



# 60 second health swaps

It's hard to get healthy when you're time-poor. Charmaine Yabsley taps top holistic health experts for their favourite – and fastest – tips.

## Start the day right

“Swap that first coffee for a glass of warm water with a tablespoon of apple cider vinegar, because this aids energy levels and nutrient absorption,” says Fiona Tuck, health and wellbeing expert. “And pay attention to breakfast: swap toast or cereal for a protein-based meal, like eggs and spinach. Starting your day with protein maintains blood sugar levels and avoids energy slumps, plus the iron from the spinach increases vitality.”

## Sink into a bath

“Swap watching TV on the couch for a warm bath with a cup of Epsom salts,” adds Tuck. “The salts boost magnesium levels, which are required for energy, plus they reduce stress and aid detoxification.”

## Retrain your brain

“A negative mindset holds you back from achieving your health and fitness goals – aim for positive reinforcement instead,” says Andy Anderson, CEO of Ultimate You. “Rather than beating yourself up for not going to the gym, find ways to hack your internal reward-centre and self-motivation by shifting your focus to the positives of working out. Think about how much better you will feel, how you will lose weight, and how you will have more energy and stamina. If you focus on these positives rather than thinking of exercise as punishment and how hard it's going to be, you'll soon find it hard to skip a

workout. Once you build these ‘pleasure motivators’ into your routine and start getting into healthy habits, your results will also improve exponentially, because you’ll have a never-ending reward loop that keeps you spiralling towards better results.”

## Go flat out

“Skip the stilettos,” says osteopath Claire Richardson. “Excessively high heels - more than about 4cm - throw your centre of gravity forward, meaning that your toes are forced to carry all of your body weight and your hips are put under pressure, leading to an increased arch in your back. Stiletto heels are often very thin too, meaning that you're more likely to fall over or roll an ankle.”

## Time your tipples

“If you're drinking alcohol, replace every second drink with a glass of sparkling water,” says naturopath Kathleen Murphy. “The bubbles will still give you the sense of it being a celebratory drink, while the water will keep you hydrated and slow down your total alcohol consumption. Drinking water helps your body flush out excess alcohol, plus the extra sugar, salt, and fat we tend to consume along with it. Without adequate water, we place our

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**Meet our experts**

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bodies under significant strain and end up unwell the next day. If you don't drink enough water, you'll be dehydrated - and if you're dehydrated, none of your body systems will work as well as they should."

**Go green**

"Make that morning green smoothie second nature," says naturopath Katherine Maslen. "It's a great way to kickstart your day with a boost of nutrients. Simply blend one serve of fruit - bananas, berries or kiwifruit all work well - with a handful of spinach, a scoop of avocado, or other greens, plus some water and ice, and blitz away."

**Reach out**

"Human beings are a disconnected collective," says mojo mentor Jo Brown. "One of our greatest addictions is to excessive busy-ness: in fact, we wear it like a badge of honour. But deep down, we quietly crave a more physical, energetic and spiritual connection, both to ourselves and each other, and also to something greater than ourselves. We yearn for more presence, attention, and affection. Make a conscious choice to go within and also to reach out: be fully present with yourself and those around you. Touch the people you love and ask to be touched more often. Do it with awareness. Your biochemistry has a party every time you are loved potently!"

**Praise Pilates**

"Swap yoga for Pilates, especially if you are recovering from injury," advises osteopath Bill Adamson. "When Dr Pilates originally recognised the importance of knowing how to control individual muscles within the body, he first developed a series of exercises that isolate, activate and strengthen dysfunctional muscles, which were followed by exercises that then bring these newly strengthened muscles together to create a more efficient way of moving. Post-injury, your best bet is to try a I:I Pilates class, as it is more likely to have exercises tailored specifically to that injury and so you will get the most benefit from a rehab perspective."

Osteopath and Pilates instructor Bill Adamson is a spokesperson for Osteopathy Australia. [www.osteopathy.org.au](http://www.osteopathy.org.au)

**Bliss out**

"Swap cakes or cookies for bliss balls," says Maslen. "They're so easy to make. Soak ½ cup of goji berries and ½ cup of raisins in warm water, drain, then blend in a food processor until it turns into a paste. Add chopped cashews, ½ cup shredded coconut and 1 tablespoon unhulled tahini, and process until combined. Roll mixture into balls and coat with coconut for an energy-boosting snack."

**Rethink spreads**

"Spread your toast, sandwich or wrap with avocado

rather than butter," says nutritionist Tracie Connor. "There's little harm with using a small amount of quality butter - but with avocado you'll be also be adding more vitamins, minerals, fibre, and essential monounsaturated oils to your meal."

**Resize servings**

"The easiest way to 'have your cake and eat it' is by reducing portion size," adds Connor. "For example, if you love pizza, go ahead and serve yourself a piece - but fill the rest of your plate with salad. Craving ice-cream? Opt for one small scoop, rather than two. You'll be amazed with how satisfied you'll feel after only eating a small amount."

**Stand up**

"Instead of sitting at your desk during your next phone call, stand while you're talking," says Connor. "Sitting for long periods of time is linked to many health issues and it can be avoided by standing up regularly, and making a conscious effort to stretch and move purposefully throughout the day."

**Open the window**

"Energise your workplace by opening the windows, if possible, and letting fresh air flow through," says organic gardener Shelley Pryor. "If they can't be opened, you can still add pot plants to your space; they absorb carbon dioxide through photosynthesis and refresh the air by releasing oxygen through their foliage."

**Go barefoot**

"Balance a high-tech lifestyle and too much time indoors under artificial light with kicking off your shoes and let the bare soles of your feet walk on the earth," says Gwinganna program manger Donna Abbate. "Physical contact with the earth literally transfers natural electrical energy to the body, while walking in nature helps to get more oxygen flowing through your body."

**Turn on the cold**

"The best way to start the day feeling energised and invigorated is to swap a hot shower in the morning for a cold one," says Rachel Holm of Hanako Therapies. "Start with holding your feet, hands, and arms under the cold spray to get used to it, then step your whole body in. Let the cold water run between your eyebrows and upper lip, as this will help to energise you. By taking a cold shower, you open up your capillaries, which gets your blood pumping, helps to flush out your organs, and leaves your skin looking radiant."

**Forget the carbs**

"Swap mashed potato for mashed cauliflower," says naturopath and nutritionist Kate Reardon.

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"Mashed potato is an old-time comfort food favourite, but its high starch content makes it hard to break down, especially before bedtime. Potatoes also are a high GI food, meaning they can potentially spike your blood sugars. Cauliflower, however, is a great alternative: just one serving contains 77 percent of the recommended daily value of vitamin C. It's also a good source of vitamin K, protein, thiamin, riboflavin, niacin, magnesium, phosphorus, fibre, vitamin B6, folate, pantothenic acid, potassium, and manganese. When it's mashed, it has a very similar consistency and taste to potatoes - but is so much better for you."

**Practise mini-multiasking**

"When you brush your teeth, balance on one leg," suggests personal trainer Chris Williams. "It sounds so simple but this one action, performed regularly, significantly improves core stability, tones your quad, glute and hamstring muscles, and helps with control and stability of the knee and hip joints."

**Cut out bread**

"Too much bread can weigh you down and make you feel lethargic," says vegan chef Anthea Amore. "Instead of a sandwich for lunch, omit the bread and try raw sprouted crackers, lettuce cups or kale 'roll ups' with your usual sandwich fillings. For an extra pick-me-up, spread with a tasty cashew hummus, which is high in antioxidants, vitamins and minerals for energy."

**Skip the snooze**

"Forgo the snooze button for a morning meditation," says yoga instructor and personal trainer Amanda Fisher. "It's so easy to push the snooze button and sleep for an extra five, 10, or 15 minutes, but that really won't help you achieve anything, except feel disappointed that you didn't get up when your alarm first went off. Waking up and doing meditation for those same five, 10 or 15 minutes will leave you feeling refreshed and give you mental clarity to start your day."

**Eat zoodles, not noodles**

"Zucchini noodles are such a fun way to get the noodle feeling, without the carbs and high GI of regular pasta," says holistic nutritionist Sita Huber. "That enjoyment is super-important, too - it's not just about the macro breakdown and nutrition, you've got to love your food! Also, try cauliflower 'rice' (made by blitzing cauliflower in the food processor to form fine crumbs) with your next coconut curry, or spaghetti squash with your bolognese sauce. And whenever possible, eat outside. Taking time to relax in natural surroundings and enjoy your food is going to give you much better nutrient absorption, and overall health. Optimal digestive and hormonal function only occur when your body is rested and relaxed. Being outdoors in nature while you savour the experience of beautifully prepared food will allow your body to work on breaking it down and absorbing the nourishment in peace. Constantly rushing and eating on the go, on the other hand, will make good digestion a struggle. Slow down, take time out, and feed your body and soul."

**Be the early bird**

"Hurling ourselves out of bed and rushing off to work is not a great way to start the day," says yoga teacher Charlotte Dodson. "Try replacing a few minutes of sleep with a waking positive intention or a moment to breathe and appreciate life. Start your day by setting your alarm a few minutes earlier and then sit or lie quietly with the thought of a positive dream or goal in mind before getting up, and then 'check in' with it, consciously referring to the dream or goal throughout your day. It's amazing how you'll naturally follow your intention if you give it enough time." ✨

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