



Nascuropathy 

Living a natural and healthy lifestyle

[www.nascuropathy.com](http://www.nascuropathy.com)

## ★ What is Nascuropathy™

Nascuropathy 

Nascuropathy (pronounced nas – cure – op - athy) is derived from the Ancient Greek words "Nasc" meaning nature and natural and the word "Cur" meaning care and to care for. It is the new collective name that is now used for the Natural Care™ Programme that I introduced into my nurseries in 2000.

I have chosen to use a new name as Natural Care™ has evolved from just a nursery development programme in to a whole way of life.

Over the years that my nurseries have been practising what we now call Nascuropathy, I have realised that it is more than just a nursery development programme. Parents constantly ask "what colour should I paint my son/ daughter's bedroom?" or "can we follow the menus at home?" and even "can you make a CD of the music that you use?" Not only is the whole concept a way of life for the children during their time at nursery but it has become a way of life that parents want to follow at home too.

Nascuropathy is about everything being in balance and living the way nature intended. It encompasses children/people as a whole and takes everything into account that can affect development and well-being and either enhances it, nurtures it or eliminates it. Everything we experience we experience through our senses. It is only natural that they form the basis for our future lives. It takes everything that everything nature has to offer; colour, sound, aroma, contact, and taste and turns it into a sensory based natural lifestyle.

This is the lifestyle programme I now bring to you in the form of The N-plan.....

And so it follows that...

The foundation of The N-plan is living a natural balanced life to the full. It's funny how when we talk about excellence we use terms such as 5 star. A Hotel can be 5star. A restaurant can be 5 star. We can give practically anything a 5 star rating. It is a term that rolls of our tongue when we want to say something is the best.

So why do we not live a 5 star life?

Now you can by following some simple steps, follow The N-plan.....



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## ★ The N-plan Programme

The Nasuropathy N-plan programme is not rocket science. It's not a "new fad" or "revolutionary", it's simple, effective and it works.

Up until now, everything has been about "dieting", all of the so called weight loss programmes or books out there talk about how "thin" you should be or how much weight you need to lose or even what dress size you should be.

Do they realise that they are making you...

- Obsessed about the food you eat
- Paranoid about counting calories
- Compulsive about recording your diet or weight loss

*See the pattern here?*

The only way you will lose weight is through eating a healthy balanced diet and by balancing that with regular exercise.

The reasons why so much money is made out of the diet industry is because either people do not have the knowledge they need to eat a healthy balanced diet or and this is probably the biggest reason is that people do not have the will power or drive to make the changes on their own.

There is nothing worse than feeling like you are the only one eating healthy whilst all around you are enjoying, lets say 'indulgence' foods or being the only one exercising whilst everyone else gets to 'veg' in front of the TV.

So I am giving you the ability, the knowledge, to do this, to make the changes yourself.

However, the help and support of other people, just like you is here when you join an 'N' plan class and together we can make the changes that matter to your lifestyle.



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So, here goes....

Here is the easy way to eat a healthy balanced diet.

All you need to do is THINK 5...

## ...think 5star food plan

As you may know, colour plays a very important part of the Nasuropathy™ 5star Lifestyle Plan and this continues in the foodplan. It's quite simple really, when you look at the array of foods that nature provides it's a positive rainbow! So that's the influence throughout the Nasuropathy™ 5star Food Plan - I want you 'to eat a rainbow!'

## ★ Every day



**5 fruits:** eat one thing from each group of red, orange, yellow, green and violet

**5 vegetables:** eat one thing from each of group of red, orange, yellow, green and violet (see food lists). So one thing from the 5 fruits and 5 vegetables each day.

In addition you can choose one per day from each of the following 5 groups:

1. Dairy    2. Protein    3. Meat    4. Carbs    5. Wheat

### 5 meals:

As well as your 3 main meals it is also advisable to have two small snacks - one in between breakfast and lunch and one in between lunch and dinner. This will help you to maintain a constant sugar level but it will also reduce cravings.

## Habits

If you take a step back and look at your eating habits you will probably be very surprised. Most of all, surprised at how little variety you eat.

You probably have a couple of lunch options that you choose from, eat the same old meals for dinner each week and as for breakfast I wouldn't be surprised if it was the same every day.

When you start on a 'new' diet they tend to give you different meals everyday so you go from hardly any thinking, preparation or planning to unmanageable amounts - which is why a lot of people give up and just go back to the same old food - because it's easy.

So, don't try and change everything - I've said it before change one thing at a time. So put together a list of a few breakfast and a few lunches in accordance with the plan and just choose a different dinner every day. It's much easier to plan.

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## ★ Think 5star food plan...

### Make 5 choices>

Each of these choices\* should equate to no more than 200 calories for women and 250 calories for men.

**1** **One of:** 120g Low fat cottage cheese  
Cheese 30g (Low fat if possible)  
25ml Yogurt (preferably pro-biotic, Low fat)  
1 medium Egg (147cal 11g fat)  
250ml Milk or milk based product (Semi or 350ml of skimmed)

**2** **One of:** Chicken/Turkey (Main consumption)  
Beef (if very lean)  
Lamb/Pork (if very lean)

NB: Ham/bacon/processed meats are not recommended due to nitrate - max of one portion per week

**3** **One of:** Fish  
Fish-oily  
Beans (100g)

**4** **One of:** Pasta (150g cooked)  
Rice (90g cooked, preferably wholegrain)  
Cereal/Oats (90g)

**5** **One of:** Bread/dough based product (2 slices wholemeal, 2 small rolls, 1 bagel or pitta bread)

\*Measurements given are an example as different products have different calorific values. You can of course have a combination of foods from 1 group which combine to no more than the allowed calories.

### Every Day Extras

100g Potato  
1 tsp butter/Flora/Spread/  
1 tsp Oil/ Dressing  
1 treat - see list  
Yogurt drink - such as Actimel

Treat list (up to 100 calories)

- 6 Cashews (preferably not salted)
- 1 tbsp sunflower seeds
- 1 tbsp Maniluka honey
- Chocolate
- Biscuit

## PLUS...

### A Rainbow a day

Aim to work in your rainbow of fruit and your rainbow of vegetables.



## ★ A Rainbow a day...

### Red

Tomatoes  
Figs  
Peppers  
Red Kidney Beans  
Radishes  
Red Onions  
Strawberries  
Raspberries  
Rhubarb  
Water Melon  
Cranberries

### Yellow

Sweet corn or polenta (not tinned)  
Chick peas  
Chicory  
Lentils  
Bananas  
Pineapple  
Nectarines/peaches  
Lemons/Lemon barley water  
Swede

### More Green/White

Celery  
Parsnip  
Turnip  
Onion  
Garlic  
Swede  
Salad leaves  
Cabbage  
Mushrooms  
Cucumber

### Orange/Black

Carrots  
Squash  
Sweet potato  
Oranges  
Mango  
Apricots  
Papaya  
Blackberries  
Black currants

### Green/White

Broccoli – super star  
Spinach  
Avocado  
Peas  
Apple  
Pears  
Kiwi  
Green Grapes  
Artichokes  
Asparagus

### Blue/Violet

Red cabbage  
Seaweed  
Aduki beans  
Blueberries  
Purple grapes  
Beetroot  
Aubergine  
Beetroot

### Notes

Get protein from beans rather than all meat.



## ★ Your 'Inner Rainbow'

As you know a rainbow needs both rain and sunshine to exist and so in order for your 'rainbows' to be effective you must supply it with...

### Water

2 litres per day which can consist of:

**Water • Fruit Tea • Green Tea • Home-made Lemon Barley  
Home-made Hot Lemon**

*NB: Tea and coffee should be restricted to two cups a day. Fizzy drinks (diet included) should not be consumed.*

### Sunshine

It is vitally important that no matter what you are doing that you ensure you spend at least 30 minutes outside a day.

If you are at work all day, instead of taking a lunch hour, split it into:

15 minutes - am • 30 minutes - Lunch • 15 minutes pm

To make it even more effective combine your sunshine break with a brisk walk to help bring balance through exercise.

## ★ Example 1

On rising 250ml of cold/hot water with juice from half a lemon  
Plus prepare a litre of water to be drunk throughout the day.

8.00am

### Breakfast

Weetabix with semi-skimmed milk and banana

10.00am

### Brunch

Strawberries      Tangerine      & Apple

**15 minute break  
Fresh air  
10 minute walk**

12.00pm

**Lunch**      250ml of water/Fruit Tea,  
Jacket potato with Tuna Salad -  
4 Leaf Salad      Tomato      & Beetroot

**30 minute break  
Fresh air**

4.00pm

Tea Yoghurt drink  
Treat - a chocolate biscuit is my choice,  
with a cup of tea!

**15 minute break  
Fresh air  
10 minute walk**

6.00pm

**Dinner**      Grape juice  
Homemade beefburger with  
Sweet Potato Wedges & Green Beans

7.30pm

Milk & Biscuits Before bed for kids

★ Menu Planning

Monday

Breakfast

Lunch

Dinner

Snacks

Notes:

Tuesday

Breakfast

Lunch

Dinner

Snacks

Notes:

Wednesday

Breakfast

Lunch

Dinner

Snacks

Notes:

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★ Menu Planning

Thursday

Breakfast

Lunch

Dinner

Snacks

Notes:

Friday

Breakfast

Lunch

Dinner

Snacks

Notes:

Saturday

Breakfast

Lunch

Dinner

Snacks

Notes:

Sunday

Breakfast

Lunch

Dinner

Snacks

Notes:

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★ Wednesday Shopping list for...

Thursday

Friday

Saturday

Sunday

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★ Sunday Shopping list for...

Monday

Tuesday

Wednesday

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# ★ Food Diary

## Week commencing

1. Breakfast	2. Snack
3. Lunch	4. Snack
5. Dinner	6. Other
Nutrition check Dairy <input type="radio"/> Meat 90g <input type="radio"/> Fish/Beans/Lentils <input type="radio"/> Bread <input type="radio"/> Wholegrains <input type="radio"/>	
Rainbow list Water 2L <input type="radio"/> Sunshine 1hr <input type="radio"/> <b>Fruits /</b> Red <input type="radio"/> Yellow <input type="radio"/> Orange <input type="radio"/>	
<b>Monday</b> <b>Vegetables \</b> Green <input type="radio"/> Violet <input type="radio"/>	

1. Breakfast	2. Snack
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Rainbow list Water 2L <input type="radio"/> Sunshine 1hr <input type="radio"/> <b>Fruits /</b> Red <input type="radio"/> Yellow <input type="radio"/> Orange <input type="radio"/>	
<b>Tuesday</b> <b>Vegetables \</b> Green <input type="radio"/> Violet <input type="radio"/>	

1. Breakfast	2. Snack
3. Lunch	4. Snack
5. Dinner	6. Other
Nutrition check Dairy <input type="radio"/> Meat 90g <input type="radio"/> Fish/Beans/Lentils <input type="radio"/> Bread <input type="radio"/> Wholegrains <input type="radio"/>	
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<b>Wednesday</b> <b>Vegetables \</b> Green <input type="radio"/> Violet <input type="radio"/>	

1. Breakfast	2. Snack
3. Lunch	4. Snack
5. Dinner	6. Other
Nutrition check Dairy <input type="radio"/> Meat 90g <input type="radio"/> Fish/Beans/Lentils <input type="radio"/> Bread <input type="radio"/> Wholegrains <input type="radio"/>	
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<b>Thursday</b> <b>Vegetables \</b> Green <input type="radio"/> Violet <input type="radio"/>	

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<b>Saturday</b> <b>Vegetables \</b> Green <input type="radio"/> Violet <input type="radio"/>	

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<b>Sunday</b> <b>Vegetables \</b> Green <input type="radio"/> Violet <input type="radio"/>	

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Notes:

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