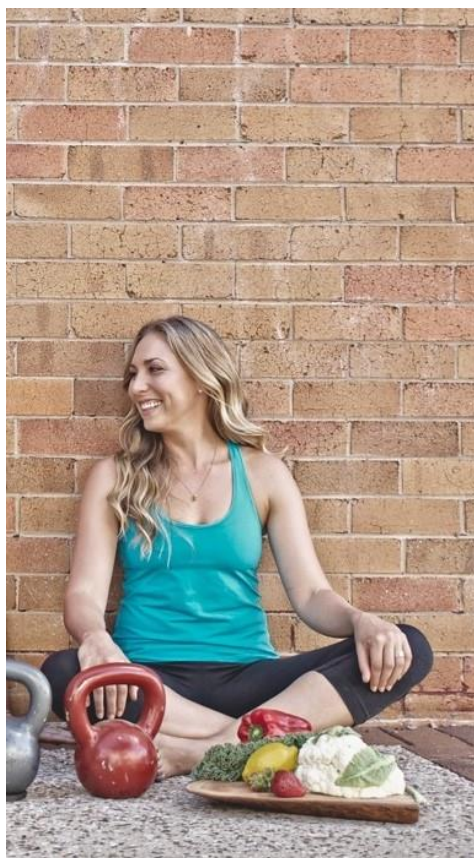


PREGNANCY AND HEALTH...WITH SHAN COOPER

Intro

I first met Shan Cooper through Primal Pantry at Teneriffe. Shan is what I call a Foodie Extraordinaire, verse in all things Paleo together with general health and wellness. Shan is the creator behind the food blog of My Food Religion. Take a browse at www.myfoodreligion.com. Your senses will be indulged and amongst many offerings includes recipes such as her 'Crap-Free Coleslaw'...Oh my goodness!!



You may have also seen Shan's newly released range of nut butters, known as 'Buttered Up'...You can find out more about this on Shan's website or pop by Primal Pantry to stock up.

Shan is married to Trav, also known as Thefitographer. Shan and Trav have 2 gorgeous dogs – Audrey and Astro and are imminently awaiting a new arrival to the family...their first baby, affectionately known as 'Pebbles'.

Body



Watching Shan grow (as one does when pregnant!) and flourish throughout her pregnancy has been inspiring for me to watch. I'm sure there may have been times when Shan perhaps did not feel as vibrant as others - that's life, pregnant or not, right? Though each time I see Shan she is a gleaming picture of smiles, health, eating clean and still moving her body.

As someone who literally walked into hospital in labour, still with the bucket vomiting after 9 months of pregnancy, you can now see of my keen interest in Shan's healthy pregnancy. And so, I invited Shan along to share with us her story of Pregnancy and Health and just how she has achieved such a healthy harmony.

Shan, Thanks for joining us. Let's get straight into it...

1. Could you tell us a little about the lady that is Shan Cooper including your food philosophies?

I am a passionate food, health & wellness blogger that loves to cook & eat! I show my love through food and so when I cook for people I want to make sure I am nourishing them with the most delicious and healthful food possible. My food philosophy revolves around pure unadulterated food. Food that is good for the body and the soul. Food that makes you feel good from the inside out. I believe that there is no 'one' perfect diet for everyone but that the JERF (Just Eat Real Food) concept is one thing everyone can follow to ensure that they are nourishing themselves as best they can. Everyone needs to find what works for them and listen to their body. What works now might not in 6 or 12mths time. Food can be our medicine or our poison and I think that the future health of our population needs to come back to recognizing the importance of what we put IN our bodies having a huge influence on our health & wellness.

- 2. Congratulations on your pregnancy with 'Pebbles', as I mentioned as an observer looking from the outside you are a picture of pregnant health. Could you walk us through your health philosophies and what/if anything has changed with being pregnant?**

My health philosophies have not changed since being pregnant and the importance of food, movement and minimizing stress have become even more of a focus as I have tried my best to grow the most healthy little human I can. This has interestingly been a time when I have been most in touch with my body and what it needs and the time when I have actually listened to those messages. The process of pregnancy is one I find completely fascinating and a total miracle. The ability of our body to grow a human from a few cells is just mind blowing to me but also knowing that I am growing that human from the most nutrient-dense and healthful food possible (rather than Big Macs & processed sugar) has certainly contributed to how well I have felt through this process and how much I have enjoyed being pregnant.

- 3. You and I recently shared breakfast...afterwards you were going off to do a workout. What does a week of 'moving' in the life of 'pregnant Shan' look like? How much does this differ from your exercise regime prior to pregnancy?**

Moving & exercise has always been really important to me throughout my entire life for both my physical & mental wellbeing. Pre-pregnancy I was lifting heavy weights, doing HIIT (high intensity interval training), walking & yoga.... At least one of those things every day. During pregnancy it has been about really tuning into my body & doing whatever felt best for me on that day. I have continued to lift weights (but certainly not as heavy as before), I walk the dogs every day, I continued yoga up until about 6mths pregnant (then my normal yoga class was just a bit too difficult & I didn't want to do a pregnancy-specific one), and I try and incorporate one higher intensity workout like a few Tabata sets using air dyne, rower, boxing, or body weight exercises each week. Right now it's about making sure that whatever I choose to do in terms of movement is making me feel rejuvenated and strong, not fatigued.

- 4. Sickness...Morning or otherwise? Food Cravings...any?**

I had 'all-day-sickness' up until about 10wks. It was a horrible sensation of feeling hungover all day, having aversions to things like the smell of my beloved coconut oil, and not wanting to eat anything I cooked. I feel really lucky that it passed so quickly and that I wasn't actually vomiting. No real food cravings at all, I had a few weeks where I really felt like more fruit than I would normally eat so I ate a lot of frozen berries. Other than that nothing weird like pickles & ice cream to report!

5. Energy Levels...Apart from My Food Religion and Buttered Up, you also have another day job. How have you managed your energy levels? Have you needed much additional support from Trav?

Managing my energy has been pretty easy all things considered. Eating well and only doing what I felt I could in terms of training has certainly helped. I make sure I get to bed early when I am tired and try & incorporate some stretching & meditation to ensure I am as relaxed as possible. Trav has been a brilliant support and always there to help out, walk the dogs etc when I just felt a bit lacking in energy. For most of my pregnancy my energy levels have been really good.



6. Congratulations on your recently launched range of nut butters, 'Buttered Up'...How is that going for you and why nut butters?

Thank you! Buttered Up is going really well and I think world domination is imminent ;) I have been making my own flavored nut (and nut-free) butters at home for a while and realized there wasn't anything out there like it, so thought I would give it a try! It is just getting started but hopefully there will be more stockists and more fun new flavours in the new year.



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'Health, Happiness & Freedom'

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7. What does the future hold for My Food Religion/Buttered Up?

Well my priority as soon as Pebbles is here is going to be being a mum, everything else will fit in around that. I am lucky that Trav will be a brilliant & capable dad and is very supportive of my ventures so I think My Food Religion & Buttered Up will just continue to grow in leaps and bounds over the next 12mths.

8. As you know Kylies Courage mantra is all about living a life graced with 'Health, Happiness & Freedom'. What does Health, Happiness & Freedom mean for you?

To me those words are such a wonderful mantra that everyone should be able to apply to their life. Health is not just about food, it's about being 'well' in every facet of your life and being able to do all the things you want to, both mentally & physically. Happiness comes from that health and isn't about having 'things', it's about having 'people' in your life that make you smile, lift you up and bring you fulfillment. Freedom is what we all have to make a change to the status quo if it's not bringing us closer to that Health & Happiness we seek.

9. As a 'foodie' what is your favourite foodie ingredient (with the exception of nut butters!) or recipe?

My favourite ingredient would have to be some form of coconut product. The addition of something coconutty can jazz up the most boring foods. Fresh seafood would have to be a close second..... Mmmmm coconut crusted fresh seafood ;)

10. For women out there planning a family, what health and wellness advice do you have for them?

Your own health is going to influence the health of your baby and the whole experience you have with pregnancy, birth & being a mum. Research now shows that the genetic predisposition to that baby of many diseases is determined by the health of the mother before & during pregnancy. Nourish yourself as best you can in both body & mind and be conscious of what you are putting in & on your body. Be kind to yourself and try and enjoy the amazing experience.

Shan...Thank you so much for sharing the journey of your pregnancy with us. I wish you and Trav continued joy in welcoming along 'Pebbles' into your healthy and happy world.

Warmest of Wishes, Kylie Carmody