



## This month

Chris Holstein's fantastic results!  
6 Week Body Cleanse Detox now available  
Wellness seminar in October  
Overcoming night-time over-snacking  
The benefits of dark chocolate and how to eat it!

## September Newsletter

## 22kg lost and improved health!

Nutrizione has for the last 3 months worked closely with me to improve my health via education in my eating patterns and content of what I consume, also my physical wellbeing with an exercise program that was tailored to my age, ability and health. This was done in an encouraging and helpful way that ensured maximum benefit. I can't recommend highly enough Laura's professional standard and personal commitment to the program outlined for me. I truly believe that she has not only improved my health, but also my ability to live better and work more effectively. **Gosford Councillor Chris Holstein**



## 6 Week Body Cleanse Detox *Now available*

### Do you need to detox?

- Are you tired all the time?
- Do you get headaches?
- Have you gained weight?
- Are you bloated?
- Do you have sleep problems?
- Do you find it hard to concentrate sometimes?
- Do you have skin problems?



### Benefits of a detox

- Increased energy
- Weight loss
- Better skin health
- Increased immune system function

Toxins easily build up in our bodies due to consuming foods that are over processed. Although our bodies can break down and remove these chemicals, this cannot be done efficiently when we are constantly bombarded with additives and preservatives in our food as well as pollution and cigarette smoke from our environment.

Call Laura TODAY on **0417 068 920**, email [Laura@nutrizione.com.au](mailto:Laura@nutrizione.com.au) or visit [www.nutrizione.com.au](http://www.nutrizione.com.au)

## Wellness Seminar

*presented by*



**Sunday October 12<sup>th</sup>** *Stay tuned for more details*

# Nutrition, health and weight loss consults

Now available Monday-Friday, in person, on the phone or online  
See website for more info [www.nutrizione.com.au/services.php](http://www.nutrizione.com.au/services.php)

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## OVERCOMING NIGHT TIME OVER-SNACKING



**Why you might eat in the afternoon & after dinner when you're not really hungry...**

- Getting home from work after a stressful day
- You're able to relax for the first time of the day
- you're day time meals and snacks aren't properly balanced
- you haven't listened to your body or what it really wants throughout the day
- You were too controlled and rigid throughout the day
- You spend all day taking care of everyone else but you!
- For most things in life we can get instant pleasure – food gives you this instant pleasure

**Tips to overcome this problematic time of day...**

- Don't ban what you are craving – this will only end in overeating it anyway
- Make sure you're eating enough healthy fat - gives you that satisfied feeling after eating.
- Ensure your day includes some "me-time" – take a bath, reading a book
- Vary your meals and snacks – boredom with your food is sure to increase cravings and non-hungry eating
- Increase the protein and fibre in your dinner to keep you fuller for longer
- Make sure you're eating in the same place all the time - avoid couch eating or eating when doing other things.
- Eat slowly, chew your food properly and enjoy the taste of every mouthful.
- Have breakfast everyday to kick start your metabolism and prevent cravings & excessive hunger later in the day
- Drink at least 2L of water to ensure you're not mistaking hunger for thirst
- Make sure you're eating when hungry during the day so you don't get as hungry at night
- Create a new habit – most of the time night time eating is something you do out of habit. After a few nights of not eating, your body & mind will adjust to a new habit.

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**Nutrizione now has a blog!**

<http://totalbodynourishment.blogspot.com/>

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**“If you focus on results, you will never change.**

**If you focus on change, you will get results.”**

# The benefits of dark chocolate & how to eat it!



The flavonoids in dark choc are naturally occurring antioxidants that can protect the body from free radical damage and helps to lowers blood pressure.  
Make sure you get the chocolate that has at least 60 percent cocoa.

## Eating chocolate...

Make sure it's room temperature so the chocolate starts to melt when you eat it

**Be still – give the chocolate the respect it deserves and eat it while doing NOTHING else!**

Clear Your Palate – don't let other tastes interfere

**Break Off a Piece – listen to the sound it makes. High quality chocolate produces a sharp, crisp sound called the chocolate's "snap." The higher the cocoa quantity, the louder the "snap" of the chocolate.**

Smell the Chocolate - Some chocolate flavours include: burnt bread, nutty, spicy, fruit

**Feel the Chocolate in Your Mouth - the chocolate should feel rich and luscious in your mouth. You should not need to chew good chocolate at all, just let the flavours release on their own. Examine the texture of the chocolate -- it can vary from smooth to grainy. Good chocolate has a rich, velvety texture. Poor quality chocolate feels waxy or greasy.**

The Finish – the lingering flavour is known as the 'finish' of the chocolate. Good chocolate should have a complex, interesting finish that is not bitter or unpleasant. [http://longevity.about.com/od/lifelongnutrition/ht/taste\\_chocolate.htm](http://longevity.about.com/od/lifelongnutrition/ht/taste_chocolate.htm)

**Some principles that would be great to apply whenever we eat anything!**

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Health • Strength • Fitness • Nutrition • Weight loss • Nourishment • Vitality • Energy • Results

**mobile:** 0417 068 920

**phone/fax:** (02) 4367 2320

**email:** Laura@nutrizione.com.au

**Website:** www.nutrizione.com.au

**blog:** <http://totalbodynourishment.blogspot.com/>