced
1 mild or hot large red chilli, sliced lengthways
1 mild or hot large green chilli, sliced lengthways
2 cm sliced ginger

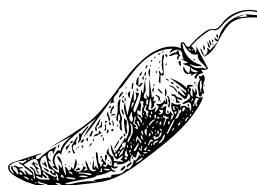
¼ star anise
¼ tsp cardamom
¼ tsp black pepper
½ tsp cinnamon
1 tsp turmeric
Pinch of salt
2 pinches of coriander powder
Chilli powder (to taste)

WHAT YOU DO:

- Step 1* Add curry leaves and onion to a fry pan with 1 tablespoon coconut oil and cook gently until soft.
- Step 2* Add chilli, ginger, garlic and spices. Stir until fragrant.
- Step 3* Add eggs and toss through the mix and serve.

HOT TIP:

Serve with a side of cultured veg.
My favourite quick dish! Yum!



Other helpful tips:

- + Don't drink cold water with ice, it creates extra work for your body to bring it to body temperature.
- + Wait 3 hours after eating a grain-based meal before you have a protein meal to make sure your food has been digested properly.
- + Wait 4 hours after a protein rich meal before eating again, to make sure you have fully digested your food.
- + Eat a heaping tablespoon of cultured vegetables with every meal.
- + Try my lemon electrolyte digestive tonic with, during or after your meals. This tonic acts as a digestive aid and is a great substitute if you are used to drinking water with your food.



Lemon Electrolyte Digestive Tonic

WHAT YOU NEED

Juice of half a lemon
1 cup of filtered water, room temperature
¼ tsp sea salt

WHAT YOU DO:

Step 1 Add everything to a glass and stir. Sip before, during and after your meal.

Step 2 Be mindful not to guzzle your drink and sip slowly to aid digestion.





Love Your Guts Cultured Veggies

WHAT YOU NEED

400g red cabbage
200g granny smith apples
250g carrots
Small knob fresh ginger (optional)
1 small clove fresh garlic (optional)
6 tbs goji berries

½ tsp organic raw honey
1 tsp sea salt
½ sachet Body Ecology Culture Starter
½ tsp Body Ecology Eco Bloom (optional)
400 mls Body Ecology Passionfruit Biotic or water, sufficient to cover all ingredients

WHAT YOU DO:

- Step 1* Sterilize all utensils in boiling water.
- Step 2* Thoroughly wash all ingredients.
- Step 3* To make starter mixer: mix honey, culture starter and Eco Bloom in ½ cup of filtered lukewarm water in a small bowl and place to the side for 20 minutes.
- Step 4* Shred the carrots, apples and cabbage in a food processor, then transfer to a large mixing bowl.
- Step 5* Peel and mince the garlic and ginger and add to the mixing bowl.
- Step 6* Add starter mixture to vegetable mix and combine all ingredients together.
- Step 7* Now it's time to start layering the veggies. Place a layer of the veggie mixture into the bottom of a sterile 1 litre glass air-tight jar. Pour sufficient Passionfruit Biotic or water over the top to cover, then press the liquid into the ingredients. Repeat layer by layer, packing the ingredients tightly into the jar until the entire mixture is used. Let the liquid seep into the mixture, making sure the liquid covers all ingredients. Leave 3 cm of space from the top. Firmly place lid on jar and place jar on tray to catch any overflow of juices during fermentation process.
- Step 8* Keep jars at room temperature—around 22°C (if room is colder, place jar in insulated storage) and keep them away from direct sunlight. Leave them to ferment for 3-5 days if you prefer a crunchy texture, or 10 days for a softer texture. Avoid opening the jars whilst fermenting unless the vegetables need to be pushed back down under the water, as they can sometimes rise to the top and be exposed to air.

Step 9 Once the veggies are fermented to your liking, place the jars in the fridge. Stored correctly, unopened cultured vegetables will keep up to 5 months in refrigeration and opened for up to 6 weeks.

Step 10 After opening the jar, to keep the ingredients moist, Passionfruit Biotic can be added at regular intervals. Love your guts!

H O T T I P :

Cultured vegetables are the ultimate superfood. They are jam-packed with the beneficial bacteria that is so essential to our guts. They are a great detoxifier and contain much higher levels of probiotics than store-bought probiotic supplements, making them ideal for optimising your gut flora.



Organic vs Non Organic

It has been scientifically proven time and time again that certified organic food free from chemicals, pesticides, herbicides and growth hormones is better for you.¹ It confuses the heck out of me as to how some people can think ingesting chemicals, pesticides, herbicides and growth hormones is good for you. Someone please enlighten me! There is a lot of conflicting information out there on the interwebs (I know), but the thing is there will always be a pro and against argument for EVERYTHING. Some people will argue whether the sky is blue just because they like the sound of their own voice. Your job is to take what you believe and leave the rest. Do your research then ask yourself, what do *I* believe to be true? What resonates with *me*? Not what your mother or father or even high school teacher believe, but what do YOU believe?

Despite knowing that eating chemicals, pesticides, herbicides and growth hormones are detrimental to your health, I still often hear people commenting on the price of organic and chemical free food. You can't put a price tag on your health and vitality. It truly is priceless. If you start to invest more in organic food, you will be spending less on doctors bills and pills down the track.

There are no medicine cabinets jam-packed with pills in our house—no Panadol, Nurofen, cough medicine or antibiotics. Why? Because we don't need them. Our diet gives us all the nutrients we need to thrive, not just survive. If I have a headache, I don't down a pill; I check in with myself to see what's going on. Maybe there's something emotional that's bothering me, or perhaps I haven't drunk enough water that day. These things need to be considered. Now, I am not saying don't take the pills if it's right for you; I don't know what's right for you because I am not in your body. But I do want to inspire you to use your food as medicine. Always turn to the natural option first before you reach for synthetics.

IF YOU THINK ORGANIC FOOD IS TOO EXPENSIVE, HERE ARE A FEW SUGGESTIONS YOU CAN TRY:

- ♥ Shop at your local farmers' markets. It is often much cheaper than heading to your supermarket. It also means you are supporting the local farmers and your money is going straight to the source. Depending on where you live, I am sure you will have a market or even a few markets near by—this is where Google is your friend.
- ♥ Schedule your market outing in your digital calendar every week to repeat and make it a non-negotiable. I head to my farmers' market every Saturday morning and I work my day around it. I seriously love it! And the best part is I can fill up my entire basket with fresh, organic, chemical free veggies for around \$60. I believe we vote with our dollar so every time you are handing over cash you are saying you believe in that product or service... something to be mindful of.

- ♥ Going to the markets is the first step to improving your health and wellness, but if you want to take you and your family's health and wellbeing to the next level, you could even start to grow some of your own herbs and veggies. You could start with a little windowsill box, a few boxes on your balcony, or a patch in your backyard. Start small, then grow to become completely self-sufficient, if you wish (that's my aim).
- ♥ Do a 'cow share'. Ask your local organic butcher if they do animal shares. Animal shares are when you and a few other families buy the whole animal. Your butcher will obviously cut it up for you, but it's a lot cheaper than buying individual cuts of meat. You will need a big freezer to store all your cuts of meat though.
- ♥ Eat 'nose to tail'. Instead of buying all the expensive cuts of meat, try offal and cheaper cuts. You should be mixing up your meats each week anyway to make sure you are getting a variety of nutrients. Offal is loaded with nutrients and is incredibly good for you.
- ♥ Don't buy your coffee every day. Not only will your health improve, but that money can go toward your organic veggies instead.

These simple little tweaks will make a big difference.

And if you are still getting used to the whole organic thing check out my list of the 'Dirty Dozen' and the 'Clean Fifteen'. This is a guide of the 12 foods you *must* buy organic and the 15 foods that have the least amount of chemicals exposure.

Remember, a diet stacked with loads of fresh fruit, vegetables, activated nuts and seeds, organic grass fed and finished meats, organic eggs, cultured vegetables, sea vegetable and clean water is the best thing you can do for your health and happiness. A diet high in this good stuff outweighs the exposure to pesticides. However, you can use the *EWG's Shopper's Guide to Pesticides* to reduce your exposure and really take your health and life to the next level.

So, to reiterate:

The Dirty Dozen are 12 foods that you should buy organic. They absorb the most chemicals and should be avoided at all cost.

The Clean Fifteen you can get away with in a pinch buying conventionally.

Ultimately buying all organic produce is best! However, if you can't buy everything organic, referring to these two lists will help reduce your exposure.



THE DIRTY DOZEN:

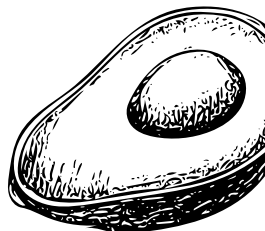
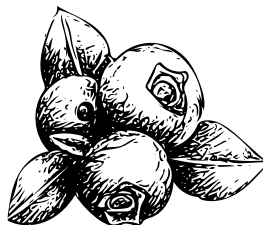
Must buy Organic

1. Apples
2. Celery
3. Strawberries
4. Peaches
5. Spinach
6. Nectarines (imported)
7. Grapes (imported)
8. Sweet bell peppers
9. Potatoes
10. Blueberries (domestic)
11. Lettuce
12. Kale/collard greens

THE CLEAN FIFTEEN:

Try to buy organic

1. Onions
2. Sweet corn
3. Pineapples
4. Avocado
5. Asparagus
6. Sweet peas
7. Mangoes
8. Eggplant
9. Cantaloupe (domestic)
10. Kiwi fruit
11. Cabbage
12. Watermelon
13. Sweet potato
14. Grapefruit
15. Mushrooms



HOT TIP:

If you want to make getting your glow on super easy, print this out or save this list in your phone. That way when you get to the supermarket or market, you won't forget what was dirty and what was clean. This helped me a lot whilst I was learning. Another rule of thumb is that most of the Dirty Dozen are things you eat entirely, skin and all (think apples, strawberries and celery). And the Clean Fifteen are things with a thick skin such as avocados, pineapple and watermelon. It makes sense, huh?!

ORGANIC VS CERTIFIED ORGANIC

I also think it's imperative to mention that there is a difference between something that's labelled 'organic' versus 'certified organic', so make sure you check your packets (that is, if you are buying things out of a packet) and ask your farmer. Some farmers use no chemicals but can't afford the organic certification, which in that case means you can purchase their produce if you trust them. You as the consumer have a right to know how the produce you are feeding yourself and your family has been handled, so don't be afraid to ask. I get all my produce from *Field To Feast*. Their produce is chemical and pesticide free, but they don't have the organic certification. I have been to their farm three times and know they have good practices because I have seen it with my own eyes. Get to know your farmer and find out this type of information for yourself. You deserve to know exactly where and how your food is grown.

HOW TO STORE YOUR PRODUCE TO GET THE MOST OUT OF IT

Because organic produce hasn't been genetically modified or sprayed, sometimes it might not look as shiny and perfectly shaped as conventional produce, or it may not last as long. However, here are a few storage tips that will extend the life of your produce.

(P.S. Remember to treat your produce with love and care: it's a living organism and can feel it. Vitamin L all the way, baby!)

- ♥ Wash all your produce in filtered water when you get home from the markets.
- ♥ Store leafy greens in veggie bags in the correct part of your fridge (those veggie draws are there for a reason... use them!).
- ♥ Store meat in glad wrap, then wrap newspaper around it before freezing and write what it is on the newspaper. This stops that dreaded 'freezer burn'.
- ♥ Store herbs in glass jars with a little filtered water in the bottom.

ORGANIC DELIVERY BOXES FOR BUSY PEOPLE

I often hear people rationalise that the supermarket is more convenient than farmers' markets. But you know me—never one to accept an excuse! If you want convenience, most cities offer organic fruit and veg delivery boxes to your door so you will never have to go to your supermarket again. Just Google 'organic delivery box' in your area and see what comes up. *Ooooby* in Sydney is my favourite. They deliver to our home every Tuesday. It's also great if you've been away on holidays. Organise your box to be delivered as soon as you get home—this will stop the “let's just get pizza because it's easy” excuse.



Go Wild!

For those of you who have been eating organic for years and want to really step it up and take your health to the next level, it's all about getting *wild*.

What is wild?

Well known re-wilder Daniel Vitalis talks a lot about ReWilding Yourself. Basically, he believes that at the heart of each of our cells resides the ancient record of our DNA. It reaches back through the ages, connecting us to each and every one of our ancestors, and to the wildness that existed in our species before the degenerative process of domestication took hold.

Yes, organic is better than conventional, but a lot of the food we are eating has been domesticated, meaning it has been bred or grown for human consumption. And my goal is to eat as close to nature as possible. Which means eating things from their natural habitat—plants and animals that are thriving and flourishing all by themselves, just as Mama Nature intended.

You might think this level of back-to-nature eating isn't possible in modern day life, but you'd be surprised! We live in the city, and my husband and little boy often go foraging for edible wild greens. They come home with all sorts of amazing things I have never seen or heard of, let alone eaten. Yes, getting organic greens from a farmer is great, but what's even better is picking greens in the wild you've found yourself. They haven't been tampered with or grown for human consumption; they're just doing their *thing* out in the wild.

So if you really want to take your health to the next level, start looking out for wild foods.

FISH

Clearly, wild caught fish is much better than farmed fish. Some seafood farmers feed their fish grains and even have to give them antibiotics because they cram so many fishies in together that they can get infections. So if you live near the water, get out your fishing rod or find a local fishmonger who supplies wild seafood. You can really taste the difference, so make sure you always ask if it's wild or farmed.

MEATS

Obviously, organic grass fed and grass finished meat is going to be better than conventional, but wild is even better. In Sydney, I love *Sam The Butcher* and *Grub* for their organic and wild meats. Ask your butcher if they have any wild foods and if not, this is where Google is your bestie.

FRUIT AND VEGGIES

I love mixing it up with wild edible greens and native Australian fruits—both are delicious. You can also do *edible walking tours* in your area. Or buy a weed forager handbook and head out into the bush—you'll be amazed at what you discover!



Smoky Coconut Broth Poached Fish

WHAT YOU NEED

2 tbs coconut oil
½ medium onion, diced
1 tbs garlic, minced
2 tbs ginger, grated
20g dried porcini or shitaake mushrooms
2 tbs lime juice

2 cups chicken stock or broth (see recipe)
400g can of coconut cream
Salt and pepper (to taste)
1 handful asparagus (optional)
400g white fish or wild salmon

WHAT YOU DO:

- Step 1* Soak mushrooms in 100ml boiling water for 1 hour.
- Step 2* Cook onions in coconut oil on low heat until soft and translucent. Do not overcook or let them go brown. Add garlic and ginger to the pan and cook for a few minutes, again being careful not to let them go brown.
- Step 3* Add lime juice, chicken stock, the water from the porcini mushrooms, and the chopped re-hydrated porcini themselves. Bring to a gentle simmer.
- Step 4* Transfer the mixture to a blender, add the coconut cream and blend until smooth.
- Step 5* Transfer back to pan and bring to simmer. Add asparagus strips (optional) and cook until tender (about 20 min) on a very gentle simmer with lid on.
- Step 6* Cut fish into 4 pieces and add to broth. Cook with lid on until tender and cooked through (around 5-10 minutes, depending on thickness of fish).

HOT TIP:

For best presentation, stack fish on top of each other and drizzle with broth. Garnish with fresh coriander (or parsley) and chilli and serve on a bed of steamed asparagus if you wish.





12 Hour Rabbit Ragout

WHAT YOU NEED

- 1 tbs raw butter or ghee for frying
- 3 rashers of nitrate-free bacon, chopped
- 1 whole skinned wild rabbit, including offal
- 4 bay leaves
- 4 rosemary sprigs
- 1 garlic bulb, left whole, outer skin peeled
- 2 carrots, cut into big chunks
- 2 celery stalks, cut into big chunks
- 2 red onions, skin on, washed
- 20g dried porcini mushrooms
- 2 x 400g tins chopped organic tomatoes
- 1 whole nutmeg, for grating
- Salt and pepper (to taste)
- Grated zest of ½ lemon
- Filtered water

WHAT YOU DO:

- Step 1* Fry bacon in butter or ghee.
- Step 2* Once it's lightly golden, add the bay leaves and rosemary sprigs.
- Step 3* Add to the slow cooker (or large pot) and lay the rabbit on top.
- Step 4* Add the whole garlic bulb along with the leeks, carrots, celery and onions, then add the porcini, the tinned tomatoes, salt and pepper, and just enough water to cover everything.
- Step 5* Finely grate in half the nutmeg, put the lid on, and slow cook on low for about 12 hours.
- Step 6* Once cooked, let the stew cool down a little then get yourself a pair of clean rubber gloves and another large pan. Pick through small handfuls of stew at a time, taking out any bones or vegetable skins. Discard the herbs, and flake the beautiful meat off the bones and into the clean pan. Scrunch the vegetables and offal as you go and break them into smaller pieces.
- Step 7* Pour any juices left behind into the new pan, then go back in and have another rummage to make sure you haven't missed anything. Have a taste and correct the seasoning.
- Step 8* Add the lemon zest to give even more life to the sauce.
- Step 9* Serve over zucchini noodles or with a side of steamed greens.





Silky Smooth Omelette with Puree of Steamed Greens & Tomato Sauce

WHAT YOU NEED

For the sauce

1 tbs coconut oil, for frying
½ onion, finely chopped
1 clove garlic, grated
1 tin organic tomatoes
Salt and pepper (to taste)

For the omelette

10-12 eggs (organic or free range)
Ghee or raw butter for greasing pan

For the greens

1 tbs coconut oil, for frying
½ onion, finely chopped
1 clove garlic, grated
Any leafy greens (e.g. spinach, rocket, parsley,
coriander, kale, swiss chard, silverbeet,
dandelion)
Salt and pepper (to taste)
1 tsp fresh basil
1 tsp fresh marjoram
1 tsp fresh oregano

SAUCE | WHAT YOU DO:

- Step 1* Fry onion in 1 tbs of coconut oil in saucepan.
- Step 2* Add garlic and sweat gently.
- Step 3* Add onion, garlic and tomato to blender and puree.
- Step 4* Add salt and pepper to taste
- Step 5* Add back to saucepan and simmer for 1-2 hours (the longer the better).

GREENS AND OMELETTE | WHAT YOU DO:

- Step 1* Pre- heat oven to 120 degrees Celsius.
- Step 2* Fry onion and garlic in 1 tbs of coconut oil in saucepan.
- Step 3* Steam a big bunch of greens such as spinach, rocket, parsley, coriander, kale, swiss chard, silverbeet, and dandelion.

Step 4 Add salt, pepper, basil, marjoram and oregano to greens.

Step 5 Add greens and onion mixture to blender and mix until pureed.

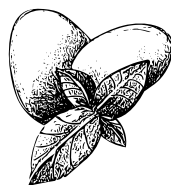
Step 6 Whisk eggs in a large bowl.

Step 7 Butter up a large fry pan, including up the sides

Step 8 Add whisked eggs.

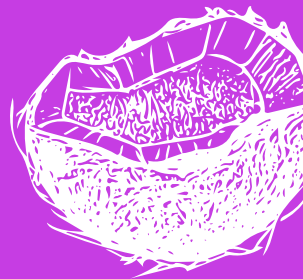
Step 9 Add greens to one side and red sauce to other side and swirl it around with a wooden spoon to make it look pretty.

Step 10 Place in the oven and bake until lightly golden and firm to touch (about 10-15 minutes).



Part Two

—
THE TOOL KIT



Back to Basics

In order for you to get your glow on, we have to make sure you have all the basic tools and information, so I'm going to make that super simple for you.

Below is a shopping and equipment list. Familiarise yourself with it or take this with you next time you head to the markets. This is by no means an exhaustive list, but it will get you well and truly on the road to having a pantry full of foods for thriving.



The Glow Kitchen Shopping List



VEGGIES

- Butternut pumpkin
- Kale
- Radish
- Cucumber
- Carrot
- Corn
- Leeks
- Onion
- Parsnip
- Spinach
- Eggplant
- Cauliflower
- Cabbage
- Zucchini
- Leeks
- Artichokes
- Sweet potato
- Asparagus
- Silverbeet
- Lettuce
- Mushrooms
- Broccoli
- Celery
- Beans
- Brussel sprouts

FRUIT

- Green apples
- Kiwi fruit
- Lemon
- Lime
- Berries
- Papaya
- Rhubarb
- Pineapple
- Cherries
- Avocado
- Coconut

VINEGARS

- Raw apple cider vinegar (make sure it's got 'the mother' in it)
- Coconut Vinegar

FLOUR (FOR VEGANS AND VEGETARIANS)

- Millet
- Buckwheat
- Spelt
- Coconut flour (amazing)
- Tapioca

GRAIN-LIKE SEEDS (FOR VEGANS AND VEGETARIANS)

- Amaranth
- Quinoa
- Millet
- Buckwheat

OILS AND FATS

- Extra virgin olive oil (for salads and smoothies)
- Coconut oil
- Macadamia oil (not for cooking)
- Chia oil (not for cooking)
- Avocado oil (not for cooking)
- Butter
- Ghee
- Fish oil (not for cooking)
- Krill oil (not for cooking)

ACTIVATED NUTS AND SEEDS

- Pumpkin seeds
- Black sesame seeds
- Hemp seeds (keep refrigerated)
- Flaxseeds (keep ground flax in refrigerator)
- Chia seeds
- Almonds

SWEETENERS

- Organic A-grade vanilla bean powder
- Raw honey (in moderation)
- Raw maple syrup (in moderation)
- Stevia
- Dates (in moderation)
- Xylitol (great for baking)

FRESH HERBS

- Basil
- Dill
- Coriander
- Rosemary
- Sage
- Thyme
- Parsley
- Oregano

FRESH SPICES

- Garlic
- Turmeric
- Cayenne pepper
- Cumin
- Bay leaves
- Oregano
- Curry powder
- Chilli
- Ginger
- Cinnamon
- Garam masala

CONDIMENTS

- Nut and seed butters (activated is always best)
- Naturally fermented gluten free tamari or shoyu
- Umeboshi or unpasteurised miso paste
- Sea salt, Celtic sea salt or Himalayan salt
- Herbamare
- Black peppercorns
- Raw sauerkraut or kimchi
- Coconut cream/milk

OTHER

- Coconut water
- Cacao powder
- Cacao nibs
- Bee pollen
- Maca powder
- Spirulina

H O T T I P :

Aim to buy all organic and local if you can, that way you are getting the most nutrients possible

Apart from the obvious things most kitchens have (such as utensils, plates, cups, mugs, measuring cups, bowls, veggie peelers, glass bowls etc.), I wanted to share with you a few of my favourite items that my family and I love.

EQUIPMENT LIST

Blender

I love my Vitamix. I use it every single day to make things such as smoothies, soups, desserts, pâté, cauliflower mash etc.

Food Processor

I was given the Breville Kitchen Wizz and love it. Sometimes I can't be bothered grating things like zucchinis, so I use this instead.

Slow cooker

This is the most-used item in our kitchen. We slow cook all our meats to make them more digestible. Again, Breville make a great one.

Knife block

Investing in good quality chef knives is key to enjoying your time in the kitchen.

Wooden cutting board

Plastic cutting boards are known to hold a lot of toxins and glass ones ruin your knives, so investing in a few good quality, non-toxic wooden cutting boards is imperative.

Pots

I would get a few different sizes and make sure you stay away from non-stick and Teflon finishes, as they have a highly toxic coat that makes them non-stick. I love cast iron from Chasseur and Le Creuset—they are expensive, but when you cook three times a day they are well worth the investment. Lodge is also a great brand.

Pans

Again, like your pots, I would get a few different sizes and invest in something that is going to last and is of good quality like Chasseur, Le Creuset and Lodge.

Glass oven baking tray

Glass is the healthiest option, and I love Pyrex.

Glass containers

I don't store *any* food in plastic containers, only glass. Again, I love Pyrex.

Don't feel like you have to go out and buy all new equipment right away. Ask your friends or family to pitch in for a Le Creuset pot for Christmas or your next birthday, and slowly accumulate your kitchen goodies over time.

Out of all these items, my favourite is the slow cooker. If you get one, the first recipe you need to try is this melt-in-your-mouth Indian spiced lamb shoulder. Holy moly! Your taste buds will be dancing! This recipe gives me so much energy and keeps me full for hours. Enjoy this on a Sunday evening with your loved ones.





Melt In Your Mouth Indian Spiced Lamb Shoulder

WHAT YOU NEED

1 whole organic grass fed and grass finished
lamb shoulder
2 large yellow onions, thinly sliced
4 large cloves garlic, minced
2 tbs ginger, grated
1 tbs whole cumin seeds
2 tsp ground coriander

1 tsp turmeric powder
Dash ground cinnamon
2 tbs raw butter, ghee, tallow or coconut oil
1 tsp ocean sea salt (more or less to taste)
1 large tomato, diced finely
1 cup of bone broth (see recipe) or stock

WHAT YOU DO:

- Step 1* In large pan, brown lamb shoulder on both sides in 1 tablespoon of butter, ghee, tallow or coconut oil. Place shoulder in slow cooker.
- Step 2* In a large soup pot heat 1 tablespoon of butter, ghee, tallow or coconut oil on medium heat.
- Step 3* Add onions and sauté until very lightly browned and getting soft.
- Step 4* Add garlic and ginger, and sauté one minute. Add a little more butter, ghee, tallow or coconut oil if the ginger sticks to the pan and to keep it from burning.
- Step 5* Use a wooden spoon or spatula to move the onion mixture to one side of the pot, and melt the remaining butter, ghee, tallow or coconut oil on the other side.
- Step 6* Add cumin seeds and toast until they are a few shades darker.
- Step 7* Then add coriander and let it toast until just fragrant (a few seconds).
- Step 8* Stir the onion mixture into the spices.
- Step 9* Add turmeric, cinnamon, sea salt, pepper and bone broth. Stir to combine well. Cover and let it simmer for a few minutes.
- Step 10* Add onion mixture to slow cooker, and rub it all over the lamb.
- Step 11* Add the very finely diced tomato and stir around.

Step 12 Slow cook on low for 8-12 hours (12 is best).

Step 13 Garnish with chopped coriander, scallions, or both! Or add different vegetables, i.e. cauliflower, green beans and broccoli.



Set Yourself Up For Success

If you want to glow from the inside out, you have to set yourself up for success. No one is going to make the changes for you, you have to take control of your own health and consciously create your wellbeing.

There are a few things you can do to set yourself up for success when it comes to food:

1. Give yourself the time to cook.

Never jam-pack your schedule so much that you are too busy to prepare and eat a beautiful meal. Preparation is key! I always check my calendar the night before to see if I need to prepare a meal in advance for the following day. All it takes is a little forward thinking! If I have a packed day with back-to-back meetings, I am ALWAYS prepared and never caught out.

2. Schedule it in.

I have breakfast, lunch and dinner scheduled into my digital calendar, which repeats daily. Humans are creatures of habit, so by scheduling it in your calendar you are relieving yourself of the burden of having to think and make decisions about it. Essentially you're getting one more thing out of your head (and into your calendar), creating space for other things, and making it easier for you to make good decisions aligned with your goals. So add breakfast, lunch and dinner to your digital calendar now.

3. Create routine.

Following on from the point above, eat at the same time each day if you can. Of course this isn't always possible, but do your best. Again, this takes the energy-draining decision-making out of the process, and also helps if you have kids. For example, if you know that at 6pm every day you start to prepare dinner so you're sitting down by 6:30pm, you lower your risk of getting take away because it's 'getting too late'. Also, because we are so wildly overstimulated these days, children love the certainty and stability of routine.

4. Make it a priority.

I schedule my meetings, appointments and work around mealtimes, so that I know I always have enough time to prepare a beautiful meal, made with love, at home, and can sit down in a calm, beautiful environment and enjoy it. Work your day around your meals so you are never caught unprepared. If you work in an office, make sure you take the time to prepare something the night before or in the morning that you can take to work with you.

5. **Get help.**

Getting help in the kitchen can make it so much easier. Whether it's your partner, kids, a home chef, your mum, a cleaner or the nanny, ask them to give you a hand. Don't presume they know you are overwhelmed. If I am feeling flustered and stressed, I will simply ask my husband politely and calmly to give me a hand. There's no point trying to do it all on my own then getting angry he couldn't read my mind; it's best to always ask before steam starts to come out your ears.



Detox Your Life

Every single day, we are exposed to toxins from our water, air, food and the products we choose to use. These are detrimental to our health and wellbeing and need to be eliminated from our body daily—not just once a year when you decide to do a detox or cleanse in Bali.

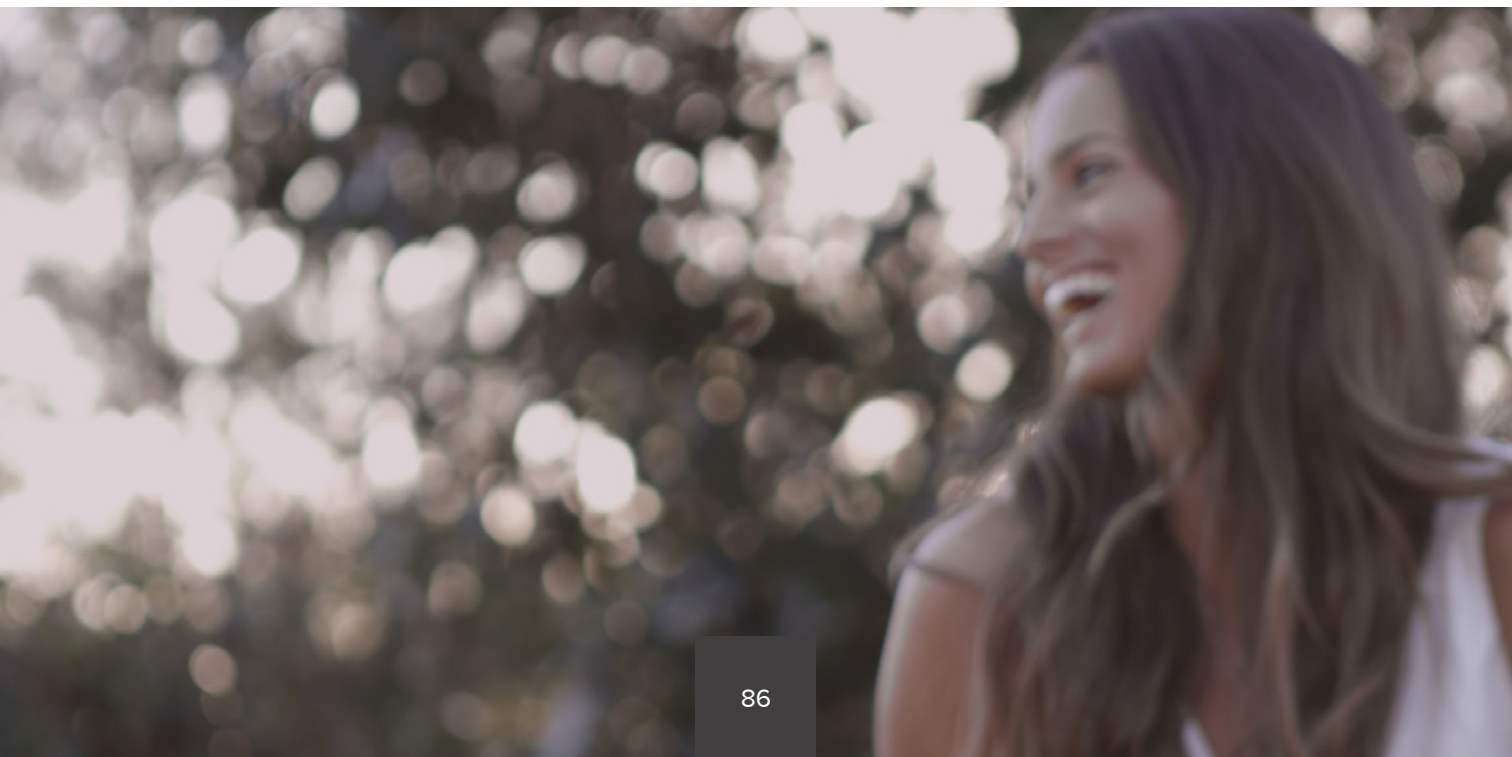
You may not feel the immediate side effects, but over time they build up, so you want to be taking action each day to support your body and help it detox. Every night when you sleep your body goes into automatic detox mode, but here are a few other things you can do to support your body even more and enhance the detox process:

* Please consult your doctor or medical professional before trying any of the below suggestions.

DRY BODY BRUSHING

We detox mainly through our skin, which is why dry body brushing is so good. It stimulates your lymphatic system and helps support your body to push out impurities naturally.

It can be done before or after your shower. Try doing it both morning and night for maximum effect. You can brush anywhere from 2 – 15 minutes depending on how much time you have (obviously the longer the better). You can even turn it into a moving meditation if you like. Light some candles, dim the lights and start giving your body some love.



13 reasons to start dry body brushing:

1. Spreads energy through the chakras.
2. Opens the pores to release stored toxins.
3. Softens deposits of hard fat below the skin and prepares them for discharge.
4. Allows excess fat, mucus, cellulite and toxins to actively discharge to the surface, rather than to accumulate around deeper vital organs.
5. Relieves stress through meditative action of rubbing the skin.
6. Calms the mind.
7. Promotes circulation.
8. Activates the lymphatic system, especially when scrubbing underarms and groin.
9. Easy self-massage and deep self-care.
10. Can be a sacred moment in your day, especially if done with candlelight and a drop or two of essential oil, such as lavender.
11. Creates a profound and loving relationship with the body, especially parts not often shown care, and especially for a person with body image problems.
12. Reduces muscle tension.
13. Energises you in the morning and deeply relaxes you at night.

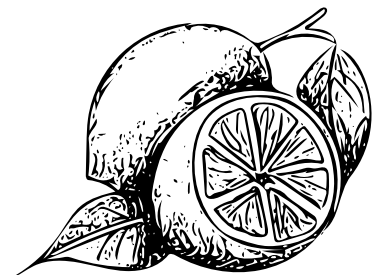
IMPORTANT NOTES:

1. Do not brush over sunburn or inflamed or irritated skin.
2. Avoid the breasts and genital area.
3. Wash brush before use to remove dead skin cells, but make sure brush is dry.
4. It has a deeper physical, mental and emotional effect if done at the sink and not in the shower.
5. Brush from your feet upward and toward your heart.
6. Brush from left to right side of your body.

For a more in-depth demonstration check out this video *here*.

NETI POT

A neti pot is a personal hygiene practice in which the nasal cavity is washed to flush out excess mucus and debris from the nose and sinuses. This is great if you have a blocked nose, sinus issues, are getting over a cold, or just want to clean out your nasal cavity. You can do it once a week or every day if you wish.



How it works:

1. Purchase a neti pot—either ceramic or porcelain, you don't want to get plastic.
2. Add some good quality sea salt and warm filtered water to the pot. Shake or stir until the salt is dissolved.
3. Lean over a sink (or you can do it in the shower), twisting your head to one side, and inserting the spout into one nostril. Then, lift the spout until the solution pours into the upper nostril, and allow the liquid to drain out the other nostril. Breathe in and out of your mouth.
4. Repeat on the other side.

For a more in depth demonstration you can check out this video *here*.

OIL PULLING

Oil pulling is an ancient Ayurvedic dental technique that involves swishing a tablespoon of good quality organic oil (I use coconut oil) in your mouth, first thing in the morning on an empty stomach for around 20 minutes. After the 20 minutes is up, you spit out the oil in the bin or sink, rinse your mouth with warm water, and then brush your teeth.

This technique can draw out toxins in your body, improve oral health, helps whiten your teeth and detox your whole body. It has also been reported that oil pulling can improve skin conditions, arthritis, gum disease, asthma, headaches, hormone imbalances, infections, liver problems and more.

You must do it first thing in the morning before you have had anything to eat and for at least 20 minutes. You can get a lot done in that time, so use it wisely—I dry body brush, have a shower and put on a load of washing.

You can watch this video *here* to see how to oil pull.

EATING CLAY

Clay binds to heavy metals and other nasties in your body. Your body then excretes those materials that aren't meant to be inside you.

“The benefits of clay's ‘full-body detoxification’ are nothing short of amazing. It builds one's immune system, balances PH levels and allows the body to naturally heal itself and fight off future disease,” say's Paul Mackery, owner of Nature's Cleansing Clay and the man behind the edible “living clay” product, mined from the desert in California.

I like to drink half a teaspoon of super high quality clay stirred into a glass of filtered water as part of my morning routine. And in case you were wondering, it doesn't taste bad—I promise!

P.S. Remember to seek guidance from a qualified medical or health practitioner to find out which of these suggestions are right for you.

KITCHEN CLEAN OUT

Your kitchen is the main hub of your home, so it's imperative that it's up to scratch so you and your family can glow from the inside out.



So let's get started with the kitchen clean out.

Step 1 Get yourself a massive garbage bag and open your pantry. First up, I want you to throw out everything that has expired. That's right—pick up every packet, box, jar, bottle, sauce, container and bag and check the date it expires. If it's expired, bin it.

You have 5 minutes, ready set GO!

Step 2 Once you have finished your pantry, open your fridge and throw out everything that has expired in there.

Again you have 5 minutes, ready set GO!

Brilliant, you are doing so well. Isn't it crazy what you find? When I did this for my Mum, I found something that had expired in 2007. Yikes!

Step 3 Whilst you are still in your fridge, check the ingredients list on everything and throw out anything that has an ingredient that you don't know, any numbers such as 101, artificial colours, flavours, preservatives or anything else you can't pronounce. Bin 'em all!

Again you have 5 minutes, ready set GO!

Interesting stuff, huh?! I just want to remind you that those things aren't food. Real foods are carrots, broccoli, lettuces, apples, berries etc. These all have ONE ingredient, not ten. Remember, the fewer the ingredients the better.

Step 4 Now open your pantry and repeat this process. Check the ingredients list on everything and throw out anything that has an ingredient that you don't know.

Again you have 5 minutes, ready set GO!

By now you should have a lot of space. Now it's time to make it sparkle.

Step 5 Take out all the remaining food in the fridge and wipe down all the surfaces. Give it a really good scrub. We have to make sure there is no mould or any nasties in there. Dry it with a tea towel then neatly place all the food back in.

Again you have 5 minutes, ready set GO!

Step 6 Repeat this process for your pantry. Take out all the remaining food in the pantry and wipe down all the surfaces. Dry it with a tea towel then neatly place all the food back in.

Again you have 5 minutes, ready set GO!

WOW! Look at it sparkle. It feels so good, right?!

You are now ready to head to the markets and restock with the best quality fresh local produce you can find.

Have fridge and pantry pride and put some love into it. Keep it clean. Every Saturday after the markets, I do a clean out before I restock my fridge again. Give it a clean each week to make sure you are homing your food in the best environment.



Part Three

FABULOUSLY HEALTHY



Cooking As A Meditation



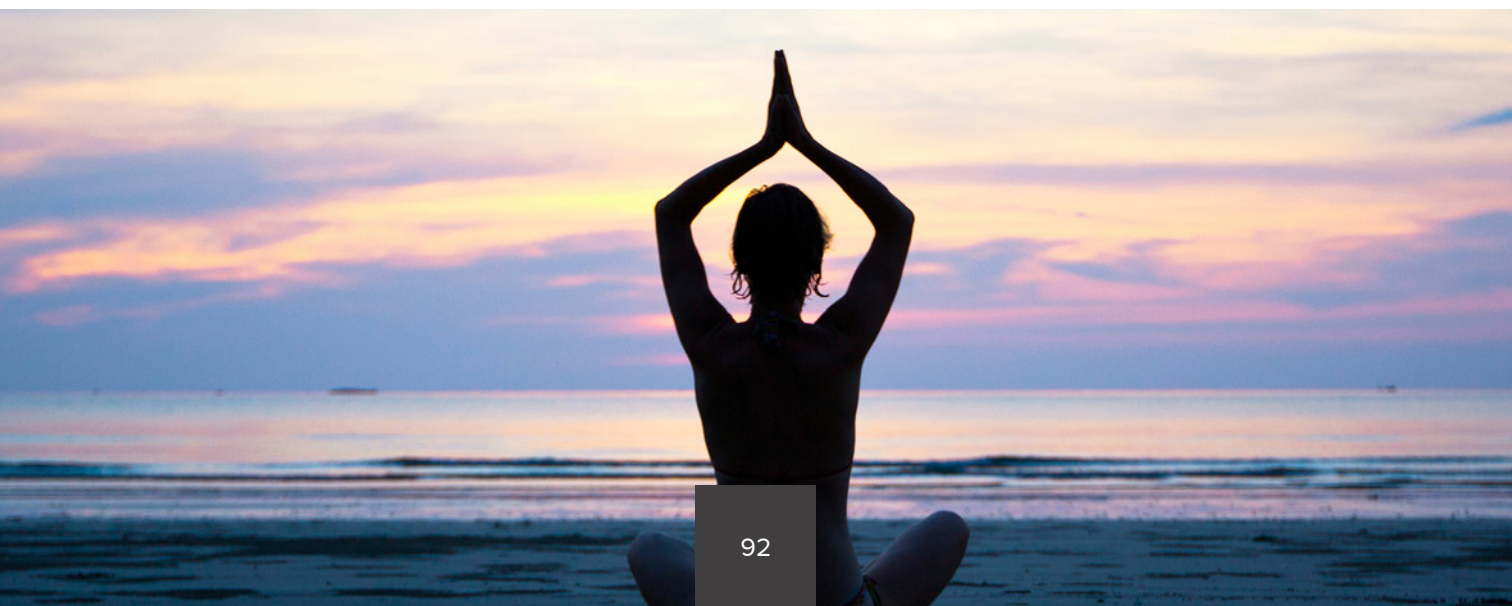
If you don't *like* cooking, you better learn to *love* it, because it's not going to go away! It's something you are going to have to do for the rest of your life, like brushing your teeth... unless you have a full time live-in chef, of course! So if you don't enjoy cooking, it's time to start.

I didn't grow up in the kitchen with my mum like some kids. I hardly cooked as a child, and when I left home I had no idea how to boil an egg... seriously! I didn't enjoy cooking because I didn't understand the importance of home-cooked meals made with love. I now see cooking as a form of meditation and art—it's a creative outlet for me. I love it! I use it as my time to be in the moment and create art. That is what food is... art! I prefer to be alone in the kitchen whilst I am cooking, so I will make sure my little man has a task, usually his homework. I light my oil burner, open the windows to let in the fresh air and sunshine, and put on some beautiful, soft music and completely go into my zone.

If you want to make cooking more like a meditation, here's what you can do:

1. Light some beeswax candles or organic essential oils.
2. Open the windows and blinds to let in fresh air and sunshine.
3. Add plants or succulents or even a little herb pot on your window ledge to inspire you.
4. Put on some beautiful soft music and away you go.

I love this recipe. It makes me feel really warm and loved up. It's a beautiful dish to share with loved ones or even on Christmas Day. The juice that is left in the bottom is very healing and great for leaky gut, so make sure you get as much juice as you can.





Whole Marrakech Chicken

WHAT YOU NEED

1 tbs raw butter or ghee, for pan
2 cloves garlic, chopped
1 leek or onion, chopped
1 tbs raw butter, melted, to rub on chicken
1 whole organic chicken
Two lemons cut into chunks with skin on
1 tsp of harissa, for extra zing!

¼ cup green olives
¼ cup black olives
Generous pinch of saffron
1 carrot, cut into chunks
Salt and pepper to taste
1-2 cups water or broth (either chicken or vegetable)

WHAT YOU DO:

- Step 1* Add raw butter or ghee to hot pan. Once melted, add onions and soften. Add garlic and stir.
- Step 2* Rub melted butter on chicken.
- Step 3* Add half the onion and garlic to the bottom of the slow cooker and add the other half into the chicken.
- Step 4* Add half the lemon chunks into the chicken.
- Step 5* Rub harissa onto chicken, then place it in slow cooker.
- Step 6* Add olives, carrots, remaining lemon and chicken broth or water into slow cooker.
- Step 7* Add saffron and season with salt and pepper.
- Step 8* Slow cook for 8 hours on low. If you're using a pot on the stove or in the oven, cook on a low heat so it is just bubbling.



Eat To Nourish And Thrive

I believe we need to eat to nourish and thrive, not just *survive*, which is how most of the population eat.

When you shift your mentality to thriving and not just surviving, everything changes. You realise how truly magnificent and strong you can actually feel. The daily aches and pains are no longer there and your body feels vital and robust.

So how do you shift from surviving to thriving?

Every time you go to put something in your mouth ask yourself: *Is this going to make me thrive?*

It really makes you think twice as you go to eat the ice-cream and stuff your face with a packet of chips.

Remember, it's the little things you do each day that add up to big results... or big consequences.

THRIVING MEAL SUGGESTIONS

Notice how I haven't given you a meal plan, and have instead offered you meal suggestions? This is purposeful, as I want to empower you to tune in with yourself and listen to your body. What does *your* body feel like? Do you want dessert for breakfast or pâté for dinner? All these recipes are designed for you to eat at any time. Tune in to your body and listen to what it desires.

Option One

BEFORE BREAKFAST

Start your day with a big glass of warm filtered or spring water with a squeeze of fresh lemon or a teaspoon of raw organic apple cider vinegar (look for brands that say 'with the Mother' on the bottle) to alkalise your body and warm up your digestive system. This will really get your digestive juices firing.

FOR BREAKFAST



Fatty Latte

PAGE 24

FOR LUNCH



*Silky Smooth
Omelette with Puree
of Wilted Wild Greens
& Tomato Sauce*

PAGE 73

FOR DINNER



*Cinnamon Spiced
Oxtail Ragu*

PAGE 97

HOT TIP:

Always make more at dinner for lunch the next day.



Cinnamon Spiced Oxtail Ragu

WHAT YOU NEED

- 2 tbs ghee or raw butter
- 1 kg oxtail
- 1 medium onion, diced
- 3 large cloves garlic, sliced
- 1 inch fresh ginger, grated
- 1 cup of bone broth (see recipe)
- 400g tin of organic diced tomatoes
- 50g tomato paste
- 2 quills of 'true' cinnamon, broken into large pieces
- Salt and pepper (to taste)

WHAT YOU DO:

- Step 1* Brown the oxtail in 1 tbs of butter or ghee on all sides in fry pan, and add to slow cooker or pot.
- Step 2* Cook onion in fry pan in 1 tbs of butter or ghee until soft and translucent.
- Step 3* Add cinnamon, ginger and garlic to pan. Cook on low for a few minutes, being careful not to let them go brown.
- Step 4* Add broth, tomato paste and tomatoes and simmer gently for a few minutes.
- Step 5* Add tomato mixture to slow cooker and cook on low for 8 hours. If using a pot on the stove or in the oven, cook on a low heat so it is just bubbling.

HOT TIP:

For presentation, serve one big piece of oxtail with sauce oozing down, maybe with a side of greens and sprinkled with fresh herbs.



Option Two

FOR BREAKFAST



*The Green Smoothie
That is Actually Good
For You*

PAGE 100

FOR LUNCH



*Melt In Your Mouth
Indian Spiced Lamb
Shoulder*

PAGE 81

FOR DINNER



*Pop-Eye Spinach
Bread with Curry
Spiced Pâté*

PAGE 28



The Green Smoothie That is Actually Good For You

I have a little secret for you that you might not expect to hear from a holistic health coach. Are you ready?! Okay, here goes: **raw kale may not be quite as nourishing as you think**. Shock horror! I know, I know—how can kale not be awesome for you when every health cafe under the sun has raw kale smoothies and salads on the menu? Well, like most greens, kale can pack quite a punch when consumed raw as it is full of oxalates. Oxalates are a group of organic acids found in plants which can restrict mineral availability and even cause mineral deficiencies if over consumed. On top of that, the goitrogens also found in kale can interfere with your thyroid's hormone production. See, unlike animals, plants don't have teeth to defend themselves, so they find other ways to keep pesky predators away... like chemical warfare. Sounds extreme, I know, but it's the plant's natural defense mechanism, and kale's are particularly ninja-strong. Now don't get me wrong: greens are great, the best actually. But when you wake up in the morning, we want to give your body the best, most nourishing, easy-to-digest and alkalising kick-start to your day that we can. Which means ditching the raw kale in favour of loading up on medium chain fatty acids, fibre, vitamin C and probiotics...

WHAT YOU NEED

Half a small lemon, peeled
Half a granny smith apple (optional)
1 tbs chia seeds, soaked in filtered water overnight
1 tbs coconut oil
¼ to ½ an avocado
1 heaping tbs cultured vegetables

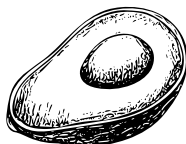
1 cup liquid (combination of Body Ecology Probiotic Drink and water, or just water)
1 scoop Body Ecology Vitality Super Greens (optional)
Green stevia powder or liquid (to taste)
Pinch Celtic sea salt

WHAT YOU DO:

Step 1 Add everything to the blender and puree on high. Add more liquid if it's too thick.

HOT TIP:

Serve in a tall glass, and preferably sip it while soaking up some sunshine!



Option Three

FOR BREAKFAST



Curried Eggs

PAGE 55

FOR LUNCH



Lemon Curd Pie

PAGE 31

FOR DINNER



*Curry Spiced Pâté
with Love Your Guts
Cultured Veggies*

PAGE 103

HOT TIP:

Mix it up—don't be married to the idea of having dessert after a meal. Why not have it for lunch? When you're talking about super-healthy sweet treats like these, there are no rules!



Curry Spiced Pâté

WHAT YOU NEED

2 tbs butter or ghee for pan
¼ to ½ cup butter for sealing
2 onions, chopped finely
2 cloves garlic, chopped finely

½ kg chicken, veal or lamb livers
Salt and pepper (to taste)
1 tsp garam masala

WHAT YOU DO:

Step 1 Add 2 tbs of butter or ghee to the pan. Once melted, add onions and cook gently until translucent.

Step 2 Add garlic and cook for a few minutes gently.

Step 3 Move onions and garlic to the edges of the pan and add livers. Cook until they are browned all over but still a little pink in the middle.

Step 4 Move livers to the edges, add 1 tablespoon of butter to centre of pan and then stir in the curry powder cooking gently until fragrant, about 30 seconds.

Step 5 Pour all ingredients into blender and blend until smooth.

Step 6 Transfer to glass containers with lid, or any bowl. Smooth the pâté down so it's nice and flat before pouring on the butter.

Step 7 Melt remaining butter and pour over the top to seal the pâté. Make sure the butter covers it completely, forming a seal.

HOT TIP:

When sealed, the pâté will keep for up to a week in your fridge. Enjoy it with your favourite crunchy veggies, sliced apple, or my delicious Pop-Eye Spinach Bread.



SNACK ATTACK

When you move away from eating a high carb, high sugar diet, and into a high fat ketosis state, you no longer need to snack. Your body uses the good quality fats and burns them from breakfast to lunch, lunch to dinner, and from dinner all the way through to breakfast the next day.

WHAT IS KETOSIS?

Ketosis is a process whereby your body breaks down and utilises fat for energy instead of sugar.

Think of it this way... your body is a blazing fire, and sugar is paper and good quality fats are a log. If you were to throw the paper on a fire, it would burn very quickly, meaning you need more and more paper to keep the fire burning. But if you were to throw a log on the fire, it would burn long and slow. Good quality saturated fats are like hardwood logs—they'll keep you ablaze for a long time. That's why when you eat sugar, you keep needing to go back for more.

In saying that, for the transition period where you are moving away from being a sugar burner to being a fat burner, here are a few snack options to help you wean yourself away from snacking.

These snacks are also great ideas for the kiddies.

For something creamy

- ♥ Green smoothie
- ♥ Coconut yogurt
- ♥ Half an avocado with a pinch of salt and pepper and squeeze of lemon
- ♥ Pâté
- ♥ Puréed soups
- ♥ Coconut milk with a pinch of raw cacao

For something salty

- ♥ Olives
- ♥ Cultured vegetables
- ♥ Oysters and sardines
- ♥ Steamed vegetables with tamari, shoyu or umeboshi vinegar
- ♥ Sauerkraut (it will also knock your sweet cravings right out!)

For something sweet

- ♥ Low GI fruits such as berries, green apples, grapefruit and kiwi fruit
- ♥ Coconut yogurt
- ♥ Green apple
- ♥ Green smoothie
- ♥ Fruit 'ice cream'. Blend frozen berries in food processor with a splash of water. What could be easier than that?
- ♥ Freshly squeezed green juice
- ♥ Roast sweet root vegetables such as yams, sweet potatoes, squashes (acorn, butternut, kabocha). Cut into chunks and sprinkle with cinnamon or herbamare and bake until golden.

For something crunchy

- ♥ Green apple
- ♥ Cut up veggie sticks such as carrots, celery, cucumber, capsicum; served by themselves or with pâté

THRIVING LIFESTYLE SUGGESTIONS

- ♥ Up your water intake.
- ♥ No eating after 8pm.
- ♥ Don't eat when you are stressed.
- ♥ Chew your food slowly and mindfully.
- ♥ Eat consciously.
- ♥ Buy organic, local fruits and vegetables.
- ♥ Eat a bit of protein with every meal and snack.
- ♥ Use organic, cold pressed extra virgin olive oil for low temperature cooking or raw on salads.
- ♥ Use organic, cold pressed coconut oil, raw butter or ghee for high temperature cooking or enjoy them raw.
- ♥ Don't eat anything that comes in a box, packet or plastic.
- ♥ Read the labels on everything you pick up.
- ♥ Soak and activate all nuts and grains.
- ♥ Eat grass fed AND grass finished organic animal products.
- ♥ Eat wild or line-caught seafood.
- ♥ Eat only organic or biodynamic eggs.
- ♥ Don't use a microwave.
- ♥ Be prepared, plan your meals and get organised.
- ♥ Slow cook your meats.
- ♥ Cook at temperatures no higher than 120 degrees Celsius.

AVOID:

- » Dairy—use organic goat's, sheep's or raw milk only
- » Soy
- » Wheat and gluten
- » Low fat products
- » Soft drinks
- » Caffeine
- » Alcohol
- » Refined sugar: use sweet spices to sweeten foods, such as vanilla bean, cinnamon or stevia powder
- » Refined table salt
- » Artificial additives including preservatives and sweeteners
- » Non-organic meats and eggs
- » Protein powders and bars
- » Anything that you don't know the ingredients



VITAMIN L

Food (like everything else in the universe) is energy, and energy vibrates at different frequencies. For example, a home-cooked, organic, grass fed and grass finished lamb shoulder with steamed organic greens from your chemical free garden is going to vibrate a lot higher than a burger and chips from your local fish and chip joint. When you eat food of low energy and low vibration, you are taking that on.

If you have been following all the guidance in these pages, you will be well on your way to glowing from the inside out. However one of the most important vitamins you need to make sure you are ingesting—and infusing into your food and cooking—is Vitamin L. Vitamin Love can not be found in a bottle or jar; it all comes down to your intention. I believe you can really taste the difference when someone has poured their heart and soul into a home-cooked meal. Growing up, my Nonna's pasta tasted very different to when I ate pasta out at a restaurant. It wasn't until later in life I realised it was because of all the love and intention that my Nonna poured into her cooking.

I won't cook or eat if I am stressed, angry or upset. Not only can you not digest your food properly when you are in an angry state, but you also pour all of that energy into the food which others will consume. And trust me, they will feel it. You can tell if something have been made with love or has just been slapped on the plate—it truly tastes different.





The Best Lemon Meatballs Ever

WHAT YOU NEED

For the balls

1 tbs raw butter or ghee for the pan
250g veal mince
250g pork mince
2 cloves garlic, minced
2 tbs fresh parsley, chopped
1 egg (organic or free range)
1 tbs lemon juice
1 tbs lemon zest
Salt and pepper (to taste)

For the sauce

Small handful fresh sage leaves, torn
¼ cup lemon juice
¼ to ⅓ cup raw butter
Salt and pepper (to taste)

WHAT YOU DO:

Step 1 Combine all the ball ingredients in a mixing bowl and mix well.

Step 2 Roll into bite size balls (or however big you like).

Step 3 Add butter or ghee to a pan over medium heat. When simmering, add the balls and cook until golden brown all over.

Step 4 Add all sauce ingredients to the pan and shake the balls around to get covered in the buttery sauce. When the sauce just starts to turn golden, it's ready to serve.

Step 5 Season the sauce to taste and serve with a few sprinkles of leftover parsley.



HOT TIP:

If you feel angry, stressed or upset and need to get dinner ready, go take two minutes for yourself alone and take a few deep belly breaths. Let go of all the tension in your body; try one of my [guided meditations](#), then once you feel calm and grounded again you can return to the kitchen. Same applies if you are out to dinner or about to eat a meal at home and you feel angry. Simply excuse yourself for a moment, go to the bathroom and take a few deep breaths. Once you feel grounded and present you can return. Watch how much better you digest your food. You can not digest your food when you are in a heightened state. It's always better to let go of the stress in your body then continue eating.



NOW IT'S OVER TO YOU, GORGEOUS...

I was so excited to get this book out of my head and heart, and into your hands. Every single page is infused with the tips and tricks that have truly made all the difference in my life, and I am confident that they'll help you start glowing from the inside out too.

But of course, you can't just read this book and expect change to magically happen. No sir. It's now over to you for the most important part of this whole journey: taking inspired action.

My wish for you is that these recipes, tools, and heart-fuelled stories spark you into big, bold action.

Now by that, I don't mean you have to go and remodel your kitchen, obsess over every morsel, and become a dinner party Nazi, lecturing all your friends on your newfound wisdom.

What I wish for you is profound change at a cellular level. At a *soul* level. If you take this information in and truly assimilate it into your philosophy on life, the changes and tweaks to your lifestyle and diet will come about so naturally and organically that they won't seem like a burden at all. In fact, they'll seem like a privilege.

And let me tell you, nourishing and cherishing my body—and my family's—through home-made, fresh, love-steeped food is truly one of the great joys and privileges of my life.

My hope is that it becomes the same for you.

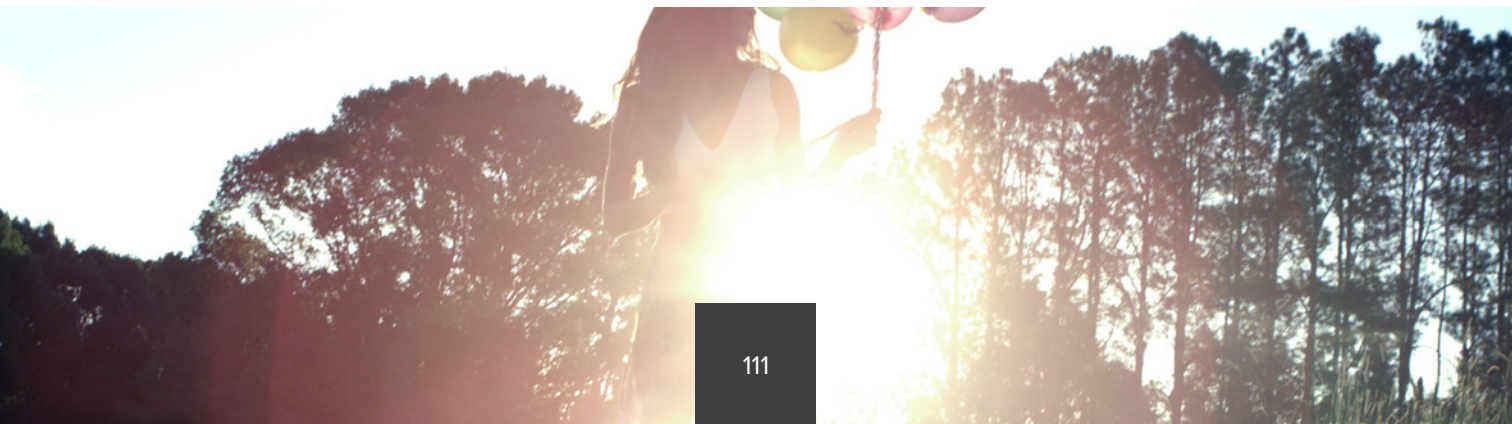
So take from this book the insights and ideas that resonate with you in your core, and truly absorb them into your being. Then, baby-step by baby-step, start infusing them into your daily life.

As you do, not only will you be doing incredible things for your body, your mind, your spirit, your family, and the planet as a whole, but you'll also feel amazing along the way.

In fact, you'll be glowing, inside and out, like the beautiful divine goddess that you are.

Thanks so much for being here,

Love Melissa



About Melissa Ambrosini

Named a 'self-help guru' by Elle Magazine, Melissa's work has inspired women across the globe through her live events, *books*, booming online community, game-changing online program *Get Your Glow On*, *meditations* and keynote talks. Inspiring women to live their wildest dreams and create a heart centred life and business is her mission. In her signature straight-talking style, Melissa teaches women how to master their inner Mean Girl, smash through limiting beliefs, and ditch the self doubt so that they can start truly living the life of their dreams and become wildly wealthy, fabulously healthy and bursting with love.

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