

# EMPOWERING HEALTH & WELLBEING FOR WOMEN

## PREVIEW

Here are excerpts to kickstart your mornings...  
Whether you want to improve your gut health,  
incorporate transformational foods into your  
diet, or adopt holistic wellness practices,  
this series provides the tools for you.

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# A SHORT GUIDE TO HEALTHY LIVING

## MORNING

**KICKSTART YOUR DAY TO  
ENERGISE, FOCUS, & THRIVE**  
EMPOWERING HEALTH & WELL-BEING  
FOR WOMEN IN SELF-CARE

## DOLLY JAMES



Welcome to the three-part book series Morning, Afternoon, and Evening, specially crafted to gently encourage and recognise inner greatness, the ability to create desired changes, and the importance of spiritual, mental, and physical fulfilment in life.

By dividing the content into three sections, you get a comprehensive overview of the information, suggestions and tips for your health and wellbeing. This book provides valuable insights into mindful steps and processes for everyday morning routines and healthy recipes that can benefit you. The recipes in each book are nutritious and easy to prepare with vegan and vegetarian options.

There's something for everyone.

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Content and design created by D. James.

Note: The graphic images included in this book are for guidance purposes only. They are intended to provide visual support and enhance understanding of the exercises, recipes, and lifestyle choices described.

The content in this book primarily serves informative purposes based on personal knowledge and experiences, and through scientific and analytical research.

If you are following a prescribed diet or medication, it is recommended to seek advice before applying the methods outlined in this book.

If you'd like any additional information and enquiries, please visit

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# A SHORT GUIDE TO HEALTHY LIVING

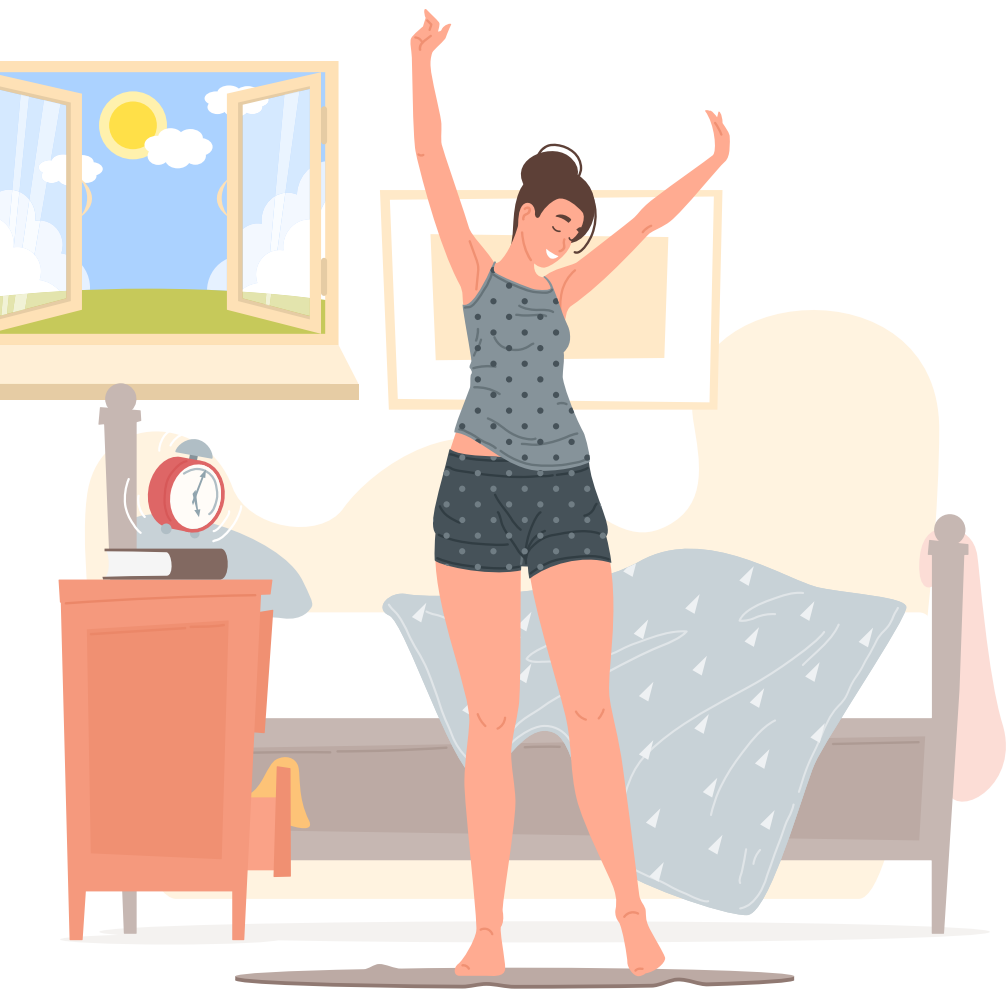
## MORNING

KICKSTART YOUR DAY TO  
ENERGISE, FOCUS & THRIVE

EMPOWERING HEALTH & WELLBEING  
FOR WOMEN

**DOLLY JAMES**

# 1 MAKE IT A GREAT START TO YOUR DAY!



The sun peeks over the horizon, casting a warm glow on the world. Birds chirp, leaves rustle, and the day unfolds before us. It's morning, a fresh canvas waiting for our brushstrokes whatever the season. But why should we make it a good start?

Let me share a few compelling reasons:

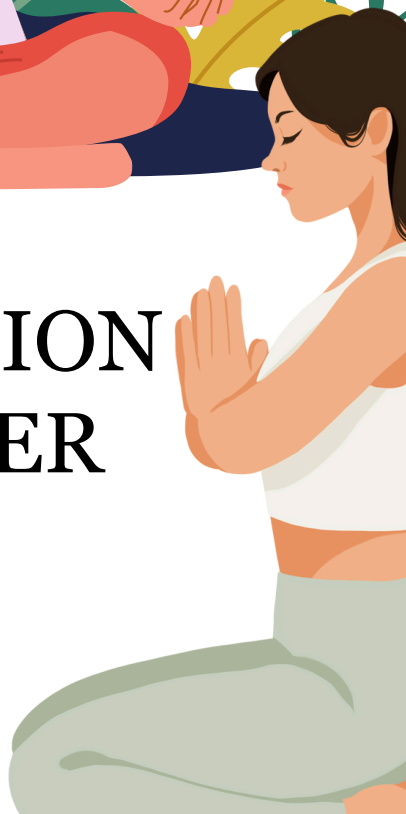
Early mornings offer tranquillity through nature's symphony. Regardless of the weather, and wherever you are, the world awakens gradually, and we witness its subtle beauty, either the dew-kissed grass, the hush of dawn or even on those cold dark mornings, there is always a promise of a new day. As the morning gradually starts to unfold, we can reflect on what we're grateful for. Gratitude shifts our focus from lack to abundance, from stress to serenity. It's a small act with a profound impact.

Mornings set the tone for the entire day. How we begin influences our mindset, productivity, and interactions. A positive start can ripple through hours, shaping our experiences. We can start by introducing mindful rituals where morning routines ground us, whether it's meditating and praying, stretching and exercising, having a nutritious and satisfying breakfast, creative and innovative thinking and planning, or journaling, these rituals create pockets of mindfulness. These preparations that set us up for the day remind us that life isn't a sprint; it's a series of intentional steps.



2

# MEDITATION & PRAYER



Let's begin with daily meditation which can offer numerous benefits for your mental and physical wellbeing. Meditation is well-known for its ability to reduce stress. By practising mindfulness and focusing on the present moment, you can lower cortisol levels, the stress hormone in your body and help manage anxiety. Studies have shown that mindfulness meditation can significantly reduce symptoms of anxiety disorders.

However, meditation and prayer, though they are distinct practices with different focuses and methods serve the same purpose with a deeper connection spiritually. Both practices encourage mindfulness and being present in the moment. Whether through focusing on the breath in meditation or by contemplating a higher power in prayer, both can cultivate a deeper awareness of the present.

Many people find that meditation and prayer complement each other well. For example, one might meditate to calm the mind and then pray to seek guidance or express gratitude. Meditation itself is a timeless practice that involves focusing the mind and eliminating distractions to achieve a state of mental clarity and emotional calm. Rooted in ancient traditions, it has evolved into a widely embraced technique for enhancing overall wellbeing.

By dedicating some time each day to meditation, we can experience reduced stress, improved concentration, and a deeper connection with our inner selves.

# 3

## BREATHING EXERCISE



We breathe in and out about 22,000 times a day. We are powered by breathing. Our lungs fuel us with oxygen, our body's life-sustaining gas. Our lungs breathe in air, then remove the oxygen and pass it through our bloodstream, where it's carried off to the tissues and organs that allow us to walk, talk, and move.

Breathing exercises are simple yet powerful techniques that can significantly enhance your physical and mental well-being. By focusing on controlled breathing patterns, these exercises help to reduce stress, improve lung capacity, and promote relaxation. Whether you're looking to calm your mind, boost your energy, or manage anxiety.

Incorporating breathing exercises into your daily routine can provide a natural and effective way to achieve balance and tranquillity. Here is the scientific research behind how breathing works and its effects on our body which is fascinating and multifaceted. Breathing activates the parasympathetic nervous system which is responsible for the body's "rest and digest" functions.



# 4

## STRETCHING EXERCISES

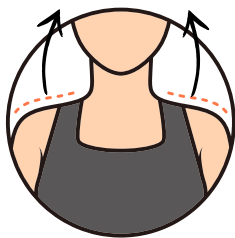




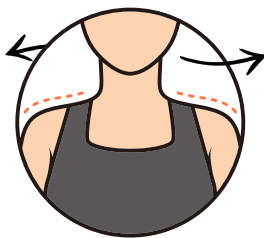
Starting your day with morning stretches, at home or work, can significantly enhance your overall well-being. At home, you can enjoy a more relaxed environment, allowing you to perform stretches like the cobra stretch or spinal twist, which help to loosen up your muscles and improve flexibility. These stretches can be done right from your bed or on a yoga mat.

At work, incorporating stretches such as neck rotations or shoulder shrugs can help alleviate tension from prolonged sitting and improve your posture. These simple movements can be done at your desk, providing a quick and effective way to boost your energy and focus throughout the day.

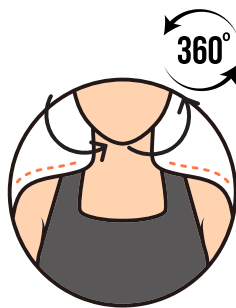
Regular morning stretching routines at home and work can increase flexibility, reduce pain, and a more alert and productive day.



shrug your shoulders



side to side



rotate your head  
in a full circle



**5**  
**HYDRATE!**



Well, what is your healthy morning ‘tippie’? One that can do a host of beneficial functions to start your day. If you are reaching for that first cup of coffee or tea, try to consider drinking water first thing in the morning. It is a great habit, and both hot and cold water have their benefits. Having a glass of hot water infused or plain is the best thing you can do for your digestive system before having a cup of tea or coffee.

Here’s why. Throughout the night, while you sleep, your digestive system continues to work, breaking down the food you consumed the previous evening at a slower pace. Digestive juices are produced in our stomach to break down food, the peristalsis movement pushes the broken-down food along the digestive tract to the small intestines where nutrients are absorbed and transported throughout our body.

Our large intestine absorbs water and electrolytes from the indigestible matter and allows the gut bacteria to continue fermenting undigested carbohydrates, producing gases and short-chain fatty acids that are beneficial for gut health.

Drinking a glass of hot water, infused or plain before having a cup of tea or coffee and breakfast, will give your digestive system a helping hand in relaxing the muscles in the digestive tract ensuring smooth motility and the flushing of our liver and kidneys through effective filtration and elimination.

6

REFRESH

&

REVITALISE

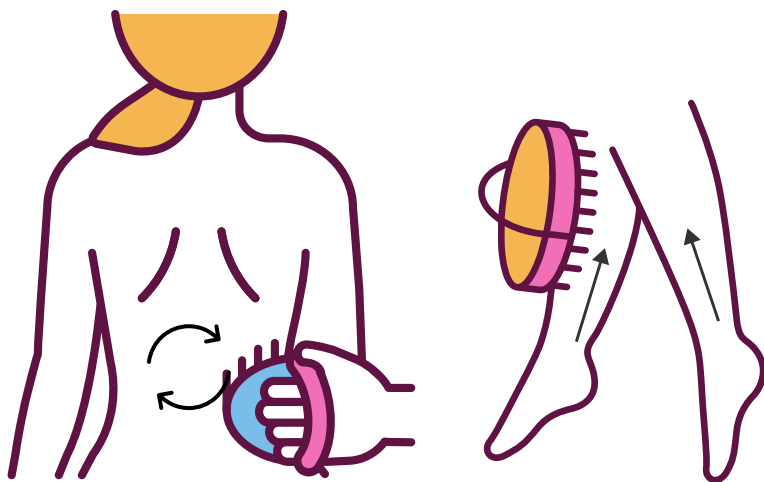


# Did you know that...

**Dry body brushing** is a simple yet effective technique that can significantly boost your circulation and overall skin health. By using a brush with natural bristles to gently massage your skin in a specific pattern, you can stimulate blood flow and promote lymphatic drainage.

This process helps to remove toxins from the body, leaving you feeling invigorated and refreshed.

One of the key benefits of dry brushing is its ability to exfoliate the skin, removing dead skin cells and unclogging pores.



7

# NUTRITIOUS BREAKFAST



A nutritious breakfast is the cornerstone of a healthy diet, providing the essential nutrients and energy needed to kickstart your day. Consuming a balanced breakfast can enhance concentration, improve mood, and boost metabolism, setting a positive tone for the hours ahead.

Incorporating a variety of whole grains, lean proteins, fruits, and vegetables ensures that your body receives a well-rounded mix of vitamins, minerals, and fibre. Whether it's a hearty bowl of oatmeal topped with fresh berries or a protein-packed smoothie, starting your day with a nutritious breakfast can pave the way for better overall health and well-being.

In the following pages, I'll delve into nutritious and popular ingredients perfect for a healthy breakfast, catering to both vegetarian and vegan diets. By creating your own meals using natural ingredients rich in nutrients, you can significantly boost your health and well-being. Discovering easy and accessible ways to nourish your mind and body with delicious breakfasts involves some trial and error, but soon you'll find what works best for you.

A healthy diet consists of all seven essential components: **complex carbohydrates, healthy fats, proteins, vitamins, minerals, fibre and water.** The following pages will have brief but comprehensive information on each of these components for you to introduce into your morning breakfast.

# Recipes





# Berry Goodness Porridge

Oat porridge can be made with a variety of ingredients for your taste preferences. Blueberries and raspberries are high in antioxidants and vitamin C for our immune system. Here is my basic and favourite recipe that never fails to satisfy.

## STEPS:

**Fill** a medium-sized bowl with the dry ingredients: 4 tablespoons of gluten-free jumbo oats and a tablespoon of each chia seed, milled mixed seeds containing flax seeds, and some sesame seeds (optional).

**Add** a mashed medium-ripe banana and a pinch of vanilla powder (optional). Combine and mix well.

**Pour** freshly boiled water over the oats, seeds, and banana mixture. Stir ensuring all ingredients are immersed. Only use the microwave for extra softening and heating if necessary.

**Whilst waiting for the banana and oats to soften, and the chia seeds to expand into their jelly-like state, wash and prepare the fresh blueberries and raspberries.**

**Finally**, a drizzle of maple syrup topped with the blueberries and raspberries, and a light sprinkling of cinnamon powder.

## Breakfast Tips:

You can use other fruits such as a ripe conference pear, washed, quartered, cored and diced or a handful of black sable grapes.

# Breakfast Frittata



Frittata, an Italian omelette, can be either vegan or vegetarian by substituting the ingredients suitable to your dietary preferences and can be made in advance and stored in a glass storage container in the fridge for up to a couple of days from the time it is made.

Once cooked, I will either have it hot or cold. I would use a cold slice of the Frittata in a sandwich with a bit of a salad garnish. If using mushrooms, spinach, and tomatoes, which have high water content, they are best cooked before adding them to the egg mixture.

You can use leftovers from the previous evening's meal to create a tasty and nutritious Frittata. If you have some cold potatoes, cooked rice, vegetables and cooked meats, add them to the egg mix with spices, herbs and seasoning. For a breakfast version, sauteed mushrooms and tomatoes are great nutritious options.

# Natural Flavourings

Using herbs, spices, and fresh or dried ingredients as natural flavourings can transform your meals from ordinary to extraordinary. These natural elements not only add depth and complexity to dishes but also bring a range of health benefits. From the warmth of cumin and the zing of lemon and fresh mint to the robust flavours of rosemary and the subtle sweetness of cinnamon, herbs and spices can elevate your cooking, making every bite an adventure for the palate.

When using cinnamon powder, opt for Ceylon cinnamon, as it contains lower levels of coumarin than other varieties. Coumarin is a chemical compound that can be toxic to the liver and kidneys if consumed in large amounts.

You will find a list of herbs and spices and their benefits in the following pages which you can incorporate when creating healthy breakfasts, lunches and evening meals. Let's dive into natural flavourings, their health benefits and their uses.

Each of these ingredients brings unique flavours and health benefits, making your meals not just tastier but also better for you. Enjoy experimenting!

# EMPOWERING HEALTH & WELLBEING FOR WOMEN

In the following pages, you'll find the Happy List, which serves as the Table of Contents for this book. Some of the topics and chapters are also included in the Afternoon and Evening series, providing you with a comprehensive approach to self-care. This way, you can reinforce the benefits and explore different options for your routines throughout the day.

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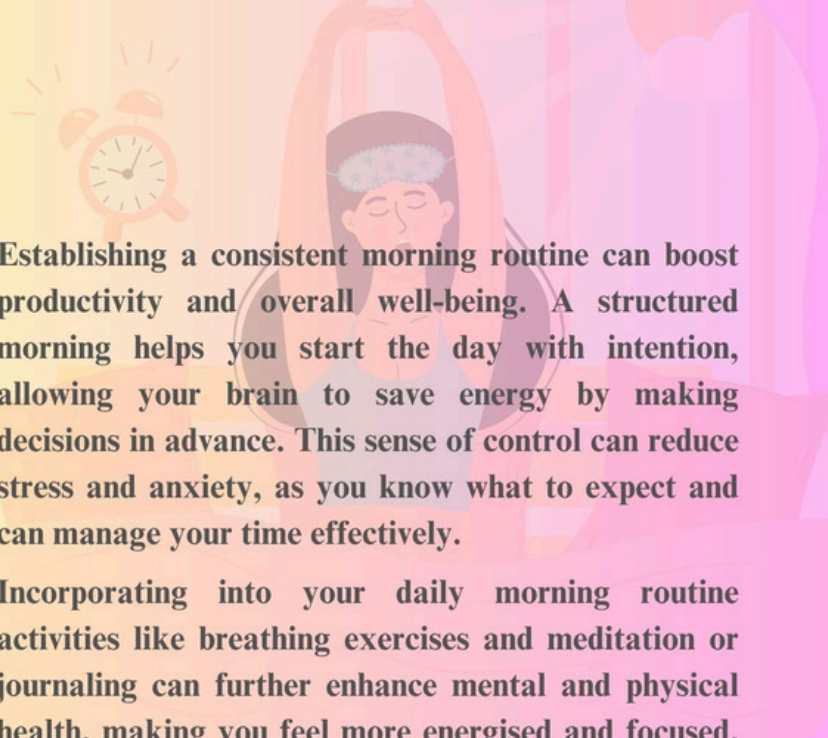
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**8. MY APPRECIATION**

An illustration featuring a woman in the foreground with her eyes closed and hands raised in a meditative pose. She has a blue headband with white flowers. In the background, there is a faint image of a person in a white shirt. To the left of the woman is a yellow alarm clock with a sunburst above it. The entire scene is set against a background of soft, overlapping pink and yellow shapes.

Establishing a consistent morning routine can boost productivity and overall well-being. A structured morning helps you start the day with intention, allowing your brain to save energy by making decisions in advance. This sense of control can reduce stress and anxiety, as you know what to expect and can manage your time effectively.

Incorporating into your daily morning routine activities like breathing exercises and meditation or journaling can further enhance mental and physical health, making you feel more energised and focused. Ultimately, a well-crafted morning routine from the moment of waking up until midday can transform your day, leading to a more productive and fulfilling life.



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