

MY LITTLE

Healthy

GUIDE

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Introduction

Hello Lovely!

I'm Clementine, and I'm so excited to be here with you. You might be wondering what you'll discover in this guide. Let me share a bit about myself, my journey and why we're here together today.

I'm from Normandy, France, and my life has always revolved around a love of fashion, sports, healthy eating, nature and connecting with others. For 15 years, I was a Girl Scout, learning how to live simply, eat well and move regularly. These values of friendship, community and caring for one another have shaped who I am today – in my roles as an adult, a manager, a daughter, a sister and a wife.

At 18, I moved to Paris to study fashion design, immersing myself in the glamorous world of fashion shows, events and magazine work. I lived the life of a city fashionista for eight years, spent a year in New York City juggling a fashion career with studies at Berkeley College, and then moved to London to work in fashion marketing.

But in 2017 I hit a low point. Struggling with depression, anxiety and overwhelming career pressures, I realised I needed to make a change. I began learning about chronic diseases, and it was clear that I needed to take charge of my physical and mental health. I started to seek help through therapy, hypnosis, meditation, breathing work and gratitude practice. It was difficult at first to open myself up, to let go of things I couldn't control and to focus on breathing and being optimistic about the future.

These practices have significantly affected me, and I'm proud to say that they got me through a dark time. I have kept most of these practices with me and have formed essential habits to take care of my mental health every day.

In 2019 I made a transformative shift in my life by overhauling my eating habits after discovering that sugar worsened my health problems. This shift didn't just change my diet – it changed my entire way of living. My husband and I embraced a new, healthier lifestyle, and our journey since then has been only positive.

Then, in 2020, just as we were settling into our new eating routines, I started experiencing back and joint pain. At a visit to the osteopath I was diagnosed with hypermobility and advised to build muscle to maintain independence as I aged. That was the start of my fitness journey.

As a child, I was active – through horse riding, basketball and badminton – but as I entered adulthood and focused on my career, exercise took a back seat. But with my osteopath's advice and the onset of lockdown, I had no choice but to start exercising at home. Walking daily, running twice a week, and eventually trying tennis and pole fitness, I began to build a fitness routine. Over time, I realised I wasn't just getting fit but also that I was connecting with my body.

In 2022 I decided to try CrossFit, which my husband had been practising for years. It felt like a natural new challenge for me: build muscles, be fitter, learn a new sport, surprise myself and meet new friends. Three years later, I'm in the best shape of my life – competing, learning and thriving. I've met people who have become my friends, and most importantly, I've become part of a community.

Through the improvements in my physical and mental health I've discovered many tips and strategies that help me stay healthy each day. What started as a painful struggle through illness has transformed into a journey of self-discovery and empowerment.

Today, I'm excited to share my tips and knowledge and the practical actions I've learned. I hope these insights help you live a healthier life and become the best version of yourself.

I felt the need to share the knowledge and practices I've gathered because I had to find out everything by myself, and, even though it was an incredible journey, I now have tangible tools all in one place to help you as well. We lack knowledge, and we don't always realise how important it is to care for our body and mind, often neglecting them or thinking we can do it later. Our body is like a car: if we don't take it for a ride every day, fuel it correctly or do regular engine checks, it will inevitably break down or rust at some point.

Our bodies and minds are incredible, strong, and resilient. Combined, I like to call them our 'untamed superpower'. We can do so much more than we think we can. Choosing to prioritise ourselves is a mindset. If we don't live a healthier lifestyle we'll be unable to function correctly.

We deserve to look and feel our best, and there is no time like the present. Are you ready? Let's dive in!

*Clementine
Morvan*





Theme 1: Let's Eat!

"Let food be thy medicine, and let medicine be thy food."

Hippocrates

Hippocrates, born 460 years before Jesus Christ, was already aware of and preached the importance of eating well and variedly. Doing this is powerful enough to act as medicine and prevent and/or cure diseases.

Before the Industrial Revolution (which began in 1760), food was local, unprocessed and sustainably sourced, meaning it was high quality and without saturated fats, preservatives, added salt, or sugar. The shift to processed food from the 1970s has dramatically changed our eating habits. It was initially produced to help preserve food for longer and to enable more people to eat cheaply and affordably. However, ultra-processed food now poses a risk to our health.

What is ultra-processed food? Simply put, it's all the meals and other products that have been industrially modified and prepared with a cocktail of additives, sugar and salt, meaning that we don't recognise most of the ingredients listed on the packaging. The goal is for it to taste good and keep for longer. Ready-to-eat lunches and dinners, cooked desserts, cooked pies and processed meats and sausages are good examples.

Buying ultra-processed food is easy, it's cheaper than some organic ingredients and there's no cooking needed. It's convenient when we have little time or energy, but all this comes at a cost: a cost to the planet. Its production is very polluting, requires a lot of water, exhausts soils and loads

them with pesticides. It also costs our health: we become addicted to it, unaware of the harm it can do. In turn, it becomes the source of more and more food-related diseases such as obesity and diabetes.

"Researchers from Imperial's School of Public Health have produced the most comprehensive assessment to date [‘Taking the Biscuit’, 2023] of the association between ultra-processed foods and the risk of developing cancers. Ultra-processed foods are food items which have been heavily processed during their production, such as fizzy drinks, mass-produced packaged breads, many ready meals and most breakfast cereals." (Conrad Duncan, 2023.)

The report's senior lead author, Dr Eszter Vamos of the School of Public Health at Imperial College London's, said: *"This study adds to the growing evidence that ultra-processed foods are likely to negatively impact our health including our risk for cancer. Given the high levels of consumption in UK adults and children, this has important implications for future health outcomes. Although our study cannot prove causation, other available evidence shows that reducing ultra-processed foods in our diet could provide important health benefits."* (Conrad Duncan, 2023.)

Awareness of this has been growing worldwide in recent years and shops now stock an increasing number of local, organic options. We can also shop in refill stores and use local farmers' online delivery services, enabling us to eat better and have healthier alternatives to hand.

Eating a varied and balanced diet is very important because it will be the basis of your health. How well we feel and how healthy we are starts and ends with the food we eat. Lowering our sugar and processed food consumption and eating more healthily can completely change our lives, by making us feel stronger, helping us sleep better and suffer