

# HEALTHY FUTURES

LIVE LIFE *Well*

THE  
**ONLY**  
MAGAZINE  
DEDICATED TO THE  
HEALTH COACHING  
PROFESSION

## FROM CHAOS TO CALM

MEDITATION STRATEGIES FOR HEALTH COACHES

## SIX SIMPLE STEPS TO BEAT THE BLOAT

INSIGHTS FROM A NUTRITIONAL THERAPIST

## DO YOU HAVE THE GUTS TO BE HAPPY?

THE LINK BETWEEN A HEALTHY DIGESTION  
& A HAPPY MIND

## WHAT YOUR BODY *CRAVES* BETWEEN MEALS

## COACHING CLIENTS WITH A HIDDEN DISABILITY

LESSONS FROM AN HCA GRADUATE'S  
LIVED EXPERIENCE

PUBLISHED BY

**HCA**  
Health Coaches Academy

# HEALTHY FUTURES

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HCA CO-FOUNDERS: ANN GARRY & CAROLYN ST JOHN LODER

HEALTHY

## A MESSAGE FROM THE FOUNDERS

FUTURES

Welcome to the only magazine dedicated to the growing profession of health coaching. We are thrilled to bring you this publication, a project born from our passion and commitment to transforming lives through health coaching.

The world of health and wellbeing is evolving rapidly. More people than ever are questioning quick fixes and searching for deeper, more sustainable ways to feel better, live better and perform at their best. From nutrition and movement to sleep, stress and mindset, there is a growing awareness that true health is not about isolated symptoms, but about how everything in our lives connects.

This is exactly where Health Coaches play such a vital role. Health coaching is not about one-size-fits-all solutions or short-term results; it's about meaningful, lasting change. By supporting people to understand their own bodies, behaviours and habits, Health Coaches empower individuals to take ownership of their wellbeing and create healthier futures on their own terms.

One area that often comes up with clients is digestive health. [Research](#) shows that 86% of UK adults experience a digestive issue, from bloating and sluggish digestion to indigestion and abdominal discomfort.

Such symptoms are among the most frequent concerns clients bring to Health Coaches, who can help them explore lifestyle, dietary, and behavioural strategies to support long-term wellbeing. Research continues to show that our digestive system is deeply connected to many other aspects of health, influencing our sleep, energy levels, mental health, stress resilience, and even physical performance.

As awareness grows, so does recognition that supporting digestive function is about more than just what happens in the stomach - it's a cornerstone of holistic health.

In this edition, our expert team of Health Coaches and Nutritional Therapists explore digestive wellbeing from multiple perspectives, showcasing the person-centred approach at the heart of health coaching.

At HCA, our mission remains clear: to create a global movement that empowers individuals to take control of their health, prevent lifestyle-related disease, and live longer, healthier, and happier lives.

**We envision and continue to build a future where health coaching is recognised as a vital force for positive change helping people around the world achieve better health and wellbeing and live life well. Health coaching is one of the fastest growing professions of this decade and we are thrilled to be a leader in this global movement.**

With warm regards,

**Carolyn St John Loder & Ann Garry**

Co-Founders, Health Coaches Academy

# WHY BETTER SLEEP MEANS BETTER DIGESTION

We often think of sleep as a luxury. Something we squeeze in between demanding jobs, daily tasks and family commitments. But science now shows that the amount of decent sleep we get is deeply connected to the health of our digestive system...

Your microbiome – the trillions of bacteria that live in your digestive tract – has numerous tasks to keep us healthy. They break down food, communicate with our brain, regulate immunity and even influence our mood. Without sufficient sleep, this delicate ecosystem cannot function properly. This can lead to inflammation and digestive issues.

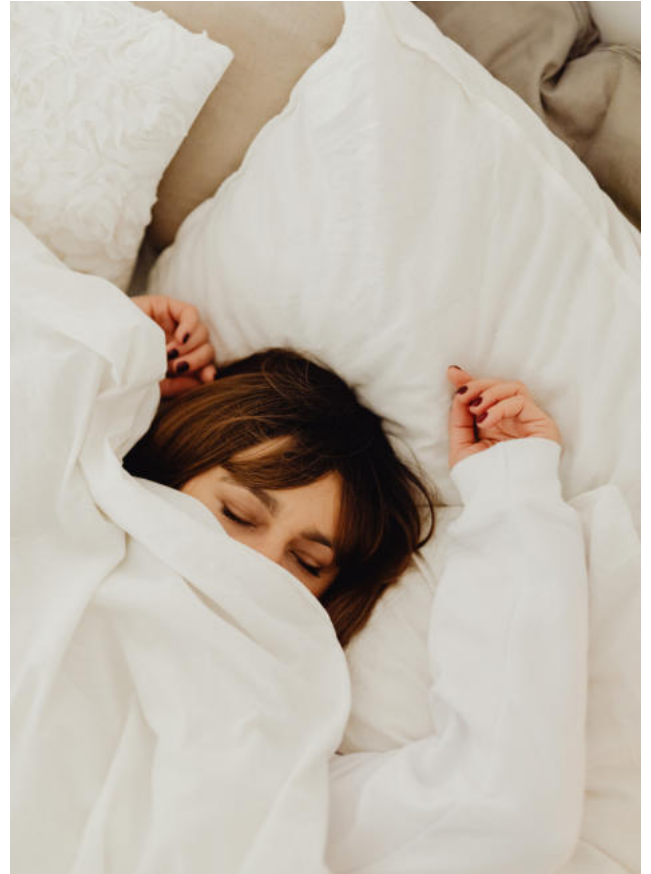
## WHAT HAS SLEEP GOT TO DO WITH OUR DIGESTIVE HEALTH?

So what has sleep got to do with our digestive health? Quite a lot, as it turns out. The two are closely connected in a dynamic, two-way relationship. Emerging evidence shows that not only does sleep influence gut motility and microbial diversity, but the gut also plays a key role in how well we sleep through neuroendocrine and hormonal signalling.

As Health Coaches this is where you can make a real difference for your clients: understanding that sleep and tummy troubles are interconnected allows you to guide them in practical ways to restore balance, boost energy, and improve overall wellbeing.

When sleep is disrupted, fragile microbial ecosystems are affected, leading to inflammation and undermining digestion and metabolic health. In this way, sleep and the microbiome work hand in hand, each supporting the other to maintain health and harmony.

Sleep is not simply about hours logged, though; it's also about its quality. Feeling energised versus sluggish in the morning reveals far more about sleep health than duration alone.



According to the Sleep Foundation, sleep is an active process, divided into four repeating stages that form part of our circadian rhythm, the body's 24-hour biological clock. These rhythms are key in regulating and coordinating our hormones and metabolism with our external light-dark cycle, as well as consolidating memories and repairing cells. Crucially, they also influence the microbiome, shaping its diversity and activity.

As a Health Coach, noticing patterns in a client's energy, digestion, or mood can give clues to sleep and gut imbalances, helping you recommend realistic lifestyle adjustments.

When sleep is disrupted, this delicate harmony falters, affecting our hormones and microbial ecosystems, and inflammation rises. The result? Compromised digestion, lower energy, and reduced resilience. Sleep, therefore, emerges as a cornerstone of biological balance - essential for both digestive health and overall vitality.

## LIFESTYLE SHIFTS THAT MAKE A DIFFERENCE

The good news: small, consistent lifestyle shifts can dramatically improve both sleep and stomach problems. Here's how you, as a Health Coach, can guide clients:

- **Nutrition matters.** Whole foods rich in fibre support microbial diversity and better sleep, such as those rich in magnesium, calcium, potassium and tryptophan. These can promote better sleep by supporting relaxation and melatonin production, e.g. kiwi, bananas, almonds, dairy, oily fish and turkey. Heavy, late-night meals, especially processed or high-fat foods, can also interfere with digestion and rest. Instead, focus on fibre-rich, plant-based foods earlier in the day to boost short-chain fatty acid production, which supports digestive balance and sleep metabolites.
- Aim to **reduce caffeine after midday** and **keep alcohol intake low** - both can make it harder to sleep and leave your stomach feeling unsettled.

**The most effective way forward: Choose one small, realistic step - dimming lights earlier, reducing screen time, or keeping a consistent bedtime, and start reclaiming the quality of your sleep tonight!**

- **Routine is powerful.** Going to bed and waking up at the same time each day helps regulate your circadian rhythm. Bookend your day with rituals: morning light exposure to balance cortisol and melatonin, and calming evening practices like reading, stretching, or sipping herbal tea to signal to your body that it's time to rest.
- **Movement and hydration** play a key role. Regular exercise enhances sleep quality and bowel function, but keep workouts earlier in the day. Stay hydrated throughout the day, while limiting fluids in the evening to avoid sleep disruption.
- Finally, **manage stress.** High stress levels disrupt both sleep and the microbiome. Incorporating relaxation techniques such as breathing exercises, reflection, or gentle wind-down routines can help to restore balance.

*Written By Members of the HCA Team:*

*Rene Fourie | Health & Wellness Coach &*

*Sophia Murray John | NHS Nurse and Health & Wellness Coach*

# DO YOU HAVE THE GUTS TO BE HAPPY?!

“

*Some mood issues go beyond seasonal changes. There are many potential contributing factors, but one you may never have considered is the question of digestion. Could a damaged digestive system have an effect on our mood?*

The answer is yes. Insights into the gut-brain connection have revealed a complex communication system that ensures the proper maintenance of gastrointestinal homeostasis and is also likely to have multiple effects on cognitive functions like mood. The complexity of these interactions is via the pathway of the “gut-brain axis”. As a Health Coach, understanding this connection can help you guide clients to better mental and digestive health.

## THE DIGESTIVE SYSTEM – LIKE A ‘SECOND BRAIN’

Scientists have discovered that the digestive system acts like a ‘second brain’ producing neurotransmitters such as serotonin. Serotonin is a hormone found naturally in the brain and digestive tract. It is often referred to as the ‘happy hormone’ as it influences mood and is a contributor to feelings of wellbeing and happiness. In fact, scientists estimate that 90% of serotonin is produced in the gut. If the gut is damaged in any way, this pathway will be disturbed.

## HOW DOES GUT DAMAGE HAPPEN?

If the gut has suffered a degree of damage – perhaps through the regular use of alcohol or painkillers, or through bloating, gut infection or antibiotics – you are more likely to react against the food you eat. The average person in Britain takes over 300 painkillers a year and the common ones, such as aspirin and ibuprofen, are the gut’s worst enemies, because they damage it, making you more prone to allergy.

Food allergies and intolerances have been proven to cause a diverse range of symptoms, including nervousness, anxiety and depression. Irritable bowel syndrome (IBS) is one of the most common gastrointestinal disorders, having a prevalence of 12%-30% in the general population. Most patients with IBS attribute their symptoms to adverse food reactions. Cytokines, activated by gut reactions, can make you feel depressed and have direct effects on the mood-boosting neurotransmitter. A neurotransmitter is a chemical messenger that carries signals between body cells. They are various types of neurotransmitters which play a major role in everyday, including serotonin.





HCA STUDENTS AT 3-DAY LIVE HEALTH COACH TRAINING EVENT

## GUT DAMAGE AND ‘LEAKY GUT’

A damaged gut can lead to intestinal permeability otherwise known as ‘leaky gut’. There is evidence showing that intestinal mucosal dysfunction characterised by an increased translocation of gram-negative bacteria (leaky gut) plays a role in the inflammatory pathophysiology of depression.

Allowing your gut time to recover is an important part of keeping it healthy and promoting good digestive and mental health.

## HOW DOES GLUTAMINE FIT IN?

The simple amino acid glutamine feeds the gut mucosa and helps to heal a damaged gut. Almost any food containing protein will contain some glutamine, but amounts vary. Animal foods are good sources due to their protein contents. Getting enough protein in your diet can ensure you are getting enough, but if your need is higher you may need to supplement. If the body’s need for glutamine is greater than its ability to produce it, your body may break down protein stores, such as muscle, to release more of this amino acid.

A randomised placebo-controlled trial carried out by Prof Qiqi Zhou and colleagues from Tulane University School of Medicine concluded that the group that had been given 5g glutamine against the placebo group showed ‘intestinal hyperpermeability’ was normalised in the glutamine but not the control group.

## SUPPORTING GUT INTEGRITY: PRACTICAL INSIGHTS FOR HEALTH COACHES

As a Health Coach, knowing how to support gut health can make a big difference for your clients’ wellbeing. Here are a few food-first ideas you can explore and discuss as part of a balanced, whole-person approach:

L-glutamine is a naturally occurring amino acid found in many protein-containing foods. While small amounts are present in vegetables such as cabbage, spinach, and parsley, the richest dietary sources tend to be high-protein foods like meat, poultry, eggs, and dairy products. When included as part of a balanced diet, these foods help supply glutamine that supports gut lining integrity and overall digestive health.

Fermented foods such as yoghurt, kefir, sauerkraut, kimchi, miso, and kombucha bring in beneficial bacteria that help maintain a healthy gut microbiome. Pair these with plenty of fibre-rich foods, like whole grains, legumes, fruits, and vegetables, to feed those bacteria and keep digestion running smoothly.

It’s also useful to help clients become more aware of how different foods make them feel. Encouraging the use of a food diary or symptom tracker can help someone notice patterns and reflect on their own experience. At the same time, it’s important to stay within the Health Coach scope of practice. This means you can support clients to explore choices, ask empowering questions, and build autonomy around their food and lifestyle, while referring them to a qualified Nutritional Therapist or Dietitian if more clinical guidance is needed.

### Editor’s Note:

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## BEAT THE BLOAT

### IN SIX SIMPLE, GENTLE STEPS...

While Christmas itself may feel like a distant memory, its effects on digestion can linger. Clothes feel tighter, stomachs feel heavier and meals that would normally cause no issue suddenly lead to bloating, discomfort or sluggish bowels. It's tempting to assume something has 'gone wrong' and that the solution lies in a reset, a cleanse or a strict new plan. In reality, the digestive system is usually just overwhelmed.

December places a unique set of demands on digestion. It isn't only the richer food or extra alcohol, although those play a part. It's the long meals followed by long periods of sitting, the grazing through leftovers and chocolates, the late nights, the disrupted routines and the hours spent on the sofa watching familiar holiday films on repeat. All of this adds up to a digestive system that's been working overtime without much opportunity to recover.

As a Health Coach, you can help clients understand that this isn't a problem that needs fixing with extremes. Instead, gentle, consistent habits are what really help digestion get back on track.

## HOW DIGESTION WORKS (AND WHY IT MATTERS)

To understand how to get digestion back on track, it helps to understand how it is meant to work in the first place.

Digestion is not a single event that begins in the stomach. It's a carefully coordinated process that starts in the brain. Seeing, smelling and thinking about food triggers the release of saliva, digestive enzymes and stomach acid, preparing the body for what's coming. Chewing then breaks food down mechanically before it reaches the stomach, where acid and enzymes continue the process, particularly for protein. From there, food moves into the small intestine, where nutrients are absorbed and used by the body.

**The digestion process works best when the body feels calm and unhurried.**

Unfortunately, modern life often provides the opposite. Eating a sandwich at your desk while answering emails or grabbing a sausage roll in the car on the way to football practice might feel efficient, but from a digestive point of view it's far from ideal. It doesn't matter whether the food itself is something you consider healthy or indulgent. When you eat in a rushed, distracted or stressed state, your body simply isn't set up to digest well.

## #1 START DIGESTION BEFORE EATING

The first stage of digestion is known as the cephalic phase. It's triggered by seeing, smelling and anticipating food, and it plays a crucial role in preparing the digestive system for what's to come. When meals are eaten on the go, this phase is often skipped entirely.

**Coaching Tip:** Encouraging clients to take a moment to sit down, look at their food and pause before they start eating helps switch the body into a digestive state. This simple habit can significantly improve how well food is broken down further along the digestive tract.

## #2 WHY CHEWING MATTERS MORE THAN YOU THINK

Chewing isn't just a polite habit; it's a vital mechanical stage of digestion. Breaking food down into smaller particles increases the surface area available for digestive enzymes to work on. Saliva also contains enzymes that begin carbohydrate digestion before food even reaches the stomach.

When food is swallowed too quickly, the stomach has to work harder, digestion takes longer and undigested food is more likely to ferment in the gut, leading to gas and bloating. The stomach is excellent at mixing food with acid and enzymes, but it doesn't have teeth. If food regularly appears recognisable in the stool, that's often a sign digestion hasn't been properly supported earlier on.

**Coaching Tip:** Help clients slow down at meals and enjoy the experience by providing mindful eating exercises if needed, like putting utensils down between bites or noticing textures and flavours.

## #3 THE MISUNDERSTOOD ROLE OF STOMACH ACID

Symptoms such as heartburn and reflux often increase after Christmas, leading many people to assume they have too much stomach acid. In practice, low stomach acid is far more common than most people realise.

Stomach acid naturally declines with age, often earlier than expected, and can also be reduced by chronic stress, alcohol, certain medications and some medical conditions. Adequate stomach acid is essential for breaking down protein, activating digestive enzymes and preventing fermentation. When protein isn't properly digested, it can ferment and produce gas, pushing stomach contents upwards and causing discomfort. Supporting stomach acid, rather than suppressing it unnecessarily, is often key to improving digestive symptoms.



## #4 DIGESTIVE ENZYMES & THE IMPACT OF AGE AND STRESS

Digestive enzymes are responsible for breaking food down into absorbable nutrients. Like stomach acid, enzyme production tends to decline with age and can be further disrupted by stress and rushed eating.

Supporting enzyme activity by eating more slowly, including bitter foods, or using foods naturally rich in enzymes such as pineapple or papaya can help take pressure off the digestive system. In some cases, a broad-spectrum digestive enzyme supplement can provide temporary support while digestion regains balance.

## #5 WHY MEAL SPACING HELPS MORE THAN CONSTANT GRAZING

Constant grazing, which is common over the festive period, keeps the digestive system permanently switched on. It never has the chance to fully complete one digestive cycle before the next begins.

**Coaching Tip:** Guide clients to create gaps of three to four hours between meals. Even without changing what they eat, this simple change can reduce bloating, discomfort and improve digestion overall.

## #6 GENTLE MOVEMENT TO SUPPORT DIGESTION

Sitting for long periods after meals slows digestion, while gentle movement helps stimulate gut motility and encourages food to move through the digestive tract more efficiently.

A relaxed walk after meals, even for ten to fifteen minutes, is enough to support digestion. This isn't about exercise or burning calories, but about working with the body's natural rhythms.



AILSA HICHENS,  
NUTRITIONAL THERAPIST & HCA MENTOR

## A CALMER WAY FORWARD

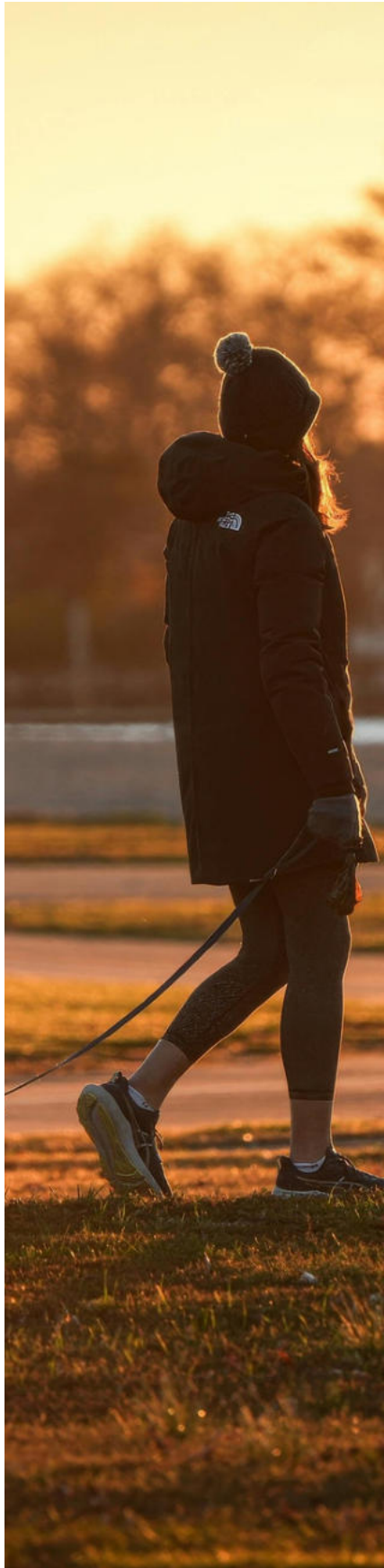
Resetting digestion isn't about extremes, it's about calm, consistent habits that support the body's natural rhythm.

**“As a Health Coach, you can help clients understand that this isn't a problem that needs fixing with extremes, instead gentle, consistent habits are what really help digestion get back on track.”**

### *Health Coach Key Takeaway:*

*By encouraging clients to focus on simple daily actions such as mindful eating, gentle movement, meal spacing, and supportive foods, you can help them restore balance and feel their digestion improve naturally.*

# WHAT YOUR BODY REALLY CRAVES BETWEEN MEALS



When we hear the word cravings, many of us think about food. That mid-morning sweet treat, the urge for something salty, or that oh so familiar afternoon slump that leads straight to the fridge or snack cupboard.

But sometimes what your body craves between meals isn't another bite, it's a moment of movement.

We're often told not to exercise on a full stomach, and rightly so. Intense or high-impact workouts straight after eating can feel uncomfortable and, for many people, lead to nausea or digestive upset. But that doesn't mean your body is meant to stay completely still between meals. Gentle, consistent movement throughout the day matters, for so many reasons.

## WHY STAYING STILL ISN'T NATURAL

This isn't about replacing structured exercise. Your runs, gym sessions, Pilates classes and the like, all matter. But they're only one part of the picture. What often gets missed are the movements that fill the spaces in between: standing up regularly from your desk, stretching your legs, twisting your torso, taking a short walk after a meal, or shifting your posture to remind your body it isn't meant to stay still for hours.

**Sometimes what your body craves between meals isn't another bite, it's a moment of movement.**

Many UK adults spend around 9 hours a day sitting down, whether that's through work, travel or leisure. Over time, that level of stillness can impact our bodies in many ways, especially if sitting with poor posture or slouching down as it puts pressure on the abdominal area, reduces blood flow and impedes indigestion. It can also trap gas and cause pain or other uncomfortable sensations.

And the effects aren't just physical: extended sitting can also drain energy, lower mood, reduce focus, and affect our mental and physical wellbeing as a whole. This makes those in-between moments of movement especially important.

## MOVE A LITTLE, FEEL A LOT (BETTER!)

Every time we move, we engage muscles and activate multiple body systems. Even small movements cause muscles to contract and relax, which helps improve blood circulation, supports digestion, and sends signals to the nervous system that the body is active and alert.

Small moments of motion give our bodies a helping hand with processing food, absorbing nutrients more effectively, maintaining more stable blood sugar levels, and reducing common day-to-day discomforts such as bloating, indigestion, or general abdominal unease, which so many of us experience!

**Research shows that around 64% of UK adults experience bloating regularly, and approximately 86% report at least one digestive symptom, such as indigestion, sluggishness, or abdominal discomfort.**



Research has found that a short 10-minute walk after eating can encourage your stomach and intestines to do their job and significantly relieve symptoms like bloating, gas and post-meal fullness compared with remaining sedentary. As well as walking, light stretching or gentle yoga poses can reduce tension in the abdominal area, ease stiffness, and promote comfort by encouraging the muscles in the abdomen to remain flexible and help the body enter a more relaxed 'rest-and-digest' state.

## HELPING CLIENTS BUILD GENTLE MOVEMENT INTO THEIR DAY

As a Health Coach, you can make a real difference by helping clients notice the little ways they can move throughout their day.

It doesn't have to be a full workout or a strict plan, just small, doable moments that feel good, fit naturally into their routine, and help build consistency. With some motivation and accountability, these can become daily, effortless habits that really support their wellbeing as a whole.

When working with clients:

- Encourage reflection on how they naturally move throughout the day, instead of when they carve out dedicated time to exercise.
- Explore together where small pockets of movement could fit into their daily schedule for example a short walk after lunch, stretching at breaks, gentle squats while waiting for the kettle to boil.
- Reflect on and celebrate any positive noticeable changes in comfort, energy, regularity, mood that they've experienced as these little movements become a natural part of their day.

**“The magic is in the consistency of small actions.”**

It's all about helping clients to tune into the signals their bodies are sending every day. Between meals, those signals might show up as restlessness, sluggishness, or digestive discomfort and that's where gentle movement can make a real difference. As a Health Coach, you can guide clients to notice these cues, experiment with simple ways to respond, and celebrate the small wins that often go unnoticed.

The magic is in the consistency of small actions. Over time, these little choices build confidence, improve comfort, and help clients feel more in tune with their bodies.

Written By: Hannah Draboczny | HCA Graduate Health Coach

## FROM CHAOS TO CALM:

## MEDITATION STRATEGIES FOR HEALTH COACHES

*In today's fast-paced world, stress feels like a constant companion for both clients and Health Coaches. We hear the terms 'meditation' and 'mindfulness' often, but they aren't just trendy buzzwords - they're powerful tools that can turn the chaos of daily life into calm, helping both our mind and bodies to thrive.*

But why does stress affect us so strongly, and why is it so important to manage it effectively? Understanding cortisol (the body's stress hormone) is key.

Cortisol is often called the stress hormone because it's released when your body perceives a threat or stressor. It plays a crucial role in managing important body functions like metabolism and immunity.

When everything is working well, cortisol helps your body handle stress. But if stress is constant or your body's stress system (called the HPA axis) gets out of balance, cortisol can be released too much or at the wrong times. Over time, this can damage your body - affecting your heart, immune system, and even your brain.

**“Think of cortisol like your body's fire alarm”**

- When a real 'fire' (stress) happens, the alarm goes off - cortisol helps you respond, giving your body energy and focus.
- Cortisol is helpful in short bursts, but when the alarm keeps ringing nonstop, it can harm the heart, brain, immune system, and mood. Maintaining balance is key to long-term health.

A big part of being healthy is keeping that alarm working properly, not stuck on all the time. One of the most effective ways to manage stress and regulate cortisol is through self-care - intentional practices that nurture both mind and body.

## STRESS-REDUCING SELF-CARE PRACTICES

In my work as a Nutritional Therapist and Health Coach I have found that many clients benefit from finding ways to relax, shift attention away from stress and create moments of calm in the hectic modern world. Some of the most effective types of self-care include:

- **Physical:** Exercise, yoga, walking, and sleep to help the body recover and lower stress hormones.
- **Emotional:** Journaling, expressing feelings, and connecting with supportive people.
- **Mental:** Mindfulness, meditation, and breathing exercises to calm the mind.
- **Creative/Recreational:** Hobbies, music, art, or time in nature.
- **Practical/Structural:** Digital boundaries, time management, and professional support.

## WHAT ARE MINDFULNESS & MEDITATION?

Among self-care practices, meditation and mindfulness stand out for their ability to calm the mind, strengthen focus, and build resilience to stress.

Meditation is an ancient technique with its roots in Buddhist practice used to bring the mind into a state of relaxed attention and focused awareness. It's essentially a tool for calming the mind and developing concentration.

Mindfulness is a form of meditation, now widely used in healthcare, education, and wellbeing. Mindfulness means maintaining moment-to-moment awareness of thoughts, feelings, bodily sensations, and the surrounding environment.

Crucially, mindfulness involves acceptance, observing thoughts and emotions without judgement. Instead of getting caught up in the stress response, mindfulness invites us to gently turn inward, notice what is happening, and respond rather than react.

## MEDITATION & MINDFULNESS IN ACTION

Regular meditation and mindfulness practice that triggers the body's relaxation response - the opposite of stress - can create a 'well of calm' to draw from when life gets tense. Techniques include:

- Mindful breathing
- Body scans
- Guided imagery
- Meditation
- Repetitive prayer

## MANAGING STRESS AND ANXIETY

There is clear evidence from research that mindfulness and meditation are effective at reducing cortisol levels, and they were found to be more effective than mind-body therapies such as yoga and [talking therapies](#).

Besides lowering cortisol, meditation and mindfulness improve mental wellbeing by helping you become more aware of your thoughts and better at managing your emotions. They can change the brain in positive ways, making it stronger, calmer, and more connected. This leads to better [emotional control](#), [sharper thinking](#), and [greater resilience to stress](#).

## STRESS AND ANXIETY

A review and meta-analysis of [34 studies](#) looked at how meditation and related programmes affected stress, anxiety, and depression in students:

- Lower stress levels: meditation and mindfulness were linked with a moderate reduction in reported stress.
- Less anxiety: students practising meditation reported a moderate decrease in anxiety symptoms.
- Reduced depression: there was also a small to moderate decrease in depressive symptoms.

These findings show that regular meditation produces tangible benefits: clients can feel calmer, less anxious, and better able to handle stress - real improvements, not just a 'nice-to-have'.

## WORKPLACE WELLNESS AND BURNOUT

Similar practices have also been shown to support adults in professional, high-pressure environments.

A [systematic review](#) looked at workplace wellbeing programmes for healthcare workers, which included meditation and mindfulness-based practices, yoga and other stress-reduction methods. It found that these interventions helped improve wellbeing, resilience, engagement and quality of life, and reduced perceived stress, anxiety, depression and burnout in healthcare professionals.



**Mindfulness and meditation can help clients to feel calmer, less anxious, and better able to handle stress.**

HCA STUDENTS PRACTISING MINDFULNESS AT 3-DAY LIVE HEALTH COACH TRAINING EVENT



## PRACTICAL TIPS FOR HEALTH & WELLNESS COACHES

The next step is translating that evidence into practical, easy-to-use strategies. Like any skill, meditation and mindfulness work best when they're introduced thoughtfully and consistently. Here are some ways Health Coaches can confidently and safely bring these practices into their work:

### 1. START WITH SIMPLE, ACCESSIBLE PRACTICES

Encourage clients to begin with small moments of mindfulness they can easily fit into their day. Even five minutes of mindful breathing or a short guided meditation can help calm the stress response and support the HPA axis.

### 2. ENCOURAGE CONSISTENCY OVER PERFECTION

The benefits of mindfulness come from regular practice rather than long sessions. Invite clients to build a gentle daily routine - this could be a morning body scan, a quiet moment between meetings, or a grounding practice before meals.

### 3. SIGNPOST TO QUALIFIED MINDFULNESS TEACHERS

For clients who want to explore mindfulness or meditation more deeply, consider guiding them toward experienced, professionally trained teachers.

The [British Association of Mindfulness-Based Approaches \(BAMBA\)](#) and the [Mindfulness Teachers Association](#) both maintain registers of accredited mindfulness teachers who meet recognised professional standards.

Health Coaches may find it useful to research local mindfulness practitioners and keep a small referral list. This can give clients confidence that they're receiving high-quality, evidence-based guidance.

## 4. KNOW WHEN TO USE CAUTION

Mindfulness and meditation are generally very safe, but they are not universally suitable. Some clients - particularly those who are mentally fragile, highly anxious, experiencing trauma, or struggling with severe depression - may find meditation challenging or even overwhelming.

In these situations, it's important to:

- Approach the topic gently
- Avoid pushing clients into formal meditation practices
- Encourage them to work with a trained mindfulness teacher, therapist, or mental health professional who can provide appropriate support

**A mindful approach applies to recommending mindfulness itself.**

## 5. SUPPORT CLIENTS IN NOTICE-AND-REFLECT PRACTICES

Invite clients to track subtle shifts in anxiety, mood, and stress as they build their practice. Noticing improvements - such as fewer racing thoughts, feeling calmer or sleeping better - can help reinforce their motivation and deepen their engagement with mindfulness.

Mindfulness and meditation are powerful tools for managing stress and supporting wellbeing. If you want to guide clients toward calm and resilience, our Level 5 Health & Wellness Coaching Diploma gives you the skills to make it happen. Find out more at: [www.healthcoachesacademy.com](http://www.healthcoachesacademy.com)

Written By:

Natasha Watkinson | Nutritional Therapist and Health Coach



# COULD THE SECRET TO A HAPPY DIGESTIVE SYSTEM BE GOOD COMPANY?

“

What if one of the most powerful influences on how our bodies process food and absorb nutrients isn't what's on the plate, but who's sitting around the table?

As mentioned throughout this edition, supporting clients with gut health isn't just about honing in on nutrition habits such as fibre intake, fermented foods, or elimination protocols. It's about understanding the wider lifestyle factors that shape digestion, inflammation, and the connection between our brains and gut. And this is where the world's Blue Zones offer an unexpected but vital lesson.

In 2008 National Geographic explorer Dan Buettner published *The Blue Zones: Lessons for Living Longer from the People Who've Lived the Longest*. This work identified regions around the world where people live the longest and healthiest lives, showing that shared habits, such as a more plant-based diet, daily movement, strong social bonds, and a sense of purpose, are the foundation of extraordinary longevity. What is especially fascinating is that Dan framed longevity as a collective lifestyle rooted in community and culture rather than purely an individual effort.

Dan Buettner's original research led him to longevity "hot spots" of Okinawa (Japan), Sardinia (Italy), Nicoya (Costa Rica), Ikaria (Greece), and Loma Linda (California). The theme of community would play a central role, where strong social bonds, shared rituals, and collective care are as vital to health as the foods on the plate.

**But how exactly do connection, community, and shared rituals shape our microbiome, and what does this mean for the clients we support?**

## BELONGING

Loneliness isn't just a feeling, it's a health risk. In June 2025, the World Health Organization's Commission on Social Connection highlighted how social isolation affects wellbeing, health, and society, often in ways we barely recognise.

Now look to the Blue Zones: in Okinawa, Sardinia, and Nicoya, elders aren't sidelined, they are woven into the daily fabric of life. They belong to circles of care, faith groups, friendship networks, and family gatherings that offer emotional support and purpose. As a Health Coach, noticing and encouraging these kinds of social connections can be a powerful way to support a client's overall wellbeing.

This sense of belonging does more than comfort the soul. Research shows it may reduce stress - a known disruptor of gut microbiota. When stress hormones are chronically elevated this can impact digestion, microbial balance and even inflammation. Could it be that belonging is not just a social comfort, but a vital foundation for health, resilience, and human flourishing?

PAM CLARK, NUTRITIONAL THERAPIST AND  
HCA MENTOR

## SHARED TABLES

Meals in Blue Zones are rarely solitary. Families and neighbours gather around tables laden with beans, greens, whole grains, and fermented foods. These plant-rich diets feed beneficial gut bacteria, increasing microbial diversity, but these shared tables may also reinforce healthy choices, normalise moderation, and create joyful rhythms that support digestion. For Health Coaches, encouraging clients to share meals, even in small ways, can be a practical strategy to support overall digestive wellbeing and build relationships.

The meal is more than the consumption of food - might these communal tables have a dual role in cultivating microbial diversity as much as human connection?

## TOGETHERNESS

Celebrations, rituals, and daily social interactions activate the parasympathetic nervous system, the 'rest and digest' response. Laughter, song, and companionship can calm the body, allowing digestion to flow smoothly and nutrients to be absorbed more effectively. In Blue Zones, joy is not an occasional indulgence but a daily rhythm. This rhythm raises a question for coaches: how might you help clients build small, consistent moments of joy and connection into their own days?

## WISDOM WOVEN ACROSS GENERATIONS

Food traditions in Blue Zones are often passed down like heirlooms. Often elders teach younger generations how to prepare lentil stews, sourdough breads, or herbal teas. These recipes are not only cultural treasures but can be microbiome protectors. It seems that this generational wisdom is woven into the foods that are prepared and eaten within these communities.

As a Health Coach, how might you support clients in keeping the foods and recipes that matter to them alive in their own kitchens?

In Blue Zones, living a long, healthy life isn't something you do alone; it's built into daily life with others. Our bodies work better when the heart feels connected. Health, it turns out, is something we create together, through food, friendship, and simple, everyday moments of joy. Maybe supporting our digestive system is as much about who we spend time with as what we put on our plate.

Written By:

Pam Clark | Nutritional Therapist and HCA Mentor



“LIVING WITH A STOMA OR GUT-RELATED HEALTH CHALLENGE IS NOT AN ENDING, IT’S A NEW BEGINNING. AS A HEALTH COACH, YOU CAN GUIDE CLIENTS IN SO MANY WAYS.”

HCA GRADUATE HEALTH COACH,  
ELAINE WIGGLESWORTH

# COACHING CLIENTS WITH A HIDDEN DISABILITY

*Disclaimer: I am a Health Coach, not a licensed medical professional. The information shared here is educational and motivational, based on my personal experience, and is not medical advice. Please consult your GP, dietitian, or other qualified healthcare provider before making changes to diet, exercise, or lifestyle.*

For many, the word stoma evokes fear of the unknown. My own journey wasn't a choice, it was a fight for survival. In 2015, while flying at 36,000 feet, my colon ruptured due to severe diverticulitis. What followed was a life-threatening battle with sepsis and ICU superbugs.

Surviving was only the first step. Accepting a permanent stoma required a psychological and emotional overhaul. Through therapy, I moved from mourning my 'old' body to embracing my 'new' reality. Living with a hidden disability means navigating a world that doesn't always see your struggle, but it also reveals resilience you never knew you had.

For Health Coaches, my story highlights how clients may face hidden challenges and the importance of a supportive, empathetic approach. Your role is often about helping clients rebuild confidence, routine, and resilience, one step at a time.

## UNDERSTANDING THE CONDITION

### DIVERTICULITIS & GUT HEALTH

- Diverticulitis occurs when small pouches in the colon (diverticula) become inflamed or infected.
- It can be linked to conditions such as endometriosis, which may exacerbate gut inflammation.
- Surgery, such as sigmoid colon removal, changes digestion permanently, making mindful nutrition crucial.



### BROADER GUT HEALTH CONTEXT

Even clients without a stoma may face gut challenges such as bloating, IBS, sensitivities, or chronic inflammation, all of which can impact energy, mood, and overall wellbeing. Awareness and support in these areas can make a significant difference to quality of life.

### THE SOCIAL AND PRACTICAL REALITIES

It's important to remember that living with a stoma can be socially isolating. Hidden disabilities may lead to judgement in public spaces, contributing to anxiety and a reluctance to leave home. Financial challenges can exist too - stoma supplies can be costly - and access to specialist care may be limited.

**As Health Coaches, recognising these barriers allows you to support clients emotionally, socially, and practically, helping them navigate everyday life while building independence and self-confidence.**

# MY PRACTICAL TIPS FOR COACHES SUPPORTING CLIENTS

## MASTERING DAILY LIFE WITH GUT CHALLENGES

- Preparation is key: Encourage clients to plan ahead with meals, medications, or any supplies they may need.
- Clothing matters: Comfort and practicality can reduce physical stress and embarrassment.
- Travel strategies: Hydration, mindful eating, and planning for breaks can reduce anxiety.
- Health monitoring: Encourage clients to notice changes in digestion, hydration and energy, and to seek medical guidance when necessary.

## NUTRITION GUIDANCE

- Focus on balanced, gut-friendly meals while respecting individual tolerances.
- Introduce new foods gradually and track their impact on digestion.
- Encourage hydration and mindful eating practices.
- Tip for Health Coaches: Work with clients to track triggers, celebrate successes, and maintain a flexible, non-judgemental approach.

## EMOTIONAL WELLBEING & RESILIENCE

- **Listen to their body:** Encourage awareness and reflection.
- **Practise self-compassion:** Reinforce the importance of kindness on difficult days.
- **Ask for help when needed:** Normalise seeking support from family, peers, or professionals.
- **Celebrate small wins:** Every achievement builds confidence.
- **Build resilience gradually:** Consistency over perfection leads to sustainable progress.
- **Connect with support networks:** Encourage joining local or online groups like the [Colostomy Association](#) in the UK or [South African Society of Ostomates \(SASS\)](#) in South Africa



## KEY TAKEAWAYS:

For Health Coaches, supporting clients with a stoma, other hidden disabilities, or general gut health challenges means:

- Providing practical life skills and coping strategies.
- Supporting emotional resilience and confidence.
- Helping clients navigate healthcare and social challenges.
- Encouraging self-monitoring and mindful nutrition without shame.
- Reinforcing that a client's condition is *part* of their story, not their whole story!

**“Living with a stoma has taught me that this is not an ending, but a powerful new beginning.”**

Daily life is fully possible when we combine knowledge, self-care, and a steady sense of humour. Whether you're navigating this journey yourself or supporting a client as a Health Coach, know that small, intentional steps lead to a life that feels whole again.



“HEALTH COACHING CHANGES LIVES IN SUCH A POSITIVE WAY; THOSE OF YOUR CLIENTS, YOUR OWN AND YOUR FAMILY’S TOO.”

HCA GRADUATE HEALTH COACH,  
REBECCA WIGGANS

# BUILDING A THRIVING HEALTH COACHING BUSINESS AS A PARENT

“

It's all very exciting when you start something new. As I began training as a Health Coach with Health Coaches Academy, I was excited to learn everything there was to know about helping clients transform their health and wellbeing.

But at the same time, I was a mum of two small boys, who was already running another business too. I often questioned, **how would I balance everything without burning out? How would I find the time to build a successful health coaching practice? And where would I find clients anyway?**

I'm pleased to confirm that all of the above are possible, even when you are busy and have responsibilities coming at you from multiple angles.

## BALANCE WITHOUT BURNOUT

The great thing about a career in health coaching is that it can be as flexible as you need it to be. You don't need to work set hours. It's your business, you decide how many clients you can fit into your lifestyle. If you have two days a week, do that. If you have five, great. School hours, no problem. It's up to you, and that works brilliantly if you have other commitments to attend to too.

At the same time, when you're your own boss, there's always the temptation to try to do too much, there's always something more you could be doing - so it's been a learning curve to listen to my body and realise when I just need to stop and give myself some TLC.

I learn from my clients all the time as they find strategies to plan their time and make sure they get the downtime they need, and as Coaches, we need to do the same. Coaching is wonderful but it can take a lot of energy so it's important to factor in time to recharge. They say you can't pour from an empty cup and it's true.

**“Your family will benefit in ways you didn't necessarily expect. (I'm sure my mum didn't expect to be told by my 3-year-old recently that she shouldn't eat jam too often because it has sugar in it!)”**

## THE RIPPLE EFFECT

Small people watch you. You'll pick up new habits and they'll notice. They'll also notice the things you talk about. And you'll learn tweaks that you can put into practice in your own family life. The long and short of it is that your family will benefit in ways you didn't necessarily expect. (I'm sure my mum didn't expect to be told by my 3-year-old recently that she shouldn't eat jam too often because it has sugar in it!).





## YOUR FIRST CLIENTS ARE CLOSER THAN YOU THINK

When you get started and look to build your client base, first you'll need to know who your ideal client is. Who would you most like to work with? Do you perhaps have a specific area of interest or expertise?

Next, work out where your people are, then get out into the world and start talking to people. This is the main thing. Get into conversations wherever you can and let people know what you do and how you can help them. Don't procrastinate, don't try to be perfect, just get the word out. You wouldn't open a restaurant and not tell anyone. Shout it from the rooftops with pride, because as a Health Coach you will change lives.

## YOU'RE NOT ALONE: TAP INTO AVAILABLE SUPPORT

If you want some extra guidance and structure when starting your health coaching business, I'd highly recommend the [Hub's Level Up programme](#). This was a fantastic decision for me when starting out because the mentors gave me the exact steps that would move me forward to having a thriving business right from the start. They taught us, I did what they said, and within four months of graduating I had a fully booked practice.

I love the flexibility of a health coaching career and being able to choose my own hours - I usually work three mornings a week and one evening with clients.

I mainly work with small business owners who struggle to prioritise themselves as I know exactly what it's like when you're busy running the business and managing a family too! I help people to look after their energy and boost their focus and confidence in their business. To find out more about my work, [visit my website here](#).

**Being a Health Coach whilst raising a family isn't about luck, it's about clarity, consistency and connection with people. If you're willing to take one step at a time, to talk about what you do, to believe in yourself, and to take care of yourself at the same time, you can build a thriving business faster than you think. Health coaching changes lives in such a positive way; those of your clients, your own and your family's too.**

Written By:  
Rebecca Wiggins | HCA Graduate Health Coach

## THE GIFT THAT KEEPS ON GIVING: HEALTH COACHING IN ACTION

**At HCA, we are committed to supporting purposeful, powerful, personal change.**

Many who join us do so in search of a new career path, yet at graduation they often share that they have found so much more. Stories of connection and transformation abound.

Our students and graduates regularly speak of 'finding their tribe' amongst the HCA community of like-minded individuals, and the unexpected impact of their studies on their own deeply personal journeys in health; a journey that continues to positively influence their families, colleagues and friends – **it is the gift that just keeps giving!**

### HEALTH COACHING AS A CATALYST FOR COMMUNITY IMPACT

As Health and Wellness Coaches, our students and graduates have an opportunity to become partners in transformation for their clients and can influence the communities in which they live, work and thrive in the most subtle or profound way.

At the heart of this work is a commitment to positive change: guiding healthful evolution that enables our clients to embody the lives they truly want to lead. And as an organisation, we are no different.

**We recognise the ongoing need for meaningful change within our local communities, and we are excited to create it!**

In recent years, we have partnered with charities, non-profit organisations, and local groups, within the UK and internationally, to embed Health & Wellness Coaches at the heart of community life.

These projects provide an opportunity for HCA graduates and students to volunteer in meaningful projects within communities that may be most at need, or groups that would not typically have access to health coaching. Often the initial projects are brought to us by a student recognising an unmet need, and from there we grow!

## LEARNING FROM EARLIER COMMUNITY OUTREACH PROJECTS

Previous community outreach projects have involved collaborations with NHS GP practices across the UK, a London-based food bank, and a centre offering a suite of harm reduction services for people navigating homelessness and drug use in South Africa.

Over time, we began to recognise that many of the staff and volunteers in these areas could also benefit from accessing health and wellness coaching for themselves, and there was an emerging opportunity to make a difference to those working within the caring professions.

**There was an emerging opportunity to MAKE A DIFFERENCE to those working within the caring professions.**

## THE LAUNCH OF THE NURTURE & NOURISH PROJECT

In recent months, we have been working on a project suggested by students who each recognised the impact that Health and Wellness Coaches could have on two different communities who support and care for people living with life limiting conditions.

Two projects were proposed: the first to support hospice staff in Northern England, and the second to offer coaching to volunteer-carers engaged in an NHS-funded programme offering end-of-life support in the East of England.

Recognising this common thread, we merged these two brilliant proposals and created our Nurture and Nourish project. Our aim was to offer 1-to-1 online coaching over six to eight weeks to allow staff and volunteers within these caring professions time to focus on their own health and wellbeing.

Written By: Pam Clark | RIO Lead at HCA  
(RIO stands for Research & Development, Innovation and Outreach)



HCA STUDENT AT 3-DAY LIVE HEALTH COACH TRAINING EVENT

## THE POWERFUL IMPACT OF HEALTH COACHING

At time of writing, this project is still ongoing but our committed HCA Graduate Health Coaches are sharing powerful stories of positive change. Mindful of the unique pressures facing healthcare staff, coaches have taken particular care to offer flexible, person-centred support tailored to individual needs.

Early feedback from staff and volunteers highlights a range of positive outcomes, including:

- Improved quality and length of sleep, with many reporting feeling more rested
- Greater confidence in managing stress through newly explored strategies
- Weight loss accompanied by renewed self-confidence
- Increased engagement in activities that foster balance and a sense of calm

The creation of a safe, non-judgemental coaching space to explore new healthful habits, changes to diet and lifestyle or self-care routine is clearly making a positive difference, and we are excited to see where this project takes us into 2026 and beyond!

Are you interested in becoming a Health & Wellness Coach? Join one of our FREE introductory webinars to learn more. Visit [www.healthcoachesacademy.com/events](http://www.healthcoachesacademy.com/events)



**GUT GOODNESS:**

## *My Easy Homemade Kimchi*

By HCA Graduate Health Coach, Jacobie Serfontein

## Meet HCA Graduate Health Coach, Jacobie:

"I started making kimchi for myself a couple of years ago simply because I love it, and I was curious about the whole process. Unintentionally, it has now become a big part of my wellness offering within my health coaching business: **Goodness Me**, and I couldn't be happier helping sustain happy guts, one jar at a time. If you, too, are curious, but maybe a little apprehensive to try, then I've got you. I want to share my super easy recipe with you, and some tips and tricks for you to enjoy your fermented treat fully!"

### Why Kimchi is SO good for you!

Kimchi is one of the easiest, most delicious ways to support your gut. It's loaded with natural probiotics, fibre, and enzymes. In other words, with all the good stuff that helps digestion, energy, immunity, and that general "I actually feel good today" feeling.

And while store-bought kimchi can be pricey (slow fermentation takes time), making your own is surprisingly simple, far more affordable, and wonderfully grounding. There's something truly wholesome about chopping, salting, and packing your own veg. It feels like the kind of habit that quietly supports a healthier lifestyle. What's not to love about that?



HCA GRADUATE HEALTH COACH,  
JACOBIE SERFONTEIN

### My Simple, Homemade Kimchi Recipe:

#### INGREDIENTS:

- 1 medium napa/chinese cabbage
- 1 to 2 cups daikon radish, julienne
- 1 large carrot, julienne
- 4-5 spring onions, chopped
- 6 cloves garlic
- 1 thumb-sized piece of fresh ginger
- 2 - 6 tbsp gochujang (Korean chilli paste; start with 4 and see how that lands)
- 2 tbsp fish sauce (optional, but lovely - just omit for a fully vegan batch of Kimchi)
- 1 tbsp sugar or honey
- 1/4 cup salt

**“Kimchi is loaded with all the good stuff that helps digestion, energy, immunity, and that general “I actually feel good today” feeling.”**

## Method:

- Salt the cabbage: chop into pieces, sprinkle with the salt, and cover with water for 6-8 hours. Reserve 1 of the outer leaves.
- Drain the cabbage, reserving some of the brine. Give it a quick rinse and pat dry.
- Add the daikon radish, spring onions and carrots to the cabbage.
- For the paste: blend the ginger, garlic, gochujang, fish sauce and sugar in a food processor until it becomes a thick paste.
- Scoop this over the cabbage and massage it really well into the veg.
- Use your hands to pack it tightly into a fermenter crockpot or glass jar, leaving 1-2 inches of room at the top. Add just enough of the reserved brine to the mixture to cover it.
- Place the reserved cabbage leaf over the top and weigh it down with a small plate, a bag filled with water or fermenter weights - you just want to keep any of the veggies from rising above the brine.
- Place the kimchi into a cupboard (covered with a muslin cloth for air to escape, but nasties to stay out).
- Leave this for 3-4 days before packing in your container of choice. Once packed, keep refrigerated in an airtight jar and use a clean utensil each time. Fermentation will continue very slowly in the fridge - this is normal and wonderful!

**Please note: Fizzing, bubbles, and a bit of overflow = totally normal and only shows that fermentation is underway.**

## Simple, Delicious Ways to Use Your Kimchi

Kimchi has a distinct, robust and intense taste - especially to first-timers. If you are new to this Korean keeper, try having smaller portions mixed with some of the below to ease your way in. But be warned, the addiction is guaranteed.

My absolute best way to eat kimchi is straight from the jar, I kid you not. But in the interest of variety, and letting your kimchi last more than 3 bites, I gladly share some of my favourite ways to enjoy it. There really are no rules. Just savour the tangy taste of goodness that you lovingly created:

- With eggs (any style)
- On avocado toast
- Stirred into noodles, rice, or veg bowls
- Mixed into salads for tang and crunch
- Blended into dressings of choice - a smart and gentle way to get the good gut bacteria in
- And of course... spoonfuls in warm soups (seriously, try it and thank me later!)



Enjoy every step of your kimchi journey – it really is as rewarding as it tastes. Questions, tips, or victories big and small, I'd love to hear from you. I'm here to help and cheer you on. Connect with me at:

**IG: @goodnessme\_wellbeing**

**FB: Goodness Me Health & Wellbeing**

<https://goodnessme.co.za/>

# WHAT'S ON AT HCA?



FREE  
HEALTH  
COACH  
WEBINARS

THE HCA SENIOR TRAINING TEAM

At Health Coaches Academy, we are passionate about helping you to take control of your own health and inspiring others to do the same.

To help you get started, we run regular online webinars. Join HCA's Senior Team for an introduction to this fast-growing profession and learn about key aspects of health coaching including essential coaching tools, nutrition, the ever-growing career opportunities as a Health Coach and how to set up a successful health coaching practice.

## HCA TALKS Health



Stay updated with the latest in wellbeing through our fortnightly podcast too!

HCA Talks Health is hosted by health journalist Zena le Roux, with each episode diving into diverse health topics including:

- Weight loss
- Nutrition
- Menopause
- Gut health
- Women's Health
- Stress management
- & more!

All HCA Talks Health podcast episodes are available on Spotify, Apple Podcasts and the [HCA YouTube Channel](#).

## An Introduction to Health & Wellness Coaching



Would you like to take control of your own health and create a life you love? Are you looking to improve the health and habits of others? Wondering how to sustain those 'healthy' changes?

Join our CEO Carolyn St John Loder for an introduction to the fast-growing health coaching profession and how it has the power to completely transform lives.

## Transform Your Lifestyle & Nutrition As a Health Coach



Would you like to find out how health coaching can help you completely transform your lifestyle and eating habits, as well as empower those around you? Join our

CEO and Director of Nutrition Training, Ann Garry to discover practical strategies to boost your health and nutrition and hear inspiring success stories from HCA students and graduates who have transformed their lives through health coaching.

## Earning Potential & Health Coach Career Opportunities



Are you curious about the job opportunities and earning potential that's available for Health Coaches? Would you love to learn how others have built successful practices?

Join Professional Health & Wellness Coaches to explore the diverse work opportunities available in the health coaching world and how to make a successful living in this fast-growing profession.

## Your Essential Guide to Becoming a Health Coach



Join Alison Jones, our Director, for an in-depth look at the HCA Diploma in Health & Wellness Coaching. This session will cover our comprehensive syllabus, course structure, postgraduate support, plus

how we equip you with the skills needed to build and launch your own successful health coaching practice.

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