



Mushroom Omelette

Serves 2

Preparation time: 5 minutes

Cooking time: 5 minutes

2 teaspoons Natrim Coconut Oil

125g (4oz) mushrooms, sliced

3 tablespoons chopped chives, plus extra to garnish

1 teaspoon miso paste

50ml (2 fl oz) boiling water

4 eggs, lightly beaten

pepper

Heat the oil in a frying pan over medium heat. Add mushrooms and chives and stir-fry for about 2 minutes.

Dissolve the miso paste in boiling water and add to the pan. Continue to fry until the liquid has evaporated.

Pour the eggs over the mushroom mixture and swirl around the pan to form a thin omelette. Cook for 1 minute.

Remove from heat. Slide the omelette onto a plate, roll up, and sprinkle with pepper and a few extra chives.

Is your metabolism slow because of your thyroid?

A useful test for indicating a sluggish thyroid and hence a sluggish metabolism is checking your Basal Body Temperature – by using the 'Barnes Temperature Test'

BARNES TEST

Basal temperatures are taken first thing in the morning, when your body is completely at rest. At night, before you go to bed, shake the thermometer down and leave it on your night table. In the morning, before getting out of bed and with as little movement as possible, place the thermometer under your arm. **Leave it in position for 10 minutes.** Do not drink alcohol the night before you take your basal temperature.

NAVITA OCEAN MINERAL HERBAL BATH DETOX

Derived from Australian southern ocean waters by a process of natural solar evaporation, resulting in the precipitation of the table salt seen as crystallized formations around the edge of the holding tank, which are then removed.

The resulting remaining concentrated liquid is a rich natural source of water soluble minerals that is a wonderful way to relax and unwind as you soak in all the elements of the sea.

Take a warm bath after exercise or at the very least the same day as exercise. Add 50-100ml to warm bath water, soak and relax.

Revitalises and refreshes after exercise.

Ingredients: Ocean Mineral Concentrate with wheatgrass, Apple Cider Vinegar, Clivers 1:3, Calendula 1:3, Nettle 1:3, Red Clover 1:3, Lavender Oil, Rosemary Oil.



Your Body Shape

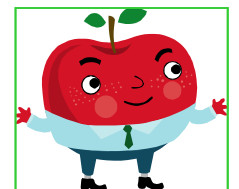
Did you know that the waist-to-hip ratio determines the distribution of body fat.

Measure your hips at the top of the hip bone just slightly lower than your belly button.

Measure your waist 2.5cm above your belly button.

Divide the waist reading by the hip reading to arrive at your Body Fat Location Ratio.

A ratio of 0.95 or greater means your body shape is an apple shape. A majority of body fat is located above your waist. This may indicate a higher risk of diabetes, heart disease, elevated triglycerides, stroke, high blood pressure and some cancers.



A ratio of 0.95 or less means your body shape is a pear shape. This indicates a lower health risk, but where there is a majority of fat located in the lower half of the body it may be harder to lose during a weight loss program.

