

# World of Holistic Wellness

Your place for vibrant health and wellbeing



Welcome to the first edition of our digital magazine! Last month, we went on a 'work retreat' weekend, where we planned what the next 12 months of this mentorship is going to look like. We also extended our view over the longer term, including our ultimate vision and mission for how we see this membership platform evolving over time. You will notice we have chosen the name 'World of Holistic Wellness' (WOHW) for the mentorship, which we think perfectly explains what it's all about!

You can expect to see a few little additions, tweaks and changes as we move forward. We see WOHW continuing to evolve in content, members and value, and of course we want to provide you with the best experience possible! Our ultimate aim is to provide a hub of fantastic information and learning opportunities for our members to achieve vibrant health and wellbeing.

One of the first changes you will see is a fresh digital magazine being delivered to you by email on the first day of each month. It will also be available on our membership site for you to access at any time. The magazine will provide you with an overview of what's coming up during the month, including the coaching theme for the month, what to expect on the coaching call, plus other bits and pieces such as recipes, member spotlights, and any other relevant things that pop up!

Another change to note is that from now on there will be a monthly 'theme'. On the first day of each new month, a new lesson will be available on this theme and posted in the membership hub. This will be run mostly by Heidi and will involve a short video presenting the lesson, plus a short complementary workbook.

The information in the lesson is intended to be something useful for you to think about and apply to your own life. Of course, this is an optional extra, but we encourage you to make use of it because it is there to help you reach your health and wellbeing goals. Working through the workbook may also raise some questions for you, which we can answer on the regular monthly zoom coaching call, so be sure to come with your questions or points for discussion. For now, the coaching calls will otherwise run as normal.

We are really excited about developing WOHW and we promise to keep you informed as things evolve. As always, we welcome your feedback, input and suggestions - as VIPs we want to know what you want to know! So take note of those little questions that pop up, or things you want to learn more about, and be sure to let us know.

Have a great month, and we look forward to seeing you all on the coaching call!

Committed to your success,  
Steve & Heidi

## What's Inside?



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This Month's Theme

## Raising Your Standards

In this month's lesson, we are talking about raising your standards. What does this mean exactly? Well, it's about elevating your standards in every area of your life, because this is what is going to help you get to where you want to be.

This follows on from what we talked about in last month's coaching call - writing a letter to your future self. We know some of you have already done this and if you haven't, give it a try! It's a very powerful way of getting clear on where you want to be in your life through manifestation and visualisation. But it's more than that. It's about helping your brain recognise that version of yourself you are working towards, so that the brain will start searching for ways to make your goals a reality.

*Are you ready to raise your standards?*

Watch the lesson posted in the membership hub and be sure to fill in the corresponding workbook.



**"To change your life, you must raise your standards. One decision can change your life." - Tony Robbins**

### Now & Then

A really important part of evolving as a person, setting yourself targets and achieving them, is recognising how far you have already come. In our pursuit of goals it can be quite easy to forget the incredible successes you've already had.

You know that quote - "it's about the journey, not the destination"? Well, part of the journey is acknowledging the struggles and obstacles along the way and patting yourself on the back when you've overcome them.

So, take a moment to look back on where you were this time last year. What was happening in your life and what was happening with your health?

What are the successes and wins? What hurdles have you stumbled or leaped over? Do you feel you have experienced growth in your life, even if you're not quite where you want to be just yet?

Don't forget to acknowledge and celebrate them!



# Member Spotlight

## Krystle Hodges



I am what you would call an experienced yo-yo dieter, unfortunately I have tried everything you could think of; shakes, pills, potions, Jenny Craig, Weight Watchers, Atkins, Keto and while I have been great at losing weight I have always gained it back and with interest.

In October 2021, I hit rock bottom, plagued with health issues and getting diagnosed with endometriosis knowing I would need surgery and fearful of how I would cope at my weight under general anesthetic. I was sick and tired of being sick and tired, I wanted to finally put me and my health first.

I committed to a lifestyle change in November 2021 and dropped a significant amount of weight in a fairly short space of time when Steve reached out about the mentorship programme. It came at a great time as I had hit a plateau for 3 weeks where my weight was not shifting. My history with Steve and Heidi span back 13 years and I've always trusted them and what they do as it aligns with how I operate – the holistic approach.

Prior to joining the mentorship programme I was following a plan of no added sugars, no caffeine, alcohol, processed foods and was doing low carb but not high fat. I was successful however the mentorship programme has assisted me in other ways and I still embraced the plan I was following, but added in healthy carbs such as potatoes! Who knew that I could eat potatoes and still lose weight? It also helped me work on another area that I hadn't worked on yet. You see, like I say, I am an experienced yo-yo dieter. I can lose weight because when I set my mind to something I can be quite determined, however all it takes is stress in my life to derail me.

I hit rock bottom last year after having a breakdown in June 2021 when I changed my career, as I had always put my job before everything else. I decided something had to change. I'd lost weight before but this time needed to be different - I need to get to goal and maintain. I decided to dedicate 2022 to myself as I'm no good to anyone if I don't sort my health out, and the next time something stressful happened, I'd be right back at square one - that can not happen this time. Steve spoke to me about the five pillars of health and it really resonated with me as it was the next stage in what I wanted to sort out. I've been through a lot in my life and it affects my mental health a lot. I've also been under a lot of stress and Steve and Heidi have taught me the power of forgiveness in order to move on and not have it affect me. It is still a work in progress but I feel unstoppable. The last 9 months have been life changing for me.

I've lost nearly 50kgs with another 35kgs to go to reach goal. I have energy to exercise, spend time with the family and feel confident and happy with what I have achieved. It is not an easy road by any stretch, I miss some things from my old life but my new life is so much more fun and I know I will reach my target in the future.

I've had plenty of ups and downs during my journey, I had a back injury which has really created issues with the exercise, however I ensure my eating is on point and the weight is still coming down, just a little slower than before. I now have a bad dose of COVID after avoiding it for the last couple of years and I can only imagine how badly I would be doing right now had I not lost nearly 50kgs.

The mentorship programme is great as it is all about supporting each other; we all have our own journey but have the same vision of wanting to be the best version of ourselves. I have got so much out of it, from the meal plans, the liver cleanse, the advice from the speakers and I even wrote a letter to my future self to read in October 2023 where I have set myself some great but achievable goals. Steve and Heidi are so committed to changing our lives and I will take all the help and support I can get

I follow a mainly plant-based meal plan now and I never feel like I am missing out as the food is so delicious. I have added in alcohol again but not to the extreme of my binge drinking days and not regularly as I know it flares up other symptoms in my body.

For the first time in my life I am listening to my body and treating it with the respect it deserves and it is all thanks to the lessons I have learned along the way and through this mentorship programme. I can't wait to see what the future holds in store for me, especially when I reach goal.

For those of you on your journey, it is a long road with ups and downs but such a worthwhile one, especially to gain optimal health and a true plan you can follow for the rest of your life.

Keep pushing and keep striving to be the best version of yourself for you.



Krystle - Before & After

Got a story to share about your health journey? We'd love to feature you in our Member Spotlight!



## Recipe of the Month

# Pumpkin & Lentil Soup

This is such a yummy soup, and everyone we have given the recipe to just raves about it! It's a great option for either lunch or dinner, and you can use extra pumpkin to make it go further.

Makes 8 x 1 cup serves

1 1/2 cups onion, diced  
 2 stalks celery, diced  
 1 tbsp chopped ginger or puree  
 1 tbsp oil  
 1 tsp turmeric  
 2 tsp mild curry powder  
 5 cups boiling water  
 1 cup red lentils  
 3 cups chopped pumpkin  
 1 1/2 tsp salt  
 coconut cream / milk  
 Juice of 2 limes  
 Garnish: Parsley



*Have you got a favourite recipe to share? Send it through and we will publish it in a future edition!*



1. Sauté onion, celery, ginger and oil in a large soup pot until onion is clear
2. Add spices and mix for about 30 seconds
3. Add water, lentils and pumpkin and simmer for approximately 15 minutes or until the lentils are soft and pumpkin is cooked
4. Place the mixture in a high-powered blender and blend until smooth (you may need to do this in several batches depending on the size of your blender).
5. Once the entire mixture is back in the pot, mix in remaining ingredients and serve garnished with parsley

## Power Food: Turmeric

**Fantastic for almost every aspect of well-being, particularly for anything in the body that's inflamed or causing pain, from nerves to joints to the brain.**



## Steve & Heidi's Diary

Can you believe we are in August already? This month we are looking forward to cementing some new stuff into WOHW and getting our processes running well.

Steve is still running his morning and lunchtime boxing classes, but is enjoying having his evenings and Saturday mornings free after many, many years!

Heidi is excited to be speaking at the upcoming Health Fair to be held at the Omokoroa Pavilion on Saturday 20th August. She will be running a mini workshop all about the what, why and how of the plant-based diet. The fair is shaping up to be really good - lots of stalls and other workshops.

We are also gearing up to renting out our house for AIMS Games in early September. We have 17 people staying, which means we need to vacate. More on that later!





## In the Trolley

We're always up for trying a new treat! Whittakers Chocolate is really leading the way when it comes to chocolate and catering for us non-dairy folk! All of their chocolates with over 50% cocoa are dairy-free (with the exception of their caramel varieties).



Do you know someone who could benefit from joining our great mentorship community? If you refer someone who signs up, we will gift you a voucher to your favourite restaurant, to the value of \$70!

## August Coaching Call



Our monthly coaching call is always on the first Tuesday of each month.

This month: Tuesday 2nd August at 7.30pm

We will be discussing immunity, comfort food recipes, raising your standards and setting your targets for the month. See you there!

## Ready to feel 'Full o' Beans'?

Our second book 'Full o' Beans!' is almost here! The publishing process has run ahead of schedule and we are expecting our bulk print of books to arrive in the next week or so. This book is all about the what, why and how of the plant-based diet (Heidi's favourite subject!) - basically everything you need to know to get started and set you up for success! Remember, as a member of WOHW, you get a free copy of either of our books - if you haven't got yours yet, let us know!

## Let's Connect

Did you know we have a podcast? It's actually an off-shoot of Heidi's Monday morning livestream that she does on her Plant-Based Nutrition Coaching Facebook page. Each week she discusses a new topic about anything and everything to do with health and wellness. You can subscribe to the podcast on Spotify or Anchor FM under "Ultimate Health Breakthrough with Jennings Holistic Health Coaching."

Facebook: [Jennings Holistic Health Coaching](#); and  
[Heidi Jennings Plant-Based Nutrition Coaching](#)

Instagram: [stevejenningshealthcoach](#) and [heidijennings.plantbased](#)

YouTube: [Jennings Holistic Health Coaching](#)

Podcast: [Ultimate Health Breakthrough with Jennings Holistic Health Coaching](#) on Spotify and Anchor FM

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