

Chapter 10 Organic vs. Conventional *#healthytakeaways*

“Realigning Nutrition with Intuition” Liv Kennedy

Actions

- ✓ I will grow my own herbs/vegetables/fruit.
I am going to plant _____ (herbs/vegetables/fruit) on _____ (date)

- ✓ Switch table salt for Celtic sea salt or Himalayan rock salt.
In my cooking I am going to use _____ (healthy salt) instead of table salt

- ✓ Eat a pinch of kelp every day.
I am going to include a sprinkle of kelp on my _____ (food, e.g. vegetables, soup, stew/casserole, smoothie) every day

- ✓ Eat 2-3 Brazil nuts a day.
I am going to eat _____ (number) Brazil nuts every day

Consider

- How many organic/spray-free foods do I eat? How can I introduce more organic/spray-free foods into my diet? Could I prioritise buying the ‘dirty dozen’ and animal products organic/spray-free?

- Do I eat mostly SLOW (seasonal, local, organic and whole)? If not, how can I eat more seasonal? How can I eat more local? How can I eat more organic? How can I eat more whole?

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