



# THE HEALTH ZOC

HOLISTIC LIFESTYLE COACH

## REVITALISE : BODY & MIND

10 NATURAL REMEDIES

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THE HEALTH ZOC



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## NATURAL REMEDIES TO REVITALISE YOUR BODY & MIND

### 1. CURCUMIN

Curcumin is known to be highly anti-inflammatory and contains antioxidant properties. Curcumin is found in turmeric and has been shown to enhance the body's immune function, improve symptoms of arthritis and depression, and contains anti-cancer properties. Curcumin should be consumed alongside black pepper to enhance absorption.

### 2. GREEN TEA

Green tea contains compounds known as catechins which have been shown to have neuroprotective effects and therefore protect nerve cells from damage and enhance brain health and function. Green tea has also been shown to promote autophagy which helps to revitalise the overall health of those who consume it.

### 3. ASHWAGANDHA

Ashwagandha is an adaptogenic herb that has been used for centuries for enhancing brain function and promoting a youthful state within the body. Ashwagandha has been shown to reduce anxiety and depression, reduce blood sugar levels and contains anti-inflammatory properties.

### 4. LION'S MANE MUSHROOM

Lion's mane mushrooms are rich in antioxidants, support overall cellular health and help your body to produce energy more effectively.



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Compounds found in lion's mane mushrooms have been shown to play a role within the growth and repair of nerve cells. Lion's mane mushrooms have also been shown to enhance brain performance.

## 5. ROYAL JELLY

Royal jelly is produced by honeybees as food for their young and queen bee. Royal jelly has been linked to a whole host of health benefits in humans including being anti-inflammatory, loaded with antioxidants, helping stabilise blood sugar levels and improving the production of red blood cells. One of the fatty acids contained in royal jelly has also been shown to promote neurogenesis; the process of new neurons being formed in the brain.

## 6. MEDITATION

Taking 5-10 minutes each day for meditation can have a profound effect on your mental and physical health. Meditation has been shown to reduce anxiety, stress levels and overeating. Meditation helps to bring yourself into the present moment, reduce negative emotions and bring about awareness around food and hunger cues.

## 7. MOVEMENT

Moving your body for a minimum of 20 minutes each day is so beneficial for your health. Movement helps to boost your happiness levels, improve sleep, boost your energy, reduce your risk of heart disease and so much more. Finding the type of movement that works for you is crucial, try different forms of exercise and see which feels right for you and make it a consistent practice each day.



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## 8. SLEEP

Sleep is essential for our physical health, mental health and wellbeing. When we sleep our body is detoxing and regenerating as well as healing and repairing our blood vessels and organs. A lack of sleep is linked to an increased risk of heart disease, diabetes, high blood pressure, depression and obesity. We want to be aiming for between 7-9 hours of sleep a night - going to bed and waking at the same time each day helps our body to regulate its internal body clock to make sure that this consistent sleep pattern happens.

## 9. EAT REAL, WHOLEFOODS

The food we eat is information to our cells. We need to make sure we are feeding our cells the right information in order for them to thrive and make sure the functions of our body are working properly. Replacing processed, junk foods with real, fresh foods is the best place to start.

## 10. STAY HYDRATED

Our body is made up of over 70% water. It's therefore crucial we are hydrating with enough fluid each day. Water is crucial for our body to flush out toxins, increase energy levels, reduce headaches and migraines, and ensuring the fluid levels in our body are topped up. Aiming for 2 litres of water a day is the goal here.