

# CREATE SUPER HABITS

**EAT healthily, lose weight, feel great — sounds overly simplistic, but a healthier and happier life is within everyone's reach, claims Talya Lewin, author of Have a Super!fe book.**

In 21 short chapters, the book outlines practical lifestyle advice, covering healthy food, simple recipes as well as self-awareness and motivation tips.

At the end of each chapter, the reader can commit to "one baby step" on the road to creating new healthy habits.

"It is better to succeed with small steps, than to fail by choosing too big a step", holistic health counsellor Talya says, in a book that is less about 'instant fixes', and more focused on progress than perfection.

**Talya, who runs the Meath-based Super!fe food business with her husband Diarmuid Russell, says people should be aiming for 80 per cent healthy; 20 per cent "unhealthy" in most aspects of life, rather than being extreme.**

"Everyone wants to be healthier, happier, slimmer, more energetic, more focused, more creative. And yet nowadays, people are stressed, overworked, eating the worst food, sicker than ever, fatter than ever, depressed, popping all kinds of pills and supplements," says Talya.

But Talya is aiming to help readers overcome these issues by making small, gradual changes to their lives.

"You can create new habits in your life,

■ Siobhan DEVOY

ones that you choose and that will help you live the life that you want," she advises.

Have a Super!fe includes 11 healthy cooking video-links for readers.

But "this is not a diet book, because diets don't work," Talya insists.

**Reflecting the author's enthusiasm for healthy eating, they show how to cook simple, delicious, healthy food for home and work, including superfood versions of smoothies, porridge, rolls, snacks and soups.**

"In the last 60 years our food has changed dramatically but the biology of our bodies has stayed the same. Our bodies are designed to eat real foods that nature and the earth created: full of fibre, minerals, vitamins and antioxidants," says Tayla.

## Cravings

Sustainable weight loss, a life free from cravings, and better health and wellbeing are tangible outcomes.

But Tayla admits that it can be difficult to change old habits.

"The diet and fat-free mentality is deeply ingrained in us. I

help people to 'ditch the diet', and begin to notice that when they eat real wholefoods — even those high in calories — they feel happy and satisfied, and their body reaches its natural weight," Talya says.

Diets are old school and don't work because people actually need healthy

fats to lose weight, Talya explains.

**"Once you eat real foods, your body stops craving the unhealthy, processed, sugary foods.**

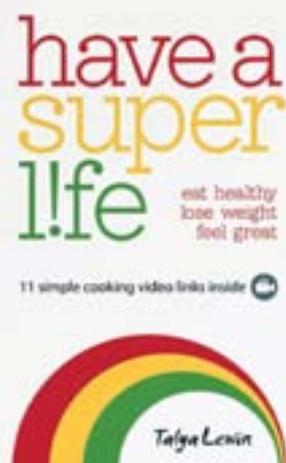
"Weight-loss and a healthier mind and body can be as simple as staying away from anything that has diet, low-fat or fat free written on it, and adding healthy oils, wholegrains, fruits, vegetables, nuts, seeds and superfoods," she says.

And it's not just about changing what foods we eat, Tayla advises that readers consider buying organic.

She says that the pesticides in our foods may be harmful.

"If these toxins kill all kinds of insects, weeds and pests, what does it do to us and to our kids over a lifetime?"

● *Have a Super!fe is available on amazon.com (approx €17) and in health food stores around Ireland where Super!fe products are sold. See [www.haveasuperlife.com](http://www.haveasuperlife.com) for more information.*



**FOOD FOR THOUGHT:** Author Talya and (left) the book is full of advice

## TOP TIPS

**MEAL TIMES:** Talya advises eating breakfast around 7am-8am; lunch between noon and 1.30pm and dinner between 6pm-7pm.

**SLEEPING HOURS:** Go to sleep before 10pm, as this is the optimum time for the liver and kidneys to detox.

**DO EXERCISE THAT YOU LOVE:** Getting active strengthens bones, stimulates new brain cells, controls blood pressure and aids depression.

**SLOW DOWN:** Schedule less, says Talya, to de-stress your life.

● hempseeds, cacao nibs, goji berries, chia seeds, mulberries, bee pollen

● **METHOD:** Soak the oats in water the night before.

● Cook the oats slowly on a low heat for about 7-10 minutes until cooked.

● Meanwhile soak the chia, raisins, teaspoon of cacao nibs and goji berries in a little warm water.

● Put your porridge in a bowl and add some cinnamon. Add some coconut oil on top along with a sliced banana.

● Sprinkle on some walnuts, honey or maple syrup.

● **SUPERFOOD PORRIDGE**  
INGREDIENTS:  
Half a cup of whole

oats  
Coconut oil  
Raisins, cinnamon, nuts,

tahini, fruit  
Superfoods such as hulled

● **RAINBOW SALAD**

Let the artist within you express itself and paint a salad, using as many colours as possible.

INGREDIENTS:  
Lettuce  
Parsley/coriander/dill/basil/ celery  
Carrots, peeled or grated

Courgette, peeled  
Tomatoes and red peppers

Purple cabbage  
Ginger, grated  
Sprouts, any variety

THE DRESSING:  
Turmeric, cumin,  
cinnamon (shake on generously)  
Cayenne

Ground flax seeds  
Pumpkin seeds  
Olive oil, organic soy sauce

(pour a little of each onto the salad) A squirt of lemon.  
Enjoy!



**RAISIN THE BAR:**  
Pimp up your porridge

edited by MOIRA HANNON

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