



## NUTRITION

WITH BESTFIT'S @DREKIRKEOSTM

Q

WHAT IS A WHOLEFOOD?  
ALEX, VIA EMAIL

A

This is simply a food that hasn't been processed or refined. White flour and white rice are processed and refined, which was originally done to reduce the amount of insect infestations. Refining and processing removes the nutrients that the insects use to survive. So, technically, you're eating food that wouldn't sustain a weevil! Thankfully, because we no longer live in an industrial revolution, and processing has become unnecessary. Eating beans, lentils, seeds and nuts that are unprocessed is ultimately more sustaining for a weevil and yourself.

Q

MY DAUGHTER SUFFERS WITH  
GROWING PAINS THAT OFTEN  
WAKE HER UP AT NIGHT. IS THERE  
ANYTHING WE CAN CHANGE IN  
HER DIET TO HELP HER?  
ALAN, VIA EMAIL

A

You need to ensure that your daughter is getting the optimal nutritional intake to help bone development. Calcium, magnesium, zinc, and vitamin D. eggs and fish are rich in vit D, but you also make this vitamin in the skin when out in the sun, so playing outside is important. The others are found in seeds, so I suggest a heaped dessert spoon of flaxseeds and 1/2 a dessert spoon of either sunflower, sesame or pumpkin seeds. A lack of these nutrients could cause the pain that is waking your daughter at night. Also, try a chewable children's supplement.

Q

CAN YOU SUGGEST ANYTHING MY  
WIFE CAN TAKE THAT IS NATURAL  
BUT THAT WILL EFFECTIVELY EASE  
HER MORNING SICKNESS?  
IAN, VIA EMAIL

A

Ginger has been used since ancient times to ease sickness generally and settle the stomach. This is available in capsule form if she doesn't like the tea. The tea should be ideally made from fresh ginger into a cup with boiling water and left for five minutes before drinking. You could also try giving her 50mg of vitamin B6 twice a day and 200 to 500mg of magnesium once a day, plus plenty of B12 and folic acid.