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HARRIET HILLS
NUTRITION

NOURISH TO FLOURISH

POSTURE[®]

@harriethills_nutrition



ABOUT ME

📍 🇬🇧 British, based in Dubai

🥑 Certified Nutrition coach & undergrad nutritional therapist

✨ 9+ years experience working in the wellness industry

❤️ Specialise in female & gut health, mindset, weight loss & recipe development

🐱 I blend nutrition, movement, mindset, and manifestation coaching for a 360-transformation

🚩 Advocate for a balanced attitude towards food & lifestyle



NUTRITION

MY CORE FOUR

1. Whole foods first

- **Food in their natural state**

nutrient-rich, recognised and digested better by your body

- **Avoid ultra-processed foods**

harmful for gut health, energy dense, increase cravings

- **Home-cooked over convenience**

more control, confidence, more affordable



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2. Fuel for focus, energy & performance

- **High fibre**
improves digestion, balances blood sugar, detoxifying, satiating and nourishing for skin health
- **High protein**
satiating, builds lean muscles, protects immune system, craving management
- **Complex carbs**
higher nutrient profile, provides steady, long-lasting energy without the crashes.

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3. Simplicity & ease

- **Simple swaps**
sourdough over white bread, oats over cereal, lean meat over processed, dates over sweets
- **Speedy meals and grab & go snacks**
component cooking meal prep
- **Habit stacking over hacks**
"Before eating a protein-rich breakfast I take 10 deep breaths and set an intention for the day"

vs. *"Skip breakfast and just have black coffee to 'boost fat burning.'"*

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4. Balance & Mindful Eating











- **80/20 rule**
focussing on clean eating 80% of the time and leave room for fun, soul foods to avoid a binge and restrict approach
- **Mindful eating**
removing tech and taking deep breaths before eating supports our digestion and increases satiety
- **Let go of rules**
becoming aware of prior conditioning and food rules and focus on how food makes YOU as an individual feel



GUT HEALTH



Some causes of poor gut health

-  Sleeping less than 6–8 hours a night
-  Eating ultra-processed foods
-  Avoiding carbs entirely
-  Not eating enough diversity of plants
-  Being regularly stressed
-  Too much sugar
-  Too much alcohol
-  Lack of fibre
-  Dehydration
-  Overuse of antibiotics

How to nourish your gut



Vitamin D exposure
supports our immune system and a healthy gut microbiome



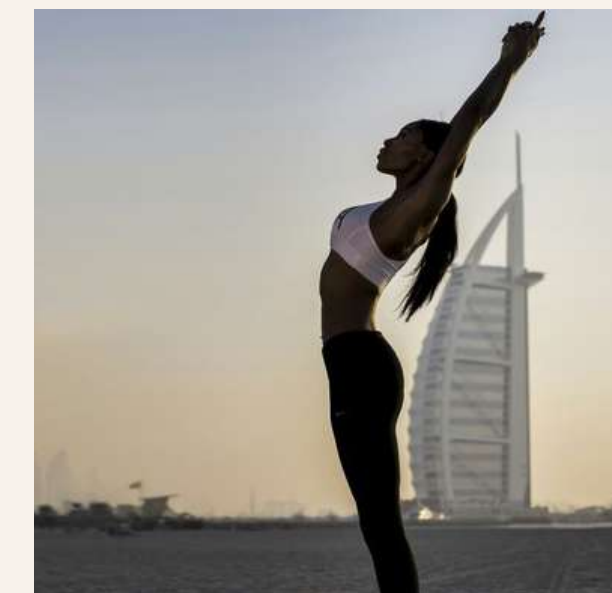
Outdoor activity
a healthy microbiome thrives in fresh air, sunlight, nature and social connection



Socially eating
eating with loved ones (and pets!) improves bacteria diversity, encourages slower eating and overall wellbeing



Variety of fresh, seasonal produce
diverse fibre, antioxidants, and nutrients that nourish the microbiome and promote digestion



Lowering stress & increasing mindfulness
reduces inflammation and cortisol levels, which, negatively impact your gut when chronically elevated



Miso



Leafy greens



Beans / lentils



Yoghurt
Kefir milk



Berries



Sourdough



Olives
Olive oil



Ginger



Kombucha

My internal shower gut cleanse juice recipe

- 🥥 1 cup coconut water
- 1 tsp chia seeds
- 🍏 1 tbsp apple cider vinegar
- 🍋 Fresh lemon & ginger
- 🌿 Handful fresh mint leaves

*Option to blend & add a
superfood greens powder

💧 **INTERNAL SHOWER:**

This superfood blend will help your body detoxify & digest leading to improved bowel movements & vitality.





**Gut healthy diet for overall
health & longevity**
Mediterranean-style

A freedom-based, evidence-based diverse diet that:

✗ doesn't exclude major food groups

✗ doesn't include ultra-processed foods

✗ excess alcohol

✗ excess sugar

✓ includes large quantities of plants (e.g. fruits, vegetables, whole grains, legumes)

✓ Accompanied by fresh fish, nuts, olive oil (all healthy fats)

✓ Small amounts of meat and dairy

✓ Eating with family & friends

*This diet is proven to support longevity - 2/5 of the blue zones follow this diet



A day in the life example

Rich in whole foods: lots of colourful plants, healthy fats such as avo, olive oil, oily fish, wholegrains, fruits & veg

BREAKFAST

Generous serving of full fat Greek yoghurt, fresh berries, mixed nuts and seeds. Drizzle of honey.

LUNCH

A colourful chickpea salad including leafy greens, fresh fish, avocado, olives, tomatoes, cucumber, feta, extra virgin olive oil and fresh herbs.

DINNER

A lean piece of meat or fish accompanied by a baked sweet potatoes, grilled vegetables & houmous.



DON'T DO THIS
nutrition myths



DEBUNKING MYTHS

- *“Strict juice cleanses are the only way to detox your body”*
- *“Carbs & fats should be avoided at all costs”*
- *“You need to eat less to lose weight”*
- *“Zero-calorie drinks are a healthy choice”*
- *“Fasting works for everyone”*
- *“Gluten / dairy free = healthier”*

**CAN YOU
THINK OF
ANY MORE ?**



Fuelling your workouts

The ideal outcome

toned

lean

strong

The ideal outcome

slender

flexible

sculpted



Workout nutrition

- **Morning workout?**

Ensure you have a good portion of carbs at dinner

Avoid coffee on an empty stomach > gut cleanse juice or electrolytes

- **Carbs first >>> protein after**

Prioritise protein **after** your workout to support muscle growth

- **Micronutrients always**

Veggies, salad, fruit to aid absorption of macros and overall skin & body health

- **Meals take 3-4 hours to fully digest**

Give your gut time to rest and restore in between meals and snacks. Black coffee / tea is ok



WHY IS HORMONE HEALTH SO CONFUSING?



♀ The gender gap

- Women's hormone health is widely misunderstood due to a lack of research
- Until the 1990s, women were excluded from most clinical trials, leading to a significant data gap
- Medical knowledge is largely based on male physiology, ignoring female hormonal fluctuations
- Resulting in incomplete, conflicting advice on women's health, nutrition, and well-being



♀ What can we do?

- Educate ourselves
- Understand our uniqueness through personalised nutrition
- Avoid taking advice from TikTok as gospel
- Track our cycle & responses to foods
- Prioritise progress over perfection





Self love & nourishment during your cycle



Luteal phase - approx. 1 week before period:

Your permission to eat more & do less

- Progesterone & oestrogen are high
- Metabolism raised: burning up to 300 cals more per day
- Increased hunger: cravings for chocolate & carbs

Your priorities

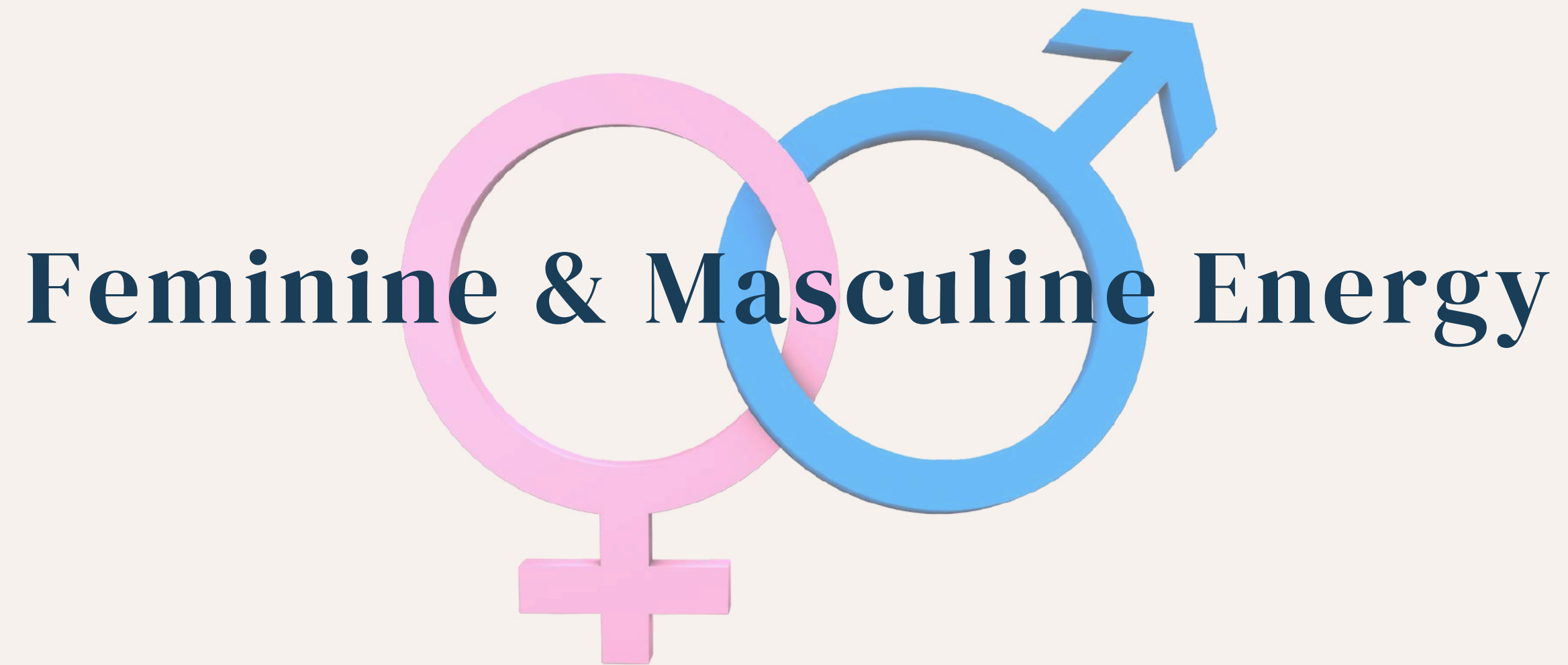
- Sleep & rest. When we are sleep deprived - hormone grehlin is increased (hunger hormone)
- Lower impact workouts as you will naturally have lower energy
- Monitor or limit caffeine & alcohol intake to prevent anxiety



Nourish your body with...

- A BIG, protein & fat-rich breakfast to balance your blood sugars & sustain energy for the day
- Complex carbs: sweet potato, wholegrain rice, quinoa, oats, lentils
- A wide range of colourful vegetables
- Hydration: water, coconut water, electrolytes





Feminine & Masculine Energy

What is feminine energy?



nurturing

creativity

sensuality

What is feminine energy?

intuition

calm

compassion



Feminine energy benefits

lower cortisol, calm nervous system, grounded





What is male energy?

structure

strong

doing

What is male energy?

discipline

assertive

focused

confidence

Male energy benefits

satisfaction, energy, motivation

**Do you feel like your energy
is spent more in the masculine?**







Let's talk about it

The key is to strike an even balance



Your hormones THRIVE in their feminine

By incorporating more feminine energy into your day, it will lead to balanced hormones and overall wellbeing:

-  Cooking with ambient music on
-  Walking without your phone
-  Yoga or stretching every morning
-  Meditation for 5 minutes before bed
-  Reading 10 pages each day
-  Organising /cleaning whilst listening to a podcast

**What is ONE action
you can take
THIS WEEK
to honour your
health & hormones?**

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Are you ready to go deeper?

**Feel energised, confident in your body,
and fully supported with personalised,
private nutrition & mindset coaching
tailored to you...**

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Nutrition | Mindset | Movement

A highly personalised, premium coaching experience

- ✓ Nourish your gut health and reduce inflammation
- ✓ Feel strong, lean, and energised
- ✓ Heal your relationship with food
- ✓ Build a resilient mindset & cut through limiting beliefs
- ✓ Manifestation coaching to create the body & life of your dreams

You'll receive 360° support, expert guidance, and full accountability.

Together, we'll create a lifestyle you love
—without restriction



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Posture-Exclusive Free Consultations

- 30 minute 1:1 session
- Bespoke nutrition & lifestyle audit
- Actionable, personalised advice
- Roadmap steps forward

Scan QR code
to book in for a
mini wellness
consultation
(12 spots available
only)

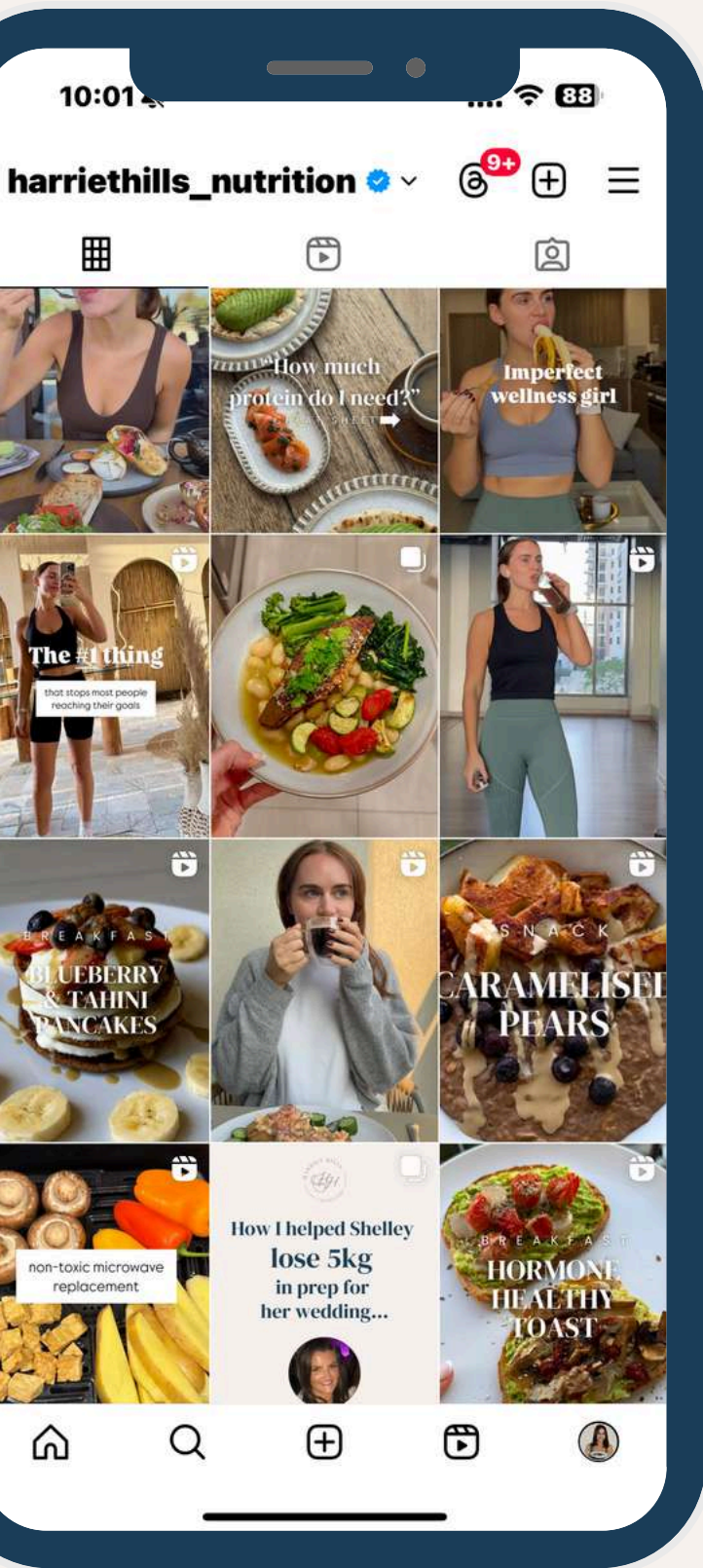


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Any
Questions?





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Thank you



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