



CASSTRONOMY'S FAST NUTRITION

HOW CAN I LEARN TO COOK WITHOUT

RECIPES?

WITH RECIPES AND MORE!



By Cassandra Austin

Chef and Wellness Specialist

For a quality culinary life

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Acknowledgements

All your on-going love, support (a special mention to my Mum, who was up at all hours of the night with my Auntie Maree's cornflower starch recipe getting chefs hats ready for exams, with the recipe dose to high and copping rock-hard hats whistling through the air) I cannot thank you enough for your encouragement and commitment to me, I am forever grateful for.

My husband Glenn Austin, friends and family who have supported me on my journey and to heal.

Also Thank you for being my guinea pigs with recipe creation in transformation (Glenn you definitely copped the worst with my brown rice, beetroot and sardine risotto, I will recreate a beautiful version one day.)

Oh, and my Chef trainer Rodger Halsey who kept me on track, Anton Mossiman for inspiring me with Cuisine Naturelle as an apprentice chef along with many more who fed my mind and skills along the way.

Published by:

Cassandra Austin

Printed in Australia

2nd Edition, October 2023

ISBN 0-0000000-0-0

1. What you will learn and why!

- **Learn how to cook nutritious food without using recipes**
- Learn to create your own culinary style
- Share your personal style with other

2. How!

- **Casstronomy's secret weapons**
- 15 ways Casstronomy's secret weapons can work for you
- Fingers and Toes
- **Casstronomy's secret blends**
- Optimum health and vitality benefits of this self-care blend
- The real super hero ingredients of your self-care blend
- **Casstronomy's self-care blend**
- The real super hero ingredients of Casstronomy's sizzle blend
- **Casstronomy's Chefs sizzle blend**

- The real super hero ingredients of your beauty blend
- **Casstronomy's beauty blend**
- Optimum health and vitality benefits of this self-care blend
- The real super hero ingredients of your beauty blend

3. The next step!

- Virtual Workshops
- Online courses
- Testimonials
- Disclaimer
- References
- Thankyou

The ugly truth

Only 8% of adults and 4.6% of children are eating the recommended 5 serves of vegetables each day.

ABOUT THE AUTHOR

Hello! I'm Cassandra Austin a Certified Chef and "Food & Wellness Specialist". I come with 35 Years of culinary and deep learning experience.

A classically trained Chef with extra Qualifications in Diet and Nutrition, Food & wellness, food psychology, kitchen medicine, diploma of hospitality management, diploma of business and vet training.

Practical experience includes commercial cookery and hospitality trainer, food consulting, food ambassador, recipe developer, tester, Chef owner of my own restaurant an industry role model.

Successful people in life achieve their goals through hard work or by working smarter. I began to analyse myself and realised I had proven myself.

Proving myself to the world may have been achieved had I not “pushed” my body to exhaustion and ill health but, simply, may have taken a longer time. It was a time in my life that I made the decision to change, be more proactive, and take more care of my physical, and psychological self religiously, I would eat a varied, healthy diet and began exercising by walking regularly, rejecting cigarettes in favour of attending to my body and my mind. From then I noticed weekly changes in my life such as that I became fitter, stronger and calmer, more controlled. In my mind.

Also, I felt happier as I completely changed my life but still managed the restaurant, taught commercial cookery at college level and judging culinary competitions. I recall people telling me I looked 10 years younger and I felt it.

Castronomy's mini ebook

As well as continuing my increasing responsibilities, I fulfilled roles in the following, committee ACT restaurant and catering association, president of the ACT ACF Chapter, regional representative of the Woman's leadership forum, Woman in trades Ambassador at Canberra Institute of technology. After meeting my husband who is a highly regarded Hospitality Consultant and assisted him where possible in his role as Director of Pacific Rim on the World board of Chefs societies.

I continue my self-care journey living in Agnes Water, at the bottom of the Great barrier reef in between 2 national parks, Growing as much of my own organic food as possible, with hubby fishing and crabbing when he can, 35,000 litres of rain water when the tanks are full and 8 Kw of solar panels. I surf, beach and bushwalk for balance and I love it so much I don't really feel its exercise, it's a way of life.

My work is varied and interesting including offerings for corporates, woman, hospitality professionals and seniors both face to face and online;

- **Eat & Play**

“We, Ate, we drank, we made a life change”.

Events and Private Chef hire in Agnes Water

- **Learn and Create**

Virtual Workshops & Online Courses for Corporates, Woman & The third age 65 +

Hospitality business training, coaching and consulting.

- **Refresh, Invent, Promote**

Recipe creation, chef presenter & brand ambassador

Learn how to be a Super hero in the kitchen

Your ultimate solution, to stop feeling hopeless around creating fast, tasty, sexy, healthy, nutritious meals is here. With secret weapons to help you be a super hero in your kitchen.

Learn how to cook pure and natural ingredients without recipes like a pro.



Castronomy's mini ebook

CASSANDRA AUSTIN

CASSTRONOMY'S MINI EBOOK

HOW CAN I LEARN TO COOK

WITHOUT RECIPES?

WITH RECIPES AND MORE

1. WHAT YOU WILL LEARN AND WHY?

Wonder woman had a plethora of secret weapons that she used to achieve greatness as did Thor.

Tired of Self-doubt, Lack of desire, Lack of confidence & creativity?

Lack of knowledge? With some easy-to-use weapons, you will have natural super powers in the kitchen. less complicated now “You can design your culinary life.”

Know-how and stop feeling overwhelmed to manage a tasty, healthy diet for you and your loved ones with your busy schedule?

Yes, make it easier and fun.

No more feeling worthless when it comes to cooking. It is horrible and depressing when you just cannot seem to control your culinary life. Stop feeling a failure, nurture through food, a great way to show a sense of community, care and love.

Here are real solutions and a few secrets that you can master quickly to keep you stay on track, **with bracelets of victory, power rings and a lasso of truth, you can jump in my magic plane and come with me!** The solutions can be faster, cheaper and amazing nutrition for optimum health and vitality! Not possible you say? Let me show you!

Create visually appealing solutions that truly taste great. Who me? YES YOU!

There are a few tricks to learning and designing your own secret weapons, but I promise it can be fun and flexible, you can;

- substitute with alternative ingredients,
- change some if they are too expensive

- or you simply choose another way if don't like it.

I will offer support if you are not sure your plan will work or get stuck, just send me a message so I can help you.

Here are some of my, Casstronomy's secret weapons for nourishing, self-care food. No more failed diets, these are life changing skills with food!

Cheers to you for making the first step and are ready to take the next step in creating your super powers to Cooking Healthy, pure, natural, wholesome food the easy way. God damn it, move away from feeling hopeless around cooking food and master this first skill, then you will be ready to move on to the next steps.

Learn to create your own culinary style

With some warrior strength to make it easy and achievable to use these culinary weapons, tweak them and change them to make your own style, nourish your friends and family to share quality time & the life you deserve.

Create your power rings, battle amour, war suits and magical swords to suit you, your family and friends, Have the magic powers, make the time and the confidence. I am here to help you fly like an eagle so do not let your head get in the way of your super powers!

Share your personal style with others

Get over that feeling of “MASSIVE IMPERFECTION” in the kitchen and have fun with the culinary art, its quiet healing you know! Share skills, tasty, healthy, sexy, food, nurture and connect with the ones you love.

Castronomy’s secret weapons

“Like Wonder Woman, here is my lasso of truth”

Enough talk, let’s get started!

So, you know what a pesto is right?

Well, these secret weapons are based on the concept of pesto, which means to pound, crush or blend. The Italians invented it and believe it can be only used from the traditional ingredients.



This is one of my Healthy kitchen secrets to make these blends specifically for whatever I need, tweak them to my needs, budget, season etc; which makes them an invaluable tool that you can learn.

Here is why I love them so much!

On the uses list below, you will see it just goes on and on, you can make a big batch and freeze them ready for use! Lots of people do not realize that

freezing food fresh, is actually full of more nutrition than fresh food that you have left in the “sogger “it seems to go soggy in the crisper”,

15 Casstronomy’s secret blends can work for you!

“These are my Wonder Woman bracelets of victory”

1. Breakfast spread or mix with a smash
2. Fill the middle of an avocado for a tasty flavour bomb
3. Dollop on top of your favorite soup
4. As a flavour enhancer for bone broth and add your own favorite veggies and complete protein
5. Mix through your favorite finished pasta or risotto

6. Use as a spread on sandwiches and crackers and top with your favorite toppings
7. Use as an awesome dressing base, add mustard, acid and oil
8. Use to finish a sauce for extra punch
9. Top cooked fish or chicken with it and baste at the end of the cooking process
10. As a dip on your Veggie charcutiere platter or as a sauce for vegetable or meat skewers, simply add some water and citrus or vinegar of your liking
11. Add to your designer omelette's, quiches, coddled eggs and frittata
12. Fill chargrilled mushrooms of varying sizes turned upside down with a tasty spread and baked
13. Top a wheel of brie or camembert wrapped with preserved vine leaves and bake to serve with crackers and crudites

14. Finish your favorite cheese fondue with a good dollop for extra tasty goodness

15. Add to Greek style yoghurt for a cold sauce or hang to make labneh “cheese, yes, you can, it’s called yoghurt cheese”

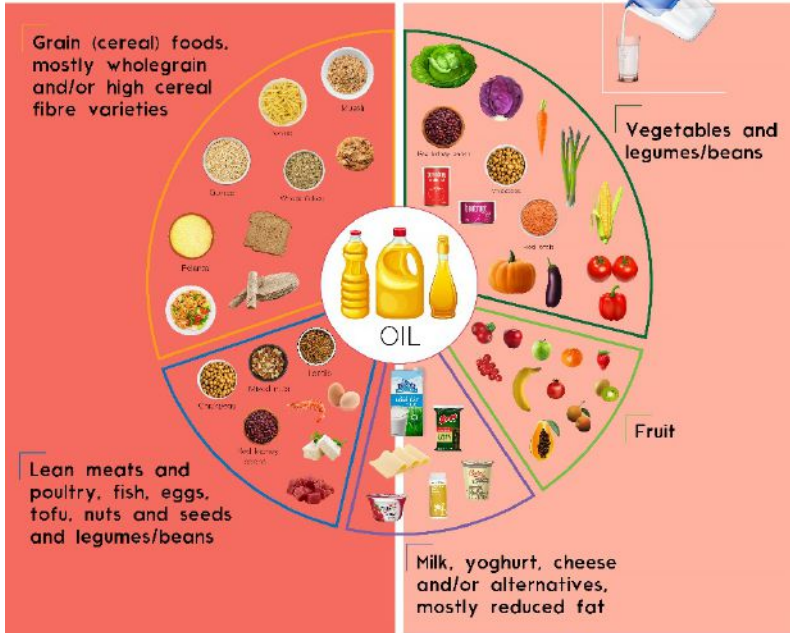
Stick to a few basics, keep it simple and fun.

1. Stick to the recommended amount of each food group, each meal on your plate.



Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups everyday. Drink plenty of water.



USE SMALL AMOUNTS



ONLY SOMETIMES AND IN SMALL AMOUNTS



2. The amount of each food group my secret power rings to Fingers and Toes

P.S I have mixed it up a little to make it sexy for me changing the Protein from the palm of your hand to the top of your foot 3 times a day to make it easier to visually digest and a wee bit different. Please keep in mind the size on the infographic in comparison.

Oils and fats the size of your big toe less the toenail!! This should equate to a similar size to your finger as a guide.

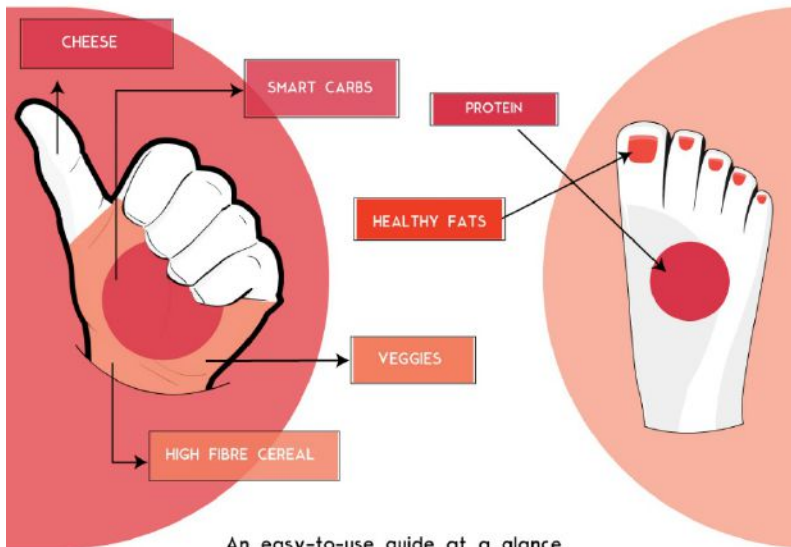
For further clarification please go to

<http://www.eat.gov.au/accessible-versions-australia-dietary-guidelines-resources>

“These are my Wonder Woman secret power rings for you”



A Fingers and toes for adults



An easy-to-use guide at a glance

- * Protein the top of your foot without toes x 3 times a day
- * Veggies the size of your fist x 5 times a day
- * Cheese the size of your thumb x 3 times a day
- * Fruit a medium size x 2 times a day
- * Carbs (low & high fibre) the size of your fist x 2 serves a day
- * Oils & butter as per your big toe per day
- * High fibre cereal, seeds, grains x 1 fist size serve per day

2.THE HOW

Castronomy's secret blends

Here are 3 weapons to adapt and become your own super-hero in the kitchen.

Optimum Health and vitality benefits of Castronomy's self-care Blend

Iodine "According to research in Australia (March 2021), Iodine deficiency is a shortage of iodine in a person's body. There is a growing problem in Australia with iodine deficiency, especially among children and pregnant or breastfeeding women. This puts them at risk of thyroid problems and leads to other serious consequences."

"It is important that you get enough and critical that you do not get to much."

We end up with Iodine poisoning if we get too much. A 5g teaspoon of the Casstronomy's self-care blend would give about 15 mg of iodine with the other ingredients, which is 3/4 recommended daily intake of iodine.

Probiotics the main strain being oryzae (research shows this probiotic can reduce digestive problems), taken with prebiotics enhances the best environment for healthy gut bacteria.

The real Super hero ingredients of the Wellness blend

Some of the mighty benefits of this blend include;

calcium, copper, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc, riboflavin, niacin

A, B, C, D, E and K, niacin, folic acid, taurine, choline

Polyphenols, carotenoids, flavonoids other phytonutrients, including several types of alkaloids, antioxidant properties.

Fibre, protein, iodine, carbohydrates, oleic acid, essential fatty acids, probiotics

Castronomy's self-care blend



Ingredients

2 cups of toasted soaked nori sheets

2 tbsp extra virgin olive oil

1 tbsp pumpkin seeds

1 tbsp sunflower seeds

1 tbsp chai seeds

1 tbsp parmesan cheese

1 clove of garlic

1 tsp anchovy fillets

1 tsp lime zest (dried finger lime zest is optional)

1 tsp miso paste

1 tsp capers

¼ tsp salt

¼ tsp pepper

Method

- Toast the nori sheets lightly in a pan, place in a little cold water, squeeze excess moisture out with your hands
- Place the nori sheets in half the oil, in a blender with garlic, anchovies, lime, miso in

your blender and pulse, when the ingredients are coarsely chopped

- Add pumpkin, sunflower and chia seeds and further blend
- Finish with capers and season to taste
- Coat an Ice cube tray with extra virgin olive oil and freeze in cubes until required

“REMEMBER enough iodine but not too much

Use sparingly, I recommend defrosting a cube for use so you can have it every couple of days.



Toasting nori sheets in a pan



Soaking toasted nori sheets (just enough water to wet then squeeze out extra moisture)

Tip

If you find this blend too strong in seaweed for you, you can half the nori and substitute with ½ drained wilted spinach (for instructions on how to wilt spinach please read the method of the sizzle blend recipe below)

Optimum Health and vitality benefits of Casstronomy's Sizzle Blend

The paste has a mixture of ingredients that can help activate the metabolism, ingredients that can provide a feeling of satiety “a feeling of fullness”, and provide nutrient rich energy food that help you with the feeling of vitality to active the body for weight management.

Raw garlic contains allicin, which is shown to potentially prevent obesity and linked metabolic disorders by activating brown adipose tissue or brown fat.

The real super hero ingredients of your sizzle blend

Magnesium, protein, calcium, iron, potassium, folate, vitamins A, B6 and B12, C, phosphorus, zinc, and copper, fibre, molybdenum, manganese and selenium. It also contains good amounts of copper, vitamin B1, chromium, phosphorus, magnesium and niacin, soluble fibre, sulphur

Castronomy's Sizzle Blend



Ingredients

2 cups of wilted spinach

3 tbsp water

2 tbsp olive oil

4 tbsp grated parmesan

¼ cup roughly diced celery or fennel

2 tbsp pearl barley (cooked)

¼ tsp chai seeds

2 tsp lemon juice

3 cloves of garlic

1 tsp spirulina or matcha powder

1 tsp cumin powder

1/8 tsp cayenne pepper

¼ tsp salt

¼ tsp pepper

Method

- Wilt spinach by boiling the jug, pour enough hot water over the spinach to wilt, drain and cool in the refrigerator



Wilting spinach by pouring a little boiled water from the jug

- Toast the cumin powder gently by dry toasting in a fry pan until it gives a nice toasty, roasted smell



You can toast cumin seeds for more flavour



Then pound in a mortar and pestle to release

- Place the cooled wilted spinach with half the oil in a blender with garlic, cumin, cayenne pepper, matcha and lemon juice, pulse until coarsely chopped
- Add parmesan cheese and celery or fennel, chai seeds and blend
- Stir through water and pearl barley to finish, season with salt and pepper.
- Place into sterilized jars leaving enough room on top to float the oil, it is wise to think ahead on how much your households will use in 4 days and store in these batch amounts so they can be frozen in manageable portion amounts for later use



Tip

You can soak and precook the pearl barley to keep in the freezer for other uses and just take what you need as you need it, it's a great salad base



You can substitute with Malabar spinach, Swiss chard, silver beet and other alternatives if you desire.

Optimum Health and vitality benefits of Casstronomy's beauty blend

This blend contains the nutrients and benefits for improved Beauty that Improve collagen production,

help fight aging, skin discoloration, texture changes, wrinkles and fine lines.

It Can help relieve skin allergies and skin infections and support gut health.

The real super hero ingredients of Casstronomy's beauty blend

Vitamin A, C, D & E Beta-carotene, protein, lecithin, , linoleic acid, oleic acid, lycopene, essential fatty acids, carbohydrates, Vitamin b6, calcium, zinc, selenium, fibre, copper, Sulphur, lycopene, antibacterial, anti-fungal, anti-skin cancer properties.

Castronomy's beauty blend



Ingredients

2 cups of watercress leaves

2 tbsp avocado oil

2 tbsp walnuts

1 tbsp sundried tomatoes

1 tsp chai seeds

4 tbsp goat's cheese

1 clove of garlic

1 tsp anchovy fillets

1 tsp lemon zest finely sliced

2 tsp dried lemon myrtle

¼ tsp salt

¼ tsp pepper

Method

- Toast the walnuts gently in a pan until it gives a nice toasty, roasted smell, allow to cool
- Pick, wash and drain the watercress
- Place the watercress and picked greens of your choice in half the oil in your blender with the toasted walnuts, garlic, anchovies, finely

sliced lemon zest, roughly chopped sundried tomatoes and pulse until coarsely chopped

- Add goat's cheese, chia seeds and blend further
- Season with salt and pepper
- Place into sterilized jars leaving enough room on top to float the oil, it is wise to think ahead on how much your households will use in 4 days and store in these batch amounts so they can be frozen in manageable portion amounts for later use

Tip

- Spinach can be used as a substitute if you cannot obtain watercress
- Olive or macadamia oil can be used in place of avocado oil

“Yeah right, you say, great you say, too many ingredients you say or too expensive you say, I’m never going to do that you say. Just remember you can substitute with less expensive ingredients that are pure and natural. You do not need to use the variety or long list of ingredients here that I have suggested for you. I just want you to have many options to choose from, just remember to use the pesto making principles and with some practice, time and confidence you can be making your own beau delicious blends!”

3.THE NEXT STEP

The next step to design your culinary life is to add extra skills to learn how to cook without recipes (although they are great to use as a guide) .

No pesky so-called miracle potions and diet drinks with undelivered promises, nope just real food with the confidence support and power to change for good.

Did you know the truth to long lasting change is repetition and support, just like picking a buddy to keep you honest with exercising to meet and enjoy it with, cooking can be the same?

“Fun, creative and rewarding”

Interested in learning more?

Virtual Workshops

You can book a virtual workshop and cooking class and learn to use your left overs.

Questions? shoot me an email directly. book a 30-minute chat on what you will need.

Join me on zoom, your work colleagues and friends. Time to extend your magic super powers, take action fun, connect & collaborate cassandra@casstronomy.info

Learn how to make fresh tasty pasta dishes from scratch, order online, a 2nd hand pasta machine can be found on eBay, there are endless opportunities

Hell Yes!

1. Save money
2. Save time
3. Lower you and your loved one's health care costs
4. Achieve higher productivity
5. Improve morale and loyalty with the ones you care about
6. Boost confidence and self esteem
7. Create bonds cooking with colleagues, friends and family
8. Improve health and nutrition

9. Increase happiness
10. Decrease depression
11. Improve lifestyle
12. Encourage a sense of care and trust
13. Improved lifestyle with colleagues, friends and family
14. Get the recognition you deserve
15. Connect through food and master the art of culinary creativity

So just like learning the concept of blends and how good it is to have that dollop of fast, tasty, goodness, designed by you on tap. It's pretty clear the pluses well out way the minuses, right?

You can step up claiming your Super powers to stop those feelings of hopelessness, depression, anxiety and poor nutrition.

If you truly ask yourself "what is the cost of not changing your approach around food, cooking and caring for you and your loved ones, the ones you care abouts wellbeing along with your own?"

Remember you can do it, do not let your head get in the way

Yes plan, plot, create!

Find out what Savvy Saturday and the Sunday Sessions are and how they can have to make life better.

Eat healthy tasty sexy meals with adventure the easy way. Cut through the reasons why you cannot stay on the wagon with meals.

You cannot control Covid 19, but you can make small sustainable changes with Coaching strategies and support to help you stay of track, in your own time, in your own way at your own pace with on line self-paced courses.

Online Courses

Which on line course would best suit your needs?

Find out budget friendly and nutritious foods

Find out the best ingredients for clean, fast, easy meals

Find out how can I save money and eat for health

Learn to cook like a pro and cook with ingredients over recipes, so you know the what, not just the how, and of course the why!

1. Nourish and Self-care for Corporate Comfort! Comfort mood food, fast health food for vitality without breaking the bank

The ugly truth

In an article published by smart company in 2020 hospitality and retail industries 66% of workers reported a mental health condition that year and that only 10 % were offered workplace support. Financial literacy and education on how to access them if available could assist with well-being.

Connect with your team, keep them happy, healthy, and well, offer food mood for staff at work.

Australia's health 2020 The top cause of death is linked to diet and lifestyle

Medibank Australia reported that unhealthy Australians took up 9 times more sick leave than their healthier colleagues.

According to the white paper big issue by vitality works most workers suffer from the following, time for some self-care in the workplace.

1. Not enough sleep
2. Not enough vegetables
3. Not being mentally healthy
4. Sitting too much
5. Too much sugar
6. Drinking too much alcohol
7. Working too much

How can you connect with your team, keep them happy, healthy and well?

How can you offer food mood for my staff at work?

**2. Nourish & self-care for the girls!
including champagne and chocolate of course!
beauty & balancing food, weight management.**

The ugly truth

According to 2017/18 Australian institute health and welfare

Less than 1 in 10 Australian Woman eat enough fruit and vegetables

3 in 5 Australian women are either overweight or obese

Find out Is asparagus good for your skin

Find out the beauty benefits of lemon myrtle leaves

And of course, the health benefits of Champagne and chocolate

3. Nourish and Self-care for the 3rd Age of qualitarian's cook like a pro, vitality, weight management, gut health.

The ugly truth

92% did not eat enough vegetables in the high socioeconomic areas compared with 94% in the lowest

Coronary disease is still the leading course of death in men

Dietary requirements differ for older Australians (over 65) from the standard model, learn how.

Find out does breadfruit help diabetes

Is 50 ml of olive oil a day the secret to heart health

What are nutritious family favourite meals and how can I cook them

Take a huge leap in knowledge, with technology and scientific facts to get to the ultimate super powers of long-lasting change

So, you know the what and the why. Here are the super powers the how:

- With lots of easy videos on how to get organized to stay on top
- Having the right ingredients, A 5-page list of foods that are good for your needs that you can chose to keep your pantry stocked
- Simple knife skills and the utensils you need
- Easy, modern healthy cooking methods
- Recipes to use as a base and how to use the internet to your advantage
- Cooking videos to get you started
- The balance of your plate

- Design your culinary life with Interactive activities
- 10 fast facts cheat sheet
- 101 Coaching strategies
- Back up Q&A support

Do not let your head get in the way of your success. The proof is in the pudding right so read on for outcomes

Corporate group presentations – Success story

“I have been in the hospitality industry for over 27 years and have seen many culinary workshops and masterclasses that have inspired me to do better. However, it is always refreshing to hear Cassandra Austin present, her knowledge and passion for food, wellness & healthy lifestyle is not only informative, but changes people’s lives. She makes an excellent Coach”

“In her capacity as a food and wellness coach, and CIT graduate Cassandra was engaged as an ***“ambassador for women in trade”***, Cassandra’s learning journey and life story coupled with her wealth of knowledge made for truly inspiring and educational presentation.....”. She was also engaged to present her “Food for Beauty” Workshop to Inspire young female school leavers for our International Woman’s Day Program “A roaring success”

Individual students Workshop Attendees -
Cassandra Austin- Success stories

An Innovative approach and enabling me to improve my and my family’s life through a healthy diet and lifestyle, “highly recommended”. A good idea and innovative platform “Wishing you all the best”.

As a female it encouraged me that nothing is impossible, I am feeling more confident and learning

these skills I learned, I can transfer the 101 coaching strategies at the end of the workshops to other areas of my life for further success.

“This workshop was exciting and interesting; I know that this workshop is really going to help me in the near future.”

“An excellent and innovative demo displayed 100 percent.”

A Coaching Success story for – Cassandra Austin

I am a 41-year-old mum of two healthy, active boys. Up until now, my digestive consisted of being regularly bloated, flatulent, constipated and tired for the past 3-4 years. Quite often it would be anywhere between 3-5 days between passing stools and when it got to about 7 days, I would take a laxative. Needless to say, I also regularly got hemorrhoids due to straining. The longest I've been

was recently at 8 days where I used an enema one day and a suppository two days later to help me.

I researched diets, spoke to friends with similar problems, tried various things such as gut health supplements, IBS supplements, pro-biotics, gluten free, high protein, low fat, low carb. You name it I tried it.

About two years ago, I went back to the Doctor, feeling tired, irritable, constantly constipated. Blood tests were taken, all was well there so, I was referred to a nutritionist who got me onto the Low FODMAP program and yes, it worked well for a month or so, but then my old problems came back and I was back to square one.

Fast forward to December when I started chatting to Cass for advice and tips on how I can get better. I am so glad I started that awkward conversation as within one month I already feel 100% better and I'm regularly going to the toilet without straining.

Cass asked me to keep a food and exercise diary for about 10 days. My diet wasn't too bad but even I admit, I could always do better. Cass gave me realistic, simple easy to follow and inexpensive tips on how to better my diet. There was no special nuts or seeds or a new product you can't buy locally. There was no "Activating Almonds" before you eat them tricks. It was simple fresh food with fresh ingredients that I can buy at any market or supermarket.

What's even better, I could implement these things without impacting the rest of my family. I still enjoy a special treat every now and again, but with Cass's tips and advice I have no problem at all setting it right the very next day.

I have more energy (to the point, I've started exercising daily again – I'm so unfit! Ha), I'm sleeping better, I'm much less flatulent, I'm less bloated, I'm

regular on the toilet and my husband is even excited because he doesn't have to hear me complaining about tummy pains!! Ha ha

Another Coaching Success Story for Cassandra Austin

Not just a weight loss story but a life changing testimonial. For over 8 years I have suffered from endometriosis and other abdominal issues, with which came countless hospital trips and countless surgeries, I was always in pain from one thing or another. So being in pain would often lead to bad eating because all i wanted to do was be in bed not in the kitchen. Bad eating led to weight gain. Weight gain led to bad self-image. My face would break out. I felt bloated all the time. It was a vicious cycle. And exercise, don't even ask. I was stuck. I wanted to eat healthy and be healthy but i didn't have the knowledge or motivation to find the knowledge. My body was reacting badly to the foods I ate i.e. the bloating, the bad skin, the horrible

mindset. My body couldn't handle it. I was literally a case of "YOU ARE WHAT YOU EAT!". The bloating was having a massive effect on my endometriosis. Over the time I spent with Cassandra I learnt more about myself and my body and what it needs in 12 weeks than I have in 25 years. I was guided to find motivation for change, not just mindset change for food but mindset change for life itself. I was taught a positive way of life. I was taught what foods are right me and what foods aren't. All based on the foods I enjoy and new things I tried. I have been guided into a new life. I started with Cassandra in October. In that time i had a bit of a rough time with personal issues, but the mindset change helped me get through what i had to with a positive attitude and come out on top. I started at 70kgs and am now 59kgs. I haven't had any surgeries for 13 months, a winning record for the last 5 years. One hospital trip in 10 months, when its usually 1 a month.

The best in 8 years. All thanks to giving my body the right foods to fuel and recover properly. With all this achieved I had one final thing to do, QUIT SMOKING I am now in my 3rd week without a cigarette and going strong. I have almost folded but my mindset is too strong to stop trying now. For the first time in my life, I actually have confidence within myself. I feel amazing inside and out. With the dedication from both myself and my coach I truly am a new person now and I cannot thank Cass enough.

Survey

Which workshop would you like to attend?

Would you prefer a zoom interactive workshop or cooking class or do you prefer an on-line course to go at your own pace?

what else would you like to learn?

Have you found this e book helpful?

Disclaimer

The contents are derived from my own first-hand experience and pure observation over the last 35 years or study and my own food & wellness journey & qualifications.

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References and Links

Australian guide to healthy eating

AIHW, ANZFA, Smart company

The health of Australia

Country Kitchens- Queensland Country Women's Association

<https://www.eatforhealth.gov.au/accessible-versions-australian-dietary-guidelines-resources>

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For some more secret weapons, knowledge is power right! Head over to my blog for scientifically proven health benefits of pure and natural ingredients

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Thank you for reading my book!

I would love to hear from you and what blend you have come up with, please share with me and stay in touch with your cooking adventures!

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