

HEAL OF NATURE™

The Healing Nutrition Guide

2026



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Supporting the Body's Natural Ability to Restore Wellbeing

Foundations of Healing

The human body has an extraordinary ability to repair itself when supplied with nourishing foods, hydration, quality sleep, movement and a balanced lifestyle. This guide encourages whole-food choices that support overall wellbeing.

Foods to Enjoy Often:

- Fresh vegetables: leafy greens, broccoli, cabbage, cauliflower, beetroot, carrots, celery, cucumber, courgette, peppers, pumpkin, garlic, onion, sweet potato, potatoes (preferably boiled or baked).
- Fruits: enjoy a wide variety. Choose organic where practical for produce known to carry higher pesticide residues.
- Whole grains: whole wheat, barley, oats, rye, brown rice, quinoa, millet, buckwheat, spelt.
- Legumes: lentils, chickpeas, beans and peas.
- Healthy fats: extra virgin olive oil, avocados, walnuts, almonds, Brazil nuts, pumpkin, chia, flax, hemp and sesame seeds.
- Drinks: spring or filtered water, herbal teas, ginger tea, turmeric tea and fresh lemon water.

Daily Habits for Better Health

- Drink plenty of water.
- Eat slowly and chew thoroughly.
- Sleep 7–9 hours.
- Walk every day.
- Spend time outdoors.
- Reduce stress.
- Maintain a healthy body weight.
- Practice gratitude and positive thinking.

Foods to Reduce or Avoid

Highly Processed Foods

- Fast foods
- Ready meals
- Processed meats
- Artificial flavourings, colours and preservatives where possible

Refined Foods

- White flour products
- White bread
- Cakes
- Pastries
- Doughnuts
- Sugary breakfast cereals

Sugary Foods

- Soft drinks
- Energy drinks
- Sweets
- High-sugar desserts

Poor Quality Fats

- Deep-fried foods
- Hydrogenated oils
- Reused cooking oils

Foods Some People Choose to Reduce During a Healing Programme

- Dairy products
- Eggs
- Chicken
- Pork
- Soy products

Minimise Chemical Exposure

- Wash produce thoroughly
- Peel where appropriate
- Choose organically grown produce when practical

Heal of Nature Healthy Plate

- ½ plate colourful vegetables
- ¼ plate whole grains
- ¼ plate legumes or other wholesome protein source
- Include healthy fats
- Drink water regularly.

Healing Smoothie

1 beetroot, 1 carrot, 1 green apple, 1 celery stick, ½ lemon (peeled if preferred), fresh ginger and water. Blend and enjoy fresh.

The 7 Pillars of Healing

- Nourish your body
- Hydrate well
- Sleep deeply
- Move every day
- Protect your peace
- Connect with nature
- Trust the healing journey

Final Message

Health is built through daily choices, not overnight changes. Every nourishing meal, every glass of water, every walk, every peaceful thought and every good night's sleep is an investment in your future wellbeing.

Please Note:

The information provided within this guide is intended to support healthy lifestyle choices and overall wellbeing. It is designed to complement, not replace, personalised advice from your healthcare professional. If you have a medical condition, are pregnant, breastfeeding, or taking prescribed medication, please consult an appropriately qualified healthcare provider before making significant dietary or lifestyle changes.