INTRODUCTION

'Be open to everything, to all possibilities, listen and be curious.' DR WAYNE DYER

Throughout history, four key pillars of health have been respected: mindset, nutrition, movement and sleep. But sadly, right now, living by these four pillars has never been more difficult to maintain. There are more ways to communicate than ever before, but we've never been lonelier. More food is being mass produced, but we've never been more malnourished. There is more research about the importance of sleep than ever before, but we've never been more sleep deprived. And gyms are popping up on every street corner, but we've never been less active. The Bodyism ethos is guided by the simple philosophy, 'Be kind to yourself'. No superfood, health trend or exercise class can do that for you, but by making positive changes to each of the four pillars of health, you can.

This is a really momentous point in my life because, as I write this book, I feel that I have finally found balance across all four pillars of health. If you don't feel balanced, I understand you, because I've been there. Over the years, even while writing bestselling books, running the most luxurious gym in the world and being at the forefront of the wellness industry, I have still struggled to get to grips with each of the four pillars. So don't beat yourself up, just return to our simple philosophy. This book will show you how to navigate today's world so you feel and look healthy, achieve your optimum state of wellness and learn to be truly kind to yourself.

Throughout this book (and for the rest of your life), look at the four pillars of health equally. See them like the tyres on your car. As you travel through your life, if one of those tyres is faulty or not quite aligned, eventually, over time, it will cause some issues. The more out of alignment that tyre is, the bigger and more serious these issues become and the more quickly they will have an impact on each other. Just as we would pay equal attention to each tyre, we need to pay the same amount of attention to each pillar of health. When we make positive changes to each pillar, our overall sense of wellness will transform. It's time to change your life.

First, ask the right questions.

Why is it that diets don't work? Why is it that so many people fail in their pursuit of health? In large part, it is because people are looking for answers when they really need the right questions. Always start with your 'why'. 'Why do I want to lose weight?' 'Why do I want to eat well?' 'Why do I want to feel healthy?' My 'why' is 'Why do I want to live a long, healthy and happy life?' And my answer is 'To be a strong father for my kids (and one day grandkids)'. That 'why' keeps me focused on making the right decisions in all four pillars of health.

If you have picked this book up, you are already halfway there. You already want to make a change. You probably know why you want to make that change and now you are just trying to work out how you are going to do it. My Blueprint for Health will offer questions and answers to help you understand the importance of the four pillars and your connection to them. A word of warning: my intention is always to help. I want to be truthful. I don't want the message to get lost in diplomatic fluff. Choose not to be offended. Being offended is a waste of time. Take inspiration from Dr Wayne Dyer and choose to be curious.



Why is mindset a pillar of health?

Mindset is such an under-appreciated and under-acknowledged aspect of wellness. How do you get your body into shape? You exercise. How do you ensure physical transformation? You do it consistently, diligently, intelligently — and you stick to it. It's the same with mental health. I firmly believe that, just as we can use nutrition and exercise to help prevent poor physical health, we can take manageable steps to get our minds in the best possible shape, with the goal of living a long, happy, healthy life.

There's a lot of talk these days about mindfulness, but it's not just about doing yoga or downloading meditation apps (although there are some very good apps available, which I love). It is so much more than that. Yoga and meditation are simply gateways to learning the skills you need to attain mastery of your thoughts. Both will help you achieve optimum mental wellness, but the skills then need to be incorporated into your daily life, not just for the hour at yoga class or the 10 minutes spent meditating. For mindfulness to be effective, it needs to become part of the fabric of your life.

My wife, Christiane, made me realize the importance of mindset. When I first met Chrissy, I couldn't believe someone could truly be so happy. I was constantly scratching at the surface to see what was underneath. Finally, I realized that she was a genuinely positive and happy person, and once I'd seen that it was possible for Christiane (someone that I loved and trusted), I realized that it was possible for me, too. Because of how my mind works, I started to analyze her ability to always be positive, and I realized that we can teach ourselves to feel this way. Just like physical exercise, we should exercise our minds, too — they are as important as each other.

'Any change that happens in the body happens in the mind first.'





'Diets do not work.'

Why is nutrition a pillar of health?

Many people still haven't made the connection between what they eat and how they feel. They don't understand that nutrition is one of the four pillars of health. My goal in writing this chapter is to give you a deeper understanding of the effect food has on how you look, how you feel and even who you are. I also want you to be able to show this to those you love so that you can inspire change in them, too. What people eat today will not only affect their health immediately, but will have long-term effects, too.

Over the years, I've been asked questions such as, 'What is better to have in my water — lemon or lime?' and, 'Which berry is best?' and, 'What is the exact amount of protein I should be consuming each day?' But my advice is please don't worry about those kinds of small details, because they just act as a distraction from what you really need to be asking. You need to be asking the bigger and more powerful questions which will genuinely make a positive impact. Questions like, 'How am I feeling now, after eating that?' and, 'What am I going to do differently next time?' The answers are all within ourselves. This chapter will shine a light on how to ask the right questions.

To help you find the answers, I asked Rhaya Jordan, a highly respected naturopath who we work with here at Bodyism, to share her expertise. I hope her knowledge inspires you and equips you with a new-found understanding and passion for nutrition.

AÇAI BOWL

Our cafe in Notting Hill is becoming famous for the açai bowls we serve. Açai is one of the most nutritious fruits in the world. We blend ours with one of the Bodyism supplements to increase the protein content in each bowl and to make it even more delicious.

Our açai supplier, Rayder, is an activist for preventing deforestation in the Amazon and açai is one of the only no-timber products to come from the rainforest. So, make sure you choose high-quality frozen açai (you can find it in health stores or online) and feel proud that you are helping to save the planet and looking after your body, too. If you don't have the Bodyism supplements, substitute them for a tablespoon of hemp seeds.

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serves 2
100 g/3½ oz frozen açai pulp
half a frozen banana
1 scoop Bodyism Body Brilliance or Bodyism Protein Excellence
50 ml/1¾ fl oz/¼ cup almond milk
75 g/2⅔ oz/½ cup frozen mixed berries

for the toppings
2 tbsp almond butter
2 tbsp Simply Granola (see page 102)
2 tbsp fresh berries
any other superfood you'd like: goji berries, hemp seeds, bee pollen, coconut flakes, chia seeds!

1. Put the açai, banana, Bodyism supplement and almond milk into a blender. Whizz it up until all the açai is mixed (if there are any unblended pieces left, then add more almond milk).

2. Spoon into bowls. Add the toppings equally into each bowl. Start with the almond butter, then granola and finally sprinkle with berries and any other superfood you want!

Top Tip Texture is everything. Aim for an ice-cream consistency, not a smoothie — it is an art!



FISH FINGER SANDWICH

This is the Bodyism take on a fish-finger sandwich for when you want some pure comfort food — your body will thank you for it.

serves 2
280 g/10 oz/4 packed cups fresh spinach
4 slices organic sourdough bread
2 handfuls of sliced iceberg lettuce
sweet potato fries, to serve
lemon wedges, to serve

for the tartare sauce
3 tbsp organic Greek yoghurt
½ tsp horseradish
1 heaped tbsp chopped fresh chives
salt and ground black pepper, to season

for the smashed avocado
1 avocado
juice of half a lemon
pinch of chilli flakes
salt and ground black pepper, to season

for the fish fingers
100 g/3½ oz/¾ cup buckwheat flour
100 g/3½ oz/¾ cup brown rice flour
100 g/3½ oz/1 cup ground almonds
1 tsp garlic powder
1 tsp dried parsley
1 lemon, zest only
salt and ground black pepper, to season
3 organic, free-range eggs
200 g/7 oz organic (or locally sourced), skinless haddock loin (or any other line-caught white fish)
2 tsp rapeseed oil or olive oil

1. Heat the grill/broiler to medium temperature.
2. Mix the tartare sauce ingredients together and leave in the fridge while you make everything else.
3. Make the smashed avocado by mashing the avocado add adding the lemon juice, chilli flakes and salt and pepper. Mix well.
4. For the fish fingers, mix the buckwheat flour, rice flour, almonds, garlic powder, parsley, lemon zest, salt and pepper in a bowl and mix well.
5. In a separate bowl, crack the eggs and whisk.
6. Slice the haddock into 4 chunky fingers.
7. Dip one piece of fish at a time into the egg and then the flour mix. To make them extra crunchy, repeat this step.
8. Put a frying pan/skillet over a medium heat and add a splash of oil. When the pan is hot, add the fingers (you might need to do this in batches) and fry for approximately 3 minutes each side, or until they are cooked through, golden and crispy. Remove to a double layer of paper towels to drain while you fry the next batch (add more oil if needed).
9. Grill/broil the bread while the fish is cooking.
10. Spread the smashed avocado on 2 slices of the toasted bread. Put a handful of iceberg lettuce on top of each, followed by two fish fingers. Finish each sandwich with the remaining toast, spread with the tartare sauce. Serve on a plate with sweet potato fries and lemon wedges.



MISO PRAWN AND AUBERGINE SALAD

I love this Asian-inspired salad; it's the perfect combination of sweet (from the coconut) and salt (from the tamari). Most dressings are packed with sugar, so make sure you read the bottle if you opt for a shop-bought one. Aubergines/eggplants are such great additions to salads because they are quite filling, they absorb the dressing really well and are really easy to cook. If you don't want prawns/shrimp, then add any other protein you fancy — chicken, salmon, turkey or some chickpeas.

serves 4
400 g/14 oz buckwheat soba noodles
1 tbsp coconut oil
2 aubergines/eggplants, diced
half a red chilli, deseeded and finely chopped
12 large raw tiger prawns/shrimp
2 tbsp coconut milk
100 g/3½ oz/⅓ cup brown miso paste
2 tbsp sesame oil
3 tbsp tamari
4-cm/1½-inch piece of fresh root ginger, grated
1 tbsp rice wine vinegar
4 spring onions/scallions, finely chopped
50 g/1¾ oz/⅔ cup coconut flakes, toasted
fresh coriander/cilantro leaves, to serve

1. Bring a pan of water to the boil and cook the noodles following the packet instructions.

2. Heat the coconut oil in a large frying pan/skillet until melted. Cook the aubergines/eggplant and chilli over a medium heat for 8–10 minutes, until softened.

3. In the last few minutes of cooking the aubergine/eggplant, throw in the prawns/shrimp and leave them to turn opaque — it should take about 3 minutes.

4. Mix together the coconut milk, miso, sesame oil, tamari, ginger and vinegar.

5. Drain the noodles and add to the pan of prawns/shrimp and aubergines/eggplants. Pour over the dressing and serve with a scattering of spring onions/scallions, toasted coconut and coriander/cilantro leaves.

CHICKPEA DOSA WRAP

I love a wrap and I throw anything I can find into it! This chickpea wrap is one of my absolute favourites because it is so easy to make. Often, I make them in bulk and then just grab one from the fridge when I'm in a rush. Experiment with adding different dried spices and herbs into the batter.

serves 4
250 g/8¾ oz/2 cups chickpea/gram flour
salt and ground black pepper, to season
400 ml/14 fl oz/1⅔ cups water
1 tbsp coconut oil
1 garlic clove, crushed
1 shallot, finely chopped
half a red pepper, finely chopped
1 tbsp rapeseed oil

for the filling
2 tbsp Butternut Squash Hummus (see page 129)
half an avocado, sliced
1 plum tomato, sliced
slices of Harissa Chicken (see page 126), or any other fillings you fancy

1. Put the flour in a mixing bowl and season with salt and pepper. Make a well in the centre of the flour and pour in the water slowly, while whisking, until well combined. Set aside for at least half an hour.

2. Heat a 20-cm/8-inch frying pan/skillet and add the coconut oil. Add the garlic, shallot and red pepper. Sauté over a low heat for 5 minutes, until the shallot has softened. Take off the heat and leave to cool.

3. Pour the shallot, garlic and red pepper into the flour mixture and stir well.

4. Heat a small frying pan/skillet and add the rapeseed oil. Once the pan is very hot and the oil has spread across the pan, pour in a small ladle of the batter. Spread the mixture across the base of the pan and leave to cook for approximately 3 minutes. Using a spatula, flip the dosa over and leave to cook on the other side. Remove from the pan and repeat until all the batter is used up.

5. Spread the hummus on each wrap and pile up with fillings. Wrap up and enjoy!