GAIL BRADY NUTRITION

# **THE GUIDE TO ELEVATING YOUR ENERGY & BOOSTING YOUR BRAIN POWER**



# Welcome

Hi, I'm Gail

I'm a nutritionist and women's health expert

I help women over 40 women who are struggling with low energy and brain fog to get their mojo and mental clarity back

I am going to show you how some simple diet and lifestyle changes can have a big impact on how you feel

Helping you to find your fab!

Let's get started!

Gail





♦

# Introduction

If you are reading this, it is likely that you are experiencing low energy and foggy thinking... and that these symptoms are affecting your life

You may feel that you are not being as productive at work, your relationships may be suffering or you may have lost your sense of who you are. Whatever the reason I'm very glad that you found me!

You may also be feeling overwhelmed by all the diet and lifestyle information there is out there... and be wondering where to start...



If so, you are in the right place



# ON A SCALE OF 1-10 HOW WOULD YOU SCORE YOUR ENERGY LEVELS & MENTAL CLARITY OVER THE PAST WEEK?

RATING -/10 (1 being as bad as it can be & 10 being as good as it can be)

SCORE

YOUR ENERGY YOUR MENTAL CLARITY



# **5 REASONS YOU MAY BE FEELING FRAZZLED & YOUR HEAD FEELS FOGGY**

1. Blood sugar imbalances

- 2. Compromised gut health
  - 3. Lack of sleep
  - 4. Nutrient deficiencies
- 5. High levels of stress hormones





# What is brain fog?

Brain fog = being easily distracted, forgetting or losing things, not being able to find the right word, losing focus and concentration, repeatedly having to check that you have done something i.e locked the door/(turned the iron/cooker off

> Sound familiar?! Read on...





#### **BLOOD SUGAR BALANCE**

The food you eat is converted into sugar for energy To get to your cells, sugar is transported via the bloodstream The hormone insulin helps the sugar to get into your cells where it is either used as energy or stored as fat.

If blood sugar levels are consistently high, over time this can cause a loss of sensitivity to the effects of insulin, and your body will need to produce more to do its job

You may also experience hunger and food cravings (sweet foods) within a couple of hours of eating... If this is happening, it is likely that you are on the blood sugar rollercoaster...





#### **BLOOD SUGAR BALANCE**

Your ability to manage blood sugar and insulin levels also decrease with age, and as oestrogen levels fall.

For many women, this will be from their late 30s onwards.

Elevated blood sugar can also be an early sign of low thyroid function

If the process of moving sugar into your cells is compromised, this affects your energy levels and your brain function





What you can do...

Eating 3 meals a day of real foods, with 4-5 hours between meals and a 12-14 hour overnight fast can allow insulin time to reset and avoid imbalances in blood sugar.

What is also important is what is in these meals

For balancing blood sugar, combining foods containing protein, healthy fats and fibre often works for most women

This means filling your plate with half non-starchy vegetables, 1/4 protein, 1/4 carbohydrate and a small amount of healthy fats





### THE FOUNDATIONS BLOOD SUGAR BALANCE

#### Protein

Protein provides the building blocks for making and repairing just about every other cell in your body.

Protein can help to decrease hunger hormones and prevent blood sugar spikes throughout the day

Many women do not eat enough protein in midlife.

As a guideline, you should aim to eat 0.8 -1 gram of protein per kilogram of body weight. If you are very active you are likely to need more (1.2g protein per kg of body weight).

This may be especially important for the first meal of the day to curb cravings and increase satiety







A 65 kg woman needs approximately 52g of protein per day.

Here's what 18-20g of protein looks like (all weights/protein content are approximate)

85g of Chicken or turkey = 20g protein 75-80g Grass-fed meat (lamb/beef) 85-100g Wild fatty fish - salmon, sardines, herring, anchovies, 3 Eggs = 18-20g of protein 170g Tofu and tempeh = 18g protein 1 cup cooked lentils = 18g protein 100g Nuts or seeds = 18g protein (a portion is 30g) 200g Greek yoghurt Quality Protein powders = can vary, check the packaging





Fat gets a bad rap.

You need fat to help you to make hormones. Fats also help proteins to do their job, they can act as fuel for the body (especially the brain) as well as support the process of absorbing certain essential nutrients.

Healthy fats can also help to keep curb hunger and keep you feeling satiated

Omega-3 fatty acids from oily fish and some nuts and seeds have been shown to support mood-regulating neurotransmitters in the brain and reduce inflammation

Examples of healthy fats include; oily fish (salmon, mackerel, sardines), walnuts, extra virgin olive oil, avocado, nuts and nut butters, seeds, tahini, olives, flax and chia seeds, organic ghee.





The main role of carbohydrates is to provide energy.

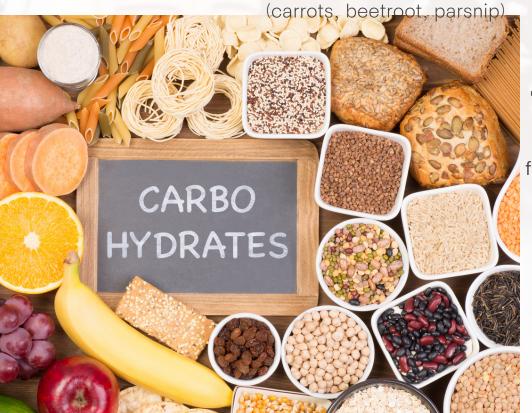
The problem arises when this energy is released too quickly into the bloodstream

This can happen when we eat simple carbohydrate foods such as bread, pasta, rice, potatoes, fruit juices and sugary foods

Most people need fewer carbohydrates as they age.

Aim to get most of your carbohydrates from vegetable sources.

Some of the best options vegetable options are dark leafy greens and cruciferous vegetables (broccoli, cauliflower, cabbage, kale, Brussels sprouts, watercress, rocket) salad vegetables some root vegetables



Top tip -Eating a "rainbow" of vegetables at each meal provides filling fibre, key nutrients and supports healthy digestion



Essential nutrients

We need to make sure that we are getting all of the essential vitamins and minerals our body needs to support the energy processes

In order to get these, you need to be eating a wide variety of foods on a daily basis. I recommend aiming for 7 portions of vegetables and 2 seasonal fruits per day

A multivitamin and mineral complex supplement can also be helpful to ensure a good basic level of all essential nutrients.

> TOP TIP - ADD FRESH HERBS SUCH AS ROSEMARY TO YOUR MEALS. ROSEMARY. HAS BEEN ASSOCIATED WITH IMPROVED COGNITIVE PERFORMANCE





#### Vitamin D

Scientific research has shown a significant correlation between Vitamin D levels and blood sugar control.

We can get some Vitamin D from fortified foods and oily fish & mushrooms but the majority is made from your skin being exposed to sunlight.

If you live in the Northern hemisphere, it is likely that the sun will not be strong enough during the winter months to provide adequate Vitamin D

For most people supplementing from November to March is recommended.

Vitamin D is essential for bone health and a healthy immune system.

#### TOP TIP - GET YOUR VITAMIN D LEVELS CHECKED

### **VITAMIN D**

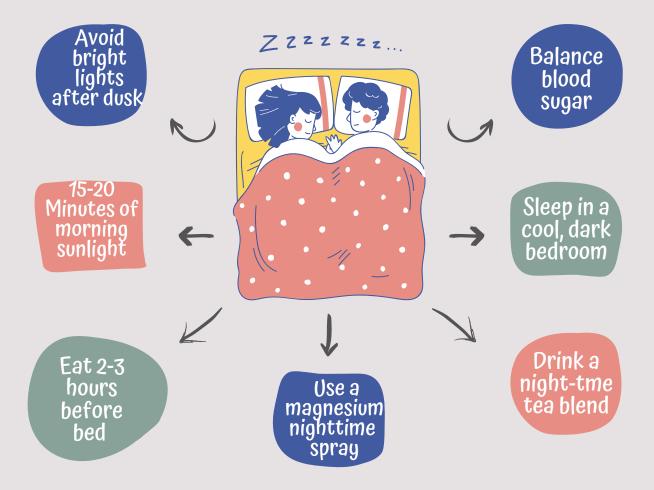


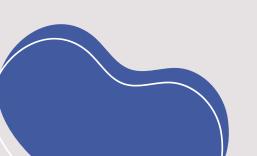
# Top Tips for Balancing BLOOD SUGAR

Make sure every meal includes a balance of with protein, fats & Fibre, especially breakfast
Avoid snacking and grazing on foods
throughout the day
Minimise or avoid stimulants - caffeine, alcohol & sugar
Manage stress and prioritise sleep
Build movement and exercise into your day



# Ways of Get Enough Sleep









Gut Health

We have 300 -500 different types of bacteria living in our guts. Many of these bacteria are beneficial to your health, helping you to digest foods and make vitamins

However, in today's world, an imbalance in gut bacteria is common. There are many potential reasons for this... a history of antibiotics, certain medications including antacids and over-the-counter pain killers, stress, viruses, yeast, parasites, alcohol and our diets are just some of the other factors which can disrupt the balance of your beneficial bacteria.

During midlife, you may naturally lose some diversity of your gut bacteria, levels of digestive enzymes and stomach acid often decline. This can lead to digestive issues and poor absorption of nutrients.



Top tip -Supporting your gut health is essential for good health. A stool test can be helpful to understand how you can do this



"Leaky gut" When the lining of the gut becomes more porous = This can lead to food intolerances and an increased risk of autoimmune diseases such as rheumatoid arthritis, psoriasis, thyroid issues as well leading to fatigue and brian fog

#### Foods to eat

Eat foods that feed your beneficial bacteria. These are called prebiotics. Some examples are: asparagus, green bananas, leeks, onions, flaxseeds and chia seeds

Foods: apples, artichokes, avocados, berries, broccoli/broccoli sprouts, cabbage, cucumber, celery, kimchi, kombucha, sauerkraut, figs, garlic, kale, lentils, nuts and seeds, olives and olive oil, onions, pumpkins, spinach

Include fermented foods in your diet, daily if you can. These include: sauerkraut, kimchi, miso, kefir and kombucha. All now readily available in supermarkets





# Top Tips for a HEALTHY GUT





# KEEP A FOOD DIARY



MONITOR HOW YOUR FEEL



# How to Keep a food diary

### CHAPTER TWO



Write down everything you eat during the day, no matter how small. Include any drinks, including water

Don't try and remember everything later in the day, you are likely to forget things Write down timings and record your energy levels & any brain fog symptoms Write down how you feel after eating.

This can help you build up an idea of which foods may be causing them

# DAILY FOOD DIARY

BREAKFAST	LUNCH	DINNER
<u>Time:</u>	<u>Time:</u>	Time:

**SNACKS** 

ENERGY LEVELS

**BRAIN FOG** 

WATER

# BEST TIME TO PRINK WATER

#### Waking up Morning

Drinking in the morning after waking up can remove toxins in your body When you are tired

Drinking water when you are tired can help your brain function better & restore your focus.

## When you are sleep deprivation

Drinking water when you're sleep deprived can help your body feel a little more rested the next day.

# 7 Steps to Building Good Habits

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MOTIVATION – Instead of thinking that you have to do something, reframe it and think that you "get" to do something. Then break it down into small chunks and off you go!

CLARITY – It may not be the motivation that you are lacking but the clarity around what you want to achieve. If so, try choosing how you would like to feel and then work out the actions you need to take for you to feel that way

YOU'VE SET YOUR INTENTION NOW SEIZE THE MOMENT WITH ACTION - It is the actions that deliver results... yes, preparations can help, but it is the actual actions, the doing, that get the results. Repeating these actions over and over again tells your brain to change, and this forms habits



# 7 Steps to Building Good Habits

CHOOSE THE RIGHT TIME - Taking action at a regular time each day, can help to make it a habit. Choose a time when you are not too tired, too hungry or too distracted and rinse and repeat

SMALL WINS - The way to achieve your goals is to make small incremental changes over time. If you miss a day, don't worry or give yourself a hard time, just start again tomorrow

REWARD YOURSELF – But in a different way... spend the money that you would have spent on a takeaway or a bottle of wine and use it for something that brings you joy, some essential oils, a bunch of fresh flowers, some brightly coloured wool for knitting if that is your jam

BREAKTHROUGH MOMENTS – tell someone else about your goals and report back to them to stay accountable and celebrate your breakthrough moment. Scientific studies have shown that being held accountable makes us more successful at achieving health-related goals





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# All you need is..

### 2-3 Breakfasts on rotation

3-5 Lunches

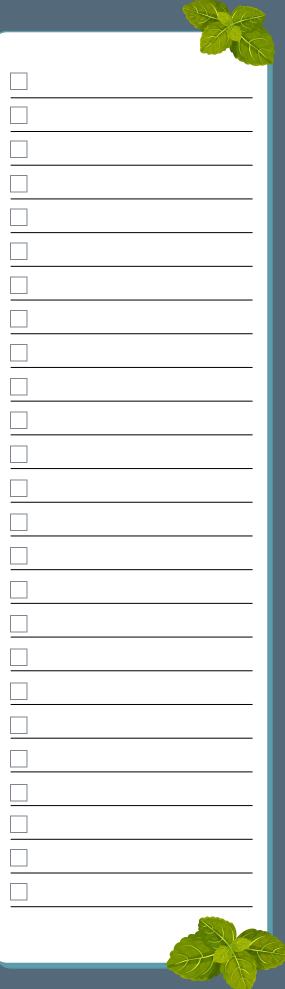
And 7-10 Dinners

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### Shopping list

### Shopping list

O.K



### Energy & Focus Breakfast Smoothie

SERVINGS: 1

PREPPING TIME: 5 MIN

### Ingredients

1 cup unsweetened almond milk

- $1/2\ \text{cup}$  of your choice of frozen berries  $1/2\ \text{cup}$
- kale/spinach/cauliflower

1 serving unflavoured/unsweetened pea protein powder

- 1 tbsp flaxseeds
- 1 tsp chia seeds
- 1 tsp nut butter or tahini
- 1/4 tsp cinnamon
- 3-5 drops of liquid stevia (optional for sweetness)

### Directions

1.Blend all ingredients in a high speed blender Makes 1 serving





### Eggs & Greens with Avocado

SERVINGS: 1

PREPPING TIME:5 MIN

COOKING TIME: 30 MIN

### Ingredients

2 eggs - scrambled, poached or boiled 1 tbsp large handful of your favourite green veggies sauteed for a few minutes in olive oil. I like to use organic kale or spinach. But you could add cabbage or broccoli, pak choi etc 1/2 a ripe avocado mashed with the juice of 1/2 a lime, salt and pepper Season to taste



# Broccoli & Courgette Soup with

### Lemon

SERVINGS: 3-4

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

### Ingredients

1 tbsp olive oil

1 small onion chopped

1 garlic clove minced

1 small head of broccoli roughly chopped including stalk (about 200g)

1 medium courgette chopped (about 200g) Juice and zest of 1/2 a lemon

600ml of homemade or good quality shop-bought vegetable stock (or use bone broth)

Salt and black pepper to season

A portion of protein source on the side i.e turkey, fish, tempeh



### Broccoli & Courgette Soup with Lemon

SERVINGS: 3-4

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

### Directions

Heat olive oil in a medium saucepan Sauté onion for 3-4 mins add garlic and sauté for an extra minute

Add the broccoli and courgette and stir Add the stock and lemon zest and cook for around 20 mins Add the lemon juice and blend in a high-speed blender until smooth

Add required seasoning, top with seeds and serve with your choice of protein





### Warm Lentil & Mushroom Salad

SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 30 MIN

### Ingredients

1 tbsp olive oil 125g ready-cooked Puy lentils 100g chestnut mushrooms sliced 1 small red onion diced 1 garlic clove crushed Juice of half a lemon Pinch of chilli flakes Chopped parsley & salt & black pepper to taste 30g rocket leaves to serve



### Directions

In a large frying pan saute the mushrooms, garlic, onions and chilli flakes in olive oil for 2- 3 mins. Add the lentils and lemon juice, stir and cook for a further 2 mins. Add salt to taste Top with chopped parsley Serve on a bed of rocket leaves



### Salmon wth Almond & Parsley Pesto

SERVINGS: 2

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

### Ingredients

1 WILD SALMON FILLET PER PERSON 1/2 MEDIUM SWEET POTATO CUT INTO CHUNKY CHIPS GREEN BEANS OLIVE OIL



FOR THE PESTO 50G ALMONDS LARGE HANDFUL OF FRESH PARSLEY LEAVES LARGE HANDFUL OF FRESH BASIL LEAVES JUICE AND ZEST OF 1 MEDIUM LEMON 1 GARLIC CLOVE MINCED 5 TBSP EXTRA VIRGIN OLIVE OIL SALT AND PEPPER TO SEASON



### Salmon with Almond & Parsley Pesto

SERVINGS: 2

PREPPING TIME: 20 MIN

COOKING TIME: 30 MIN

### DIRECTIONS

PLACE SWEET POTATO CHIPS ON A BAKING SHEET, DRIZZLE WITH A SMALL AMOUNT OF OLIVE OIL SEASON WITH SALT AND BLACK PEPPER AND BAKE IN THE OVEN AT 180 DEGREES CELSIUS FOR 40 MINS, TURNING HALFWAY THROUGH. PLACE THE SALMON FILLETS IN AN OVENPROOF DISH, SEASON AND BAKE IN THE OVEN FOR 20-25 MINS.

TOP WITH PESTO





### Mediterranean Tray Baked Chicken

SERVINGS: 2-4

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

Ingredients 2 MEDIUM CHICKEN BREASTS - CUT IN HALVES 1 LARGE RED BELL PEPPER ROUGHLY CUT INTO CHUNKS

1 LARGE YELLOW BELL PEPPER ROUGHLY CUT INTO CHUNKS

**1 RED ONION CUT INTO WEDGES** 

2 CLOVES OF GARLIC THINLY SLICED

1 LEMON CUT INTO 4 WEDGES

1 HEAPED TSP DRIED OREGANO OR THE LEAVES

FROM A FEW SPRIGS OF FRESH OREGANO

SALT AND PEPPER TO SEASON

I TBSP OF OLIVE OIL





### Mediterranean Tray Baked Chicken

SERVINGS: 2-4

PREPPING TIME: 15 MIN

COOKING TIME: 30-40 MIN

### Directions

PLACE THE CHICKEN PIECES IN THE BOTTOM OF AN OVENPROOF DISH SURROUND WITH PEPPERS, ONION AND GARLIC SQUEEZE ABOUT HALF OF THE JUICE FROM THE LEMON WEDGES ONTO THE CHICKEN AND PLACE WEDGES AROUND THE CHICKEN SPRINKLE WITH OREGANO AND SEASON WITH SALT AND PEPPER ROAST IN THE OVEN FOR 30 - 40 MINS OR UNTIL THE CHICKEN IS COOKED THROUGH. THIS WILL DEPEND ON THE SIZE OF THE CHICKEN BREASTS SERVE WITH YOUR CHOICE OF STEAMED GREEN LEAFY VEG





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RATING -/10 (1 being as bad as it can be & 10 being as good as it can be)

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YOUR ENERGY YOUR MENTAL CLARITY





# NEED MORE INSIGHT & SUPPORT? Book a free 30-minute

# health review call

We are all individuals with unique needs 3 further reasons that you may need to explore and get extra support

> Hormone imbalances Thyroid issues Toxin exposure

BOOK YOUR CALL HERE