The Gentle Reset
LOVE YOURSELF FOR A LIFETIME

CRUCIFEROUS VEGETABLES

POWERFUL PLANTS FOR A HEALTHIER YOU

PROPERTIES OF CRUCIFEROUS VEGETABLES

Cruciferous vegetables are all members of the Brassica family. They are high in vitamin C, soluble fibre and a variety of other vitamins and minerals. They are rich in phytochemicals, including glucosinolates.

Glucosinolates are converted to isothiocyanates by the action of the enzyme myrosinase. Isothiocyanates have potent anti-inflammatory actions. Myrosinase is deactivated by heat, so consuming cruciferous vegetables raw or lightly steamed preserves their protective properties.

CAUTIONS: Cruciferous vegetables may interfere with the action of warfarin, so medical advice should be sought. They may also cause bloating in some instances, so quantities should be increased slowly if you have any digestive sensitivities or disorders.

THE BENEFITS

- Supportive properties
- Antioxidant
- Support liver detoxification of drugs, hormones and toxins
- High in fibre to support digestive health and feed beneficial gut bacteria
- Anti-inflammatory and antioxidant
- May support serotonin production and help protect against Type 2 Diabetes and obesity

The more bitter varieties, such as rocket and watercress, stimulate the production of digestive enzymes to support optimal digestion.

WHICH VEGETABLES ARE CRUCIFEROUS?

HOW MUCH SHOULD I EAT?

Aim to consume _____ portions of cruciferous vegetables a day.

Where appropriate, this may be gradually increased to _____ portions a day.

A portion is equivalent to a small fist, half a cup or approximately 80g.

FURTHER READING

Brassicas:
Cooking the world's healthiest vegetables

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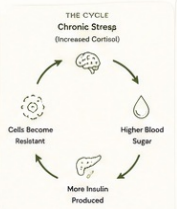
MANAGING & IMPROVING INSULIN RESISTANCE NATURALLY

WHAT IS INSULIN RESISTANCE?

Insulin resistance occurs when your cells don't respond properly to insulin, the hormone that moves glucose (sugar) from your blood into your cells for energy.

Over time, this can lead to higher blood sugar levels, increased fat storage, fatigue, weight gain, and an increased risk of type 2 diabetes, heart disease and other chronic conditions.



THE LINK: STRESS, CORTISOL & INSULIN RESISTANCE

Chronic stress causes your body to release cortisol. While helpful in short bursts, long-term high cortisol can:

- Increase blood sugar
- Promote belly fat storage
- Make your cells more resistant to insulin
- Increase cravings for sugar and refined carbs

High cortisol + high insulin = a cycle that keeps your body stuck in survival mode.

SIGNS YOU MAY HAVE INSULIN RESISTANCE

- ✓ Crave sugar or carbs often
- ✓ Feel tired after meals
- ✓ Trouble losing weight
- ✓ Belly fat (especially around waist)
- ✓ Skin tags or dark patches (Acanthosis Nigricans)
- ✓ Irregular periods or PCOS
- ✓ High blood pressure or cholesterol
- ✓ Brain fog or poor concentration

THE IMPACT ON YOUR HEALTH

- Constant fatigue and tiredness
- Weight gain (especially around the midsection)
- Sugar cravings & mood swings
- Hormonal imbalance (PMS, PCOS, menopause)
- Poor sleep and brain fog
- Increased risk of type 2 diabetes, heart disease & inflammation

NUTRITIONAL STRATEGIES

- ✓ Focus on whole, minimally processed foods
- ✓ Choose low GI carbs that stabilise blood sugar
- ✓ Trouble protein & healthy fats with every meal
- ✓ Eat plenty of fibre-rich vegetables
- ✓ Limit refined sugar, white flour & processed foods
- ✓ Stay hydrated and support gut health
- ✓ Eat mindfully and stop when 80% full

HERBS & SUPPLEMENTS

(Always consult your healthcare practitioner)

- **Berberine** – supports blood sugar control and insulin sensitivity
- **Chromium** – helps improve insulin action
- **Magnesium** – supports glucose metabolism
- **Alpha Lipoic Acid** – powerful antioxidant that improves insulin sensitivity
- **Inositol** – especially helpful for women with PCOS
- **Vitamin D** – supports insulin function
- **Omega-3** – reduces inflammation

SAMPLE DAY OF BALANCED EATING

- Breakfast: Greek yogurt inulin berries, chia seeds & nuts
- Lunch: Grilled salmon, quinoa, roasted vegetables
- Snack: Apple with almond butter
- Dinner: Chicken stir-fry with lots of vegetables and brown rice
- Vitamin D after meals.
- Drink: Herbal tea, water with lemon

KEY TAKEAWAYS

- ✓ Insulin resistance is common, but reversible.
- ✓ Small, consistent changes make a big difference.
- ✓ Balance blood sugar, support your body and be kind to yourself.
- ✓ Focus on progress, not perfection.

YOU ARE NOT ALONE

Healing is not a straight line. With the right support, nourishing food and self-care, you can restore balance and create lasting health.

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