



One to one personal training with

Lorraine

## Not feeling quite right?



**Insomnia:** - This could be down to a Magnesium deficiency; further signs could be Apathy, weakness, muscle cramps, muscle tension and high stress. To help combat these symptoms try to eat more: - Wholegrain cereals, pulses, nuts, sesame seeds, dried figs and leafy green vegetables.

**Feeling moody:** - You may be needing more Vitamin B's; the body cannot store this vitamin so a daily supply is needed. These vitamins are easily destroyed by alcohol, nicotine, caffeine and foods that are cooked. Try to eat more of the following foods that are high in these vitamins: - Whole grains cereals, meat, eggs, leafy vegetables, nuts and dried figs.

**Bleeding and inflamed gums:** - The cause of this complaint could be a lack of a Vitamin called Q10. Foods that are rich in this vitamin are: - Peanuts, soy oil, sardines, soybeans and sesame.

**Low sex drive:** - Assuming you are in a good relationship, low sex drive could be caused by a lack of Zinc in your diet. Other complaints could be poor immune system, poor sense of taste and smell, white flecks on your nails and thinning hair. Shell fish, meat, poultry, eggs, dairy, peanuts and sunflower seeds contain a high level of Zinc; these could solve all your problems!

**Period Pain:** - There are many factors with this complaint, but part of the problem could be a lack of magnesium and fatty acids. These can be found in green leafy vegetables, nuts, seeds and whole grains. It would also be helpful to eat oily fish once to twice a week.

**Itching, restless legs:** - This could be down to an Iron deficiency, but there are many factors that could cause this complaint and it would be a good idea to see your GP. Foods rich in Iron are red meat, liver pate, dark green leafy vegetables, wholemeal bread and lentils. It would also be advisable to increase your Vitamin C levels as it helps with the absorption of Iron.

**Craving sweet and carbohydrate foods:** - This could be down to the lack of a mineral called Chromium. Other complaints could be poor concentration, feeling sleepy in the afternoon, becoming irritable when you go without food for more than 4 hours. Foods that contain Chromium are red meats, liver, egg yolks, seafood, wholegrain cereals, molasses and cheese.

**Constant infections:** - This could be caused by a lack of Vitamin C, other complaints could be colds, flu, thrush, bleeding gums, bruising easily and constant fatigue. Fresh foods are ideal for stocking up on vitamin C. Citrus fruit such as kiwi, berries, lemons and oranges contain a high level of Vitamin C. Fresh vegetables such as green vegetables should be steamed and served immediately to help retain the Vitamin C inside them.

**Eczema:** - One of the causes of this could be a short fall of essential fatty oils. Oily fish, unsalted nuts and seeds contain essential fatty oils that your body needs.

**Anxiety and panic attacks:** - This could be due to a lack of a mineral called Selenium. By eating liver, kidney, oily fish, Brazil nuts, whole-wheat cereals and mushrooms you could help ease these complaints. It may take up to 5 weeks for the symptoms to subside, but in the mean time you may have eased many more complaints that you had before!