

# 9 Natural Hacks

TO REACH YOUR IDEAL WEIGHT.

LOOK YOUNGER.

GET GLOWING SKIN.

ENJOY BETTER SEX AND

SAVE THE PLANET

WHILST EATING AS  
MUCH AS YOU LIKE!



A SCIENCE BACKED GUIDE TO FEELING GOOD AND LOOKING FLY.



## BEFORE WE GET INTO THE JUICY STUFF...

Okay, so I was being somewhat facetious when I promised better sex, although improved blood flow is definitely a help in that arena! I know those all seem like big promises, but glowing skin, easily maintaining my ideal weight and having people comment I look younger than my biological age are all things I've experienced myself through implementing the secrets I'm about to share, and it's nothing that can't be delivered with consistent application of the following natural health hacks. The best thing is, beyond the superficial benefits you're bound to see, your insides are going to be incredibly happy, and you're likely to experience benefits in all aspects of your health. You may find, as I did, that you start experiencing levels of energy you never have before, or that the eczema you've always struggled with clears up, or maybe allergies bother you less. I'd love to hear!



Camilla Clare

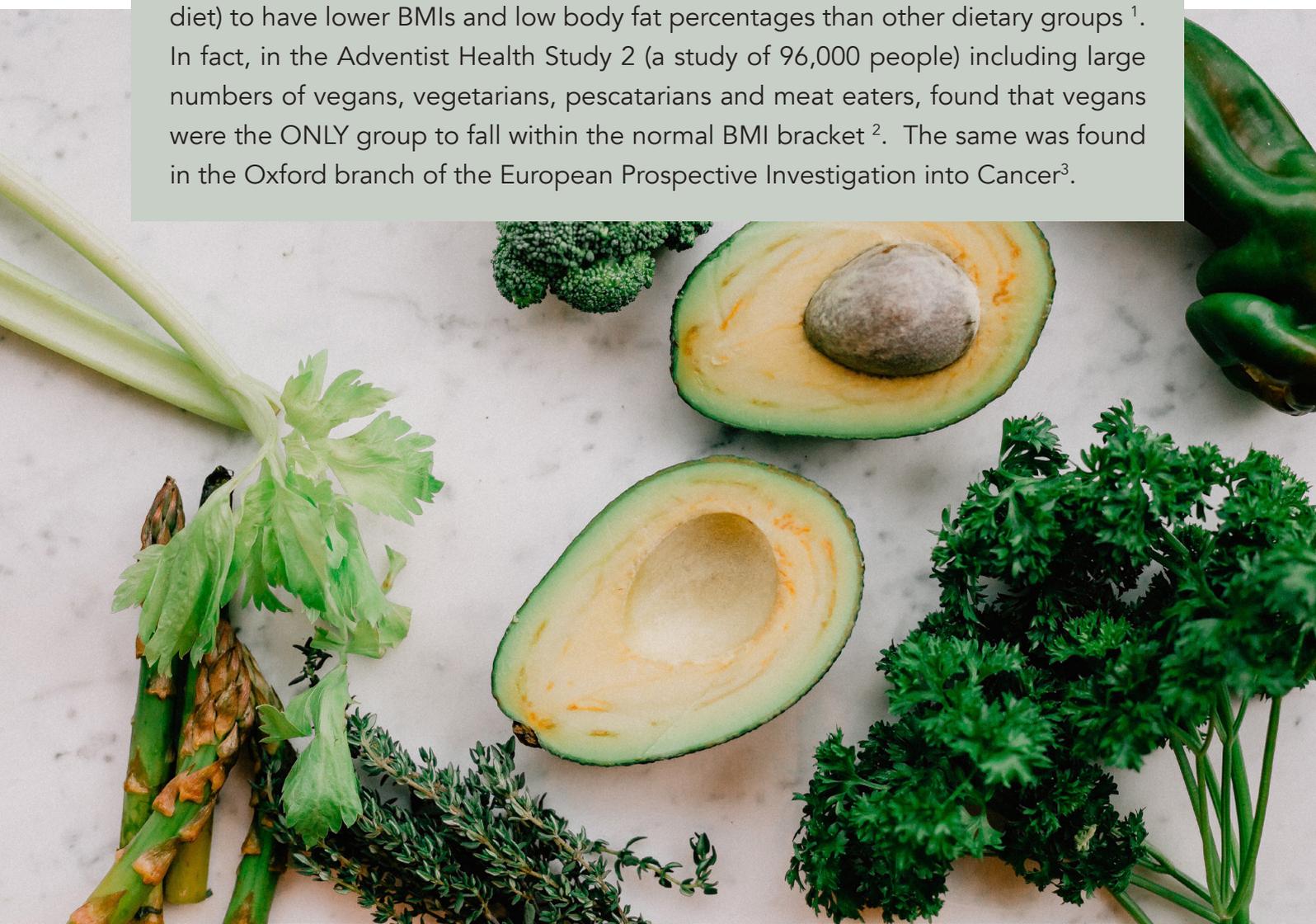
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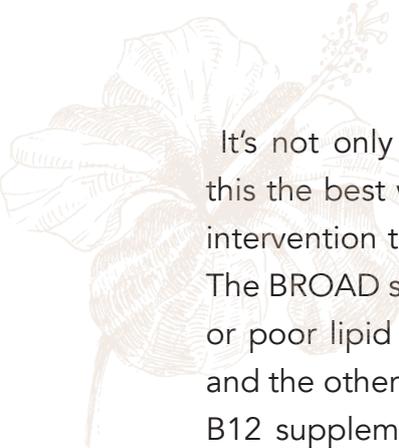
# 1. ADOPTING A WHOLE FOOD PLANT-BASED DIET

In the title I promised you could eat as much as you like and reach your ideal weight; according to science, I wasn't fibbing. A whole food plant-based diet (a diet that predominantly, or ideally exclusively, is composed of plant foods in their minimally processed form) may be the answer you've been looking for. These foods include fruits, vegetables, nuts, seeds, wholegrains and legumes (beans, lentils, peas, etc.).

In order to get all the nutrients you need in your diet, you need to eat a wide variety of different foods from all of these groups, and you want to be looking to get as many different colours in as possible (those bright beautiful colours are clues as to what antioxidants are hidden in the food). It's also imperative to make sure you're eating enough food as these foods are generally far lower in calories than animal foods, and that you start taking a B12 supplement prophylactically. To learn more about B12 and why this is a crucial nutrient to consider on a plant-based diet, check out my B12 blog on [www.camillaclare.com](http://www.camillaclare.com)

Over twenty studies have found vegans (those following an entirely plant-based diet) to have lower BMIs and low body fat percentages than other dietary groups <sup>1</sup>. In fact, in the Adventist Health Study 2 (a study of 96,000 people) including large numbers of vegans, vegetarians, pescatarians and meat eaters, found that vegans were the **ONLY** group to fall within the normal BMI bracket <sup>2</sup>. The same was found in the Oxford branch of the European Prospective Investigation into Cancer<sup>3</sup>.





It's not only studies looking at large numbers of existing plant-eaters who find this the best way for optimising weight; when this same diet has been used as an intervention to observe weight loss, results have also been thoroughly impressive. The BROAD study was a 12 month intervention where 65 people with elevated BMI or poor lipid readings were split into two groups; one to receive "regular care", and the other to follow an eat as much as you like whole food plant based diet with B12 supplementation. After 12 months the whole food plant based group had lost an average of 4.2 BMI points (That's HUGE!) without any mandated exercise or restrictions on the amount of food they were allowed to eat. The researchers concluded that to the best of their knowledge, no other intervention that didn't require calorie control or mandate exercise had achieved greater weight loss at 6 or 12 months <sup>4</sup>.



P L A N T  
B A S E D

For those of who are really interested in the science on this one feel free to check out my blog at [www.camillaclare.com](http://www.camillaclare.com).

My personal experience is that since eating this way, I've never had to worry about my weight, or about counting calories or restricting the volume of food I eat. I've also encountered incredible benefits; I've got more energy than I ever had before, my mood is SO much better and the arthritis I was diagnosed with at 22 years old no longer affects me. I've helped many other people to transition successfully to this way of eating, and they've also experienced huge, long lasting benefits to their own health.





## 2. EAT PLENTY OF BERRIES

Mixed berries are a really great beauty food to add into your daily diet. Boasting an array of antioxidants such as anthocyanins, and great Vitamin C levels, they help protect you from cellular damage, and assist with the building of collagen (hello youthful skin). The darker the colour, the denser their antioxidant content, with the Indian Amla berry being a particular antioxidant superstar.

Berries are also great for the brain (thank you anthocyanins) and reduce inflammation in the body. They also happen to be DELICIOUS.

Berries make a wonderful addition to a smoothie, as a topping for oats (check out my recipes in the blog section of [www.camillaclare.com](http://www.camillaclare.com)), or just on their own as a snack. Look to get half a cup of berries somewhere into your day.

### 3. PROTEIN

Protein is a fundamental building block for structures in the body such as hair, skin, nails, as well as being fundamental for the immune system, neurotransmitters, and well, pretty much everything.

Believe it or not, most people following the standard western diet are actually getting far TOO much protein and from the wrong sources, placing a huge tax on their body. When you get your protein from meat and animal sources, it comes packaged with lots of things we don't want high levels of in the body (N-nitroso compounds, heme iron, saturated fat, excessive levels of branch chain amino acids etc. etc.). However, protein from plants comes with lots of things we DO want; antioxidants, fibre, an array of vitamins and minerals and more optimised levels of amino acids for long term health.

Unless you're doing a HUGE amount of exercise, dietitian Brenda Davis recommends aiming for consuming 0.9g/kg of body weight protein on a plant exclusive diet. It's not hard to reach these with a varied plant based diet. The best foods to maximise in your diet for protein are legumes (black beans, chickpeas, lentils, peas, kidney beans), non-GMO soy products such as tofu and tempeh (totally delicious, and so healthy for you), wholegrains (oats, brown rice, quinoa, amaranth, buckwheat, freekeh etc.), nuts and seeds. Besides protein, these foods have so many other nutrients and plant superpowers which are going to improve all aspects of your health, so feel to indulge! For those who want some help with meal planning or who are doing a lot of exercise and want some help in ensuring their diet supports their goals, booking in with me for a consult is a great idea.





## 4. HEALTHY FATS

Fat has a bad rep, and I'm certainly not advocating you to eat a ton of saturated fat (aside from gorging on coconut oil or eating processed junk foods, that's fairly tough on a plant-based diet anyway), but polyunsaturated fats which are easily found in plant foods have a crucial role to play in the body. Concentrate on ensuring high sources of Omega 3 essential fatty acids from dark green leafy vegetables, chia seeds (check out my blog entry on breakfast ideas to learn how to implement chia seeds in your day), flax seeds, hemp seeds and walnuts which lower inflammation in the body, modulate the immune system, and support brain health.

Essential fatty acids are necessary for healthy cell membranes, and help the skin looking gorgeously plump, hydrated and youthful. Key signs that your skin could do with some more EFAs include dryness, inflammation, acne, eczema and psoriasis.

Ensuring healthful fats in your food also enhances the body's ability to maximise other food's super powers. Fat soluble vitamins A, E, D and K require fat for their uptake. Anti-ageing and beautifying antioxidants carotenoids (found in dark greens and orange fruits and vegetables) and lycopene (found in red fruits and vegetables) also require fat for their absorption.

I recommend including avocado, seeds and nuts (especially walnuts) in your breakfast, smoothies, on salads, and even as a snack. If you're trying to lose weight, just remember that fat per gram is more calorie dense than carbohydrates and protein, and so don't gorge on these foods, but please don't omit them from your diet!



## 5. GREEN TEA

I've been OBSESSED with green tea since I first found out about its superpowers as a teenager. My absolute favourite type of green tea is matcha, as it has umpteen higher levels of antioxidants than other green tea. You've got to be particular with matcha though, and ensure you only use matcha that comes from Japan; that originating from China commonly contains high levels of lead.

Green tea contributes to many aspects of health and beauty; helping with weight loss and anti-aging (through providing natural sun protection- never to be used in place of sunscreen, and enhancing cutaneous blood flow, bringing the nutrients your skin needs for repair to the surface). Green tea also has antibacterial and antiviral properties, protects against cancer, is great for heart health, liver disease and diabetes. It was even observed that there was a 51% lower prevalence of depression in Japanese men and women drinking four or more cups of green tea a day compared to just one cup; knowing what we know about the relationship between inflammation and mood, this isn't a total surprise <sup>5</sup>.

One word of warning on tea consumption; for those whose iron levels are on the lower end, tea and coffee (even including most herbal teas) will inhibit the absorption of iron from your food, and are best to be kept well away from food. For additional information about optimising iron levels, please see my blog article "Tips and Tricks for Vegan Iron Levels"



## 6. DANDELION AND BURDOCK TEA

I have a bit of a story behind this one. Back when I was doing my Naturopathy degree, I worked in a very busy health food shop in Sydney. In the whole time I worked there, two women came in whose skin noticeably glowed from the one end of the shop to the other. I was desperate to know their secret, and what they both came in for was dandelion and burdock tea. With my herbal knowledge I knew there was a very good chance that this indeed was their secret, and dandelion and burdock tea has been the first thing I drink upon rising ever since.

Dandelion is wonderful for the liver, anti-inflammatory and antioxidant rich, and together with burdock (prebiotic rich and detoxifying), may be helpful in both musculoskeletal complaints like gout and arthritis, but also in eczema, psoriasis and acne. When you support elimination of toxins in the body with these beautiful herbs, you're bound to see the results speak for themselves in your skin. You should be able to find this tea at your local health food store, or (because I love it SO much) alternatively you can acquire it from my [www.camillaclare.com](http://www.camillaclare.com) .

## 7. SILICA

Silica is a mineral that is essential for collagen synthesis and has systemic benefits for skin, tendons, cartilage, bones and blood vessels. Many people start observing a glow in their skin and stronger, healthier hair after a fairly short period of consuming silica supplementally. Silica gel or liquid can also be amazing to put topically on any blemishes that manage to sneak up on to your skin; the first time I tried this I was blown away by how quickly this worked compared to anything I've ever tried before.

Silica can also be found in healthy foods in the diet, such as wholegrains (oats-YUM!), dark green leafies and healthy non-GMO minimally processed soy foods.

## 8. ZINC

Zinc is such a critical mineral in the body, and one that does warrant particular consideration on a plant-based diet. Zinc is imperative for good mental health, optimum immune function, collagen and reproductive health, amongst untold other functions. If you want to look and feel your best, zinc is a great place to start. The same foods I mentioned earlier in the section on protein are also your best friends when it comes to getting adequate zinc through your diet; think beans, wholegrains, nuts and seeds.

Zinc supplementation can be extremely helpful in a variety of health conditions but due to the toxicity of zinc at high levels, and the way in which raising levels of some minerals will reduce the levels of others, it is not a good idea to blindly supplement yourself without advice. Speak to your naturopath or nutritionist to see whether zinc supplementation might be right for you.

Zinc absorption can be enhanced in the diet through cooking with garlic and onion; think my favourite Lebanese dish Majadoora for a really good example of this. This pro tip will also increase the absorption of iron from your food too- Win-win.





## 9. CAROTENOIDS

Carotenoids are a family of antioxidants found concentrated in dark green leafy vegetables (the chlorophyll content of these foods masks the giveaway orange colour usually associated with carotenoids) or anything fresh natural and orange (sweet potatoes, pumpkin, carrots etc. are all wonderful examples of healthy foods rich in carotenoids).

As mentioned earlier, to uptake carotenoids from these foods, fat REALLY helps. So enjoying these with some avocado, some crumbled walnuts, a drizzle of hemp oil, some hemp seeds etc. will supercharge their superpowers!

In terms of natural beauty hacks, this one really is one of the best saved 'til last. Not only do these antioxidants protect the skin from the sun's aging effects, BUT consuming enough of these foods actually subtly alters your skin colour to a hue that is super flattering. A study found that higher intakes of carotenoids reflected in the associated golden hue, made African, Asian and Caucasian faces all appear more attractive <sup>6</sup>.

There are also multiple other benefits for the body associated with these antioxidants; from weight loss, to improved eye sight, immune function, to heavy metal detoxification.

HOWEVER, it is not advised to supplement synthetic carotenoids as health effects are not favourable <sup>7</sup>! What I AM obsessed with is a natural superfood called Dunaliella salina, a marine phytoplankton which contains super high levels of carotenoids; compared to carrots one gram of this algae gives you 11-21mg of beta-carotene (just one of the 500 carotenoids found in this species) compared to 0.058mg; just two little capsules has more beta-carotene than 1kg of carrots! My favourite Dunaliella salina is called Algotene- as it's something I religiously use, I also offer it from my website. It is very well studied and very high quality.



# KEY TAKEAWAYS FOR RESULTS

- Centre your diet around whole unprocessed plant foods
- Include half a cup of berries a day in your diet.
- Make sure there's a good protein source at every meal; focusing on plant based sources.
- Include healthy fat-rich foods such as avocado, chia, walnuts, flax and hemp seeds with your meals.
- Green tea is an amazing beauty tonic, but should be kept away from food to optimise iron levels.
- Dandelion and burdock is a facial in a tea.
- Silica rich foods or supplementation are a great help for gorgeous skin, and you can even use silica topically for blemishes.
- Zinc rich foods are great for beauty, mental health and the immune system.
- Look for Carotenoids for that gorgeous glow and natural sun-protection.



Choose which of these sound manageable to you and let me know how you get on, either on my Instagram page @CamillaClareNaturopathy, facebook @CamillaClareNaturopathy or via my website!

Simply switching to a whole food plant-based diet is likely to deliver all the promises I made, and is doing a really great thing for animals and the planet. However, it is important that you do adequate research to embark on a healthy and sustainable plant-based diet. For more resources and a guide to common pitfalls, see my blog at [www.camillaclare.com](http://www.camillaclare.com).

I'm also available for consultations to help you implement any of these changes you'd like to make, or to support you in a wide range of health conditions you may be working through.

*Much love x*





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