



SELENO HEALTH

# Lifestyle Guide

*Revitalise Your Healthy Lifestyle with Seleno Health*

**DAILY PLANNER & HOLISTIC HEALTH GUIDANCE  
PROGRAMME**

[www.selenohealth.com](http://www.selenohealth.com)





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## OUR TOP 10 LIFESTYLE ADJUSTMENTS

1. Focus on micronutrient intake and gut healing - shop seasonal, local and organic where possible, and focus on consuming high fibre wholefoods rich in antioxidants, gut healing peptides, digestive enzymes, pre- and probiotics.
2. Get rid of unhealthy foods from the house to avoid temptation. Eliminate pro-inflammatory foods such as those listed on page 3.
3. Create a mealtime routine – how you eat is equally important as what you eat. Eliminate distractions, breathe, relax, clear your mind and focus on the experience of your food.
4. Consume less food more often – control your portion sizes to avoid strain on the gut. Small nutrient rich portions are better than overeating large meals.
5. Drink 8 glasses of water per day. Ensure your urine is light yellow to clear.
6. Make health and food your life – don't just tick the boxes. Spend time shopping, learning and connecting with your food. Become a natural health expert by expanding your wellness knowledge with resources such as webinars, workshops, reading and exploring what interests you.
7. Get enough Vitamin D and sunlight. A minimum 10-20 mins of direct sunlight per day to keep your immune system strong, bones strong and sleep better.
8. Follow an exercise program tailored to your capabilities (3-6 times per week). See page 12 for further guidelines.
9. Include tools within your every day routine that help to reset the nervous system. This includes practicing mindfulness by connecting to the breath, or practicing other forms of mindfulness such as yoga, meditation, breathwork, qigong, etc.
10. Assess the stressors in your life and look at bringing change. Relationship changes? Career changes? Lifestyle changes? Work-life balance? Investigate tools such as NLP (neuro-linguistic programming), LP (lightning process), biodecoding, hypnosis, etc. to help you on your journey.



Eat raw, unrefined whole foods rich in nutrients. As a general rule of thumb choose green and coloured foods over bland foods, fresh foods over packet foods and try to eliminate sugar, salt, processed foods, trans fats and alcohol as much as possible.





## TIPS FOR GETTING THE MOST OUT OF THIS GUIDE

- Make a commitment to yourself to keep accountable for your choices, and commit to how you feel when you are healthy, radiant and nourished.
- When you're hungry, think "I'm thirsty" - often what can feel like a hunger pang is actually thirst. Practice drinking a glass of water at the first sign of "hunger." Staying hydrated throughout the day helps curb cravings, keeps you alert, and aids digestion.
- Carry healthy snacks, such as fruit and raw nuts, around with you wherever you go
- Cook a large healthy meal and keep the leftovers for lunches - preparation is key!
- Keep the fridge and pantry stocked with fresh, seasonal ingredients and nutritious meal options to inspire you.
- Put love and intentions into everything you prepare and eat - you are consuming that energy too!
- Optimise your nutrient value with superfoods and supplementation.
- Take note of how each food makes you feel - everyone is different, so be mindful of any sensitivities that may arise, and avoid that food where possible.
- If you have GI issues or health conditions, we recommend seeing a specialist such as a nutritionist or naturopath, to help you further.

*Eating a whole-foods diet as outlined in this guide, is a great way of ensuring you are providing your body with vital micronutrients. However, there are always things we can do to enhance and optimise our system for true vitality, such as incorporating functional superfoods and supplementation. We recommend incorporating our highly researched product range of organic maca, cacao and GPx to enhance micronutrient intake and boost energy levels, mood, and immunity. You deserve to thrive, and you most definitely can with the right tools!*

- Maca - our go to adaptogen for stress management, hormone balance and increased mood
- Cacao - mineral rich boost full of mood enhancing bliss molecules for energy, mental clarity, and is much better for you than coffee.
- GPx - 5 antioxidants in one, the only supplement your body will ever need for detoxification support & enhanced immunity





# WHOLEFOOD EATING

As a general guide to get you started, below is a wholefoods chart outlining what we recommend eating most of, and what to limit in your diet!

## Eat mostly

- Leafy greens
- Organic vegetables
- Organic fruit
- Berries
- Fresh Herbs
- Free range organic eggs
- Grass-fed organic meats
- Beans & legumes
- Raw nuts & seeds
- Ginger, turmeric, garlic
- Superfoods such as cacao, maca, spirulina, chlorella, barley grass
- Ancient grains e.g quinoa, amaranth
- Extra virgin coconut oil
- Extra virgin olive oil
- Herbs & spices
- Purified water
- Apple cider vinegar
- Sauerkraut
- Kombucha
- Seaweed
- Miso

## Avoid

- Gluten
- Refined sugars
- Artificial sweeteners
- Dairy products
- Factory farmed & processed meats
- Farmed fish
- Soy products
- Fried foods
- Preservatives
- BPA products
- Artificial colours
- Bulking agents
- Stabilisers
- Corn products
- Lectins and phytates
- NSAIDs e.g Diclofenac
- Antibiotics
- Processed seed and vegetable oils e.g soy bean, canola, margarine
- Alcohol
- Any other food sensitivities particular to you!







# EATING FOR OPTIMAL WELLBEING

Consume 1 portion or more from each list per day.

## Prebiotics

Chicory Root  
Flax seed  
Psyllium husk  
Asparagus  
Onions  
Leeks  
Garlic  
Dandelion root  
Apples  
Jerusalem Artichoke  
Green Bananas  
Raw Cacao  
Seaweed  
Radish  
Coconut flour  
Sweet potato  
Yacon root

## Digestive Enzymes

Papaya  
Honey  
Kefir  
Ginger  
Miso  
Pineapple (pineapple skin)  
Sauerkraut  
Kimchi  
Avocado  
Apricots  
Bananas  
Kiwifruit

## Probiotics

Kefir, coconut kefir, and  
water kefir  
Sauerkraut and kraut juice  
Kimchi  
Kombucha  
Apple cider vinegar  
Miso  
Kvass  
Brine cured olives

## Gut Support

Bone Broth  
Collagen  
Aloe  
Licorice root  
Slippery elm  
Marshmallow root  
Turmeric  
Hemp seeds  
Coconut  
Peppermint  
Raspberries  
Salmon  
Lemon  
Ginger  
Cinnamon  
Apple Cider Vinegar





# Maca

Maca root is a sacred plant from the high mountains of Peru that is traditionally used as a natural remedy to bring balance, boost energy and combat stress and fatigue. Maca offers strength, resilience, balance and promotes self-healing, therefore we recommend including it as part of your healthy lifestyle, for radiant wellbeing and vitality.

Maca is an adaptogen that helps the body cope better with stressors and naturally returns balance to the nervous and endocrine systems. Maca powder benefits natural hormone balance, promoting both libido and sexual function in men and women and returning hormonal harmony during hormonal transitions in women (e.g. menopause or PMS).

- Menopause
- PMS or hormonal imbalances
- Fertility and libido - Women
- Body shape - enhanced curves
- Fertility - Men
- Inflammation - anxiety, chronic stress
- Libido and sexual function - Men
- Prostate function
- Chronic fatigue
- Immunity
- Thyroid function
- General stress and fatigue
- Metabolic syndrome
- Mental Health
- Bone Density
- Athletic performance
- Neurological conditions
- Muscle building





# Cacao

Cacao contains many bioactive compounds and essential minerals that work together to support immune and cardiovascular health, enhance cognitive function, elevate mood, and improve nutritional health. Flavanols in cacao possess antioxidant properties to reduce oxidative stress and mediate our inflammatory response. This is important in conditions associated with chronic inflammation, such as acne, obesity, and allergies, and is also important for mediating immune function. Theobromine is a mild stimulant in cacao that is derived from caffeine and exerts similar effects, amongst other unique ones. While it also interacts with adenosine receptors throughout the body to produce an uplifting effect, studies have shown that theobromine can also reduce blood pressure in patients with elevated blood pressure.

Cacao also contains the essential amino acid, tryptophan, and its related metabolite, tryptamine. Both of these compounds are important biological precursors for neurotransmitters, melatonin, serotonin, and for vitamin B3. They can also interact with the same receptors as our natural neurotransmitters and modulate our serotonergic pathways. Similarly, phenylethanolamine (PEA) interacts with our dopaminergic pathways, which are associated with feelings of pleasure and reward. These compounds are able to work together to elevate mood, enhance cognitive function and improve mental health.

- Enhances cognitive function
- Improves mental health
- Improves cardiovascular health
- Improves mineral deficiencies
- Prevents anaemia & bone loss, chronic fatigue, and more
- Improves brain & skin health
- Supports creativity and connection to self

- Magnesium
- Calcium
- Zinc
- Phosphorus
- Iron
- Theobromine ~ energising
- PEA ~ love chemical
- Tryptophan ~ sleep support





SELENO HEALTH

# SOME FEATURES OF GPx Immune Protect



GPx Cell Protect® is a natural formulation built to support cellular oxidative damage. The product contains essential components to boost the body's own natural levels of energy-enhancing, protective antioxidant enzyme GPx (glutathione peroxidase), and its co-factor glutathione (GSH). GPx is the most protective antioxidant against oxidative stress and reacts up to 200x faster than other antioxidants. Unlike other antioxidants, GPx is rapidly recycled by co-factors like glutathione and ascorbate to stay in its active form for much longer. As such, GPx Cell Protect® is like a comprehensive 5 in 1 targeted super supplement that can offer multiple, full-body benefits. It's the only supplement your body needs.

Indications include immune support, stress management, chronic conditions, auto-immunity, secondary inflammation, chronic fatigue, fibromyalgia, illness and recovery, burnout and statin treatment.



A close-up photograph of a hand holding a clear glass filled with water. The glass is held in the center of the frame, and the water is clear and still. The background is a soft, out-of-focus light color.

# Water

Water is essential for life; alive and swirling with charged ions, ready to flood the body with pure energy. Its time that we pay closer attention to this mysterious molecular gift from nature that makes up 70% of the average human body & is vital to our health and survival... Water transports nutrients throughout the body, aids digestion and elimination, supports detoxification pathways, regulates temperature, protects the joints, improves mental clarity and energy levels. Drinking enough good quality, chlorine, fluoride free, structured, alkalisied water is essential for vitality.

A water filter or medical grade water ioniser that produces pure, alkalisied, antioxidant rich water is recommended. It can hydrate on a cellular level, decreases inflammation in the body, balances the body's pH, cleanses and detoxifies the body whilst improving digestion, energy and immunity.

## Tips

- Drink the right amount of water for your body: 0.033 liters per kg of bodyweight
- Drink pure, mineralised, alkaline water
- Avoid drinking from plastic bottles
- Invest in a water filter such and/or water ioniser or Bio 1000 filter for optimal health and wellbeing.







# PANTRY ESSENTIALS

Having a pantry full of nutritious foods helps you to maintain a healthy lifestyle! Buy organic and waste-free where you can.

## Fruits

Apples  
Avocado  
Banana  
Berries  
Papaya  
Apricots  
Blueberries  
Coconuts  
Cranberries  
Feijoa  
Figs  
Grapefruit  
Honeydoew melon  
Kiwifruit  
Lemons  
Limes  
Lychees  
Papaya  
Passionfruit  
Pineapple  
Plums  
Peaches  
Pomegranate  
Rock melon  
Tamarillo  
Tomatoes

## Nuts & Seeds

Almonds  
Brazil Nuts  
Cashews  
Chia seeds  
Flax seeds  
Hazelnuts  
Hemp seeds  
Pine nuts  
Pistachios  
Pumpkin seeds  
Sesame seeds  
Sunflower seeds  
Walnuts

## Vegetables

Artichoke  
Argula  
Asparagus  
Baby Greens  
Bamboo shoots  
Beetroot  
Bok choy  
Broccoli  
Brussel sprouts  
Cabbage  
Carrots  
Cauliflower  
Celery  
Chicory  
Chinese cabbage  
Chives  
Collard greens  
Cucumber  
Dandelion greens  
Fennel  
Garlic  
Ginger  
Green beans  
Green peas  
Kale  
Kohlrabi  
Leeks  
Lettuce  
Leafy greens  
Mushrooms  
Mustard greens  
Okra  
Onions  
Parsnips  
Pumpkin  
Radish  
Seaweeds  
Spinach  
Sprouts  
Sweet potatoes  
Watercress  
Zucchini

## Protein

Anchovies  
Chicken  
Lamb  
Duck  
Beef  
Venison  
Trout  
Prawns  
Wild white fish  
Wild salmon  
Sardines  
Eggs  
Lentils  
Beans

## Grains

Amaranth  
Brown rice  
Almond flour  
Brown rice pasta  
Brown rice noodles  
Buckwheat  
Coconut flour  
Kelp noodles  
Oats  
Millet  
Quinoa

## Fats

Almond butter  
Avocado oil  
Coconut butter  
Coconut oil  
Extra virgin olive oil  
Hemp seed oil  
Flax seed oil  
Sesame oil  
Tahini





# PANTRY ESSENTIALS

Having a pantry full of nutritious foods helps you to maintain a healthy lifestyle! Buy organic and waste-free where you can.

## Herbs & Spices

- Anise
- Basil
- Bay leaf
- Caraway seeds
- Cardamom
- Cinnamon
- Cloves
- Coriander
- Cumin
- Dandelion
- Dill
- Mustard
- Mint
- Oregano
- Paprika
- Parsley
- Rose-hip
- Rosemary
- Saffron
- Sea salt
- Thyme
- Tumeric
- Vanilla bean

## Fermented Foods

- Sauerkraut
- Miso
- Kefir
- Kim chi
- Olives
- Capers
- Pickles

## Beverages

- Bone broth
- Herbal teas
- Kraut juice
- Kefir
- Kombucha
- Sparkling water
- vegetable juice
- Purified filtered water
- Wine (in moderation)

## Superfoods

- Aloe vera
- Barley grass powder
- Chlorella
- Collagen
- Cacao nibs
- Cacao powder
- Ceremonial cacao
- Camu Camu
- Goji berries
- Honey
- LSA
- Lucuma
- Maca
- Manuka honey
- Molasses
- Pea protein
- Pure maple syrup
- Psyllium husk
- Spirulina
- Stevia
- Wheatgrass

## Dairy & Substitutes

- Almond milk
- Butter
- Coconut milk
- Coconut yoghurt
- Ghee
- Rice milk
- Hemp milk
- Oat milk
- Rice milk

## Other

- Tamari
- Kelp sea salt
- Black pepper

## Vinegars

- Apple cider vinegar
- Balsamic vinegar
- Red wine veingar







# DAY PLANNER

Glasses of water

ON RISING

Warm water + juice of 1/2 a fresh lemon, and/or 1 tsp ACV



BEFORE BREAKFAST

2 GPx Capsules



+ 1 tsp maca or 4 capsules



AND OR

MCB Oil 3-7 drops



BREAKFAST CHOICES

Smoothie



+ 1 tsp maca

Porridge



+ 1 tsp maca

Grain/protein



+ herbal tea

SNACKS (OPTIONAL)

Max 2 healthy snacks per day



Handful of nuts



Summer roll



Fruit



Veg & dip

BEFORE LUNCH

2 GPx Capsules (only if on full dose)



+ Probiotics

Kombucha/kefir/kraut juice

MCB Oil 3-7 drops



LUNCH CHOICES

Salad with protein



Soup



Small meal



SNACKS (OPTIONAL)

Max 2 healthy snacks per day



Handful of nuts



Summer roll



Fruit



Veg & dip

DINNER

Ideal dinner proportions

- 100g of lean protein
- 1/2 cooked carbohydrate (brown rice, quino, sweet potato)
- 1/2 plate of vegetables or salad
- 1-2 Tbsp of good fat (nuts, seeds, oils)



Tips

- cook with fresh unrefined foods over packaged foods
- use a smaller plate
- take time to chew
- no phone or tv

MCB Oil 3-7 drops

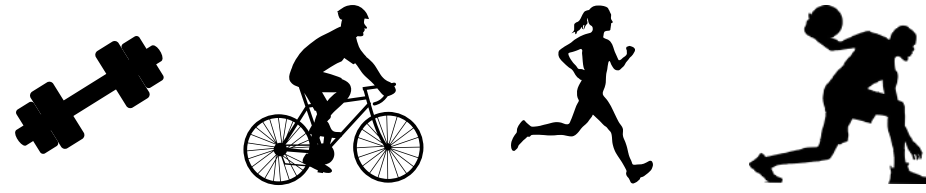






# DAY PLANNER

## Exercise



30-60 minutes 3-6 x per week

Exercise offers incredible benefits that can improve nearly every aspect of your health. Regular physical activity supports a healthy weight, creates strong muscles and bones, and increases the production of hormones that make you feel happier and help you sleep better. Most importantly, find a form of exercise you enjoy doing so that you keep at it! That can be anything from cycling, to weight lifting, to surfing. Don't let it become a chore!

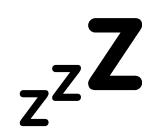
## Mindfulness



10-30 minutes a day

Mindfulness practices such as breathwork, meditation, yoga, tai chi, and qigong increase calmness, clarity and concentration as well as reducing stress, emotional reactivity, and boosting quality of life. Take at least 10 minutes a day to tune into stillness, practice gratitude, and set an intention for the day.

## Sleep



8-9 hours a night

Getting enough sleep is essential for helping a person maintain optimal health and well-being. Adequate sleep improves productivity, concentration, lowers weight gain risk, improves calorie regulation, improves social and emotional intelligence and lowers the risk of heart disease, strengthens immune system and lowers inflammation. No devices within 30 mins of bed time, practice mindfulness and breath or stretching before sleep.

## Example Week

M	T	W	T	F	S	S
45 min weight training	45 min yoga/pilates/ tai chi	45 min weight training	Rest day	45 min weight training	30 min walk	Rest day
15 min meditation/ breathwork		15 min meditation/ breathwork	Mindfulness practice of choice	15 min meditation/ breathwork	20 min meditation/ breathwork	Mindfulness practice of choice

\*This is an example week for a standard individual. If you have any health conditions such as chronic fatigue, please adjust the schedule to your needs, or as advised by your health professional.





# DAILY CHECK IN

Take the time to reflect on each day. What went well, what didn't? Journaling is a powerful tool to help keep yourself accountable for adhering to the lifestyle guide, and encourages you to take time for yourself to reflect on your experience.

Date: \_\_\_\_\_

*How is your body?*

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*How is your mind?*

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*How is your heart?*

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*How were your energy levels today? Was there a particular time you felt energised?*

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*What did you achieve today?*

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*Tick what you achieved:*

- I got to exercise for at least 30 minutes
- I found moments of peace & mindfulness
- I got at least 8 hours of sleep
- I was relaxed whilst eating

- I drank adequate water for my body
- I ate healthy foods that nourished my body
- I took my tsp a day of maca powder
- I ate 1 or more portion of each list on the 'Eating for optimal wellbeing' page

*What are your health goals, and how will improve tomorrow?*

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