

*Discover the secrets to living a healthy life.*

Welcome to  
**Healthy  
Life**

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## **DEDICATION**

This book is dedicated to my love, a supportive husband Richard Oluwasinaayo Ayankoso whose love inspire and fuel my passion to always be the best in everything I do.

## **INTRODUCTION**

Living a healthy life is not by accident, it is intentional or by choice, I congratulate you for making the right choice to get this book. I hereby welcome you to GOOD HEALTH.

It's not just willpower or a lack thereof, that makes us overeat and gain weight. Sometimes, it's that sneaky bad habit you developed without even realizing it, like dashing out the door some mornings without breakfast or munching chips in front of your favorite TV show. The next thing you know, one little bad habit can equal out to a lot of weight gain. The worst part is, you might not even realize what you're doing to your diet.

It's not a secret again that when we eat healthy food, we feel healthy. But why is this? How does the food we put in our body have such a grand effect on how we function from day to day?

When it comes to our health, the food we put in our bodies can have a significant effect, especially when it comes to our hearts. An unhealthy diet is one of the major risk factors for a range of chronic diseases, including cardiovascular diseases, cancer, diabetes, and other conditions linked to obesity.

Specific recommendations for a healthy diet include: eating more fruit, vegetables, legumes, nuts, and grains; cutting down on salt, sugar, and fats. It is also advisable to choose unsaturated fats, instead of saturated fats. Enjoy yourself and learn how to enjoy good health with this Ebook.

# CHAPTER 1

## CAUSES OF UNHEALTHY HABITS

We all know about the bad habits we have that can cause serious health problems. But what about the ones that seem insignificant, yet may cause health issues to us? These are several Unhealthy Habits you will want to take note of and stop;

### **1. Skipping Breakfast**

Time is tight in the morning, and grabbing just a coffee for breakfast seems like the only option not even eating anything in the morning and postponing your morning food to the afternoon is a bad habit.

### **2. Eating your Kid's Leftover**

When your kids leave the table, they're full and their plates are half-empty. They're only leftovers, you think – so you finish them off.

### **3. Falling Asleep on the Couch**

After a busy day, falling asleep in front of the TV can be tempting.

### **4. Eating Too Quickly**

You don't have time to sit down and have a proper lunch or dinner, so you eat in a hurry.

### **5. Heading to Bed Without Brushing your Teeth**

By day's end, you're exhausted. Your bed is calling and you rationalize that you'll brush your teeth in the morning.

### **6. Not Getting Sufficient Sleep**

Most people wear the badge of a workaholic or super hyperactive personnel. You can go 24hrs working and not even being willing to stop for a moment until you are forced to.

## **7. Relying on Fast Food and Junk**

You step out of your house, heading towards work, and boom! You see burgers, cheeses, and biscuits and buy some for your lunch hour at work. You can't have a healthy life if you depend more on fast foods and junk as your diet.

## **8. Lack of Exercise**

Lack of exercise makes it easy for your blood pressure to be increased. Also, it'll expose you to obesity.

## **9. Smoking**

Smoking gives rise to the growth of plaque in the arteries in your body. That massive form can block your arteries from passing blood and causes blood clots.

Whenever you smoke, you constrain your heart and stop the inflow of oxygen into your blood. When the clotting is big enough, it becomes a big challenge in your body system.

### **10. Not Drinking Enough Water**

Hydration is crucial for so many vital reasons. The importance of water intake is so generous and should not be overlooked.

### **11. Eating Mostly Meat**

As already stated, the protein you eat must not all be from meat. Though some meat is full of proteins and iron, they are also full of fat, and these saturated fats aren't good for your health.

### **12. Relying on Supplements**

There is a lot to know about multivitamins before taking them. Presently in our time, people tend not to pay attention to doctors' instructions due to the belief that taking supplements is far better than seeing a doctor.

Supplements should be considered as backups for nutritional needs while also noting that they won't take care of all the required nutritional needs.

### **13. To Never Cook at Home**

Cooking at home is reasonable, not just for your health, but it can be a good way to conserve money and spend less.

### **14. Not Cleaning Often Enough**

Cleaning the house is not just a big boy/girl thing or proof of being organized. It's a reflection of what your health is like.

### **15. Nail Biting**

Repeated nail biting is often a subconscious stress response, giving the brain something material to focus on.

## **CHAPTER 2**

### **CONSEQUENCES OF UNHEALTHY HABITS**

#### **1. Skipping Breakfast**

If you skip breakfast your system will slow down to conserve energy and store calories; this will affect your metabolism and your ability to concentrate, and you might likely overcompensate yourself by eating more at lunch which might likely result to overweight or obese.

#### **2. Eating Your Kid's Leftovers**

Eating just an extra 100 calories (half a plate of macaroni and meat) with each weekday dinner means you'll put on a pound of fat in seven weeks.

### **3. Falling Asleep on the Couch**

The best rest comes from sleep that is uninterrupted for seven to eight hours and is in a dark, quiet place. Regularly drifting off on the couch with a TV in the background, then moving to your bed, keeps you from getting solid sound sleep. It can also throw off your hormones and metabolism, leading to weight gain and an immune system that is less able to ward off disease.

### **4. Eating Too Quickly**

Your rushed eating habits can cause acid reflux, bloating and excess gas. "It takes your brain 20 minutes to get the message from your stomach that you're full, So if you inhale your food regularly, chances are you're packing on extra pounds, too.

## **5. Heading to bed without brushing your teeth**

By not brushing at night, you risk affecting other areas of your health. Plaque buildup causes gum disease – which can lead to a risk of more serious conditions, such as diabetes and stroke.

## **6. Not getting sufficient sleep**

Not getting enough sleep drains your mental abilities and puts your physical health at risk. Science has linked poor slumber with many health problems, from weight gain to a weakened immune system.

If you've ever spent a night tossing and turning, you already know how you'll feel the next day — tired, cranky, and out of sorts. But missing out on the recommended 7 to 9 hours of shut-eye nightly does more than make you feel groggy and grumpy.

Sleep deficiency is linked to many chronic health problems, including heart disease, kidney disease, high blood pressure, diabetes, stroke, obesity, and depression.

## **7. Relying on Fast Food and Junk**

Eating junk foods can make you feel tired, bloated, and unable to concentrate. It can also lead to tooth decay and poor bowel habits. Junk foods can also lead to obesity and associated diseases such as heart disease.

When junk foods are regularly consumed over long periods of time, the damages and complications to health are increasingly costly.

Junk foods can hamper your development and may eventually make your brain weak and not function very well.

## 8. Lack of Exercise

Not getting enough physical activity can lead to heart disease—even for people who have no other risk factors. It can also increase the likelihood of developing other heart disease risk factors, including obesity, high blood pressure, high blood cholesterol, and type 2 diabetes.

Not getting enough physical activity can raise a person’s risk of developing type 2 diabetes. Physical activity helps control blood sugar (glucose), weight, and blood pressure and helps raise “good” cholesterol and lower “bad” cholesterol.

Adequate physical activity—at least 150 minutes of moderate activity a week—can also help reduce the risk of heart disease and nerve damage, which are often problems for people with diabetes.

## **9. Smoking**

Smoking leads to disease and disability and harms nearly every organ of the body. Smoking causes cancer, heart disease, stroke, lung diseases, diabetes, and chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis.

Smoking also increases the risk of tuberculosis, certain eye diseases, and problems of the immune system, including rheumatoid arthritis.

## **10. Not drinking enough water**

If the body doesn't have enough water (known as dehydration), it won't function well. People who don't drink enough water every day are at greater risk of kidney stones, problems with their heart valves and some kinds of cancer. Even minor dehydration can affect physical and mental performance.

Drinking water is also essential for the health of your mouth, it helps to protect against tooth decay. Water is also needed for the body to make saliva, which is important for washing food away from the teeth and helping you chew, taste, swallow and digest food.

“If you don’t get enough water, it might lead to hard stools and constipation could be common side effects, along with abdominal pain and cramps.”

### **11. Eating mostly meat**

Eating too much meat, particularly red meat and processed meats high in fat, can cause uncomfortable side effects as well as long-term health risks.

Eating meat regularly increases a person’s risk of developing heart disease, diabetes, pneumonia and other serious illnesses.

It is already known that intake of red and processed meat heightens the risk of being diagnosed with bowel cancer.

## **12. Relying on Supplements**

Certain side effects are more likely to occur when you rely too much on supplements. Side effects like; rashes, shortness of breath, diarrhoea, constipation, nausea, severe joint or muscle pain, slurred speech and blood in the urine are other possible adverse effects that can result from relying too much on supplements.

## **13. Not cooking at home**

At the end of a hectic day, eating out or ordering food might feel like the quickest, easiest option. But convenience and processed food can take a significant toll on your mood and health.

Convenience food is typically high in chemical additives, hormones, sugar, salt, unhealthy fat, and calories, all of which can adversely affect your brain and outlook. It can leave you feeling tired, bloated, and irritable, and exacerbate symptoms of depression, stress, and anxiety.

Restaurants often serve more food than you should eat. Many restaurants serve portions that are two to three times larger than the recommended dietary guidelines. This encourages you to eat more than you would at home, adversely affecting your waistline, blood pressure, and risk of diabetes.

#### **14. Not Cleaning often enough**

A dirty house is not just an unpleasant place to live; it can be hazardous to your health. The more dust and grime you have in your home, the greater your risk of developing allergies and other respiratory problems such as asthma.

It also means that you are at increased risk of developing lung disease or even cancer if carcinogens are present in the home.

Dirty homes cause many other health problems, such as skin conditions, and even developmental delays for children.

### **15. Nail biting**

No matter when or why you start nail biting, the habit can be difficult to break once it forms. Repeatedly biting your nails can cause some issues to your health like; dental problems such as misalignment and chipped teeth, fungal infections in the nail bed, illness as fingers pass bacteria to your mouth, mouth issues, including jaw pain and soft tissue injuries, skin infections tissue damage to fingers, nails and cuticles, and when you swallow the bitten nails. You may also be ingesting bacteria that can lead to stomach or intestinal infection.

## **CHAPTER 3**

### **CURE TO UNHEALTHY HABITS**

#### **1. Always Eat your Breakfast Like a King**

Eat within two hours of waking up. The key to a proper breakfast is balancing protein, fat and carbohydrates.

#### **2. Stop Eating your Kid's Leftovers**

Eat only what's on your plate, and don't heap food on your plate either. Learn to recognize the feeling of being full and then stop eating. As soon as everyone is full, pack the leftovers in containers and put them inside the fridge.

#### **3. Stop Sleeping on the Couch**

To get uninterrupted sleep, turn off the TV one hour before you head to bed, and give yourself some downtime: talk about the day with your family and relax well on the bed before you will sleep.

#### **4. Eat at your Own Pace and Stop Rushing your Food**

Make an effort to taste what you're eating and appreciate the flavours. Physically take yourself away from your desk to eat lunch, and give yourself at least 20 minutes to enjoy it. To slow down, chew slowly and pause between mouthfuls.

#### **5. Make Sure you Brush your Teeth Before Going to Bed**

Brush right after dinner. You'll have clean teeth before your bed calls – and you'll likely snack less in the evening.

#### **6. Get Sufficient Sleep**

The most basic form of sleep deprivation treatment is getting an adequate amount of sleep, typically 7 to 9 hours each night.

## **7. Stop Depending on Fastfood and Junk**

Cooking at home allows you to eat the right food that has the right nutrients you need for your body.

## **8. Engage yourself in Physical Activities**

Physical activity is one of the best things people can do for their health.

Engaging in Exercise gives you Sound sleep, Increased ability to perform everyday activities, Improved cognitive ability and reduced risk of dementia. It also improved bone and musculoskeletal health and helps our immune systems protect our bodies from infection and disease.

## **9. Stop Smoking**

The only cure for smoking is to quit smoking and never start again. This involves making a conscious decision to stop smoking, and then taking steps to manage cravings and withdrawal symptoms. You can make use of remedies such

as nicotine replacement therapy, medication, and behavioural therapy, all of which can be helpful in quitting smoking. It's important to remember that quitting smoking is a process, and it may take several attempts to succeed. However, the benefits of quitting smoking, such as improved health and a longer lifespan, are well worth the effort.

### **10. Drink Enough Water**

Water aids in digestion and prevents indigestion. Water keeps the skin refreshed and smooth.

### **11. Stop Relying on Meat for Your Protein**

Sometimes vegetables, grains, and eggs can be added to your meal and can save you the excessive consumption of meat.

### **12. Stop Relying Only on Supplements**

Stop relying only on supplements, Supplements are not food. Supplements should be considered as backups for nutritional needs

while also noting that they won't take care of all the required nutritional needs. You can as well get your minerals and vitamins from fruits and vegetables.

### **13. Learn to Cook your Food at Home**

Preparing healthy meals at home can support your immune system and reduce the risk of illnesses such as heart disease, cancer, high blood pressure, and diabetes.

It can give you more energy, improve how you sleep at night, and help you better manage health problems. With my good heart, I will give you a week's Meal plan, at least you can start from there first.

### **14. Clean your house often**

Having a clean environment has many benefits. When everything is tidy and organized, you can focus and concentrate. You feel good and calm which, in turn, helps relieve stress and anxiety. A clean house not only makes you happy, but it also keeps you healthy!

## 15. Stop Biting Your Nails

There is no known cure for nail-biting, but it can be treated by identifying triggers and finding healthier ways to manage stress and anxiety. Remedies such as keeping nails trimmed short, applying bitter nail polish, finding alternative activities to keep hands busy, and seeking support from friends or a therapist can also be helpful. Breaking the habit of nail-biting requires effort and persistence, but with time and dedication, it can be overcome.

### In Conclusion

Remember, breaking a habit takes time and effort. Be patient and persistent, and celebrate your progress along the way! And you will see yourself living a healthy life.

## CHAPTER 4

### MEAL PLAN

**Time :** {Breakfast; 7:00 am - 10:00 am}  
{1st Snack; 10:30 am}  
{Lunch; 12:00 pm - 3:00 pm}  
{2nd Snack; 3:30pm}  
{Dinner; 4:00 pm - 7:00 pm}

#### Day 1

**Breakfast:** Yam and Egg / Garden egg Sauce

**Snack:** Orange

**Lunch:** Jollof Rice with mixed veggies & Chicken

**Snack:** Pawpaw

**Dinner:** Beef pepper soup with Semi/ Unripe Plantains

## Day 2

**Breakfast:** Boiled Plantain+ Vegetable Soup

**Snack:** Carrot

**Lunch:** Rice and Beans + tomatoes pepper soup with Fish

**Snack:** Garden Egg

**Dinner:** Moi-moi + Agidi

## Day 3

**Breakfast:** Oatmeal porridge with Apple

**Snack:** Cucumber

**Lunch:** Jollof Efo Spaghetti with Chicken

**Snack:** Yoghurt

**Dinner:** Pounded Yam & Egusi soup/ Vegetable Soup

### Day 4

**Breakfast:** Bread + Boiled Eggs + Tea with Skimmed milk

**Snack:** Water Melon

**Lunch:** Beans porridge & Fried Plantains

**Snack:** Apple

**Dinner:** Fish pepper soup with yam/Agidi

### Day 5

**Breakfast:** Boiled Plantains+ Chicken stew

**Snack:** Carrot

**Lunch:** Okro Soup + Semovita

**Snack:** Yoghurt

**Dinner:** Boiled White Rice & Beef Stew with mixed veggies

## Day 6

**Breakfast:** Scrambled Eggs & Bread +Tea + Skimmed Milk

**Snack:** Water Melon

**Lunch:** Jollof Efo Spaghetti with Chicken

**Snack:** Pawpaw

**Dinner:** Starch and Banga Soup

## Day 7

**Breakfast:** Irish Potatoes Fries, Coleslaw & Grilled Tilapia Fish

**Snack:** Bowl of Fruit Salad

**Lunch:** Edikang - Ikong Soup + Pounded Yam

**Snack:** Yoghurt

**Dinner:** Chicken Pepper Soup with Unripe Plantains

## CHAPTER 5

### SHOPPING LIST

#### Staples

Natural Yoghurt

Yam

Oatmeal

Rice

Irish Potatoes

Ripe Plantain

Unripe Plantain

Starch

Spaghetti

Bread

Semovita

Agidi

#### Fruits & Vegetables

Carrot

Garden egg

Banga

Pawpaw

Avocado

Watermelon

Cucumber

Okra

Tomatoes

Pepper

Onions

Broccoli

Cabbage

Lettuce

Bitter leaves

Waterleaf

Uwgu

**Animal Proteins**

Egg

Chicken

Milk

Goat meat

**Legumes**

Beans

Melon

Locust beans

Ground nut

## WHAT NEXT?

Are you tired of feeling sluggish, unenergized, and unhappy with your body? Do you long to feel confident, vibrant, and alive? At Richlyd Diet Clinic, we understand how difficult it can be to transform your diet and achieve a healthier lifestyle, but we're here to tell you that it's possible.

Our team of expert nutritionists and dietitians are passionate about helping people just like you develop a pleasurable eating pattern that will leave you feeling satisfied and nourished. We know that food is not just about sustenance, but also about joy, community, and celebration. And we want to help you rediscover the pleasure of eating without sacrificing your health goals.

If you're ready to take the first step towards better health, simply send a message to our **WhatsApp** number at **07032261611**.

“ *We offer a range of services, from personalized meal plans to one-on-one consultations, all designed to help you achieve your health goals.* ”

Don't wait another day to start living the life you deserve. Contact Richlyd Diet Clinic now and let us help you transform your relationship with food and your body.

## CONTACT US

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# Our Bestselling Book

If you're looking for even more support, guidance, and inspiration, be sure to check out our book on **Pleasurable Eating Patterns**.

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- ◆ Practical tips and Delicious recipes
- ◆ Perfect resource for anyone looking to make lasting changes to his/her diet.

We wrote it with love and care, knowing that it could be the key to unlocking a whole new world of flavour, satisfaction, and well-being.

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## About Me



Lydia Ayankoso is not just any Registered Dietitian - she is a powerhouse of positivity, a beacon of hope, and a true game-changer in the world of Nutrition and Dietetics.

With her expertise and unwavering commitment to her clients' success, Lydia has earned a reputation as the go-to guru for anyone looking to make a real change in his or her life and health.

Picture this: you've been struggling with your weight for years, trying every fad diet and trendy workout regimen under the sun, but nothing seems to work. You're frustrated, tired, and on the verge of giving up - until you meet Lydia.

## ABOUT ME

From the moment you sit down with her, you feel a sense of hope and possibility that you haven't felt in years. Her energy and enthusiasm are contagious, and you can't help but feel inspired to take action.

Over the course of your journey with Lydia, you experience a transformation like no other. You learn how to fuel your body with the right nutrients, how to listen to your hunger cues, and how to make sustainable lifestyle changes that actually stick. But it's not just about the physical changes - it's about the emotional and mental shifts that happen as well. With Lydia's support and guidance, you gain a newfound sense of confidence, self-love, and empowerment that spills over into every area of your life.

And Lydia isn't just a coach or a mentor - she's

## ABOUT ME

a friend, a confidante, and a source of unwavering support. She celebrates your successes with you, lifts you up when you're feeling down, and never gives up on you - even when you want to give up on yourself.

Whether you're struggling with weight management, food allergies, chronic diseases, or simply want to optimize your nutrition for peak performance, Lydia has the expertise and tools to help you achieve your goals. Her personalized plans are tailored to your unique needs and lifestyle, ensuring that you get the results you want without sacrificing the things you love.

So if you're ready to experience a transformation like no other, if you're ready to finally break free from the cycle of diets and self-sabotage, if you're ready to live your best life - then Lydia Ayankoso is the Registered

## ABOUT ME

Dietitian you've been searching for. Don't wait another day to start your journey - contact Lydia now and get ready to unleash your true potential!

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