

Unique WELLth Newsletter

December 2023

No space to grow your own produce? Time to rethink that...

How? Through sprouting seeds.

If you've never tried sprouting seeds before, you're in for a pleasant surprise as it comes with some fantastic health benefits. Firstly, there's a major uptick in what we'll call the 'good stuff' that your body needs. When seeds sprout, they pack in more essential nutrients like vitamins, minerals, and enzymes and with no delay from when you harvest them you get all the benefits. It's like a mini-nutrient explosion happening right on your kitchen worktop.



Now, here's the cool part – sprouted seeds are super easy on your stomach. They kind of do the hard work of breaking down complex stuff, so your body can grab those nutrients without breaking a sweat. So, if you've ever felt a bit iffy after a meal, you know what I mean wanting to break into song with a rendition of “Beans, beans, good for your heart....” then sprouted seeds might just be your digestive heroes.

And get this – sprouting seeds also gives you a leg up in the battle against antinutrients that can mess with your nutrient intake. There are found in regular seeds, that can be a bit of a nuisance. But when seeds sprout, it's as if these antinutrients just give up, making way for your body to absorb more of that good stuff.



I can't forget to mention taste. Sprouted seeds aren't just healthier; they add a satisfying crunch and a hint of nuttiness to your meals. It's an easy way to jazz up your food and sneak in some extra goodness, be it salads, stews, smoothies or soups.

So, if you're thinking about dipping your toes into the world of sprouting, it's not just about health – they're great all round; making meals more exciting, boosting your body's nutrients, helping the environment and giving you the joy of flexing your green fingers.

No matter how limited your space or budget might be sprouting seeds is like a little kitchen adventure, yet with big rewards.

Before you go. . . . I'm delighted to be able to share with you a 20% discount on all sprouting seeds 1kg and under PLUS on the sprouting jar on sale at Buy Whole Foods Online, many of which are organic too. I have bought and enjoyed their sprouting seeds and many other products, I DON'T get any commission we just have a shared passion for sharing ways to a better health and wellness.

I invite you to stop by at [Seeds for Sprouting \(buywholefoodsonline.co.uk\)](https://buywholefoodsonline.co.uk) to make use of the **UW20** code

Contact [me](#) for more tips on what to choose plus for some simple safety tips to help you to sprout safely at home.

Starting in January...

I'm delighted to share that I will be running Group health coaching sessions at the Kings Sports centre in East Grinstead.



Group health coaching offers a number of benefits that extend beyond individual well-being, fostering a sense of community and shared accountability. I'm keen to make coaching more accessible by providing what for some would be a more cost-effective approach, allowing participants to access professional guidance at a reduced cost. Whilst the group dynamic cultivates a supportive environment, promoting social connections and reducing feelings of isolation commonly associated with health challenges. Individuals will know they are not alone in their journey, the space fostering a collective commitment to sustained lifestyle changes. Overall, the collaborative nature of group health coaching contributes further to whole health well-being and long-term sustainable positive outcomes.

For more information on this please email me direct at samantha@uniquewellth.coach


Last but not least...

As we embrace the holiday season, it's important to prioritise our health amidst the festive cheer, avoiding undoing the good habits we've been working on this year.

This Christmas let's embark on a journey of wellness together!


Here are some tips to make your holidays both festive and healthy:



 **Mindful Eating:** Indulge in holiday treats mindfully. Savour each bite, and listen to your body's hunger cues.

 **Stay Active:** Include family walks or quick workouts to keep your energy up and maintain your fitness routine.

 **Hydration is Key:** Balance festive drinks with plenty of water. Hydration supports digestion and overall well-being.

 **Colourful Plates:** Opt for vibrant, nutrient-rich foods. Include a variety of fruits and vegetables to ensure a balanced diet.

 **Prioritize Sleep:** Ensure you get enough rest to rejuvenate your body and mind.

If you haven't already then be sure to subscribe to my health and wellness updates and to get the complementary seasonal guides with more information.

Wishing you a healthy and joyful Festive season!

