

# Nutrition

## - the key to health

BY ANONYMOUS BLOGGER

**H**ave you ever felt bloated, gassy, crampy, tired and just generally unwell? Ever done a blood test or seen a doctor but they can't find anything wrong with you? The problem might be as simple as what you're eating.

Earlier this year I embarked on a journey to find out why I was experiencing all of the above symptoms and more. After blood tests, doctor visits and years of being told I was fine, I finally decided to consult a nutritionist to see if food might be the cause of my concerns. And what do you know... it was!

During my first consultation with Brisbane based nutritionist Jessica Cox, I was nervous and not too sure what to expect. But it was all very simple and straightforward. We sat down, went through my current diet, my symptoms and then Jessica made a few simple but effective changes to my meal plan cutting out two common culprits, wheat and dairy. It was easier than you might think too. For example, my daily weetbix and fruit with cow's milk was substituted for low sugar muesli, berries and almond milk. All changes were totally doable and Jessica made sure there was

nothing on my new menu I didn't like. I also got some great new recipes for home-made dips, salad variations and pre workout muffins. I left with my next appointment booked, a pee cup for one test, a referral for another blood test with my local GP and I was feeling positive about the whole thing.

We established quite soon through the tests and a process of elimination that wheat and cows dairy didn't agree with my body so over the course of our appointments, Jessica kept those out of my meal plans and made sure I had enough variation in my foods to keep me interested. She also offered ongoing support when I needed it and helped speed up my 'detox', getting the bad bacteria out of my stomach, with supplements.

One important thing I learnt through this lifestyle change was that you need to be patient and you need to be kind to yourself and your body. Health is a journey

and there is no quick fix. Sticking it out is the only way to prosper. And getting support, such as I did with Jessica, makes the journey so much smoother and so much easier.

Now, about six months after starting, I feel much better, my energy is back, my skin is clear, my bloating has almost gone completely and my new 'diet' is now just my everyday 'diet'.

Jessica Cox started out in Nutrition in her mid-20's after deciding a life and career in events wasn't doing her health much good. So she went back to her roots, having grown up on a farm producing her own vegies, and started dabbling in healthy alternatives. It opened up Pandora's Box for Jessica and she hasn't looked back.

Although her main demographic is women in their mid-20's - mid 40's, Jessica said many more men are realising the value of health through good nutrition.

"Women are more aware of what's going on in their bodies, so they seek out advice sooner. But these days, there is a stronger focus on health and nutrition so more men, especially in the mining and trades industry, are seeking support," Jessica said.

Tradies and miners, especially those with FIFO rosters, can find it hard to eat well when half of their time is spent on site with supplied food, and the other half is at home.

"The long hours spent on site are taxing and if you're sedentary this can be just as draining, good food will help boost energy in your everyday life and your work life," Jessica said.

"Weight gain and skin concerns, or lethargy and lack of vitality are big drivers for men, and women, to seek nutritional advice.

"Too often people wait until they have all the symptoms until they seek advice and often seeing a nutritionist is the last point of call. But something as simple as switching a few foods in your diet and eating healthier options can mean the difference between feeling unwell and having your vitality restored. Luckily these days people are making the connection between cause and effect of what we put into our bodies."

Whether you work in Brisbane, or on site, or anywhere in Australia and the world, Jessica can assist you in your nutrition needs.

"I do skype consults which are very easy, can be done any time and the only real difference is that the client is not physically in the office with me. Sometimes getting the food intolerance testing done can be more challenging with people working away. However, a lot of my clients choose to do skype or phone consults these days for convenience sake and I have clients all across the country and internationally," Jessica said.

"Together we work out a program based on what foods you have access to, we look at how you can get the most from the food you have and the food you eat. It's not a crazy diet plan or a quick fix, it's about learning to incorporate better food into your everyday life. Often there are good food choices or at least better food choices available, it's about working out what they are. It's actually really easy to eat well and over time it does become second nature and you feel so much better for it.

"I feel it's really important to educate people that what they do now, will affect how they feel later in life. There are long term effects to poor nutrition. And most people with unhealthy diets do feel unwell, or have a lack of energy, or some kind of discomfort.

"Look out for the symptoms - poor digestion (ideally you should be having bowel movements once daily), nausea, bloating, stomach pain and cramps, low energy levels, feeling tired and breakouts and redness on your skin. If you experience these, you probably need to fix up your nutrition!"

Visit Jessica's website for tips on eating healthy including a range of simple recipes such as this one for **Oil & parsley fish patties!** Visit [www.jessicacox.com.au](http://www.jessicacox.com.au)

- 1/3 cup (or more) potato for crumbing

**Method:** Cut the potato into rough even pieces and place in a pot with ample water to boil. Once the potato is tender, drain the water and set aside to cool a little.

Place the remaining ingredients (except the potato) in a blender and then add in the potato. Blend until combined.

Using your hands form mixture into patties the size of hamburgers. Once they are all made place the potatoes onto a plate and roll the patties in the potato to crumb.

Heat a frying pan with coconut oil, unrefined rice bran oil, or macadamia nut oil. You could also cook these on the BBQ. Pop the patties into the pan and cook on a medium heat until cooked through roughly half way. The underside should be a nice golden brown. Flip over and cook through on the other side.

Once cooked, either eat straight away with salad or in a burger or allow to cool and freeze for later.

**Oil & parsley fish patties (makes 6 patties)**

**Ingredients:**

- 400 grams uncooked hoki (or other fish of choice, bones removed)
- 1 medium sized potato
- 1 large handful of oil, roughly chopped
- 1 large handful parsley, roughly chopped
- 1 clove garlic
- 1/2 red onion, roughly chopped
- 2 tablespoons capers
- zest 1/2 lemon

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