



# THE AUTUMN EDIT

rituals, recipes & reflections

Autumn brings a shift.

Changes in light exposure, temperature, and daily rhythm begin to influence the body's internal systems. Circadian patterns adjust. Energy levels shift. Recovery and regulation become more important.

The body responds to these changes, often subtly. Not by asking for more.  
*But by asking for something different.*

This is not about doing everything.  
It is about supporting the body through small, consistent inputs in ways that are sustainable over time.

YOUTH<sup>•</sup>LOGY



# rituals

## A SLOWER MORNING

Begin the day without immediate input.

We know it can be very difficult to do but... try your best to delay phone use for the first few minutes.

*Allow the body to transition gradually from rest to activity.*

### Notice:

Your breathing, physical state, and level of energy.  
Start with a simple alkaline based drink to support hydration and digestion.

### *For example:*

- warm water with lemon
- a pinch of sea salt in warm water

Follow this with your usual routine - coffee, tea, collagen etc.  
Introduce light movement if you can and feel able.

### Why it matters

After sleep, the body is in a naturally dehydrated state.  
Hydration supports digestion, circulation, and cellular function.  
A slightly alkaline environment can help support gut comfort and metabolic processes.

Delaying stimulation, including caffeine and screen exposure, allows the nervous system to regulate more effectively.

This creates a more stable baseline for the day.



## DAILY WARMTH

Introduce warmth *deliberately* throughout the day.

*This can include:*

- warm meals
- warm drinks
- warm water exposure (showers, baths)

Layer warmth in a way that feels consistent, not excessive.

### Why it matters

Temperature influences circulation and tissue elasticity.

Warmth supports blood flow, which contributes to nutrient delivery throughout the body, including to joints and connective tissue.

Collagen provides key amino acids that support structural systems such as cartilage, fascia, and skin. More specifically; type II collagen is associated with cartilage, which plays a role in joint function and movement.

When combined with consistent intake, warmth and circulation help support how these nutrients are distributed and utilised over time. This becomes particularly relevant in cooler seasons, when the body is more prone to stiffness and reduced mobility.



# recipes

## **COLLAGEN CACAO**

*As temperatures drop, the body begins to favour warmth, slower digestion, and more easily available energy.*

Appetite often shifts toward denser, warmer foods (which for the wellness & fitness folk, this can feel a bit strange).

Circulation changes. Muscle stiffness becomes more noticeable.

*This is not incidental. It is seasonal physiology.*

It may sound 'too simple' but we can assure you that a warm drink can be used as a simple way to meet this shift, supporting both comfort and function.

### A note on hot chocolate

Most commercial hot chocolate products are high in sugar and low in cacao content.

*A more supportive option is one that prioritises:*

- higher cacao content
- minimal added sugar
- fewer additives

Cacao itself contains polyphenols and minerals, including magnesium, which are associated with cardiovascular and metabolic support. But also let's take a moment to acknowledge that maybe hot chocolate is your 'creature comfort' and well... with so much going on - pick your battles!

### Ingredients

- 1 cup milk (or alternative)
- 1 tsp raw cacao or unsweetened cocoa
- pinch of cinnamon
- pinch of sea salt
- 1 scoop collagen

### Method

Warm the milk gently over low heat. Add cacao, cinnamon, and salt. Stir slowly until fully combined. Remove from heat. Add collagen and mix until dissolved.

*Drink slowly.*



# recipes

## GINGER MISO BROTH

As temperatures drop, the body often responds well to warm, easily digestible meals. Simple broths can support digestion without adding unnecessary load.

They're also one of the easiest things to prepare (which helps with consistency).

### Ingredients

- 3 cups water
- 1-2 tsp miso paste
- 1 tsp freshly grated ginger
- 1 clove garlic (optional)
- splash of tamari or soy sauce
- handful of greens (spinach or bok choy)
- 1 scoop Youthology collagen (added at the end)

### Method

Warm the water gently - do not boil. Add ginger and garlic. Let it infuse for a few minutes. Remove from heat. Stir in miso paste until dissolved. Add greens and allow to soften. Once slightly cooled, add collagen and mix well.

### Time

10-15 minutes

### Why it matters

Miso is a fermented food, which can support gut health through beneficial bacteria. Ginger contributes to digestive comfort and may support circulation. Warm, liquid-based meals are easier to process, reducing digestive strain while still providing nourishment.

Collagen provides amino acids that support connective tissue, including joints, skin, and fascia. Type II collagen is associated with cartilage, which plays a role in joint structure and mobility, particularly relevant during periods of adaptation such as seasonal change, recovery, or ageing.

*It's also difficult to get this wrong. Which makes it more likely you'll actually make it ;)*



## ADJUSTMENTS

*You don't need to change everything.*

Small adjustments, made at the right time, are often enough. Return to these prompts as you move through your day.

### Prompts

1. What would feel more supportive right now?
2. Do you need more input, or less?
3. Would slowing down improve this, even slightly?
4. Is there something you can simplify today?
5. What can be postponed without consequence?
6. Where could you conserve energy, rather than spend it?

*Small adjustments change how the body carries the day.*



# reflections

## AWARENESS

*You don't need to stop your day to reflect.*

These are prompts you can return to while walking, driving, or moving between things. No need to write anything down.

*Just notice.*

### Prompts

1. Where does your body feel most at ease right now?
2. Where does it feel under tension or load?
3. Is your breathing steady, or slightly held?
4. What feels heavier than it needs to be?
5. What could be done with less effort?
6. Is there anything your body is asking you to slow down on today?

*Awareness is often enough to change how you respond.*

# perfection is not the goal

The main point is that you are already here. Reading this, being curious and acknowledging that you are iconic.

**Begin when you can.**

*Return because you're committed.*

One small act of care, repeated over time, changes more than intensity ever will.

If you choose to include collagen in your routine, keep it simple.

One scoop.

Every day.

Support the body that carries your life.

