



Kitchen Witchery.

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Falling in Love with Yourself Again: A Fresh Start After the Festivities

As the glitter of Christmas and New Year's celebrations fades, many of us find ourselves ready to reconnect with our goals, our health, and most importantly, ourselves. The start of a new year offers a beautiful opportunity to hit the reset button, embracing self-care, renewed discipline, and mindful habits that help us thrive inside and out.

Kickstart Your Metabolism with Fasting

One powerful way to jumpstart your metabolism and cultivate a sense of discipline is by introducing fasting into your daily routine. Beyond just burning calories, fasting encourages your body to clear out toxins and focus on healing and regeneration. No...it's not about deprivation but about giving your system space to reset and work efficiently.

Hydration: The Foundation of Wellness

After the indulgence of the holidays, whether that was a few too many glasses of wine or a dose of ultra-processed foods (UPF), replenishing your body with water is essential.

Drinking water slowly throughout the day, rather than gulping it down, supports better hydration and digestion.

Investing in a water filter is an excellent way to make a small change that is loaded with maximum benefit.

An excellent tip is to add a few small crystals of Celtic salt onto your tongue and suck... this is what's called "**micro dosing.**" This unrefined salt retains valuable minerals like magnesium, potassium, and calcium, which help balance electrolytes and support hydration. It's a simple, natural way to nourish your body at a much deeper level.

Bonebroth: A Nourishing Classic

Bone broth is another fantastic ally as you move into the new year. Packed with minerals, collagen, and amino acids, it's a comforting and nutrient-dense way to support your gut health and overall wellness.

Whether sipped on its own or used as a base for soups, it's a tasty reminder that caring for your body can be both delicious and restorative.



Stepping Away from Ultra-Processed Foods

Cutting back on UPF might feel intimidating at first, but change doesn't have to happen overnight. Small, mindful swaps can lead to lasting habits. For example, try making your own chili mix instead of reaching for a pre-packaged one, or whip up a cheese sauce from scratch instead of opening a jar of processed product.

Remember, what's simple for one person might be new for another, so challenge yourself gently to explore fresh, wholesome alternatives.

Riverford is our go to for organic fruit and vegetables as well as other household staples. It's easy to order online and with fresh deliveries on your doorstep each week, it's easier to kick major supermarket chains to the curb. Each small step away from processed foods is a win for your health and well-being.



Embrace Self-Control and Consideration

It's never too late to cultivate self-control and become more thoughtful about how you treat your body. After all, our bodies are the vessels that carry us through every single day. They are the foundation of our health and vitality, deserving of respect and care.

This year, fall in love with yourself again by prioritizing your well-being with intention and kindness. Your body will thank you, and your spirit will feel lighter and more vibrant for it.

Here's to a year of mindful nourishment, gentle discipline, and rediscovering the joy of taking care of yourself.

Stay tuned as we'll be exploring more simple, delicious ideas and recipes to keep your wellness journey exciting and rewarding!

With love,

Katy & Trudy

