



SHA

nutrition &
healthy habits

BOOKLET

CONTENT

SHA Method	03
SHA Nutrition	06
Yin and Yang balance	09
food pyramid	13
benefits	15
how does it work?	17
diets	19
medicinal teas	25
frequent symptoms	27
SHA Academy	29
recommendations	31
glossary	33

UNIQUE COMBINATION

Welcome to the SHA Method





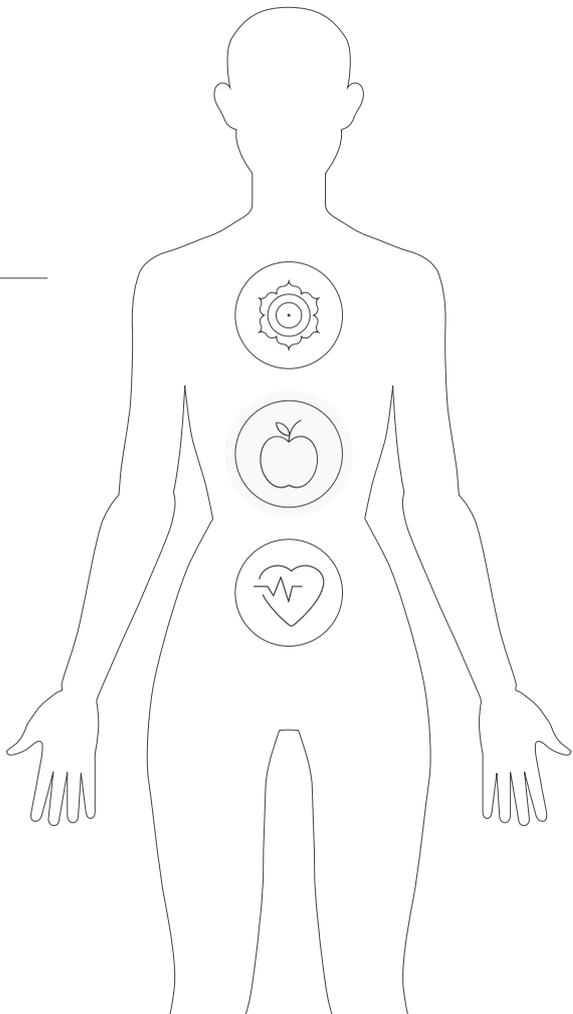
UNIQUE COMBINATION

SHA Method

The objective of SHA is to make a positive, significant and long-lasting change to the health and the well-being of people so that they can enjoy a **state of complete equilibrium**.

That is why the SHA Method has been created; it is a unique and wise combination of **ancient eastern disciplines**, the most effective **natural therapies**, the latest advances in **western scientific medicine** and **highly therapeutic nutrition**.

In total there are eight disciplines, which altogether enhance the positive impact that they have on the body: natural therapies, re-education of habits, inner balance, genetic medicine, anti-age and regenerative medicine, aesthetic medicine, fitness, cognitive stimulation and healthy eating.



Using the SHA Method helps you quit habits that harm your health, so that a total state of plenitude can be attained in the shortest amount of time possible. At the same time and insofar as possible, therapies that respect the nature of human beings are used to boost the body's own self-healing capacity, thus minimizing the side effects.

It is worth pointing out that even though all of the areas are essential for your well-being, in this document we focus on the **fundamental cornerstone**, which is a **well-balanced and energizing diet** that is enhanced by important healthy habits.

ENERGIZING & WELL-BALANCED

SHA nutrition

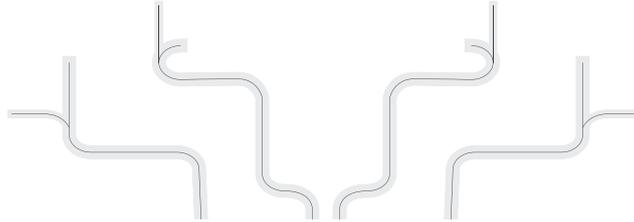


Drinking cold liquids during meals hinders digestion, so try your hardest not to drink anything while you are eating. But if you do need to drink something, warm liquids are better and, insofar as possible, drink them at least 30 minutes before and after your meals.

energizing

balanced

alkaline



The food that is proposed has a distinct **eastern approach** to it and it is complemented by the progress of **contemporary cooking**.

Accordingly SHA Nutrition has been inspired by ancient principles adapted to modern life, with a flexible, practical and appealing touch to it, one which is always in line with what **nature offers us at any time of the year and anywhere**; it is then personalized to the needs of each individual.

Healthy, alkaline, energizing and well-balanced food, whose nutritional composition and energizing dimension have been taken into consideration.

Moreover, it fully complies with the dietary recommendations of the World Health Organization and the latest studies carried out by the leading universities on the subject matter such as Harvard Medical School or the Division of Nutritional Sciences at Cornell University.

NATURAL ORIGIN

As the SHA Nutrition is energizing food, it is important to understand the words **Yin and Yang**, which have been used for centuries in Tibet, China, Korea, Japan and Taiwan to discover the two opposing but also complementary forces that exist in all natural phenomena.

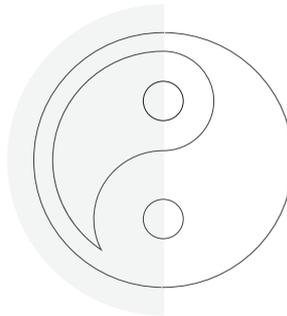
Therefore everything is relative, nothing is absolutely Yin or Yang; there is always a predominating force that can be classified.



Why doesn't our SHAmadi restaurant serve hot food? Eating food that is piping hot can affect the normal functioning of the taste buds and the natural digestion, which can lead to gastritis.

Yin is the energy of **expansion**, dispersion or separation. It is the extreme that is linked to consuming products like alcohol or sugar. While the extreme Yang is the energy of **contraction**, which exists in food products such as salt or meat.

That being the case, it has been proven that consuming an excess of any of these two groups of food products can be harmful for our health.



The SHA nutrition method uses a diet that is based on **seasonal, local and organic products**, which are not located at the Yin or Yang extremes. On the contrary, **they are located in the centre.**

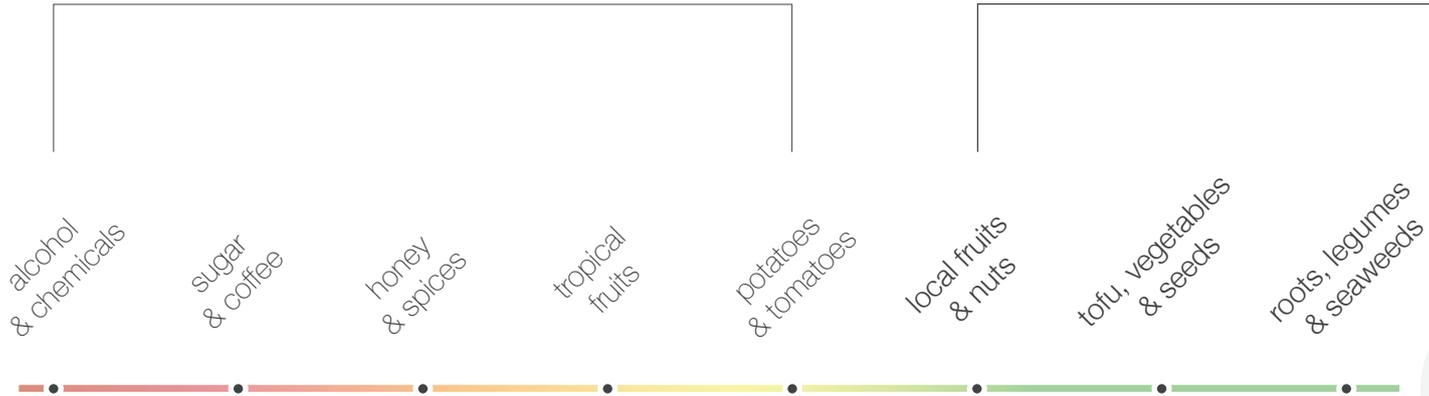
These food products are usually natural such as grains, dried fruit and nuts, vegetables, seeds or legumes.

healthy nutrition

the energy in food

GROUP 1

GROUP 2



yin · expansion



balan

GROUP 3

whole
grains

fish

chicken

cured
cheese

red
meats

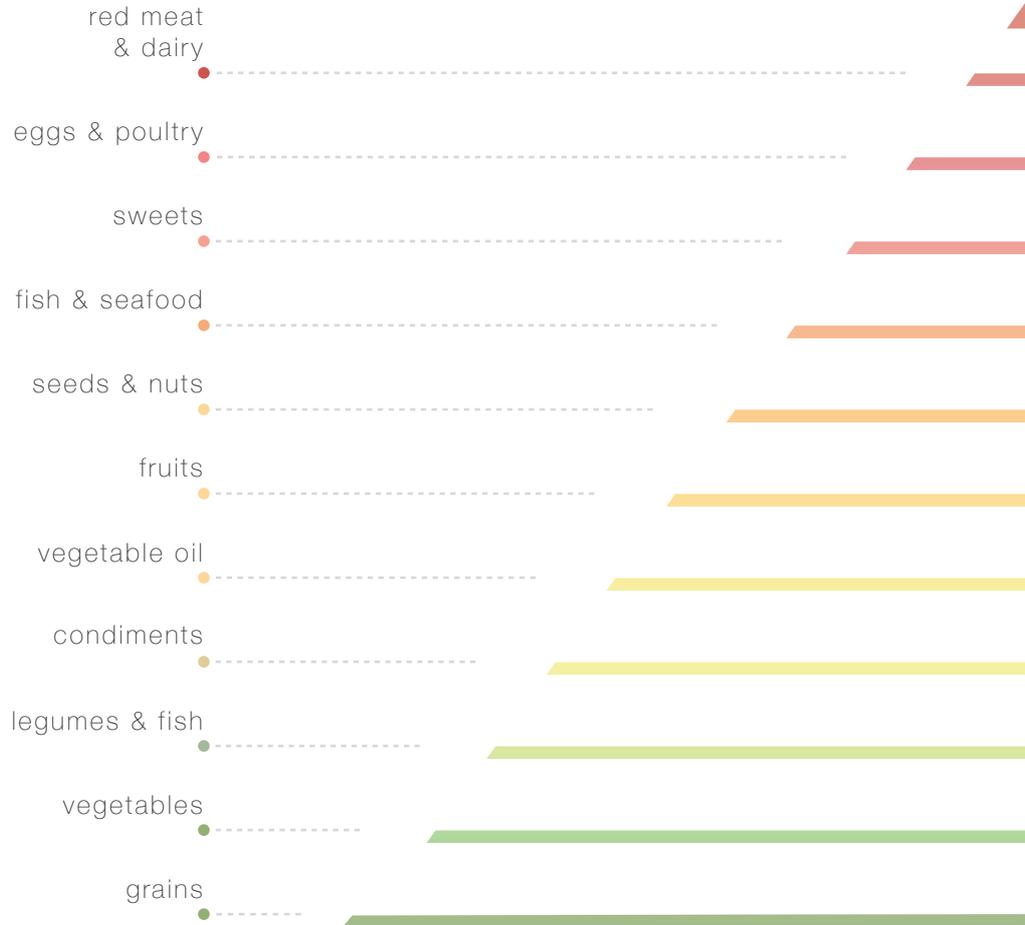
eggs

salt



contraction · yang

SHA nutrition food



HIGHLY NUTRITIONAL

To a large extent **grains** are seeds from the Poaceae family. They include: brown rice, oats, quinoa, buckwheat, millet, spelt, etc.

Legumes are from the Leguminosae family. They are rich in proteins, carbohydrates, lipids, fibre, minerals and vitamins. Some examples are adzuki beans, lentils, chick peas, kidney beans and soya beans.

There is a wide variety of **vegetables** that can be eaten in small amounts either raw or cooked in various ways: steamed, boiled, sautéed, fried or in tempura. Local, organic and seasonal produce are recommended.

Fruit is distinguished for having a high water and vitamin content. It is refreshing and it can be consumed several times a week if the climate and the person's state of health allow for this. Insofar as possible and just like vegetables, fruit should be local, organic and seasonal.

Seeds, dried fruit and nuts have high energy value; they are rich in fat, proteins and trace minerals. They are known for having a high vitamin content, especially the vitamin B group, or omega-3 fatty acids.

Edible seaweed is rich in mineral salts, dietary fibre and proteins. It is a natural resource that is renewed in the sea every year, which is why it is considered to be stable and sustainable food.

Altogether, these are the main food products of the SHA diet. Because of their properties and characteristics, they are essential to have a balanced life style. However, small amounts of fish or seafood can also be included, according to your needs.

It is worthwhile pointing out that the diet must be suitable for personal characteristics so that it completely adapts to the individual and their surroundings.

If you have any doubts about any of the food items in your diet you can have a look at the **glossary** at the end of this booklet.

INSIDE AND OUT

There are many benefits to be had from following a daily healthy and well-balanced diet.





benefits

healthy & well-balanced diet

It boosts the immune system



It favours deep and restoring sleep

It improves the digestive system and keeps weight down



It results in a more stable and optimistic state of mind

It balances the circulation and the lymphatic system



It increases energy, stamina and vitality

It decreases emotional inflexibility



It reduces psychological stress and it improves the memory

SHA DIET PLAN

how does it work? step by step



If one of your health objectives is to lose weight, don't forget that you must go to our Nursing Unit every other day from 7.00 to 10.00h to be weighed. Make sure you have breakfast afterwards not before going.



initial consultation

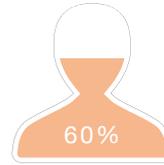
about healthy
nutrition



01

diet plan

food that
is adapted during
your stay



02

follow up

to assess your
progress



03

health plan

rules and guidelines
to stick to your
healthy habits

During the healthy eating consultations your lifestyle, diet and habits will be completely assessed in order to identify any possible points that can be improved. Moreover, you will also be given your own Diet Plan to follow during your stay at SHA, which has been adapted to your needs and requirements.

In turn, during your stay you will have **follow-up appointments** so that our specialists can assess your progress and determine any possible changes and adjustments that need to be made to your diet.

At the end of your stay, you will be given a Health Plan in which you will find recommendations and guidelines that will help you when you leave. It is a guide that will enable you to continue learning and continue on with the healthy eating habits and lifestyle that you acquired at SHA Wellness Clinic.

When it comes to your meals, you can ask for bigger or smaller portions, but we do not recommend asking for a second helping, seeing as this could negatively affect the desired results.

How successful you are at obtaining the desired results, to a great extent, will depend on your own determination and willpower to follow the guidelines established by your nutritionist. If you ever decide to reject your Diet Plan talk to your consultant first, they will evaluate your concerns and make the necessary adjustments.

Otherwise, you must sign a document in which you take full responsibility for having changed your diet, even though you are aware of the fact that this can affect the expected results obtained.

ADAPTABLE DIETS

SHA has **three different types** of healthy menus available: Kushi, Biolight and SHA. After your appointment with your nutritionist, who will carry out a complete evaluation, you will be prescribed one of our diets. This will be adapted according to your objectives and health requirements.



Why should you eat miso soup first thing in the morning? Considering the properties of miso, a good source of natural amino acids and enzymes, it is high energy and purifying food if it is eaten at breakfast time and in the morning.

First, nutrition is the master key to human health. Second, what most of us think of as proper nutrition — isn't.

- Dr. T. Colin Campbell -

kushi

The Kushi diet will be prescribed if your objective is to **control your weight** or have a **full body cleanse**. It therefore limits the portions and the ingredients. Fish is served only once a week and it includes lots of soups and edible seaweed.

biolight

The Biolight is designed for people who have **more lenient objectives**, who want to make a significant **change** to their nutrition. It usually includes fish and pasta twice or three times a week. Moreover small amounts of oil and dried fruit and nuts are allowed in this diet.

SHA

The SHA menu is the most **complete and extensive** option. So, if you come to SHA **to enjoy healthy eating** without having to give up a gourmet approach you have definitely come to the right place.

MEDICINAL TEAS

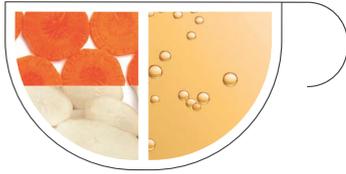
The medicinal teas and herbal infusions that have therapeutic properties for the body are listed hereinafter.

Some of them should only be consumed if they are prescribed by your nutritionist who, according to your health requirements, considers it appropriate to support and help you attain your objectives.

The properties of the different plants, edible seaweed, root vegetables and grains are condensed into each one of them.

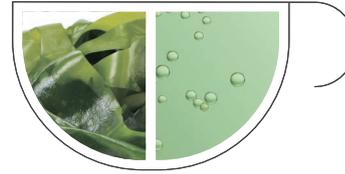
Natural ingredients that can have very positive effects on your health.





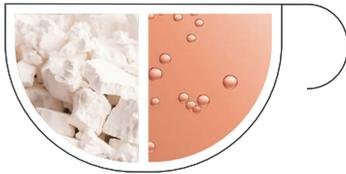
carrot and daikon radish

Especially recommended in stressful situations.
It relaxes the body and the emotions.
It is good against hypoglycemia.
It helps prevent gout and diabetes.



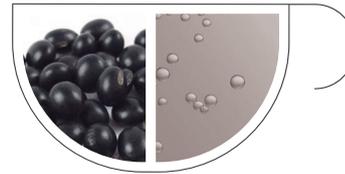
kombu

It strengthens the bones and it slows down their deterioration.
It supports the kidneys and the adrenal system.
It improves the memory.



ume-sho-kuzu

It hydrates, improves and strengthens the digestive system.
It alleviates stomach problems.
It alleviates flu symptoms and lung problems.



black soya

It has a draining effect against bronchitis and colds.
It strengthens the bones and it alleviates joint problems.
It relaxes the body and the spirit.



apple and kuzu

It alleviates pain and muscle tension, especially with regard to headaches.

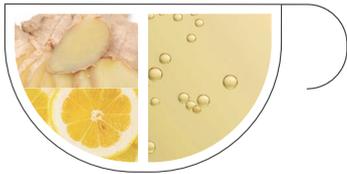
It relaxes the mind and it is a great remedy for insomnia.

It is good for the liver when lemon is added to it.



adzuki bean

It improves the urinary tract by stimulating the production of urine. It is excellent for the kidneys and the adrenal glands.

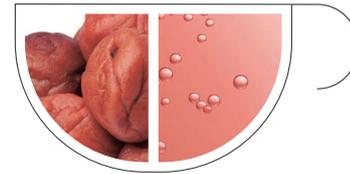


ginger and lemon

It boosts the body's defences against flu symptoms.

It favours weight loss and it purifies the body.

It is an anti-inflammatory.



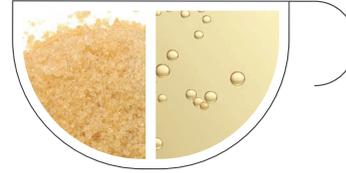
ume-sho-bancha

It decreases the symptoms of fatigue and chronic stress. It reduces the risk of suffering from diabetes or hypoglycemia.



lotus root

It alleviates pain and sore throats.
It reduces the effects of sinusitis, lung, asthmatic and allergy problems.



agar agar

It helps regulate the bowel movements, cholesterol levels and excess weight.
It relaxes and cools down the body.
It alleviates discomfort caused by respiratory or lung diseases.



mu tea

It boosts the immune system and it improves the reproductive organs.
It rebalances the endocrine system.
It alleviates aching joints.



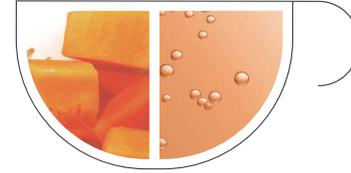
dried shiitake

It prevents cholesterol building up in the body. It also breaks down harmful fat.
It alleviates flu symptoms and lowers fever.



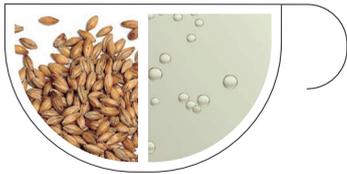
dried daikon

It is especially recommended against ear infections. It eliminates excess fat and lowers cholesterol levels.



sweet vegetables

It helps boost the immune system and it protects the body in times of stress and weakness



barley water

It prevents fat building up in the liver, it protects the heart and the nervous system. It combats depression and anxiety.

Medicinal tea	Relax the body	Boosts defences	Kidney & urinary trac	Lung problems	Memory	Detox	Digestive	Strengthens the bones
carrot and daikon	✓	✓						
kombu			✓		✓			✓
ume-sho-kuzu		✓					✓	
black soya	✓	✓						✓
apple and kuzu	✓					✓		
adzuki bean			✓					
ginger and lemon		✓		✓		✓		
ume-sho-bancha	✓	✓						
lotus root		✓		✓				
agar agar	✓			✓			✓	
mu tea		✓						✓
dried shiitake		✓				✓		
dried daikon		✓				✓		
sweet vegetables	✓	✓						
barley water					✓	✓		

CLEANSING PROCESS

frequent
symptoms

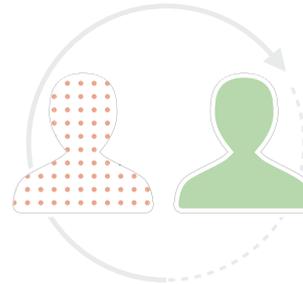


The **cleansing process** involves making changes or readjustments to your diet. A subtle transformation can produce natural reactions and responses in your body.

do not be afraid of
natural reactions &
reponses in your body

For example, if you normally have drinks that contain caffeine or sugar, when you start the diet you might have a mild headache for the first **24 to 36h**.

If this happens, bear in mind that it is a normal process, seeing as your body is eliminating all the accumulated toxins. To avoid having any digestive problems it is a good idea to chew your food properly before swallowing it.



If you have any discomfort or problems with your diet, do not hesitate to tell our nutritionists or visit the SHA Nursing Unit, so that they can come up with solutions that are adapted to your needs. **Please remember that the personnel at the SHAmadi restaurant are not qualified or authorized to modify your diet.**

YOUR STAY

make **the most** of it





A C T I V I T I E S

During your stay at SHA Wellness Clinic, your diet will be complemented by natural therapies and activities that will increase the likelihood of success to attain your health objectives. The whole team at SHA is at your disposal for whatever you need.

It is a good idea to go to as many classes at our **SHA Academy** as possible; there is a daily programme of group activities

that will make your stay an unforgettable experience. Healthy cooking classes, exercises, walks, conferences and talks given in groups, free of charge, so that you end your stay with optimism, good results and friends from many countries.

You will also acquire knowledge that enables you to continue and maintain a healthy lifestyle after your stay at SHA.

RECOMMENDATIONS

during
your stay



- 01 Be relaxed when you are eating**
Chew the food preferably 30 times or more before swallowing.
- 02 Dietary guidelines**
Avoid eating anything that has not been included in your Diet Plan so that you don't prejudice your chances of attaining your objectives.
- 03 Before sleep**
Avoid eating 2 to 3 hours before going to bed.
- 04 Organize your meals**
Establish regular meal times, do not eat between meals.
- 05 Improve your digestion**
Do not drink liquids during meals or 30 minutes before and after them.
- 06 Medicinal drinks**
Go to the SHA Club (in winter) or the SHAmadi terrace (in summer) between 16.00 and 18.00h to enjoy a medicinal therapeutic drink or a afternoon snack, as prescribed.
- 07 Adverse symptoms**
If you feel dizzy, weak or have mild or slight headaches, please go to the Nursing unit and also get in touch with your nutritionist or the assigned healthcare professional.
- 08 Carry out body massages**
Do it every day in the morning and the evening using a towel soaked in very hot water, until your skin gets a pinkish tone. This will speed up your body's own cleansing process.
- 09 Be physically active**
Establish a daily routine of physical exercise. SHA fitness classes are great for high intensity physical activity or if you prefer try activities that require less physical exertion, such as walks in the fresh air or a session in the Hydrotherapy Circuit.
- 10 SHA Academy**
Maintain an ideal state of health indefinitely using the resources available at the SHA Academy, a selection of conferences, healthy cooking and relaxation, meditation classes, etc.

glossary

Agar Agar

A gelling agent that is obtained from red algae. It is rich in fibre and minerals, so it helps regulate bowel movements, cholesterol levels and excess weight. It can be used as a thickening agent or as an accompaniment.

Buckwheat

It is also called beech wheat. It is a plant cultivated for its grain-like seeds that are rich in antioxidants and minerals such as zinc, copper or magnesium. It prevents diseases and it is an excellent source of plant-based protein.

Amazake

A Japanese creamy drink that is obtained by fermenting rice. Its sweet taste also makes it a good alternative to millet or oats.

Arame

This edible seaweed that is very popular in Asian cuisine has a sweet, pleasant and mild taste. Its mineral balance and antioxidant properties help combat high blood pressure and prevent premature aging. It has to be soaked before eating it.

Adzuki

A small dark red coloured bean that is imported from Japan and it is also grown in Spain. It is especially good when it is cooked with the algae kombu. It is beneficial for the kidneys and the gall bladder.

Watercress

It is a plant that belongs to the traditional cabbage family. It is used to treat respiratory problems such as coughs, bronchitis or colds. It has powerful diuretic and antioxidant effects. It should not be consumed in excess because it can damage the kidneys.

Borage

It is a purifying and antiviral vegetable, it is highly nutritious and it has good dietary properties due to its high water content (91% of the total weight), iron and vitamin C. It can be eaten raw, cooked or fried.

Bulgur wheat

This nutritious and energizing grain is obtained when the wheat is parboiled, dried and cracked. It is considered to be a good alternative to rice and it is a good source of iron, potassium, magnesium, fibre and B vitamins.

Daikon

This is a Japanese variety of the radish. It can be used as a condiment, eaten raw or cooked. It has a high vitamin and mineral content. It also favours digestion, it is an anti-septic and it boosts the immune system.

Dulse

This red sea lettuce has a mild and smoked taste. This variety is recommended to treat hypothyroidism naturally because it is rich in iodine. It does not have to be cooked before it is eaten.

Edamame

A traditional appetizer in Asian cuisine that is obtained by boiling the immature, green soybeans that are 80% ripe and still in the pod. It is a good source of plant-based protein and it helps prevent cardiovascular disease.

Gomashio

A Japanese condiment made using sesame seeds and sea salt. Both ingredients make it a good source of minerals, proteins and vitamins. It is a healthy option to use to make salads, cook pulses or vegetables.

Hijiki or Hiziki

This is a brown sea vegetable that has quite a strong taste. It is considered to be one of the species that has the highest mineral and trace element content. That is why it balances the blood sugar levels and strengthens the hair. It has to be cooked for 30 minutes.

Kinpira

This is a style of cooking very thinly sliced vegetables that are sautéed (for about 20 minutes) using a drop of sesame oil, water and shoyu (a type of soya sauce).

Kombu

A fleshy, smooth textured therapeutic edible seaweed. It improves the lymphatic system and it prevents high blood pressure. It also enhances the taste of the other ingredients. It takes about 30 minutes to cook.

Linseed oil

The oil is obtained from the flax plant and it is a good natural source of omega 3 and fibre. It is known for its purifying cleansing effect and for preventing cardiovascular diseases.

Millet

A gluten free grain that is easy to digest. It is a good natural source of hydrates, iron, magnesium and proteins. It can be used as an accompaniment or eaten on its own and it is a good alternative to pasta or rice.

Miso

Flavour enhancing paste that is naturally fermented with soya seeds or broad beans and sea salt. It is beneficial to balance the body's digestive processes and eliminate toxins.

glossary

Natto

It is a soya derivative that is obtained by fermenting. It is rich in vitamin K, which means that it protects the bones and slows down the bone loss process.

Nishime

This style of cooking is based on slowly braising or boiling the vegetables for approximately 45 minutes, without using any oils, just small amounts of water (1 cm) and a pinch of salt.

Nori

A small edible seaweed that is a famous ingredient of sushi. Just like other sea vegetables it helps make up for mineral deficiencies in the body. People with hyperthyroidism should not eat excessive amounts of it.

Polenta

Traditional Italian meal made using flour that is simmered. It contains the main groups of nutrients, which is why it has a refreshing effect on the body and it helps maintain blood sugar levels.

Seitan

It is known as “vegan meat”, it is wheat gluten, separated from the starch, kneaded and boiled with vegetable broth until it becomes a highly nutritious and protein rich dough.

Shiitake

An Asian edible wild mushroom that is rich in B vitamins. It alkalizes the body and reduces blood pressure. It is an anticancer agent and sometimes it helps reduce stress levels.

Shimeji

A group of edible mushrooms that are native to East Asia and they also grow in the north of Europe. They taste good and they are highly nutritious.

Shiso

It is known as the Japanese basil. It is an aromatic plant that is used for therapeutic purposes, for respiratory disorders, allergies or food poisoning.

Somen

Very thin noodles made of wheat flour and cooked with vegetable oil. It can be used in salads, soups or as an accompaniment. It only takes 2 to 3 minutes to cook.

Tekka

A condiment obtained after sautéing hatcho miso, sesame oil, burdock, lotus root, carrot and ginger root on a low heat for a few hours.

Tempeh

It is vegan, it is made of fermented soybeans and it tastes like walnut. As it is rich in plant-based proteins it is a perfect substitute for animal-based food products.

Udon

Japanese noodles made of wheat, whole-wheat or whole-wheat with unrefined white flour.

Umeboshi

A pickled plum. Its main beneficial property is that it has an alkalizing effect on the blood pH. It is therefore a perfect ally to combat chronic fatigue and tiredness.

Rice vinegar

Mild vinegar made from brown rice. It balances the liver and the gall bladder.

Wakame

This edible seaweed is considered to be a super food because it is rich in minerals such as calcium and iodine, and also because it is a good source of B vitamins, especially, folic acid.



Recognized with more than 50 international awards



#SHAlifestyle

@shawellness

Verderol 5 03581 El Albir Comunidad Valenciana Spain T +34 - 966 811 199 info@shawellnessclinic.com
shawellnessclinic.com