



Simply Nourished: A Simple Guide to Traditional Eating

Amanda J Harvey

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As a holistic nutritionist and a mother I am encouraging a dramatic shift in the way we think about nutrition and not only what we eat, but what we feed our children and loved ones. In society we see a range of physical, psychological and behavioural problems that all stem from the food we eat- including digestive issues, allergies, mental disease, type II diabetes, dementia, heart disease, cancer, obesity and weight difficulties. I believe that there is no strict diet for people to eat. I stand by traditional eating, which offers a wide variety of food choices. These foods are ones that our bodies have evolved eating. I believe that our bodies do well on high fat, nutrient rich foods. I see sugar and seed oils as toxins and we must avoid them. This diet will decrease inflammation in the body, which will contribute to building a strong immune system and prevent disease, both physically and mentally. Foods such as full fat dairy, ethically raised pastured animal produce, bone broths, properly prepared nuts, seeds and ancient grains, seasonal fruit and vegetables and fermented foods and beverages, and choosing organic local produce as much as possible. These foods taste better and keep us satiated, preventing overeating. I think we need to eat consciously, seasonally, support our ethical, organic, local farmers, grow our own food as much as possible and realise how delicious real food actually is!

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