



## 24 HOURS ON MY PLATE KATE WILLIAMS

*The TV historian, author and professor enjoys raw sweet potato and cups of hot water*

'Yesterday I celebrated the publication of *Rival Queens* about Mary Queen of Scots. I was up at 7.30am and after the first of around 20 cups of hot water, I had a boiled egg and avocado with mixed seeds – pumpkin, linseeds, hemp and sunflower. I gave up tea in favour of hot water about 10 years ago and have been on a mission to convert the world ever since. I love putting the kettle on and wrapping my hands round a nice warm mug. It's all the joy of tea without the caffeine.

'I spent the morning writing an article, tweeting and doing interviews, stopping only for a handful of cashews, almonds, hazelnuts, Brazils and walnuts – and more hot water. My publishers took me out for lunch, which was a wonderful treat. I had lamb croquettes with raisins and salad followed by hake and Puy lentils with roast cauliflower, more water and half a glass of Champagne. I spent the afternoon signing books and wandering between bookshops. I had an apple and finished around 5.30.

'Super was grilled chicken with chopped raw carrots and peppers, plus a smoothie made with raw beetroot, water, ginger and bee pollen, and a mixed greens protein powder with maca, chlorella and spirulina. I had yet another cup of hot water before bed at around 11.

'I try to eat healthily and avoid processed foods and sugar. I love English apples and fish, especially pollock and John Dory.'

*Rival Queens by Kate Williams is published in hardback (Hutchinson, £20) and e-book*

### THE VERDICT

**Emma Williams, Partner & Nutritionist, says**

'Eggs and avocado provided B vitamins – great for energy release and reducing tiredness and fatigue. Nuts and seeds are little powerhouses of nutrition – walnuts, hemp and linseeds provide omega 3 for a healthy heart. Your eating out food choices were good – Puy lentils provided



fibre and counted towards your 5 a day. Raw veggies make a great snack – carrots are high in vitamin A for a healthy immune system. Overall, a great diet full of colourful fruit and veg!' **4.5/5**



### BULGARIAN SPLIT SQUAT

- 1 With your back to the chair place one leg on it with the shoelaces facing down. Work your front leg a few inches forward for space to lunge.
- 2 Holding your hands in front for balance, bend both knees and drop your hips down in line with your front knee.
- 3 Keeping your chest up and spine long, drive through the front heel to return to the start position – bend both knees and keep your lower ribs drawn towards your belly button. Repeat this movement on both sides for 3 sets of 12-15.



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### FEEL GREAT

## Think positive

*Improve your health by addressing negative ideas, writes Danielle Simpson*

Imagine if we could prevent the bad stuff by always being positive. Certainly studies at Harvard Medical School show that a positive outlook works wonders for our health – diminishing stress, increasing lifespan, lowering levels of depression, even reducing our chances of catching a cold. In an ideal world we'd be eternal optimists.

But this is real life, and despite our best efforts, a job interview can still go wrong, our child might still be bullied, we could still fall ill. At times like these, positive thinking is a challenge, further complicated by the jumble of 'self-talk' messages that stream relentlessly through our brains. Positive ones like: 'I did really well'; neutral ones – 'remember cat food'; negative ones – 'I'm such an idiot'.

The good news is self-talk is normal. Some negative thoughts can even be good: imagining the worst helps us cope with the worst. The problems arise when the worst doesn't happen. 'We think we are reacting to life,' says mental health consultant Damian Mark Smyth, 'when in fact, we are only reacting to our thinking about life.' So the anxiety we experience is an unnecessary waste of energy and, worse, it is harmful to our health.

But a solution is at hand. Helpful Thinking, a process that helps us look at all aspects of a situation – the positive, negative and neutral, evaluate them, and gain a more realistic view of what is happening. 'Thoughts are not facts,' says psychologist Dr Philippa East. 'Just because we think something, it doesn't mean it's true.'

### HELP YOURSELF

Life coach Suzanne Mountain offers simple tips on how to practise Helpful Thinking.

- Keep a diary.
- Listen to your self-talk, jot down your worries.
- Identify what is fuelling your concerns.
- Challenge these thoughts: how strongly do you believe them? What evidence is there to support them?
- Consider the benefit of letting go of the worry. Write down a more balanced perspective.
- Be aware of the messages you're sending yourself. Would you say them to a friend or loved one?



Add a poached egg to your favourite soup. Eggs are a good source of vitamin D, which helps keep bones, teeth and muscles healthy. One egg contains almost 30% of your daily recommended vitamin D.



Find all 365 steps in the latest issue of *Waitrose & Partners Health Magazine* or online at [waitrose.com/healthysteps](http://waitrose.com/healthysteps).

