

World of Holistic Wellness

Your place for vibrant health and wellbeing



Woohoo Spring is here!

Okay, so the weather might not be spring-y just yet, but it won't be long before daylight savings kicks in and we can start enjoying longer days and warmer temperatures.

Spring is always a time of the year we look forward to, because this is often the time when people start thinking about summer and Christmas and how they want to be feeling. They come out of winter hibernation realising their fitness has fallen by the wayside or they are carrying a few extra pounds.

The beginning of Spring is a really great time to think about 'getting in shape' for summer. The definition of 'getting in shape' will differ for everyone, but basically it's about getting your act together and following through on the things that are going to help you feel your best. Nobody wants to waste the best time of year feeling tired, frumpy or lacking in confidence to wear their summer clothes! This might mean watching your portion sizes, going for a few more walks, or continuing to 'raise your standards' in certain areas (if you haven't completed August's lesson yet, I recommend you do!)

However, while it's great to have goals and something to strive for (life could get a bit dull without these things), it's also really important to appreciate where we are right now - to be grateful for what we have and not get too caught up in constantly running towards a future destination. Life is about enjoying the journey - making the most of the ups and doing our best to get through the downs.

Which bring me to our theme of the month - 'Bloom Where You're Planted' - a fitting theme for Spring we think! This means that no matter where you're at or what is happening in your life (with health, career, relationships etc), you can make a conscious decision to be happy with what you have, even if it's not exactly what you wish for.

In other news, our community is growing and during August we welcomed several more VIPs into the fold. To get the most out of the mentorship experience we recommend you get involved in the Facebook messenger support group and engage with the other members. This is where a lot of the good conversations and mutual support happens, so don't be shy!

We hope you all have a great September and are looking forward to seeing you on the coaching call.

Committed to your success,
Steve & Heidi

What's Inside?



This Month's Theme



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White Chocolate Bark

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This Month's Theme

Bloom Where You're Planted

This month's lesson is all about making the most of what's happening in your life right now, even if it's not exactly where you wish to be.

Blooming where you're planted is a mindset that can change everything. Rather than feeling stuck or frustrated, it's a simple mindset shift that can help you appreciate and be content with how far you've come and where you are now.

Of course you can still aim high with goals and aspirations, but the journey of reaching them becomes so much more enjoyable when you are making the most of your current situation and enjoying each day.

Be sure to check out this month's lesson and workbook to help you gain clarity on how to bloom where you're planted.



**"Realise deeply that the present moment is all you ever have."
- Eckhart Tolle**

Tiny Steps Lead to Massive Change!

This month I (Heidi) want to share a story with you that demonstrates how small, daily actions can add up to significant change.

A couple of weekends ago, I was invited to be a speaker at a health fair. On the day, as the time for my talk got near, I realised I could possibly be speaking to an empty room unless I rustled up some people to come and listen to me. Fortunately, I had a flyer to pass around so I circled the room a few minutes beforehand, gave out my flyer and invited people to come and see me speak. I ended up with a good turnout, and the audience was interested and engaged.

I have done very little public speaking, but it's something I want to do more of because it's a great way of getting our message out there about what we do. Just over a year ago, I spoke at my first event. I was very nervous and planned everything down to the wire, and as a result I did a good talk but it was probably a bit robotic. I wanted to learn how to speak more naturally and with confidence.

So I started to think about how I could become a more confident and natural speaker. Of course mastering something comes with practice, and I realised I needed to do a lot of this. Obviously I couldn't find a live audience to speak to every week to gain that practice, so I settled on the next best thing. I started doing a livestream on my Facebook page every Monday at 9am. I made a commitment to myself that I would show up live every Monday and talk to my 'audience'. This served two purposes - one, to share valuable information about health-related topics that my audience were interested in. Two, to practice speaking to a live audience. Now while I was actually speaking to my phone, people did tune in live, and many people would watch the replay.

That weekend in Omokoroa, something dawned on me. Before my talk, I wasn't nervous. I didn't need to have copious notes to read from. I got up there and delivered a natural, authentic talk and loved every moment of it. And I realised that this was because I had showed up every Monday morning for almost a year, practicing, practicing practicing. It wasn't until that day that I understood that my small, regular actions that seemed insignificant at the time had added up to massive change for me.

Moral of the story: If you are working towards something significant, keep showing up, day after day after day. It might take a while, but the time will come when you suddenly realise all your hard work has paid off!

Member Spotlight

Kristen Hughes



When I joined up with Steve back in 2020, I had been following him on Facebook and reading the emails he sends out. It all seemed to make a lot of sense. I was very interested in healing the body with food. So thankfully I gave Steve's programme a go.

I had stomach issues - the doctors told me it was IBS. I didn't believe it was that as I have only had it a couple of times in my life. I wasn't prepared to accept it and just live like that. My skin on my face had flared up. I had lost 10kgs by fasting and exercise but was slowly putting it back on. At my heaviest I was 92kgs. I think I was up around 87kg when I started with Steve. I had sleep issues and night sweats. My immune system wasn't very good. Low energy, low mood. I had been on antidepressants for a long time. Basically, not feeling great and keen to find a natural solution that healed my body.

I am now 78kgs, no stomach issues, no hot flushes, my immune system is so much better, been off antidepressants for over a year, energy increasing, mood is great and my skin is mainly clear. Sleep much better and I make it a priority.

There have been ups and downs along the way, but I have found that this diet plan really suits me, and I find it quite easy to stick to it. The longer I do it, when I do go off track my body lets me know it doesn't like it.

Getting in tune with your body and listening to it is such an advantage. When your symptoms disappear you can slowly start to slip back into some of your old habits. But your body soon lets you know, so it is easier to stay on track.

Some surprising things for me were eating food and losing weight. So much better than starving! It also helps stabilise your emotions and mental wellbeing. Gives you stamina to deal with your day. Eating fruit - I didn't really eat it as I thought it was bad for me. Love my smoothies now. Didn't realise how eggs, dairy and gluten feed viruses, and bacteria. I also didn't really value how important sleep was. Along with the type of exercise to suit where you are at on the adrenal quiz.

Another thing that resonated with me and has stuck with me, was when Steve used the analogy, the All Blacks put in a lot of effort everyday in order to show up on game day as the best versions of themselves. We need to do the same, so we show up and cope with all the demands in our lives, plus more importantly have the energy to meet our own needs.

My favourite success is being able to keep the weight I have lost off. Plus doing the Liver Detox for the second time and hitting 78kgs and fitting old jeans well again. Finding it easy not to drink and making good food choices comes naturally.

My ultimate goal is to sit around 75-76Kgs (I am 6 foot), have awesome energy levels, maintain an exercise program that keeps me toned and mobile. Look healthy and have smooth clear skin. Eating healthy food 80-90% of the time. Sleep right through the night 5-7 days a week. Stay free of any menopause symptoms as I roll into my 50's and beyond. Live a life I love. Stay healthy and well. Live a long time so I can support my children and their children like my amazing mother has.

I have found the mentorship programme so beneficial. I find sharing everyone's journeys, you learn a lot, you are reminded of things you forget and seeing all the positive progress keeps you inspired to keep going. Especially when you are doing a Liver Cleanse, it's good to have some buddies doing it too. Keeps you accountable, like you'll be letting the team down if you quit. The best part is having Heidi and Steve on tap as things pop up, the support is awesome. I also think committing for a year really gets your daily habits formed and then it becomes a way of life.





A massive part of my journey that I believe is very complementary to the World of Holistic Wellness programme, that has made me successful at sticking with this lifestyle and overcoming the issues that derailed me, was healing past trauma and clearing limiting beliefs. By healing core wounds from your childhood and delete old programming from your subconscious mind. It clears away limitations, resistance, and blocks that interfere with achieving the goals you have set and creating the life you want, whether it is in relationships, finances, health, wealth, work, or family.

When you are able to remove your negative and limiting beliefs, what emerges is your power as a Creator of your own life. It then becomes easier to create the life you want.

It was so awesome I trained and became a Certified Clear Beliefs Coach! I can happily assist with your transformation. If anyone is interested in exploring this further please contact me on 027 839 6539 or email me at gkhughes55@ymail.com or private message me on the World of Holistic Wellness. I offer special rates for the WOHW group.

Meet Shuvarani

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



Shuvarani is 8 years old and is from Bangladesh. She lives with her parents and two older siblings in a one-room hut made of bamboo and sheets of iron.

Her father works on the land in a hilly area, and his income is small. Her mother is a housewife. They collect drinkable water from their local well. Shuvarani is in Grade One and needs financial support to enable her to continue her education.

As education is such an important factor in lifelong health and wellbeing, we wanted to support her through the World of Holistic Wellness. Each time a new member signs up, a small portion of their membership fee goes to Shuvarani and her family.

Additional 1-1 Coaching Available

If you would like 1-1 coaching with either Steve or Heidi to work through any mental blocks or other challenges, we do offer a discounted rate to members of WOHW. We charge by the hour and can break down each session into the length of your choice. As an example: 2.5 hours in total of coaching could be broken into 5x 30 minute sessions or 10x 15 minute sessions. Contact us if you would like to take up this offer.



9-Day Liver Cleanse

Did you know we are running a 9-day liver cleanse challenge beginning on Monday 5th September? As members of WOHW you can join in for free! This is a great opportunity to give your liver a gentle, deep clean. We have about 20 people doing the challenge, so if you would like to join in, please let us know!



Recipe of the Month

White Chocolate Bark

Chocolate Bark is a really easy sweet treat to make at home and is so yum. This recipe is vegan so has no added nasties and is an excellent treat to store in your fridge or freezer to have with your nightly cup of tea.

Makes several pieces

1 jar dairy-free yoghurt (I recommend Raglan coconut yoghurt - try the salted caramel or vanilla bean)

A few handfuls of mixed berries (frozen is fine)

Vegan chocolate (either dark or white)



1. Pour the jar of coconut yoghurt into the bottom of a large rectangular glass baking dish, then smooth into an even layer with the back of a spoon.
2. Sprinkle the berries all over the yoghurt.
3. Melt the vegan chocolate, then drizzle over the top of the yoghurt and berries until well covered.
4. Freeze for several hours or overnight, then cut into irregular shapes with a knife.
5. Store in fridge or freezer.

Power Food: Spinach

A fantastic source of protein, iron, Vitamin C, Vitamin B12, - nutrients the liver can easily absorb. Their leaves release nutrients quickly into the intestinal tract, even when someone is experiencing weak hydrochloric acid or bile reserves.

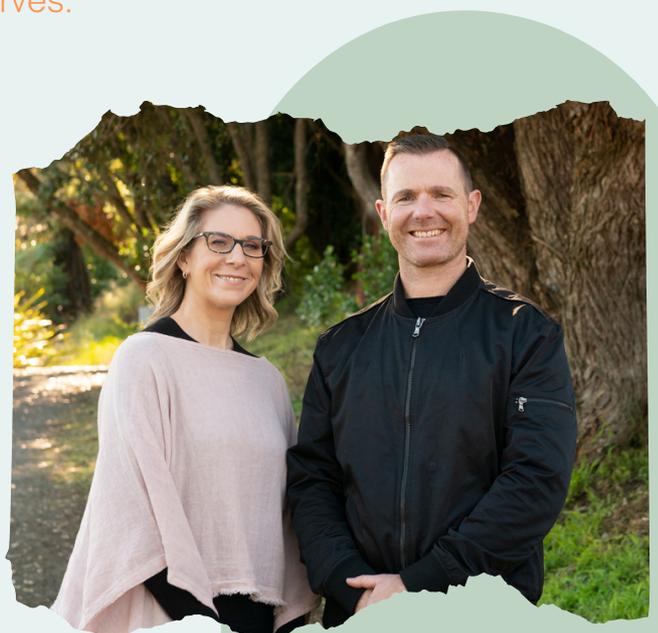
Steve & Heidi's Diary

Just as you are receiving this magazine, we will be heading over the ditch for a week in the Gold Coast!

We have a sports team staying in our house for AIMS games, so decided to take advantage of having to vacate and take a holiday!

Steve is planning another 14-day shred challenge in the near future - we will keep you posted on the date. We have been running 14-day shred programmes for a number of years now and they continue to be awesome!

Heidi is relieved to have her second book done and dusted and doesn't plan on writing another one just yet (although admittedly she has come up with a cracking title for book 3





On the Kindle

If you're a fan of 'Eat, Pray, Love' by Elizabeth Gilbert, I highly recommend checking out another of her books - Big Magic. This is an easy-to-read, entertaining look at the nature of inspiration and the attitudes, approaches and habits we need in order to live our most creative lives. Have a read if you're ready to uncover the 'strange jewels' that live inside each of us.



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!

September Coaching Call



September's coaching call has been pushed out by one week as we will be in Australia on the first Tuesday.

This month: Tuesday 13th September - 7pm.

We will be discussing holiday strategies, blooming where you're planted and setting your targets for the month. See you there!

Remember!!

As part of your membership with WOHW, you receive a free copy of either one of our books. If you haven't yet received your copy, please let us know which book you would like so we can get it in the post.

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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