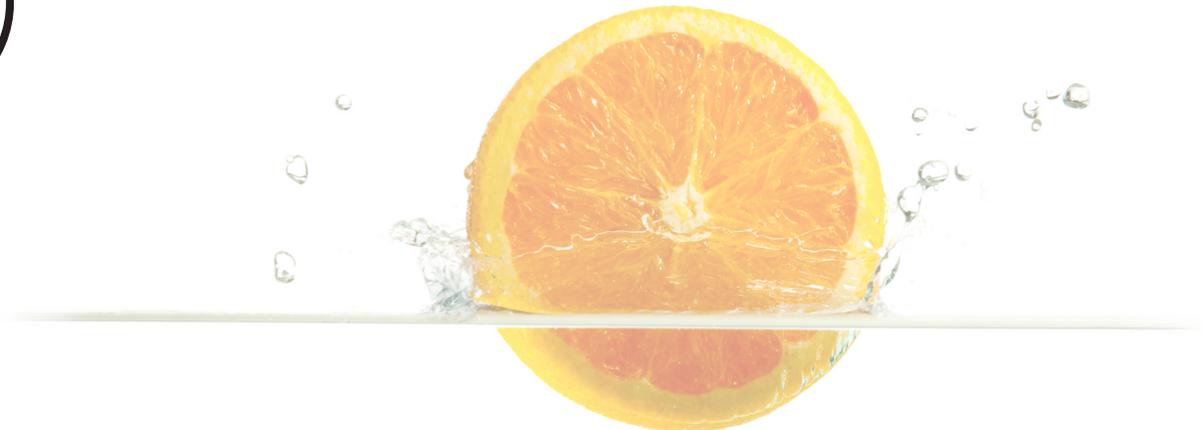
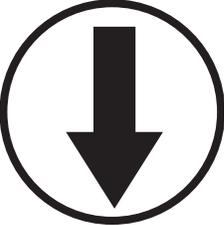


FREE TASTER

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eat better • feel better



EAT BETTER
FEEL BETTER
E-BOOK

Lose 7lb's in
four weeks

Four week step by step programme to help you eat better and feel better and lose weight

EVIE WHITEHEAD
Reg. Qualified Nutritional Therapist
DipION mBANT CNHC

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1/Who am I & why I am here?



Hello, I am Evie, mother to my three children and owner of a beautiful black Labrador called Sonny who's favourite treats are cabbage ends and carrots! (of course ;-))

I first became interested in Nutrition when I was raising my young family 15 years ago. I wanted to know that I was nourishing them in the best way possible and I was completely fascinated in the human body. I wanted to truly understand how food interacted with the cells of our body and how the food we eat became the building blocks for our hair, eyes, bones, teeth, hormones and organs. I really wanted to get down to a cellular level and see these interactions in my mind's eye which was the start of a journey I hadn't expected of the discovery of my own autoimmune condition.

I completed my training at the world renowned Institute of Optimum Nutrition founded by Patrick Holford in 1984.

The Diploma in Nutrition was recommended to me by Ian Marber, a world renowned Nutritional Therapist himself.

It was during one of my thyroid lecture looking at symptoms someone might exhibit if they had a thyroid autoimmune disease that I recognised...guess what, I had every single one of them! I went about using all I had learnt thus far to get some blood tests and implement dietary and lifestyle modification to reduce the self-attacking immune response without a need for medication. I had to start with fixing my gut health which is now my greatest passion; helping others to resolve their digestive and gut health symptoms such as IBS.

I can honestly say, I am the healthiest I have ever been after radically changing my diet and re-testing, I have no autoimmune antibodies anymore and no more bloating and digestive problems. I thought to myself, this Nutritional Therapy stuff really works!



I started up my own practice and specialise in gut health - an area of deep fascination and exciting scientific evidence emerging that supports the importance of looking after our gut and our gut microbiome (the bacteria inside our gastrointestinal tract). It makes sense that this is a focal point for anyone wishing to improve their health as this is where you breakdown, absorb and utilise nutrients from food we eat. The bacteria present also play a critical role in helping us break down fibres and help to regulate our immune cells response; 70% of our immunity resides in our gut lining! But enough of the gut geekery for the moment...

I am here to share with you all that I have learnt through my clinical experience of over 7 years helping people to understand how food affects them mentally and physically so that they can regain control over their eating habits and Eat Better Feel Better.

2/ Introduction to Eat Better Feel Better

Firstly, a big thankyou for joining me and a huge welcome to my Eat Better - Feel Better programme!

WHAT IS THE PROGRAMME? This is a 4-week programme I have created and believe to be the most effective approach to sustainable weight loss based on years of experience and research as a Nutritional Therapist. I have specifically designed my programme to run for 4 weeks; long enough to instill core healthy habits for success; yet short enough to maintain your focus.

So far, this programme has helped over 400 people effectively lose weight with realistic goals they can stick to forever! This means...no more dieting.

WHAT HAPPENS IF I GO OFF-TRACK?

I generally take a 80/20 approach to everything in life, but especially healthy eating. At weekends, we tend to eat differently and we all go off-track now and then. There will always be a birthday or a celebration to factor in.

My programme removes negative feelings we sometimes get when we go off track which work against us achieving our longterm goals! I know that it is what you do 80% of the time that will have the biggest impact and having a little freedom will mean you are more likely to stick to it longterm. Be kind to yourself; this is your programme, designed for you to support you reaching your goal. You will lose weight but we are all unique; your success is not confined to these 4 weeks alone! you may take longer but you will gain all of the knowledge and know-how of what you need to do. Remember, It is not a race or competition. This is for the longterm goal!

THIS IS NOT A DIET...

It is important to recognise this is not a diet! This is a realistic, sensible way of approaching food and eating habits that you will be able to implement longterm.

The reason diets don't work is because they are designed for short term only. The word "diet" itself implies it is not a longterm way of eating. I have seen this in my clinical experience over and over again and have subjected myself to many fad diets without success.

Who is it suitable for?

Anybody wishing to take their health in hand and learn my unique way to instilling healthy eating habits to feel better without dieting.

What if I am vegan or vegetarian?

The programme is suitable for carnivores, vegetarians, vegans, pescatarian or any other way of eating. You will learn how to modify your own diet to suit your needs without the need to eat or buy foods you are not comfortable with.

Who is this programme NOT good for?

Commitment is the key to your success so this programme is not for those unable or unwilling to make simple changes. This would not be a suitable programme for anyone underweight, suffering with an acute condition or one that requires perenteral nutrition/specialised diet prescribed by their GP. You should seek advice from your GP if you are concerned about your health at all before embarking on this programme.

HEALTHY RECIPES

You will notice there is a “healthy recipes” with a wealth of healthy inspiration to support you through the programme.

CONNECT

Please ask questions and share how you are getting on, and anything you are finding difficult. Enjoy this exciting journey together Eating Better for longterm health benefits. Share your progress on Facebook, instagram, Twitter, Youtube @evienutrition @eatbetterfeelbetter

WHAT HAPPENS NEXT AND WHERE DO I START?

Simply follow the programme delivered in each chapter step by step. Documents that you are asked to look at or download are referenced in Resources.

YOUR FIRST CHALLENGE AWAITS...

Are you ready? Your first challenge may surprise you! This is the cornerstone to your success so DO NOT SKIP! Turn the page and off we go! Let's get this done....

Evie x

3/ Eat Better Feel Better Stories

meet Maggie



"My daughter urged me to join Evie's group and I'm so so glad that I did I would truly recommend it. I am now 14 stone 5 after just 9 days !! no diets ,no counting calories, just the absolute best nutritional advice and guidance that anyone could possibly receive.

Evie is so supportive and gives all the scientific back up to help us understand why we sometimes eat the wrong stuff and what it does to our systems.

In these 9 days I have not had nor have I craved a biscuit, cake, tea, coffee, ice cream, etc. I had to visit my GP this morning and she said I looked amazing. I am fortunate (even if I say it myself to not look my age) I'm a gigging musician and at 67 I still feel 45 . I have to say that at the moment I do look way nearer to 50 than 67.

The effect on my skin is so noticeable. I know this is a long post. I am going to say here . I don't know Evie personally not have I been asked to give a review but if this helps anyone to get their life back on track it is worth it. I feel so incredible & I say to Evie you are amazing thank you

3/ Eat Better Feel Better more stories

"I'm over the moon! I will carry on with this journey as I want to get to my goal of 9 stone. This is the only plan I have managed to stay focused on. Thankyou so much for all your work in helping to educate people like me, I couldn't have done this without you! I am healthier, happier, slimmer, motivated, educated, the list goes on! My palate has changed, I no longer crave the foods I use to, and I never feel hungry! It is amazing how in just 4 weeks I am a changed person in every way. Thankyou Evie." (Mrs P, Buckinghamshire)

Thank you, Evie! I lost weight, but more than that I've found a passion for food again! I was stuck a boring rut of same old same old, but Evie's course gave me ideas and tips that are simple and delicious which are so easy to manage. Evie's course helped me eat mindfully and the daily support was great for me as someone was holding me accountable! My bloating is under control, phew" (Mrs E, Berkshire)

9/ Healthy Recipes



BROCCOLI AND GINGER SOUP

BROCCOLI AND GINGER SOUP



Serves: 6
Prep: 5 mins
Cook: 10 mins



Nutrition per serving:
179 kcal
7g Fats
20g Carbs
8g Protein



GF MP
Q V



WHAT YOU NEED

- 1 tbsp. coconut oil
- 7 oz. (200g) leeks, chopped
- 2 tbsp. ginger, chopped
- 2 broccoli heads, florets
- 1 large potato, peeled, chopped
- 1 tsp. turmeric
- 1 tsp. salt
- 1 tbsp. sesame oil
- 6 cups (3 litres) stock
- 6 tbsp. natural yogurt (or dairy free option)
- 6 tsp. sunflower seeds

WHAT YOU NEED TO DO

Heat the oil in a large pot over medium heat. Add the leeks and cook for around 5-6 minutes, until leeks are softened.

Add in the ginger, broccoli florets, chopped potato, turmeric, salt, sesame oil and stock.

Bring to a boil, reduce the heat and simmer for 10 mins until the vegetables are soft.

Blend until creamy and smooth with a hand blender, then season to taste with salt and freshly ground black pepper.

Serve topped with yogurt and sunflower seeds.

The soup can be stored in the fridge for up to 5 days, or in the freezer for up to 3 months.

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Nutritional Therapy

HIGH PROTEIN RECIPE PACK

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**COTTAGE CHEESE
PROTEIN PANCAKES**





All my amazing recipe packs come with a handy meal planner and shopping list to make healthy eating really simple.

They are available to download directly from my website and as a special Eat Better Feel better member you can download today and get 10% off using code **evie10** at checkout.
<https://evienutrition.co.uk/store>



How else you can work with me...

- [subscribe to my monthly newsletter](#) for nutrition tips and advice
- Book onto the next LIVE [Eat Better Feel Better](#) programme
- [Book a FREE discovery call](#) to see how I can help you with your health goals/concerns today

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