

FINDING CALM AMONGST THE CHAOS

A BEAUTIFUL, PLANT BASED, CONSCIOUS GUIDE FOR ALL PARENTS
WHO HAVE A CONSTANT STREAM OF CHAOS IN THEIR FAMILY AND
WANT TO BRING MORE CALM & HARMONY INTO THE HOME



REBECCA KATE

WELCOME



This guide gives you some simple how-to's on bringing calm and harmony back into your home and family life.

You may have fallen off the wagon for a while and things have been pushed to the back of your mind and everyday is just basically surviving instead of living and thriving.

I know for a fact, that is not how you want to live, and I know that having a happy healthy life with your children is most likely your number one priority, right?

As a mum, I know that we often choose the path that is the easiest at the expense of everyone's health and wellness. I get it, I've been there and understand the pull to travelling the path of least resistance but this path is not always the best and is likely never the healthiest. I'm all about being in flow but flowing with what is right for you and your family is what is best aligned for you.

If you want your life back, full of energy, rested, healthy, thriving and connecting with your children then you're in the right place, I will be giving you lots of tips on getting you back on track with your health in body, mind and soul, and no, it's got nothing to do with cutting carbs or counting calories. Hallelujah!!

Let's Begin!

WHO AM I?

I'm Rebecca, a clinical and holistic plant based nutritionist, I run a plant based cooking school online and specialise in plant based health & wellness for families. I also work with energy, reading and clearing and as a medical intuitive. I wholeheartedly believe that our bodies need more than just food to thrive. It's about setting up the foundations in body, mind and soul and healing in all areas to be able to fully thrive instead of just survive.

I have healed my relationship with food and no longer need to fill an emotional hole with endless food. I have suffered a lot of trauma throughout my life and suffered depression on and off for years which caused chaos in my life and for my daughter. Life wasn't fun nor was it a happy and peaceful place to be mentally which caused my body to break out in many different symptoms and my environment around me became toxic with me attracting toxic people, creating a toxic home and toxic parenting started to creep in.

I have always had a passion for health and wellness since I was a teen and studied at university to get my health science degree and then further studies in plant based coaching. I have overcome a lot over the last 10 years and I have healed many areas of my life. I'm a conscious gentle parent, healed childhood trauma and continue to, switched to a plant based, gluten free diet, no longer suffer depression, no longer react to situations in anger, my home is peaceful, happy and healthy. I'm not perfect and continue to heal, and learn how I can better myself and my life with my daughter, no one is perfect and we should never aim for perfect but we should aim to thrive, to heal and to live a life full of purpose and authenticity. I'm so excited you're here and would love to hear about your journey and how this guide has helped you. I would also love to work with you in the future if you so choose that path. All the best!

- Rebecca

We aren't here to make other people's lives better, we are here to make our life and our children's lives better, healthier and happier!

Rebecca Kate





TOP 5 CHAOS TO CALM TOPICS

1. Food makes a difference
2. Empowering your children
3. Detoxing your home & cleansing
4. Triggers & your mindset
5. Cooking for connection

Calming the chaos in your family all comes down to you!

- Rebecca Kate

EATING A PLANT BASED DIET

When you want to thrive you need to eat foods that fuel your body. Clean whole foods from the earth are light filled, nutrient dense and delicious.

If you are eating dead flesh from animals, they are usually filled with heavy metals, antibiotics and many other toxins then you're feeding your body and in turn causing your gut microbiome to suffer. It's down right toxic and carcinogenic among many other things, these foods will not give you light, energy or longevity.

These animals are not here for your benefit, they are beautiful earth creatures that deserve respect.

If meat was meant to be eaten then we wouldn't have to season it or put sauces on top, we would be able to just eat it raw or plain. You don't need to season or add anything to whole fruits and vegetables to make them tasty.

Eating a plant based diet is the healthiest diet you can choose, many studies have shown that the life span of someone eating vegan or vegetarian is longer than meat eaters. If you want to live longer, without heart disease, cancer or any of the other top 5 diseases of the world then eat a diet rich in whole foods, fruits, vegetables, legumes, nuts and seeds.

When you choose to eat a plant based diet, there is usually a transition period, like anything, there is a time in between the two where your brain is to learn new pathways, new habits and your tastebuds start to come alive again. It's up to you how long you stay in this period, some people can go cold turkey straight away because the need to thrive is greater than the need to eat meat, junk foods and animals products. Or you can take it slow and gradually move over when you feel ready. There is no right or wrong way to do this, just that your taking action steps every single day is enough to get your brain into gear and to recognise the new path you are taking.



BENEFITS OF A PLANT BASED DIET

The benefits of going whole food plant based with your family are:

- Any excess weight will fall off and your body will reach its stable point (its natural weight)
- Moods and intense behaviours will reduce or be eliminated, you'll notice a difference after around 2-3 weeks as the body adjusts.
- You will live longer!
- Everyone will no longer have the 3pm slump and grumps.
- Snacks will be healthier and easier.
- Huge reduction on packet & processed foods.
- Clearer skin.
- Hormones will start to balance out.
- You'll make friends with salad.
- Less gross meaty parasites in your body.
- Less risk of food poisoning.
- So many amazing plant based options in cafes and restaurants.
- You save beautiful animals!
- You can teach your children that every living being deserves respect and love and not violence.
- You will literally glow.
- You will raise your vibration.
- Clearing your vessel means your connection to your intuition, higher self, the divine, Jesus is stronger.
- You will genuinely feel better in yourself and reduce the risk of dying from the top 5 diseases by almost 100%.





TIPS ON HOW TO THRIVE!

To go from just surviving to THRIVING here is what you should do on a daily basis:

1. Drink a big glass of water in the morning, add some lemon and drink with a straw so you don't damage the enamel on your teeth, continue to drink fresh filtered water all day until your urine is light straw colour to clear.
2. SUNSHINE! Every day you should be getting at least 20-30 minutes of almost whole body sun. Vitamin D!
3. Start your morning with a gratitude list, things you are grateful for.
4. Set up your day in the morning, work out with your family whats on the agenda, what you need to do, whats for breakfast, lunch dinner etc.
5. Start your day with a juice, smoothie or fresh fruit so your digestive system can wake up without a heavy meal to digest.
6. Eat a lot of raw meals and fruit and veg - for example: fruit in the morning, big salad for lunch and cooked dinner, snacks can be fresh fruit or smoothies or homemade snacks .
7. Meal plan, or look into meal planning hacks like freezing flat bags of cooked rice in 1 cup bags and just pull out when you need cooked rice for things like fried rice. Easy and quick!
8. Go easy on grains, 3-5 times a week maximum.
9. Even though eating lots of fruits and vegetables is good there will be some cases where you can have too much of a green or nightshades may cause you a stomach upset, so always listen to your body, if it's causing you issues then reduce or cut it out. This is the reason I don't eat many beans, they bloat me a lot and give me a sore stomach, other people can handle them and digest them easily.
10. Enjoy your food! Make it fun, exciting, and appetising. We always eat with our eyes so make your dishes full of colour.



GETTING STARTED

Your goal here is to eat to fuel your body and mind, to eat foods that aren't processed, to step away from the junk and really boost your nutrient intake. Yes this goes for your children as well, more than anything, children need a solid foundation in health when they are young, they may stray when they get to their teen years but they will always remember the way they used to eat when they were at home and that will be because of you and your consistency in providing a healthy thriving diet for your children.

Here is a checklist below of getting started on a plant based diet and overcoming any objections.

1. Clean out the kitchen of any meats, give them away or cook them up and eat them before you start your plant based lifestyle.
2. Chat with your kids about the new changes you will be implementing, explain how amazing they are going to feel, and how much energy they will have from eating juicy fruits all day, or nana ice creams or veegie fried rice or peanut satay noodles. The list is endless, there is so many meals to choose from when youre plant based. Its a really good idea to get your kids involved with all of the meal planning, searching out new recipes, taking them shopping, giving them some resposnibility will make them shine. Your kids will need your guidance and support through this, change is not easy for anyone and all you need to do is be present with them, include them, hear them and love them unconditionally no matter what.
3. Fill the house with amazing plant based foods, try not to go too processed with mock meats but if they will help you transition then try them out. Fill up trays in the fridge every morning with chopped up fruits and vegetables and coconut yoghurt and dip.
4. Look into new and delicious looking recipes and start meal planning with the family!

EMPOWERING YOUR CHILDREN

When we encounter push back from our children it becomes a power struggle for both parties and it usually ends up in tears, stress levels rise, the child is upset and probably having a meltdown for something that doesn't even seem reasonable to us and chaos ensues but here is what's really happening...

Your child has exerted their independence (this is totally ok) and has stated what they want, you've probably come back in and said no, not happening and probably said in quite an authoritative way. Now when we come from a place of authority this immediately takes our child's power away, we don't want to do this. We need to respect our children's decisions and lovingly explain to them why it can't happen right then and there and work out a plan to find a satisfactory solution for them.

If you want to empower your children and have a loving and understanding relationship then you need to look at things differently.

Most likely you grew up in a household where you were told what to do, told how to do things, what to wear, how to talk and act and it was just how it was, no talking back or else you're "in trouble". What this does to a child is it breaks them down into a shell of themselves, they don't ever feel like speaking up for fear of getting in to trouble, they don't learn how to make decisions for themselves because they've been told how to do everything, they also don't learn how to trust their own decision making and intuitive nature.

Empowering your child means listening to them, hearing them, validating their reasons and emotions and loving them no matter what.

The authoritative parenting cycle needs to stop with you, change how you speak to your child and always show love no matter what.

- Rebecca Kate



WAYS TO EMPOWER YOUR CHILDREN

Ways in which we can empower our wonderful children is to...

- Respect them, their choices and decisions.
- Open up the dialogue with them as to what they think is good for them, what they believe and feel is right for them. We need to guide our children to listen to their inner voice and learn how to really trust themselves.

Our children shouldn't be looking for approval or validation because this always needs to come from themselves, they need to feel loved unconditionally by you and then they will feel secure enough to know that what they are doing, saying, wearing etc is just fine how it is, they don't need to check in with anyone else to see if its ok, good, bad, great etc. All they need to know is if they like it, love it, happy with it then thats it!

As parents you can be excited for them and celebrate their achievements and decisions with them but never make it about them being "good" or "bad" or that you love them so much more because they achieved something which in your eyes was "good".

- Unconditional love means loving them even when they are doing something that you don't like. its only your projections of your inner children's wounds that make you not like what they are doing.
- Children do not ever do things "wrong", they arent born looking to do "bad" things. They are born as perfect beings! Treat your children as people and I can promise you that there will be a big shift in energy here. Give them responsibility, stop doing everything for them, let them start discovering things for themselves

I work 1:1 with families for this very reason, to help get through all the situations that arise, and parenting in a conscious and gentle manner is very, very foreign to most parents, so helping parents reparent themselves and their children is something we focus on in private sessions and we bring so much more harmony to the home because the kids feel heard and respected.

As parents, we can only do what we can do based on what we know in that moment, so once we know more, we do more, we do better!

- Rebecca Kate





DETOXING THE HOME & CLEANSING

Our homes are FULL of chemicals, toxins and pollutants. We have 100's just in the average home and that doesn't include the air pollutants that you breathe in when you are out driving or out shopping.

The most vulnerable are our children and a lot of chemicals are xenoestrogens (BPA's, phthalates) which are endocrine disruptors meaning they wreak havoc on your hormone system and children's endocrine systems are particularly vulnerable. It can affect the reproductive system, breast, neurological and immune system and children still developing or pregnant women.

These toxins are found in so many household products that it's hard to get rid of everything in the home, but we can reduce our toxic load so our systems don't have such a hard time trying to detox the 100's of toxins it faces everyday.

Remember, you don't need to throw everything out at once, you can slowly swap everything over to plant based or non toxic products, because there is a lot.

On the next page is a list of some of the toxins we face every day and ones to look out for on your packaging. The next page will be a checklist you can print off and go through your house to check the ingredients list on everything.

If you'd like to check for other ingredients you can download an amazing app called Chemical Maze and it has all the details for cosmetic and food chemicals. The other two websites/apps is Think Dirty and the EWG Group.

LIST OF XENOESTROGENS

- 4-Methylbenzylidene camphor (4-MBC) (sunscreen lotions)
- Parabens (methylparaben, ethylparaben, propylparaben and butylparaben commonly used as a preservative)
- Benzophenone (sunscreen lotions)
- Industrial products and Plastics:
 - Bisphenol A (monomer for polycarbonate plastic and epoxy resin; antioxidant in plasticizers)
 - Phthalates (plasticizers)
 - DEHP (plasticizer for PVC)
 - Polybrominated biphenyl ethers (PBDEs) (flame retardants used in plastics, foams, building materials, electronics, furnishings, motor vehicles).
 - Polychlorinated biphenyls (PCBs)
- Food:
 - Erythrosine / FD&C Red No. 3
 - Phenosulfothiazine (a red dye)
 - Butylated hydroxyanisole / BHA (food preservative)
- Building supplies:
 - Pentachlorophenol (general biocide and wood preservative)
 - Polychlorinated biphenyls / PCBs (in electrical oils, lubricants, adhesives, paints)
- Insecticides:
 - Atrazine (weed killer)
 - DDT (insecticide, banned)
 - Dichlorodiphenyldichloroethylene (one of the breakdown products of DDT)
 - Dieldrin (insecticide)
 - Endosulfan (insecticide)
 - Heptachlor (insecticide)
 - Lindane / hexachlorocyclohexane (insecticide, used to treat lice and scabies)
 - Methoxychlor (insecticide)
 - Fenthion
 - Nonylphenol and derivatives (industrial surfactants; emulsifiers for emulsion polymerization; laboratory detergents; pesticides)
 - Other:
 - Propyl gallate
 - Chlorine and chlorine by-products
 - Ethinylestradiol (combined oral contraceptive pill)
 - Metalloestrogens (a class of inorganic xenoestrogens)
 - Alkylphenol (surfactant used in cleaning detergents)

CHEMICAL & TOXIN CHECKLIST

- BPA Plastics
- Teflon Pans
- Aluminium Foil/tins/pans/paper towel
- Plug in fragrance
- Fragrance Candles
- Fly Sprays/Fragrance spray
- Incense
- Water Source (filtered?)
- Food (organic?)
- Processed foods (check labels)
- Cleaning products
- Asbestos
- Mold
- Lead in old paint
- Dishwashing tablets
- Laundry powder/liquid
- Beauty products/toothpaste/perfume
- Shampoo/conditioner/soaps
- Hair care products
- Shower cleaner/toilet cleaner
- Floorings/carpets/wall paint
- Air filters
- Pads/tampons/toilet paper
- Sunscreen
- Gardening products

TRIGGERS & YOUR MINDSET

So, let's face it, we all get triggered, right?

That moment your child drops your favourite mug on the floor, you see red and end up snapping or worse yelling. Or your child keeps asking the same question over and over again and it sort of feels like torture and you just can't take it any more and yell STOP!

Yes, most of us have been there, it's not pleasant, we immediately feel guilty and say sorry.

Your child may be upset, scared or yelling back. The wheels are falling off and you're now in a worse situation than you were before. Deep breaths!

Now let's see where the triggers are coming from...

Triggers come about when our inner children are reminded of something that happened to them in their/your childhood. When your mug breaks you yell and get upset, this is an inner child getting upset because someone broke something of yours, this may have been a sibling when you were younger or maybe even a parent and no one took you seriously or validated your feelings when this item broke. So now it's happened again and that inner child is lashing out at your own child. Accidents happen and it's fine if your child breaks something, we as adults break things all the time. So, you tell your child, that's ok, we can try and fix it or maybe get another one, no big deal, clean up and be done with it but now you've got an inner child that is still upset, this also may be because you were scolded as a child for breaking things so you've learnt to do the same to your children.

With the other example your child is trying to get your attention, you're busy with something but they need you right now, in that moment. You don't tend to them because your inner children are saying, no we want time, not you, so your inner children are battling it out with your real life children and you end up lashing out. Your inner children are jealous of the time you're giving your actual children. So this is where you need to come in and re-parent your inner children and gain their trust and tell them you are there now to take care of them and that they don't need to fight for attention any more.

These examples may differ for everyone and it's a good idea to really practice sitting with your triggers and working on where they come from.

Which age inner child is crying out for attention or love?

Reparenting your Inner Children takes time and courage to dig deep, we often need guidance and help but it is also totally possible to start this on our own. My amazing teacher has some beautiful inner children programs called Mother Wound & Father Wound and it's where everyone should start their healing journey.



TRIGGERS & YOUR MINDSET

We should never be yelling or cursing or snapping at our children. They are not there for us to project our wounds onto, they are there to be nurtured, protected and loved unconditionally. Any time you feel like you are going to yell or tell your kids off just take a deep breath and ask yourself, where is this coming from, ask your inner child what they need in that moment and then give it to them.

Once you can switch your mindset from all of these things being your child's fault to thinking oh this is coming from my own wounding then that is where another energy shift will happen and you're now taking responsibility for your own actions, decision and life that you've created, remember we have created everything in our life up to this point and we will keep continuing to co create with the divine.

Your mindset means everything when you are creating harmony in the home. See your children as beautiful little buddhas who are there to teach you all about yourself and the beautiful wonders of the world. They are holding up a mirror for you to reflect on and see what it's bringing up in you, take advantage of all of these moments, the good and the bad and really take a deep dive into your own childhood trauma and how you can parent your children differently, gently and consciously.

Tips for handling your triggers:

- Don't react and breath, walkaway if you have to and then come back and help your child get through the situation (it takes practice)
- See your children as teachers and blessings.
- Change your mindset and don't think parenting is a chore, see it as a journey.
- If you ever catch yourself saying its not fair, this is an inner child and ego
- If you ever feel the need to argue with your child this is also an inner child, tend to that inner child.
- Start healing your core wounds - Mother and Father Wounds



COOKING FOR CONNECTION



Another way to find balance, harmony and peace in the home is to give your children more time. When there is chaos it's usually because the children are either hyped up on junky type foods with colours and preservatives or they are needing attention, these are the most common reasons anyway.

Children need a lot of love and attention and if you've been at work all day and there is chaos at home its because your kids just want to see you and be with you and spend time with you.

When we have our cooking classes with Kids Creative Kitchen, the kids come alive, they love making new things, testing out their skills and learning about new tastes and textures, they also love sharing this with their parents.

Cooking for connection is when you cook with your children, it builds a beautiful bond and tradition and I often suggest to my clients that they also cook along in our classes with their children (if they allow it that is, some children like to do it all themselves). This way children really feel seen and heard by the parent and feel good that their mum or dad is spending undivided time with just them. It's an amazing way to fill their cup. Building a connection with your child is so important and if you feel you've lost the connection along the way, reconnecting through cooking is perfect to get your children back on board, but remember hand the reins over, give them some responsibility, empower them with decision making, respect their choices and let them learn some things for themselves, let them discover new things. When you meal plan this is the perfect start to get them fully involved. Make it a weekly tradition where the children cook up a meal for the parents, or make it a fun restaurant game on the weekends where they can make whatever they want or even order you around as the cooks. Children learn and connect so much quicker when it's in play. Enjoy!

THANK YOU!



I hope you've enjoyed this heart filled ebook guide and I wish you all the best in your parenting journey from chaos to calm! Thank you for being here and showing up and I look forward to hearing all about your calming wins!

If you would like a private coaching session on any of the things mentioned in the guide or if you have any questions at all please get in touch with your details and I can phone you back to have a chat about how we can organise a coaching package for you.

The packages are full of:

- ✦ Support
- ✦ Weekly health & wellness webinar
- ✦ Fortnightly 1:1 with myself
- ✦ Access to Unlimited sessions (optional)
- ✦ Access to private Facebook group
- ✦ Other courses and ebook access
- ✦ Unlimited contact on private "signal" chat.

I truly support you in every way to transform your life with amazing tools, tips, guidance and private one on one coaching, I cant wait to work with you to achieve the calm & balanced life you've always dreamed of. You can email me below or book in a free session [HERE](#) or on our website.

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