

# Portfolio

*Author & Writer*

**2025**

CANDY MARX

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*Writer | Author | Content Creator | Holistic Practitioner*

- Best-Selling Author and Published Writer
- Professional Holistic Health Practitioner (Master Herbalist, Plant-based Nutritionist)
- Strategic partner to Tony Robbins & Dean Graziosi (Thrive in 2025 Event)
- Creator of branded content for apps with 1M+ downloads
- Skilled in poetic, wellness, commercial, and spiritual writing
- Strong visual content and brand development background
- Experienced in editorial work, press releases, and wellness copy, with a strong interest in ethical brands
- Multi-disciplinary expertise: writing, editing, holistic health, content creation, and creative and marketing strategy
- Featured in national and international media for my work in wellness, writing, and design
- Former award-winning (Qantas Spirit of Youth) Mercedes-Benz Fashion Week designer

# NOURISH MAGAZINE, AUSTRALIA



## NIX THE NASTIES

**To eliminate toxins from your life, you need to know where they hide. Here are some ways you can reduce your exposure at home.**

*Words: Candy Marx*

**T**here are many toxins in our day-to-day lives. These toxins come from pollution, processed foods, sprayed foods, and from our cosmetics and household cleaners. However, there are other common toxins that may not be so obvious, and while it is difficult to avoid every single toxin out there, limiting exposure is key. Here are some toxins you can avoid in your home.

**IN THE KITCHEN**

**TAP WATER**  
Tap water can contain many toxins, including chlorine and even lead. If your tap water is fluoridated, then it also contains sodium fluoride and/or chlorides. These fluorides are toxic waste by-products of the phosphate fertilizer and aluminum industries. Natural fluoride is soluble fluoride, and is found in spring water and soil. I don't recommend using plastic bottled water for environmental reasons and also because microplastics have been known to leach into the water. I do recommend buying a water filter that can filter out all of the nasties. It's a huge fan of the best-selling ceramic filter systems. If you opt for a reverse osmosis filter, just be mindful that these filters take everything out of the water, including essential minerals.

**NON-STICK COOKWARE**  
Polytetrafluoroethylene (PTFE) is the coating that makes products non-stick, and it releases gases when heated. These gases have been linked to increasing the risk of developing cancer. Some non-stick cookware even comes with a warning to not use the cookware if you have a pet bird in the house! This just highlights the types of airborne toxins that this cookware can release. Try enameled, ceramic, cast iron cookware, or otherwise look for PFOA and PFPE free cookware.

**ALUMINUM FOIL**  
Aluminum foil is generally safe to wrap food in, but where this differs is when it is used for cooking. The *International Journal of Electrochemical Science* asserts that aluminum can leach into the food, especially when used for acidic and spicy foods. When cooking with aluminum and a metal tray or pan, a short circuit has basically been created: aluminum (negative charge) and metal (positive charge) then heat is added. This circuit charges the food that you are cooking, which then soaks through the foil, especially if salt is involved, and you'll have tiny pieces of foil in your food. Opt for parchment paper and ceramic dishes and pots with lids.

**MICROWAVES**  
Microwaves are a form of Electromagnetic Radiation (EMR). When heating food in a microwave, the radiation that the microwave produces is absorbed by the water molecules in the food. This causes the molecules to vibrate, which generates heat. While many say this is completely safe, it has been reported that the ions and radicals are vulnerable to the radiation emitted from the machine itself. While this only applies at higher levels of exposure, it is not recommended to stand in front of the microwave when it is operational. While studies haven't proven that microwaves are dangerous to humans, a lot of effects of animal experimentation have been documented. I know it's super convenient to heat food in the microwave, but try using the stove or oven instead and see how you go.

**ELECTRONIC DEVICES AND WI-FI**  
This is a bit controversial because so many people jump to the defense of technology. However, all electronic devices give off Electromagnetic Radiation (EMR). Several cancer and health studies have warned against pregnant women using mobile phones and handheld devices because radiation can penetrate the placenta.



I know it is hard to not use a handheld device these days, especially with work, but there are a few precautions you can take.

- When using a handheld device make sure that there is an open window nearby.
- Sending text messages uses all of the phone's capability, so the EMR is at its highest. Try sending more instant messages or emails.
- If you use a Wi-Fi modem at home, only turn it on when you are using the internet. Turn it off before you go to bed.
- Use airplane mode, headphones, or the speaker function when talking on your phone, and limit putting the phone to your ear. Avoid wireless or Bluetooth headphones.
- Try not to be on your phone just before you go to sleep. Have at least an hour of time away from your phone or device before sleep. Particular frequencies and lights emitted from electronic devices mess with our REM sleep, our circadian rhythm, and melatonin – a chemical that helps regulate our sleep patterns.
- Never sleep with your phone near your head and turn it on 'airplane mode' while you sleep.

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Articles published in nationwide print magazine, Nourish Magazine.

**BABY MONITORS**

Most modern baby monitors use FHS or DECT technologies that operate on frequencies ranging from 915 GHz to 1.4 GHz. These are the same electromagnetic frequencies (EMF) that microwaves and Wi-Fi sources use. Baby monitors, particularly ones with an ongoing video feed, continuously emit the strongest beams of radiation. These beams can be sent out up to one-hundred times per second, even on standby mode. A child's brain is extremely sensitive to electromagnetic radiation during these young years. Studies have shown that children absorb ten times more radiation than adults. If you need to use a baby monitor, opt for one that emits only low-band frequencies (5 to 10 MHz). These low-frequency monitors use analogue frequencies (like an FM radio) and do not pulse beams of radiation. Also, do not place the monitor too close to baby.

**CHEMICAL CAUTIONS**

**BPA**  
Bisphenol A is in most plastics and in the lining of some food products, like canned foods and long-life milk and juice. BPA can leach into these foods, but what is also concerning is the consumption of hot foods in BPA containers. When the plastics are heated, the chemicals leach out at about 55 times faster than normal. Purchase foods with BPA-free on the label and be mindful of takeout food that comes in plastic. If you can, take your own metal, glass or ceramic containers to the restaurant to fill.

**PHthalates**  
Phthalates are a family of industrial chemicals that are used to soften plastic and are used as solvents in cosmetics. Food packaging and many brands of disposable containers contain phthalates, as does anything that has been synthetically fragranced like perfume, moisturizers, deodorants, lotions, soap, shampoo and conditioners, makeup, nail polish, and air fresheners.

Phthalates are listed as a chemical of high concern because of their endocrine disrupting effects, and according to studies, phthalates can also damage the thyroid, liver, kidneys, lungs, and reproductive system, particularly the developing ones in infants. Phthalates can also cross the placenta and harm unborn babies as well. Exposure during early pregnancy has been shown to alter hormone levels in babies, leading to male genitalia deformity, and can affect brain development as well. Always all plastic products, even ones labelled as BPA free, have been found to have phthalates. Be mindful of purchasing food that is pre-wrapped in plastic, especially high-fat foods which are more prone to chemical leaching. Also, opt for disease-resistant that do not add phthalates. There are plenty of options online and in the local health shops.

**DIOXINS**

Dioxins are a group of highly toxic environmental pollutants that are by-products of many industrial processes, such as chemical manufacturing, smelting, waste incineration, and chlorinated bleaching of pulp and paper. Dioxins are in the fat tissues of animals, and it typically works its way up the food chain. While vegans are generally safe from dietary dioxins, these toxins are also found in disposable soaps as well. Similar to phthalates, dioxins are highly toxic and cause damage to the reproductive, endocrine and immune systems, disrupt hormones, and are linked to cancer.

**COSMETICS**  
Cosmetics also contain other nasties, such as sodium lauryl sulfate, bromine, cresylic acid/benzalkonium, which is still added to natural products, and parabens. Opt for organic and non-brands that do not contain these nasties. Be extra mindful of deodorant, particularly if you're using it on your armpits, as the mucousy glands can extend into the armpits. Also, the milk-line runs along the armpits and breastfeeding mothers can end up with dioxin chemicals in their milk.

**AIR FRESHENERS AND CANDLES**  
Most air fresheners contain about 350 ingredients that aren't listed on the label including toxins like benzene, formaldehyde, and styrene. They're also made up of synthetic fragrances and substances. Many candles, especially cheap ones, are made from paraffin wax.

This creates highly toxic benzene and toluene when burned, and these nasties, both known carcinogens, are the same as those found in diesel fumes. Opt for soy paraffin wax, cotton, or hemp oil candles, and find a cleaner air freshener that contains essential oils.

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# NOURISH MAGAZINE, AUSTRALIA

## THE yin & yang OF FOOD

To eat intuitively, we listen to our body's needs and eat with the seasons. We focus on cooling foods in hot weather and warming foods in colder weather.

Words and recipes Cindy Mize

Many of us know the benefits of eating an array of raw foods. They provide essential vitamins, minerals, carbs, proteins, lipids, enzymes, and phytonutrients. After cooking, some of this nutritional value is lost. Bear in mind that cooked foods will lose about 50–60 percent of their nutrients, which is better than losing all of them. However, it is important to eat a mixture of both cooked and raw food. This is because some things must be cooked, such as potatoes and cruciferous vegetables. Interestingly, the nutrients in some foods increase after being cooked. For example, beta carotene increases in carrots and becomes more readily available once they are cooked. In addition, carrots become easier to digest. Also, many spices activate once they are heated.

### THE YIN AND THE YANG

Raw foods are considered yin foods because they have a cooling effect on the body, while cooked foods are considered yang foods because they have a warming effect on the body. Eating too many of one side disrupts the digestive fire, meaning that it weakens the digestive system. We should balance our yin and yang foods, with consideration of the climate that we live in. If you live in a tropical climate, then more yin or cooling foods are better suited to cool your body. And if we look at tropical climates, there is usually an abundance of fruit as well as vegetables to keep us hydrated! The opposite can be said for those who live in colder climates. In colder climates, tropical fruits do not thrive, but warming foods do, such as root vegetables and cruciferous vegetables. So, we are better

suited to eat more warming foods in colder climates. If you live in both climates, like we do in Australia, where it's super hot in summer and cold in winter, then it's important to eat with the seasons. One of the hardest foods to eat during winter when our bodies are cold is frozen foods. While I maintain my smoothie routine during winter, I get around this by using ingredients that have been kept at room temperature. So, I keep fruit on the bench top instead of in the fridge or freezer. **INTUITIVE EATING** When we truly listen to our bodies, we don't usually want cold foods during winter, instead we crave hot and heavier foods to warm us, which helps us store energy. Our bodies use more energy trying to



stay warm, which is why we're often hungrier and crave heavier foods in colder weather. If we eat cold food when we're cold, our bodies have to work overtime to digest and warm up the food while also keeping our organs warm. For example, the spleen is a yin (cold) organ and prefers warming foods. So too many cold foods, especially when our bodies are cold, can deplete the spleen's fire. Eating a lot of fruit and raw foods is amazing for the body, especially when feeling an illness, but too many cooling foods without eating warming foods can cause an imbalance, which weakens the digestive fire. Once the digestive fire is compromised, the immune system suffers, and illness begins. Which this is considered the yin and yang of food, it is also part of intuitive eating. Intuitive eating means listening to

our bodies, to our intuition, when it comes to what to eat and when to eat it. Basically, eat when you're hungry, eating cooling and cold foods when it's hot while eating warming and cooked foods when it's cold. However, if you suddenly feel like a message in the middle of winter, then eat. This is your body's way of saying, 'I want nutrients that are found in mangoes'. **THE CATCH** There is a difference between intuitive eating and intuitive. While we can create what we're lacking nutritionally and what our bodies need, we can also crave the foods that have released toxins in our bodies and are floating around in our blood. This is often the reason why some people suddenly crave a pie or cake when they go on a detox diet. It isn't because their body needs substances

from those foods, but because during a detoxification period, the body releases toxins that were stored in the fat cells. When those toxins have been released and are floating around in the blood again, this can manifest as a 'craving'. Intuitive eating is knowing your body and listening to your body's needs. Although we might not like to admit it, our bodies won't crave cake or pie for nutritional reasons. But when our bodies crave fruits and vegetables, raw or cold foods when we're hot, and cooked foods when we're cold, it is worth listening to. Intuitive eating also means eating when we're hungry rather than at a set time, or in moments of boredom.

Articles published in nationwide print magazine, Nourish Magazine.

### Raw pad Thai

This dish is my favourite way to eat my vegetables, but you can change it up with noodles or carrot noodles if you like.

Serves 3-4

- INGREDIENTS**
- 1 Packet of kelp noodles
  - 2 cups Red cabbage, shredded
  - 1 Red capsicum, thinly sliced
  - 1 Large carrot, grated
  - 2-3 Large handfuls of salad greens
- SAUCE**
- ½ cup Almond butter (or tahini or peanut butter)
  - 3-5 tbsp Tamari
  - 1 tbsp Maple syrup (or 2-3 Medjool dates)
  - ½ cup Apple cider vinegar
  - 2-3 tsp Fresh lemon or lime juice
  - 1 tbsp Ginger
  - 1 Garlic clove
  - ¼ cup Olive oil
  - ¼-½ cup Filtered water (to reach desired consistency)
  - Dash of olive oil for the noodles

- TO SERVE**
- ½ cup Cashews or peanuts, chopped
  - Handful of spring onions, chopped
  - ½ cup Fresh mint, ripped, not chopped

- 1 Soak the kelp noodles in filtered water for about 15 minutes. In the meantime, add all other salad ingredients to a large bowl.
- 2 Add all sauce ingredients to a blender and blend until smooth and creamy.
- 3 Drain the noodles and toss with oil, then add to salad. Pour the sauce over the noodles and salad and combine well, making sure everything is well covered.
- 4 Top with chopped nuts, spring onions, and mint, then serve.



### Sweet potato, ginger and lemongrass soup

This warming soup is thick, creamy, and super easy to make. The ginger and lemongrass are the perfect partners for sweet potato.

Serves 4

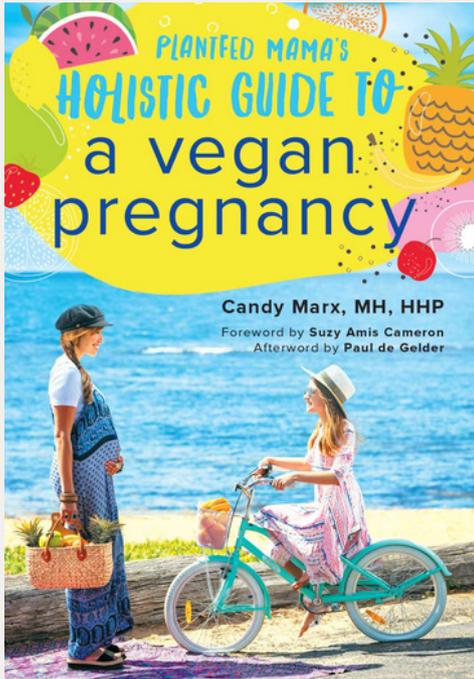
- INGREDIENTS**
- 4 Medium sweet potatoes
  - 400g Coconut milk, tinned
  - 2-4 cups Vegetable stock (or water)
  - 2 tbsp Ginger, grated
  - 1 stalk of lemongrass, halved and brained
  - 1 tsp Pink Himalayan salt
  - Black cracked pepper

- TO SERVE**
- Hemp seeds
  - Steamed greens
  - Toasted sourdough

- 1 Preheat oven to 200°C. Leaving the skin on, cut the sweet potato in half lengthways and place on a baking tray skin side down. Season and drizzle with oil, then bake for 40 minutes or until tender. If time doesn't permit, you can steam or boil the sweet potato, but it tastes much better baked.
- 2 While the sweet potato is baking, add the coconut milk, stock, ginger, and lemongrass to a large soup pot and bring to the boil.
- 3 When the potato is ready, remove from the oven and allow to cool. Scoop sweet potato out of the skins and add to the pot.
- 4 You may prefer to remove the lemongrass from the pot, but you can leave it in if you like. Blend the soup with a stick blender until

smooth and creamy. Depending on your blender, there may be fibrous chunks in the soup if you leave the lemongrass in.

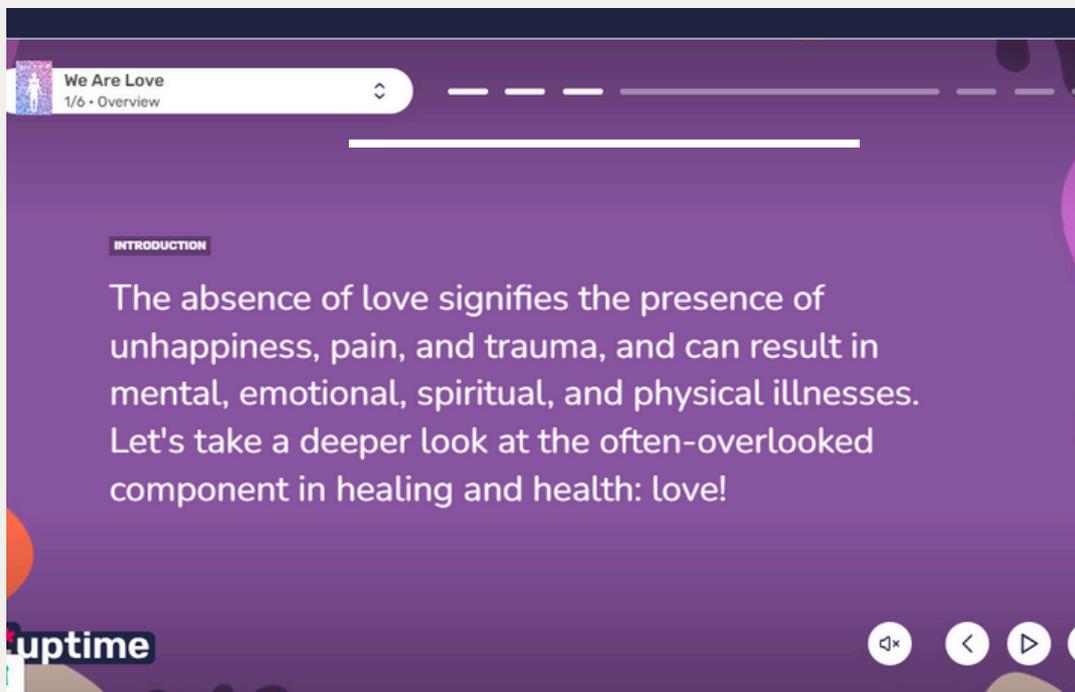
5 Serve with hemp seeds, steamed greens, and toasted sourdough.



## PLANTFED MAMA'S HOLISTIC GUIDE TO A VEGAN PREGNANCY

- Authored Best-Selling Literary Cookbook.
- Foreword by Suzy Amis Cameron (*actor, model, wife of director, James Cameron*).
- Stocked and sold worldwide.

## UPTIME APP



Headhunted by the Uptime Team (UK) to provide **editorial content for their app** that reached 1M+ downloads.

## NOTABLE COLLABORATIONS

- Headhunted by Tony Robbins and Dean Graziosi to form a strategic partnership.
- Rainforest Rescue x BioPak *International Changemaker*, for the Voices for the Rainforest Campaign, alongside Camilla Franks, Ziggy Alberts, and NBA-legend, Patty Mills.

## PRESS FEATURES

I have been featured in major newspapers in Australia (Financial Times), and New Zealand (Dominion Post), and local newspapers. I've also been featured in print and digital magazines in Australia, New Zealand, USA, UK, and Dubai. To view my national and international press features, please see

[www.candymarx.com/press](http://www.candymarx.com/press)