

Kate Cook

The Business of Wellness

Take control of your Health, Mind and Happiness!



i. Eat a rainbow – if you do find yourself with a little extra time, learn to put some recipes together that feature real food – lots of colours are good! Colourful veg especially means that you are getting a good range of nutrients in the diet. In addition I take a bit of Magnesium (calming) a bit of Vit C, a multi which includes zinc, and krill oil (omega 3).

ii. Who knew? 70% of your immunity lies in your gut – your microbes are mighty when it comes to protecting your health. Could you consider making your own fermented cabbage (yikes!) – [click here](#) for the BBC Good Food recipe, and [here](#) for other fermented foods.

iii. Balance your blood sugar – this means keeping a key hormone stable (insulin). Insulin keeps your blood sugar stable (energy) and plays a part in the inflammatory cascade. It is thought that inflammation is the beginning of all degenerative disease. Avoid food that is: sweet, fluffy and/or white (white bread?) Eat real food. The first meal of the day should be the one that counts, anyone for turmeric scrambled eggs and mackerel, with chives?

You don't have to be training for a marathon, in fact very intensive training could actually compromise your immunity by exhausting reserves of a stress hormone called cortisol (cortisol depresses the immune system).

Qi Gong is similar to a Chinese martial art, but is known as a healing art. It is very powerful – it doesn't look much – but boy, you just have to do one Qi Gong move and you are IN CONTROL like nothing else.

In China it is evidenced and studied in hundreds of academic papers. [Here](#) is my favourite (remember this is very subtle so at first you think – What AM I actually doing?...)

I also love [Yoga By Adriene](#) – at the moment I am on day 5 of HOME – join me!

1. Avoid the news cycle at all costs. Get your news by asking other people what are the important things you need to know. This is how we used to get our news in our caveman days. The global news cycle on the hour, every hour should be avoided. Get back in control by YOU deciding what you want to absorb into your mind.

2. Breathing – I am actually doing meditation in a patchy way! (well there is more time, as I am not flying here there and everywhere!) Try “10% Happier” App – breathing really does make you feel better, as it calms our the part of our nervous system that says we are safe.

3. Try shaking (physically standing up and shaking your legs, arms, body and jowls (in my case!) – like a dog shaking water off, after going for a dip. An old Qi Gong trick as it happens, but brilliant for getting rid of excess pent up anxiety.

4. Don't worry worry until worry worries you – is my favourite mantra! Don't think too far ahead, get through today and look to a better tomorrow (might have stolen that off Captain Tom!)