The Ultimate Health Empire Archive

200 Advanced Prompts for the Diet & Wellness Royalties Bot

OTO2 Exclusive · 20 Sub-Niches · 200 Prompts · Commercial Use Included

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"The Wellness Publisher's Vault gave you 10 power niches.
The Ultimate Health Empire Archive gives you 20 more —
the advanced sub-niches that serious publishers build empires in."

■ How to Use This Archive

Welcome to **The Ultimate Health Empire Archive** — 200 advanced prompts for the Diet & Wellness Royalties Bot, spanning 20 specialised sub-niches that go beyond the Vault's foundational 10. Each prompt is engineered to produce a complete, coherent, publishable book chapter — not an outline, not bullet points, but fully-written second-person prose that reads like it came from a specialist health author.

The Archive covers advanced and underserved territory: hormone health, longevity science, sports nutrition, cancer prevention, eating disorder recovery, pregnancy nutrition, metabolic biohacking, and more. These niches attract highly motivated buyers with specific, urgent needs — and very few quality books to choose from.

Step 1 — Open Your Diet & Wellness Royalties Bot

Access the bot via the ChatGPT link on your download page. Complete the three setup steps: choose your pen name, select book length, and choose your topic. For Archive prompts, select Option 'B' (Premium Prompt) at the topic selection step — this is the entry point for custom prompts.

Step 2 — Paste the Full Prompt, Replace [PEN NAME]

Copy the complete prompt text, including the 'You are the Diet and Wellness Royalties Bot' opening. Replace every instance of **[PEN NAME]** with the pen name you confirmed in setup. Paste the prompt when the bot asks for your premium prompt. The bot generates a full chapter outline first — review it, request any changes, then type START to begin writing.

Step 3 — Use CONTINUE for Long Chapters

These prompts request chapters of 850–1,100+ words. ChatGPT may stop mid-chapter. This is expected — type CONTINUE and the bot resumes exactly where it stopped. Never press Regenerate mid-chapter, as this discards the work already produced.

Step 4 — Shape Your Book With NEXT, EXPAND, and REDO

Type **NEXT** after each completed chapter to advance. Type **EXPAND [topic]** to go deeper on a specific section. Type **REDO** to rewrite a chapter with a different angle. The bot holds the full book context throughout your session.

Step 5 — Collect All Five Final Assets

After the last chapter, the bot delivers: a Conclusion, 7 KDP keywords, an Amazon book description, an author bio, and a DALL-E cover prompt with Canva guide. These, combined with your chapters, are everything needed to publish on Amazon KDP.

■ Pro Tip: These Sub-Niches Are Deliberately Different From the Vault

The Archive contains zero overlap with The Wellness Publisher's Vault. If you own both, you have 300 prompts across 30 sub-niches — enough to build a complete KDP publishing business in the health and wellness space.

■ Contents — 20 Sub-Niches · 200 Prompts

01	■ Hormone Health for Women	*Oestrogen, progesterone, thyroid & adrenal balance*
02	■ Longevity and Healthy Ageing	*Blue Zones, cellular health & eating for a longer life*
03	■■ Sports Nutrition and Athletic Performance	*Fuelling training, recovery & body composition*
04	■■■■■ Children's Nutrition and Family Wellness	*Feeding children, picky eaters & building lifelong habits*
05	■ Mental Health and Brain Nutrition	*The food-mood connection, anxiety, depression & cognitive health*
06	■ Diabetes Prevention and Management	*Blood sugar support, lifestyle strategies & daily glucose control*
07	■ Nutrition for Menopause	*Managing symptoms, bone health & thriving post-menopause*
08	■ Plant Protein and Vegan Performance	*High-performance plant protein, amino acids & vegan athleticism*
09	■ Detox, Cleansing and Liver Health	*Evidence-based detox, liver function & clearing the noise*
10	■ Eating Disorders and Recovery Nutrition	*Recovery-supportive nutrition, repair & rebuilding a healthy relationship with food*
11	■ Thyroid, Autoimmune and Chronic Illness	*Hashimoto's, lupus, IBD & dietary support for complex conditions*
12	■ Weight Loss Psychology and Behaviour Change	*Habit formation, motivation science & the psychology of lasting change*

13	■ **Nutrition for Pregnancy and Postpartum** *Prenatal nutrition, postpartum recovery & breastfeeding*
14	■ **Nutrition for Seniors (65+)** *Malnutrition risks, muscle preservation & healthy ageing through food*
15	■ **Superfoods, Adaptogens and Functional Foods** *Evidence behind the buzzwords — what's real, what's hype*
16	■ **Fermentation, Food Preservation and Probiotic Cooking** *Making kefir, kimchi, sourdough, kombucha & yogurt at home*
17	■ **Sleep Optimisation and Chronobiology** *Circadian rhythm, sleep nutrition & waking up restored*
18	■ **Nutrition for Skin, Hair and Beauty** *Eating for radiant skin, strong hair & healthy nails from within*
19	■ **Sustainable and Ethical Eating** *Environmental impact, food ethics & eating for the planet*
20	■ **Advanced Metabolic Strategies** *Carb cycling, metabolic flexibility, cold exposure & biohacking*

■ Category 01 · Hormone Health for Women

Oestrogen, progesterone, thyroid & adrenal balance

Prompt #001 Category 1 · 1 of 10

The Complete Hormone Hierarchy: How Your Hormones Talk to Each Other

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book that explains the hormonal cascade — how the hypothalamus, pituitary, and adrenal glands form a communication loop that governs oestrogen, progesterone, cortisol, and thyroid hormones simultaneously. Use the metaphor of a company org chart: when the CEO (hypothalamus) sends a message, every department responds. Explain what happens when one hormone is out of balance and why this creates a domino effect. Minimum 900 words, second-person, clear and illuminating — make the reader feel like she finally understands how her body works.

Prompt #002 Category 1 · 2 of 10

Oestrogen Dominance: The Condition No One Told You About

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book explaining oestrogen dominance — the condition where oestrogen is high relative to progesterone, even if absolute oestrogen levels appear normal. Cover the symptoms (weight gain especially around hips and thighs, mood swings, heavy periods, fibrocystic breasts, fatigue), the dietary and environmental contributors (phytoestrogens, xenoestrogens in plastics and cosmetics), and five dietary strategies to support oestrogen clearance via the liver and gut. Minimum 900 words, second-person, validating and specific.

Prompt #003 Category 1 · 3 of 10

Supporting Thyroid Health Through Diet

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the nutritional foundations of thyroid health — covering the role of iodine, selenium, zinc, and tyrosine in T4 production and T3 conversion, the controversial relationship between goitrogenic foods (kale, broccoli, soy) and thyroid function (explained honestly: cooking deactivates most goitrogens), and why gluten sensitivity is disproportionately common in Hashimoto's thyroiditis. Provide a practical dietary protocol. Minimum 900 words, second-person, nuanced and responsible.

Prompt #004 Category 1 · 4 of 10

The Adrenal Fatigue Debate: What the Science Actually Says

You are the Diet and Wellness Royalties Bot. Write a balanced chapter for [PEN NAME]'s book on HPA axis dysregulation — the condition commonly called 'adrenal fatigue' (a term not recognised in conventional medicine, explained honestly). Cover the spectrum from healthy stress response to HPA axis dysfunction, the symptoms (crushing fatigue, salt cravings, inability to cope with stress, crashed afternoon energy), the dietary and lifestyle interventions with strongest evidence (adaptogenic herbs, blood sugar stabilisation, sleep repair, caffeine reduction), and when to seek medical assessment for Addison's disease. Minimum 900 words, second-person, scientifically honest.

Prompt #005 Category 1 · 5 of 10

Progesterone: The Calming Hormone You're Probably Low In

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on progesterone's role in mood, sleep, anxiety, and weight — explaining why progesterone declines first in perimenopause, how it acts on GABA receptors to produce calm and improve sleep quality, and why low progesterone explains the anxiety, poor sleep, and mood instability that often precede other menopausal symptoms by years. Cover dietary strategies (vitamin B6, vitamin C, zinc, magnesium) that support progesterone production. Minimum 900 words, second-person, reassuring and practical.

Prompt #006 Category 1 · 6 of 10

Seed Cycling: Does It Work and How to Do It

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on seed cycling — the practice of eating specific seeds in the first and second halves of the menstrual cycle to support hormone balance. Explain the theoretical mechanisms (lignans in flax and sesame supporting oestrogen metabolism, zinc in pumpkin seeds supporting progesterone), be honest about the limited direct clinical evidence, and present it as a low-risk, nutrient-rich practice worth trying rather than a proven cure. Provide a clear, practical seed cycling protocol. Minimum 900 words, second-person, balanced and practical.

Prompt #007 Category 1 · 7 of 10

Liver Support for Hormone Clearance

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the liver's critical role in hormone metabolism — specifically explaining Phase 1 and Phase 2 liver detoxification (in plain English) and how inefficient oestrogen clearance leads to oestrogen dominance symptoms. Cover the key nutrients for each phase: B vitamins, glutathione precursors (NAC, glycine), sulforaphane from cruciferous vegetables, and milk thistle. Provide a practical 'liver support' dietary pattern without falling into unsupported detox claims. Minimum 900 words, second-person, mechanistically clear.

Prompt #008 Category 1 · 8 of 10

Testosterone in Women: The Overlooked Hormone

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on women's testosterone — the hormone most associated with libido, energy, muscle tone, and confidence that declines significantly from the late 30s onward. Explain why low testosterone in women goes largely undiagnosed, how it manifests (flat mood, low drive, difficulty building muscle, reduced motivation), and which dietary and lifestyle factors support healthy testosterone levels in women (zinc, resistance training, adequate dietary fat, sleep). Minimum 900 words, second-person, frank and empowering.

Prompt #009 Category 1 · 9 of 10

Cycle Syncing: Eating and Moving With Your Hormones

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on cycle syncing — the practice of adjusting food choices and exercise intensity across the four phases of the menstrual cycle (menstrual, follicular, ovulatory, luteal) to work with hormonal fluctuations rather than against them. For each phase, explain the dominant hormones, the corresponding energy levels, and the optimal nutritional and exercise approach. This chapter is for pre-menopausal women; acknowledge that cycle syncing looks different after menopause. Minimum 950 words, second-person, practical and empowering.

Prompt #010 Category 1 · 10 of 10

Hormone Testing: What to Ask Your Doctor For

You are the Diet and Wellness Royalties Bot. Write a practical advocacy chapter for [PEN NAME]'s book that empowers women to understand and request comprehensive hormone testing — covering which tests are most informative (DUTCH test for cortisol pattern, full thyroid panel including TSH, Free T3, Free T4, and thyroid antibodies, fasting insulin, SHBG, total and free testosterone, oestradiol, progesterone, DHEA-S), the difference between 'normal' and 'optimal' ranges, and how to have a productive conversation with a doctor who is dismissive. Minimum 900 words, second-person, practical and empowering.

■ Category 02 · Longevity and Healthy Ageing

Blue Zones, cellular health & eating for a longer life

Prompt #011 Category 2 · 1 of 10

The Five Blue Zones: What the World's Oldest People Actually Eat

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book that profiles the five Blue Zone regions — Okinawa, Sardinia, Nicoya, Ikaria, and Loma Linda — and extracts the common dietary threads: abundant legumes, minimal meat, whole grains, garden vegetables, nuts, and moderate alcohol (mostly wine). Emphasise that no Blue Zone population follows a named diet — they eat whole, local, social meals. Use specific examples from each region to make it vivid. Minimum 950 words, second-person, narrative and inspiring.

Prompt #012 Category 2 · 2 of 10

Caloric Restriction vs. Caloric Restriction Mimetics

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on longevity research surrounding caloric restriction — explaining why reducing calories by 20–30% extends lifespan in animal models (activation of SIRT1, AMPK, reduced IGF-1) and the challenges of applying this to humans. Then introduce 'caloric restriction mimetics' — compounds that activate the same longevity pathways without starvation: resveratrol, quercetin, spermidine, and metformin (briefly, as a pharmaceutical). Focus primarily on dietary sources. Minimum 900 words, second-person, scientifically grounded.

Prompt #013 Category 2 · 3 of 10

NAD+ and the Science of Cellular Ageing

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on NAD+ — nicotinamide adenine dinucleotide — explaining its central role in cellular energy production, DNA repair, and sirtuin activation, why NAD+ levels fall by roughly 50% between age 40 and 60, and what this means for energy, cognitive function, and metabolic health. Cover dietary precursors (niacin, NMN, NR from foods), the debate about supplementation (presented fairly), and lifestyle factors (exercise, fasting) that raise NAD+. Minimum 900 words, second-person, cutting-edge but accessible.

Prompt #014 Category 2 · 4 of 10

Telomeres, Inflammation, and the Food That Protects Both

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on telomeres — the protective caps on chromosomes that shorten with age and with chronic inflammation — and the dietary patterns associated with longer telomeres in research: the Mediterranean diet, adequate omega-3 intake, vitamin D sufficiency, and polyphenol-rich foods. Use the analogy of the plastic tips on shoelaces: once they fray, the structure unravels. Explain 'inflammageing' — the chronic low-level inflammation that accelerates biological ageing. Minimum 900 words, second-person, elegant and informative.

Prompt #015 Category 2 · 5 of 10

Muscle Mass as the Longevity Organ

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book making the case that skeletal muscle is the most underappreciated longevity organ — covering its role as the body's primary glucose disposal organ, its production of myokines (anti-inflammatory molecules released during contraction), and the research showing that muscle mass and grip strength are among the strongest predictors of all-cause mortality. Explain why building and preserving muscle through adequate protein and resistance training is among the highest-leverage longevity interventions. Minimum 900 words, second-person, compelling and motivating.

Prompt #016 Category 2 · 6 of 10

Fasting Mimicking Diets: The 5-Day Protocol

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on Dr. Valter Longo's Fasting Mimicking Diet — a 5-day, plant-based, calorie-restricted dietary protocol designed to trigger autophagy, reduce IGF-1, and promote cellular rejuvenation without a full water fast. Explain the macronutrient ratios (high healthy fat, moderate complex carbs, low protein), the proposed mechanisms of benefit, the research on metabolic markers and longevity pathways, and practical guidance for those interested in trying it once per month or quarter. Minimum 900 words, second-person, evidence-grounded.

Prompt #017 Category 2 · 7 of 10

Senescence, Senolytics, and Food-Based Cellular Renewal

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on cellular senescence — ageing cells that stop dividing but refuse to die and instead secrete inflammatory signals (the SASP). Explain in plain English why senescent cell accumulation is a driver of ageing and age-related disease. Cover the emerging field of senolytics — compounds that selectively clear senescent cells — with focus on the food-based options: quercetin (onions, capers), fisetin (strawberries, apples), dasatinib's food-based cousins. Minimum 900 words, second-person, frontier science made accessible.

Prompt #018 Category 2 · 8 of 10

The Longevity Kitchen: A Daily Eating Blueprint

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book presenting a practical, daily longevity-oriented eating template that incorporates the most evidence-backed longevity foods: extra-virgin olive oil, legumes, dark leafy greens, colourful vegetables, berries, fatty fish, nuts and seeds, whole grains, fermented foods, and green tea or coffee. For each food group, explain the specific longevity mechanism. Frame this as an integrated pattern, not a supplement protocol. Include a sample longevity day of eating. Minimum 950 words, second-person, practical and inspiring.

Prompt #019 Category 2 · 9 of 10

Sleep as a Longevity Superpower

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the relationship between sleep quality and longevity — covering the glymphatic system (the brain's waste-clearance system that only operates during deep sleep), the role of sleep in clearing amyloid plaques associated with Alzheimer's, the cardiovascular and immune benefits of 7–9 hours of quality sleep, and why chronic sleep restriction of even 1 hour accelerates biological ageing markers. Provide a comprehensive sleep protocol with dietary components. Minimum 900 words, second-person, persuasive and specific.

Prompt #020 Category 2 · 10 of 10

Biological Age vs. Chronological Age: How to Measure and Improve Yours

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on biological age — the concept that how old your cells are differs from the number on your birth certificate, and that this gap can be measured and changed. Cover the main measurement approaches (Horvath epigenetic clock, telomere length testing, GlycanAge, VO2 max as a proxy) in plain English, and present the lifestyle factors with the strongest evidence for reducing biological age: exercise (especially HIIT), diet quality, sleep, stress management, and social connection. Minimum 900 words, second-person, empowering and forward-looking.

■■ Category 03 · Sports Nutrition and Athletic Performance

Fuelling training, recovery & body composition

Prompt #021 Category 3 · 1 of 10

Fuelling for Performance: Carbohydrates Are Not the Enemy

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book that rehabilitates carbohydrates for an athletic audience — explaining why muscle glycogen is the primary fuel for moderate-to-high intensity exercise, how carbohydrate periodisation (eating more carbs on high-intensity training days, fewer on rest days) optimises both performance and body composition, and why the low-carb craze has cost many recreational athletes their best performance. Minimum 900 words, second-person, evidence-led and practical.

Prompt #022 Category 3 · 2 of 10

Protein Timing: Does It Actually Matter?

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the science of protein timing — examining the 'anabolic window' concept honestly (the 30-minute post-workout window is less critical than once believed; total daily protein matters more), the research on pre-sleep protein (casein) for overnight muscle protein synthesis, and the practical implication: distribute protein across 3–4 meals of 30–40g each. Minimum 900 words, second-person, evidence-based and practical.

Prompt #023 Category 3 · 3 of 10

Creatine: The Most Research-Backed Supplement Available

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on creatine monohydrate — the single most studied sports nutrition supplement, with robust evidence for strength, power output, lean mass, and increasingly for cognitive function and healthy ageing. Cover the mechanism (phosphocreatine resynthesis), loading vs. maintenance protocols, safety profile, who benefits most, and address the myths (causes hair loss, damages kidneys — both addressed honestly). Minimum 900 words, second-person, confident and well-referenced.

Prompt #024 Category 3 · 4 of 10

Eating for Fat Loss While Preserving Muscle

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the challenge of body recomposition — losing fat while maintaining or building muscle simultaneously. Explain why this is easier for beginners and detraining returnees, the protein requirements during a deficit (higher than for maintenance: 1.6–2.4g/kg), the importance of resistance training as the primary driver of muscle retention, and why the rate of caloric deficit matters (aggressive deficits preferentially burn muscle). Minimum 900 words, second-person, practical and specific.

Prompt #025 Category 3 · 5 of 10

Hydration and Electrolytes for Active People

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on hydration strategy for people who exercise regularly — covering the impact of even 2% dehydration on performance and cognition, the role of sodium, potassium, magnesium, and chloride in fluid balance and muscle function, practical hydration guidelines (urine colour as a simple metric), and electrolyte strategies for different durations of exercise. Address the risks of both dehydration and over-hydration (hyponatraemia). Minimum 900 words, second-person, practical and science-grounded.

Prompt #026 Category 3 · 6 of 10

Anti-Inflammatory Nutrition for Exercise Recovery

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on dietary recovery strategies — explaining the paradox that exercise creates beneficial inflammation that drives adaptation, so excessive anti-inflammatory supplementation immediately post-workout may blunt gains. Cover the optimal window for anti-inflammatory foods (after the acute recovery phase), the role of omega-3s, tart cherry, turmeric, and polyphenols in reducing delayed onset muscle soreness (DOMS), and the foundational role of total caloric adequacy and protein in recovery. Minimum 900 words, second-person, nuanced and practical.

Prompt #027 Category 3 · 7 of 10

Nutrition for Masters Athletes: Over 40 and Still Competing

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book specifically for recreational athletes over 40 — covering the increased protein requirements to combat age-related anabolic resistance, the importance of creatine supplementation from 40+ onward, the greater need for dietary anti-inflammatory support, the role of vitamin D and calcium for bone health under load, and why recovery nutrition becomes progressively more important with age. Minimum 900 words, second-person, motivating and age-positive.

Prompt #028 Category 3 · 8 of 10

Pre-Workout Nutrition: What to Eat Before You Train

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on pre-workout nutrition — covering the 2–3 hour meal (mixed macronutrients for sustained fuel), the 30–60 minute pre-workout snack (carbohydrate-focused with a small amount of protein), the evidence for caffeine as a performance enhancer (specific doses, timing, effect on strength, endurance, and focus), and what to avoid before training (high fat, high fibre, novel foods). Include practical pre-workout meal and snack examples for different training durations. Minimum 900 words, second-person, practical and specific.

Prompt #029 Category 3 · 9 of 10

Nutrition for Endurance Athletes: The Long Game

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on endurance sports nutrition — covering glycogen depletion timelines, carbohydrate intake during prolonged exercise (30–60g per hour for events over 75 minutes), the case for fat adaptation in ultra-endurance contexts, carbohydrate loading protocols for events over 90 minutes, and the nutritional strategy for recovery after a long training run or ride. Minimum 900 words, second-person, practical for recreational endurance athletes (marathons, triathlons, cycling events).

Prompt #030 Category 3 · 10 of 10

Building a High-Performance Kitchen for Active People

You are the Diet and Wellness Royalties Bot. Write a practical chapter for [PEN NAME]'s book on structuring a kitchen and meal prep routine that supports consistent athletic performance — covering pantry essentials (quality protein sources, complex carbohydrates, healthy fats), batch cooking strategies for the week, quick pre/post-workout snack options that take under 5 minutes to prepare, and how to navigate busy weeks without defaulting to nutritionally poor convenience foods. Minimum 900 words, second-person, practical and motivating.

■■■■■ Category 04 · Children's Nutrition and Family Wellness

Feeding children, picky eaters & building lifelong habits

Prompt #031 Category 4 · 1 of 10

The Division of Responsibility in Feeding: A Framework That Works

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book explaining Ellyn Satter's Division of Responsibility in feeding — the parent decides what, when, and where food is offered; the child decides whether and how much to eat. Explain why this framework prevents power struggles, reduces pickiness, and builds a child's ability to self-regulate food intake. Use real family scenarios. Address the most common parental fears ('But she'll just eat crackers forever!') with reassuring, evidence-grounded responses. Minimum 900 words, second-person, warm and practical.

Prompt #032 Category 4 · 2 of 10

Picky Eaters: The Science and the Solutions

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on childhood picky eating — explaining neophobia (fear of new foods) as a developmental norm, the difference between typical picky eating and Avoidant/Restrictive Food Intake Disorder (ARFD, described briefly with a note to seek professional guidance if suspected), and evidence-based strategies: repeated neutral exposure (10–15 times before accepting a new food), serving new foods alongside accepted favourites, avoiding pressure and rewards around food, and the power of family meals eaten together. Minimum 900 words, second-person, reassuring and practical.

Prompt #033 Category 4 · 3 of 10

Sugar and Children: A Balanced, Evidence-Based Approach

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on sugar and children — covering the WHO's recommended added sugar limits for children, the evidence on sugar and hyperactivity (the myth, firmly debunked), the real concerns about excess sugar (dental decay, displacement of nutrient-dense foods, palatability habituation), and practical strategies for a moderate approach that doesn't create obsession or rebellion around sweets. Avoid fear-based language — position this as balance, not elimination. Minimum 900 words, second-person, balanced and calm.

Prompt #034 Category 4 · 4 of 10

Building a Gut Microbiome From Birth: Nutrition in the First 1,000 Days

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the foundational importance of the first 1,000 days (conception to age 2) for lifelong gut health, immune function, and metabolic programming. Cover: the microbiome transfer during vaginal birth, breastfeeding's role in seeding the infant gut with specific bacteria, the introduction of diverse solid foods as the biggest microbiome-diversifying opportunity, and why antibiotic use in infancy has lasting microbiome consequences. Minimum 900 words, second-person, evidence-grounded and practical for new parents.

Prompt #035 Category 4 · 5 of 10

School Lunches and Snacks That Actually Get Eaten

You are the Diet and Wellness Royalties Bot. Write a practical chapter for [PEN NAME]'s book on packing school lunches and snacks that are both nutritious and actually consumed — covering the 'building blocks' approach (protein anchor + whole grain + fruit or vegetable + healthy fat), 10 quick and reliable lunch combinations described specifically, strategies for involving children in their own lunch choices, managing allergen restrictions, and a realistic perspective on imperfect weeks. Minimum 900 words, second-person, practical and non-judgemental.

Prompt #036 Category 4 · 6 of 10

Teaching Children About Food Without Creating Food Anxiety

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on how to educate children about nutrition in a way that builds curiosity and confidence rather than fear, guilt, or obsession. Cover: age-appropriate language for different developmental stages, the danger of labelling foods 'bad' vs. 'everyday' and 'sometimes' foods, cooking with children as the best nutrition education, explaining where food comes from, and modelling a healthy relationship with food as a parent. Minimum 900 words, second-person, thoughtful and developmentally informed.

Prompt #037 Category 4 · 7 of 10

Nutrition for Teen Athletes: Fuelling Growth and Performance

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the nutritional needs of teenage athletes — covering the increased caloric requirements during adolescent growth spurts combined with athletic training, the critical importance of adequate iron (especially for menstruating girls), calcium and vitamin D for bone density during the peak bone-building years, protein requirements, and the warning signs of Relative Energy Deficiency in Sport (RED-S), formerly known as the Female Athlete Triad. Minimum 900 words, second-person, responsible and specific.

Prompt #038 Category 4 · 8 of 10

Family Meal Prep: Cooking Once, Feeding Everyone Well

You are the Diet and Wellness Royalties Bot. Write a practical chapter for [PEN NAME]'s book on family meal preparation strategies — covering the 'component method' (batch-cooking individual components — grains, proteins, roasted vegetables — rather than complete meals), the 'modular dinner' approach where each family member can customise from shared components, realistic Sunday prep routines for a family of 4, and 5 complete family dinner frameworks described in enough detail to actually inspire cooking. Minimum 900 words, second-person, practical and realistic for busy parents.

Prompt #039 Category 4 · 9 of 10

Addressing Disordered Eating Patterns in Teenagers

You are the Diet and Wellness Royalties Bot. Write a sensitive, responsible chapter for [PEN NAME]'s book for parents concerned about their teenager's relationship with food — covering the warning signs of restrictive eating, binge eating, and compensatory behaviours, the difference between dieting (which is common and normalised but carries risk) and clinical eating disorders, how to open a non-judgmental conversation with a teenager about food concerns, and when and how to seek professional help. Emphasise that parents should involve healthcare professionals — this chapter's role is awareness and communication guidance, not treatment. Minimum 950 words, second-person, careful and compassionate.

Prompt #040 Category 4 · 10 of 10

Raising Healthy Eaters in a Fast Food World

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on raising children with healthy eating habits in an environment saturated with ultra-processed food marketing — covering media literacy for children around food advertising, how to navigate fast food without banning it (which creates obsession), building 'food competence' (the ability to make reasonable food choices independently), and the research on family meals as a protective factor for everything from eating disorders to academic performance and drug use. Minimum 900 words, second-person, realistic and empowering.

■ Category 05 · Mental Health and Brain Nutrition

The food-mood connection, anxiety, depression & cognitive health

Prompt #041 Category 5 · 1 of 10

The Gut-Brain Connection: Your Second Brain Controls More Than You Think

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book that goes deeper than the standard gut-brain introduction — covering the enteric nervous system's 500 million neurons, the production of 95% of the body's serotonin in the gut, the bidirectional vagus nerve communication, and the research showing that faecal transplants from depressed humans into germ-free mice induce depressive behaviour. Use the analogy of two offices in constant phone contact where the calls determine both offices' mood for the day. Minimum 900 words, second-person, awe-inspiring and specific.

Prompt #042 Category 5 · 2 of 10

The Nutritional Psychiatry Evidence Base

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the emerging field of nutritional psychiatry — covering landmark studies including the SMILES trial (dietary intervention reduced depression scores significantly vs. social support control), the research from Dr. Felice Jacka's team on ultra-processed food consumption and depression risk, and the meta-analyses showing Mediterranean diet adherence reduces depression and anxiety risk by 25–35%. Present this honestly: diet is one of several tools, not a replacement for treatment. Minimum 900 words, second-person, evidence-led and balanced.

Prompt #043 Category 5 · 3 of 10

Omega-3 Fatty Acids and Brain Health

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the role of omega-3 fatty acids — particularly EPA and DHA — in brain structure and function. Cover: DHA's role as a structural component of brain cell membranes, EPA's anti-inflammatory effects in the brain and its antidepressant mechanisms, the research on omega-3 supplementation for depression (dose-dependent, EPA > DHA for mood), the dietary sources, and the omega-3:omega-6 imbalance in the modern diet. Minimum 900 words, second-person, mechanistically clear and practical.

Prompt #044 Category 5 · 4 of 10

The Microbiome-Mood Connection: Specific Strains for Mental Health

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on psychobiotics — probiotics with demonstrable effects on mood and cognitive function. Cover specific researched strains (Lactobacillus rhamnosus JB-1 for anxiety reduction in mice, Bifidobacterium longum 1714 for perceived stress reduction in humans, the L. plantarum PS128 research on mood). Explain the food-based approach: fermented foods, high-fibre diets for microbiome diversity, and prebiotic foods. Present the supplement evidence honestly — promising but early stage. Minimum 900 words, second-person, specific and current.

Prompt #045 Category 5 · 5 of 10

Blood Sugar Stability as a Mental Health Tool

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book connecting blood sugar dysregulation to anxiety, mood instability, and cognitive fog — explaining how the adrenaline response to a blood sugar crash mimics anxiety symptoms, why 'hangry' is a real neurological phenomenon, and how stabilising blood sugar through protein-forward, fibre-rich eating can dramatically reduce mood volatility independent of any other mental health intervention. Include a case study narrative (fictional but realistic). Minimum 900 words, second-person, compelling and practical.

Prompt #046 Category 5 · 6 of 10

Nutritional Deficiencies Commonly Associated With Low Mood and Anxiety

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the nutritional deficiencies most commonly associated with low mood and anxiety — vitamin D (deficiency is endemic and frequently found alongside depression), magnesium (low intake associated with anxiety, insomnia, and muscle tension), zinc (low zinc commonly observed in people with low mood, with research suggesting replenishment may support improvement), B12 and folate (critical for neurotransmitter synthesis and methylation), and iron (anaemia is a common and overlooked contributor to fatigue and low mood). For each, explain the research connection, the food sources, and supplementation guidance. Frame this as nutritional support for overall wellbeing — not as a substitute for professional mental health care. Minimum 950 words, second-person, specific and actionable.

Prompt #047 Category 5 · 7 of 10

Eating for Cognitive Resilience and Focus

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on dietary strategies for sustained mental focus and cognitive resilience — covering the role of consistent blood glucose supply for brain function, the cognitive benefits of ketones (available during fasting or MCT consumption without full ketosis), choline-rich foods for acetylcholine synthesis (eggs, liver, soy), the focus-enhancing combination of L-theanine and caffeine from tea, and polyphenols for BDNF (brain-derived neurotrophic factor) production. Minimum 900 words, second-person, practical for professionals and students.

Prompt #048 Category 5 · 8 of 10

Alcohol, the Brain, and Mental Health

You are the Diet and Wellness Royalties Bot. Write a balanced, non-preachy chapter for [PEN NAME]'s book on alcohol's effects on mental health — explaining the 'GABA seesaw' (why alcohol reduces anxiety acutely but increases it as it metabolises), the disruption of REM sleep and the following-day mood penalty, the long-term effects of regular drinking on cortisol regulation and serotonin depletion, and the evidence on the 'J-curve' for cardiovascular benefits (presented honestly: benefits are modest and debated). Minimum 900 words, second-person, evidence-based and non-moralising.

Prompt #049 Category 5 · 9 of 10

The Inflammation and Mood Connection: What the Research Shows

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the emerging research connecting chronic inflammation and mood — covering the evidence that elevated inflammatory markers (IL-6, TNF-alpha, CRP) are frequently observed alongside depression, the bidirectional relationship (inflammation appears to influence mood; and mood-related behaviours such as poor sleep and inactivity can elevate inflammation), and the anti-inflammatory dietary pattern as a lifestyle support tool for those interested in this connection. Cover the specific foods and mechanisms. Note clearly that not all low mood or depression has an inflammatory component, and that dietary change is a lifestyle support measure — not a treatment for depression or anxiety disorders. Minimum 900 words, second-person, carefully nuanced.

Prompt #050 Category 5 · 10 of 10

Sleep, Nutrition, and Mood: The Three-Way Relationship

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the three-way feedback loop between sleep, nutrition, and mood — showing how poor sleep impairs dietary choices the next day (increased preference for high-calorie, high-sugar foods), how poor nutrition disrupts sleep (high sugar disrupts slow-wave sleep, magnesium deficiency causes insomnia), and how both drive mood dysregulation. Offer an integrated protocol that addresses all three simultaneously. Minimum 900 words, second-person, systems-thinking and practical.

■ Category 06 · Diabetes Prevention and Management

Blood sugar support, lifestyle strategies & daily glucose control

Prompt #051 Category 6 · 1 of 10

Type 2 Diabetes and Lifestyle: What the Research Shows

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the well-established relationship between lifestyle factors and type 2 diabetes risk — covering the landmark Diabetes Prevention Program study (intensive lifestyle intervention significantly outperformed placebo and compared favourably to metformin), the role of excess visceral adipose tissue in insulin resistance, and why a pre-diabetes diagnosis is a powerful signal to make meaningful lifestyle changes rather than an inevitable progression. Emphasise dietary and lifestyle change as a primary lifestyle support tool. Note clearly that people with existing diabetes should work with their healthcare team for any dietary changes. Minimum 900 words, second-person, empowering and responsible.

Prompt #052 Category 6 · 2 of 10

The Low-Carbohydrate Diet for Type 2 Diabetes: What the Evidence Says

You are the Diet and Wellness Royalties Bot. Write an evidence-based chapter for [PEN NAME]'s book on low-carbohydrate dietary approaches for type 2 diabetes management — covering the 2019 ADA consensus statement acknowledging low-carb as a valid approach, the research on HbA1c reduction (significant, comparable to some medications), the potential for medication reduction (with medical supervision — emphasise this strongly), the sustainability challenges, and who tends to benefit most. Present this as one of several validated dietary approaches, not the only option. Minimum 900 words, second-person, balanced and responsible.

Prompt #053 Category 6 · 3 of 10

The Glycaemic Index Is Only Half the Story

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book explaining why the glycaemic index alone is insufficient for blood sugar management in people with diabetes or pre-diabetes — introducing the concepts of glycaemic load, the food matrix effect (how cooking, processing, and food combinations change glucose response), the individual variability in glucose response to identical foods (personalised nutrition research), and the practical implication: testing your own response with a continuous glucose monitor provides more useful information than any table. Minimum 900 words, second-person, precise and practical.

Prompt #054 Category 6 · 4 of 10

Fibre as a First-Line Diabetes Management Tool

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the extraordinary importance of dietary fibre for blood sugar management — covering soluble fibre's ability to slow gastric emptying and blunt post-meal glucose spikes, viscous fibres (psyllium, beta-glucan from oats and barley, pectin) with the strongest evidence, the role of resistant starch in improving insulin sensitivity over time, and practical targets (minimum 25–35g fibre daily from whole food sources). Minimum 900 words, second-person, specific and well-evidenced.

Prompt #055 Category 6 · 5 of 10

Meal Timing and Circadian Rhythm in Diabetes Management

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on circadian biology and glucose metabolism — explaining why the same meal consumed at breakfast produces a lower blood glucose response than when eaten at dinner (the 'second meal effect' and morning insulin sensitivity advantage), why shift work dramatically increases type 2 diabetes risk, and the practical implications: front-loading calories earlier in the day and avoiding large meals late at night. Cover time-restricted eating (eating earlier in the day, 8:00am–4:00pm or 10:00am–6:00pm) as a complementary strategy. Minimum 900 words, second-person.

Prompt #056 Category 6 · 6 of 10

Managing Diabetes on a Plant-Based Diet

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the evidence for plant-based dietary patterns in type 2 diabetes management — covering the research on vegan and vegetarian diets for HbA1c reduction, the mechanism (high fibre, lower saturated fat, anti-inflammatory polyphenols), the importance of choosing whole food plant sources rather than refined carbohydrates, and the specific challenges (adequate protein, B12 supplementation, carbohydrate quality vigilance). Minimum 900 words, second-person, balanced and evidence-based.

Prompt #057 Category 6 · 7 of 10

Exercise Prescription for Diabetes: The Most Underused Tool

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on exercise as a first-line intervention for type 2 diabetes prevention and management — covering the insulin-independent glucose uptake during muscle contraction (GLUT4 translocation explained in plain English), why 10 minutes of walking after each meal is more effective than 30 minutes of walking once per day for post-meal glucose control, the combined benefit of resistance training (insulin sensitivity gains) plus cardio (glucose disposal), and a practical starter exercise framework. Minimum 900 words, second-person, practical and motivating.

Prompt #058 Category 6 · 8 of 10

Reading Food Labels for Blood Sugar Management

You are the Diet and Wellness Royalties Bot. Write a practical chapter for [PEN NAME]'s book on reading food labels specifically for blood sugar management — covering total vs. net carbohydrates, how to identify added sugars under all their names (50+ names listed selectively), the fibre rule (high fibre reduces the effective glucose impact), the protein and fat effect on glucose response, and how to quickly evaluate a packaged food's glucose impact in 10 seconds. Include a step-by-step label-reading exercise using a fictional product. Minimum 900 words, second-person, practical and specific.

Prompt #059 Category 6 · 9 of 10

Continuous Glucose Monitors: Personalising Your Nutrition

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on continuous glucose monitors (CGMs) — originally a diabetes management tool increasingly used by non-diabetic individuals for personalised nutrition insights. Explain what CGMs measure, the key metrics (time in range, peak glucose, glucose variability), what the data typically reveals (e.g., individual variation in response to rice vs. pasta, the metabolic cost of poor sleep), and the practical experiments a reader can run. Cover the emerging consumer CGMs and note cost considerations. Minimum 900 words, second-person, forward-looking and practical.

Prompt #060 Category 6 · 10 of 10

A 30-Day Blood Sugar Support Meal Plan Framework

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book presenting a 30-day dietary framework designed to support healthy blood sugar levels — structured in three 10-day phases: Phase 1 (eliminate the highest-impact blood sugar disruptors), Phase 2 (introduce the most powerful glucose-stabilising foods and meal timing strategies), Phase 3 (establish sustainable long-term habits). Each phase includes specific daily guidance and a sample day. Note clearly that people managing existing diabetes or pre-diabetes should use any dietary framework under medical supervision, and that this is a lifestyle support guide — not a medical treatment plan. Minimum 1,050 words, second-person, structured and responsible.

■ Category 07 · Nutrition for Menopause

Managing symptoms, bone health & thriving post-menopause

Prompt #061 Category 7 · 1 of 10

What Happens to Your Body During Menopause: A Nutritional Perspective

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book explaining the physiological changes of menopause — the permanent cessation of oestrogen production from the ovaries, the resulting changes in bone density, cardiovascular risk, muscle mass, skin collagen, vaginal tissue, and brain function — and how nutrition can modulate every one of these outcomes. Use the analogy of a city's power grid switching to a different energy source: everything still works, but the infrastructure needs updating. Minimum 900 words, second-person, empowering and specific.

Prompt #062 Category 7 · 2 of 10

Hot Flushes and Dietary Triggers: What to Eat and Avoid

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on dietary management of hot flushes and night sweats — covering the known dietary triggers (alcohol, caffeine, spicy foods, refined carbohydrates — with honest acknowledgement that triggers are individual), the research on phytoestrogens (soy isoflavones, flaxseed lignans) for hot flush frequency and severity (evidence moderate but meaningful for many women), and practical dietary adjustments that consistently help in clinical nutrition practice. Minimum 900 words, second-person, practical and honest about individual variability.

Prompt #063 Category 7 · 3 of 10

Bone Health After Menopause: Beyond Calcium

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on post-menopausal bone health — explaining the role of oestrogen in calcium metabolism and why bone density accelerates its decline in the first 5 years after menopause. Go beyond the standard 'take calcium' advice: cover the full nutrient team (vitamin D3 + K2 working together, magnesium, collagen protein, silicon from oats and bananas), the critical role of weight-bearing exercise and resistance training, and the dietary factors that leach calcium (excess sodium, excessive caffeine, very high protein intakes). Minimum 950 words, second-person, comprehensive and practical.

Prompt #064 Category 7 · 4 of 10

Heart Disease Risk After Menopause: Eating for Cardiovascular Protection

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the significant rise in cardiovascular disease risk after menopause — explaining that oestrogen had been providing cardiovascular protection (raising HDL, lowering LDL, reducing arterial inflammation) and that its loss changes the risk landscape dramatically. Cover the dietary adjustments that most effectively compensate: omega-3s, olive oil, plant sterols, soluble fibre (oats, psyllium, legumes), and a Mediterranean-style eating pattern. Minimum 900 words, second-person, clear and motivating.

Prompt #065 Category 7 · 5 of 10

Menopause and Weight: Why It's Harder and What Actually Works

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book that explains the specific metabolic changes behind post-menopausal weight gain — the shift from peripheral to central fat deposition driven by oestrogen decline, the reduction in resting metabolic rate from both hormonal change and muscle loss, and the increased insulin resistance. Explain why the approaches that worked pre-menopause often fail now and present what does work: protein-forward eating, resistance training, sleep optimisation, and stress reduction. Minimum 900 words, second-person, validating and solution-focused.

Prompt #066 Category 7 · 6 of 10

Soy and Phytoestrogens: The Evidence Finally Explained Clearly

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book that definitively and fairly addresses the soy controversy — explaining what phytoestrogens are (plant compounds that weakly bind to oestrogen receptors), why the fear that soy causes cancer is not supported by evidence in humans (whole soy foods appear neutral to mildly protective in breast cancer research), why highly processed soy isolates are a different matter, and the evidence for soy isoflavones in reducing hot flush frequency (particularly in women who are equol producers). Minimum 900 words, second-person, confident and evidence-based.

Prompt #067 Category 7 · 7 of 10

Sleep in Menopause: Dietary Solutions for the 3am Wake-Ups

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book specifically for menopausal women experiencing sleep disruption — covering the hormonal drivers (oestrogen and progesterone decline affecting GABA and temperature regulation, night sweats interrupting sleep), the dietary interventions with strongest evidence (tart cherry juice for melatonin, magnesium glycinate for GABA support, kiwi fruit in research, avoiding alcohol and large evening meals), and the compounding effect of sleep deprivation on weight and mood in this life stage. Minimum 900 words, second-person, compassionate and specific.

Prompt #068 Category 7 · 8 of 10

Brain Health Through Menopause: Protecting Cognition

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the cognitive changes many women experience during the menopause transition — brain fog, word-finding difficulties, and memory lapses driven by oestrogen's neuroprotective decline. Cover the dietary approaches with evidence for cognitive support: DHA for brain membrane integrity, choline for acetylcholine synthesis, polyphenols for BDNF, blood sugar stability for consistent brain fuel, and the MIND diet as an integrated pattern. Reassure readers that these symptoms are typically transitional. Minimum 900 words, second-person, warm and specific.

Prompt #069 Category 7 · 9 of 10

Collagen, Skin, and Connective Tissue After Menopause

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the dramatic decline in collagen production after menopause (30% loss in the first 5 years) and its effects on skin, joints, vaginal tissue, and cardiovascular tissue. Cover dietary collagen support: glycine and proline from bone broth, collagen peptide supplements (with an honest review of the evidence — emerging but increasingly promising), vitamin C as essential for collagen cross-linking, and silicon from oats, bananas, and mineral water. Minimum 900 words, second-person, practical and grounded.

Prompt #070 Category 7 · 10 of 10

A Menopause Nutrition Protocol: Eating for the Long Game

You are the Diet and Wellness Royalties Bot. Write a comprehensive chapter for [PEN NAME]'s book presenting an integrated menopause nutrition protocol — a daily eating pattern that simultaneously addresses bone health, cardiovascular protection, weight management, cognitive support, sleep quality, and hot flush reduction. Organise it as a 'stack' of nutritional priorities, with a sample week of eating. This chapter should function as the practical synthesis of the book — bringing together all the previous content into a sustainable, enjoyable daily pattern. Minimum 1,050 words, second-person, thorough and inspiring.

■ Category 08 · Plant Protein and Vegan Performance

High-performance plant protein, amino acids & vegan athleticism

Prompt #071 Category 8 · 1 of 10

Plant Protein Bioavailability: The Real Numbers

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book addressing protein digestibility honestly — explaining DIAAS (Digestible Indispensable Amino Acid Score) as the modern standard, why plant proteins score lower than animal proteins on this metric (cell walls, antinutrients, amino acid profiles), what this means practically for daily intake (plant-based eaters need modestly more total protein), and why the gap is fully closable through smart food choices and combinations. Avoid both vegan triumphalism and dismissiveness. Minimum 900 words, second-person, honest and practical.

Prompt #072 Category 8 · 2 of 10

Leucine Threshold: Why It Matters More for Plant Eaters

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the leucine threshold — the minimum dose of the amino acid leucine (approximately 2.5–3g per meal) required to maximally stimulate muscle protein synthesis. Explain why most plant protein sources require larger serving sizes to hit this threshold compared to animal proteins, which plant proteins are highest in leucine (soy, lentils, pumpkin seeds), and how plant-based athletes can reliably hit the leucine threshold at each meal through food combination and strategic supplementation. Minimum 900 words, second-person, technically precise.

Prompt #073 Category 8 · 3 of 10

Soy: The Cornerstone of Plant-Based Performance Nutrition

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book defending soy's place at the centre of plant-based sports nutrition — covering edamame, tofu, tempeh, and soy protein isolate; the DIAAS score of soy protein (comparable to whey, the highest of all plant proteins); the breast cancer evidence (addressed definitively — no increased risk from whole soy foods); the phytoestrogen and male testosterone concern (addressed: no meaningful effect on testosterone at normal dietary amounts); and practical daily applications for athletes. Minimum 900 words, second-person, confident and evidence-based.

Prompt #074 Category 8 · 4 of 10

Building a Complete Vegan Athlete's Plate

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book presenting a practical meal-building framework for vegan athletes — the plate formula: leucine-rich plant protein source + quality complex carbohydrate + anti-inflammatory vegetables + healthy fat + creatine-supporting micronutrients. Walk through 5 complete athlete meal examples (pre-training, post-training, everyday lunch, recovery dinner, and a travel/convenience meal) described in enough detail to actually build them. Minimum 900 words, second-person, practical and performance-oriented.

Prompt #075 Category 8 · 5 of 10

Creatine on a Plant-Based Diet: The Supplementation Case

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book making the case that creatine supplementation is especially important for plant-based athletes — explaining that creatine is found almost exclusively in animal muscle tissue, that vegans and vegetarians have significantly lower baseline creatine stores than omnivores, and that supplementation produces proportionally greater performance and cognitive benefits in this population. Cover the standard 3–5g/day maintenance protocol and the evidence for cognitive benefits. Minimum 900 words, second-person, specific and well-evidenced.

Prompt #076 Category 8 · 6 of 10

Iron, B12, and Zinc: The Plant-Based Athlete's Priority Nutrients

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the three nutrients most likely to become depleted in plant-based athletes: iron (non-haem absorption strategies: vitamin C co-consumption, avoiding inhibitors with iron-rich meals), vitamin B12 (supplementation is essential — no adequate plant source, cover forms and dosing), and zinc (phytates in wholegrains bind zinc, cover soaking, sprouting, and adequate intake). For each, explain the performance consequences of deficiency and the practical protocol. Minimum 950 words, second-person, specific and actionable.

Prompt #077 Category 8 · 7 of 10

Vegan Recovery Nutrition: Getting It Right Without Meat

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on post-exercise recovery nutrition for plant-based athletes — covering the protein and carbohydrate requirements within the recovery window, the best plant-based recovery meal combinations (rice and beans, tofu stir-fry with quinoa, lentil curry with rice, protein smoothie with soy milk and banana), the role of tart cherry and berries for DOMS reduction, and practical guidance for recovery after different types of training sessions. Minimum 900 words, second-person, practical and specific.

Prompt #078 Category 8 · 8 of 10

Omega-3s Without Fish: EPA, DHA, and Algae

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on getting adequate EPA and DHA omega-3s on a fully plant-based diet — explaining the limited conversion of ALA (from flaxseed, chia, hemp, walnuts) to EPA and DHA (typically 5–10%), why algae-derived omega-3 supplements are the only reliable plant-based DHA/EPA source (and the reason fish contain omega-3s in the first place — they eat algae), practical dosing guidelines, and the anti-inflammatory and performance relevance for athletes specifically. Minimum 900 words, second-person, specific and practical.

Prompt #079 Category 8 · 9 of 10

Carbohydrate Strategies for Vegan Endurance Athletes

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on carbohydrate periodisation for plant-based endurance athletes — covering training-day vs. rest-day carbohydrate targets, the best whole food carbohydrate sources for glycogen loading (dates, oats, rice, sweet potato, bananas), in-race fuelling options that are both vegan and practical (Medjool dates, rice cakes, ripe bananas), and the interaction between high-fibre plant-based eating and gastrointestinal comfort during racing (a real challenge: practical solutions provided). Minimum 900 words, second-person, practical for recreational endurance athletes.

Prompt #080 Category 8 · 10 of 10

Can You Build Elite-Level Muscle on a Vegan Diet?

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book honestly addressing the question of whether elite-level muscle building is achievable on a fully plant-based diet — presenting the evidence (yes, with careful planning and likely higher total protein intake), the real-world examples from elite plant-based athletes, the specific nutritional strategies required (total protein 1.8–2.5g/kg, leucine attention, creatine, B12, strategic supplementation), and the honest acknowledgement that it requires more planning than an omnivorous approach. Minimum 900 words, second-person, balanced and motivating.

■ Category 09 · Detox, Cleansing and Liver Health

Evidence-based detox, liver function & clearing the noise

Prompt #081 Category 9 · 1 of 10

What Detox Actually Means: The Science Behind the Buzzword

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book that reclaims the word 'detox' from wellness marketing and grounds it in physiology — explaining the liver's two-phase detoxification system, the kidneys' filtration role, the gut's elimination function, and the lungs' clearing of volatile compounds. Make the case that true detoxification is a continuous, 24/7 physiological process — and that what we eat either supports or undermines it. Firmly and clearly explain why juice cleanses and commercial detox products have no physiological basis. Minimum 900 words, second-person, authoritative and myth-busting.

Prompt #082 Category 9 · 2 of 10

Fatty Liver Disease: How Dietary Choices Support Liver Health

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on non-alcoholic fatty liver disease (NAFLD) — now affecting approximately 25% of the global population, often without symptoms. Explain the mechanism (excess fructose and saturated fat, particularly from ultra-processed food, driving hepatic lipid accumulation), the progression from simple steatosis to NASH to cirrhosis, and the strong research showing that dietary and lifestyle changes are associated with significant improvements in liver health markers — including caloric reduction, reduced fructose intake, Mediterranean-style eating, and regular coffee consumption (one of the most research-backed liver-protective habits). Note that anyone with a liver condition diagnosis should work with a healthcare provider. Minimum 950 words, second-person, clear and informative.

Prompt #083 Category 9 · 3 of 10

Cruciferous Vegetables and Sulforaphane: Nature's Detox Activators

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on sulforaphane — the most powerful naturally occurring activator of the Nrf2 pathway (the body's master antioxidant and detoxification switch). Cover the foods richest in sulforaphane precursors (broccoli sprouts are 50–100x more potent than mature broccoli), the optimal preparation (chop or chew, then wait 40 minutes before cooking — or add raw mustard seed powder after cooking), the research on cancer prevention, liver detoxification, and air pollution protection. Minimum 900 words, second-person, specific and genuinely impressive.

Prompt #084 Category 9 · 4 of 10

Glutathione: The Body's Master Antioxidant

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on glutathione — the most abundant intracellular antioxidant, central to Phase 2 liver detoxification, immune function, and heavy metal clearance. Explain why oral glutathione supplementation has poor absorption (liposomal form is better) and why the dietary approach is superior: supporting glutathione synthesis via N-acetyl cysteine (NAC) from whey protein, glycine from bone broth, and glutamine from a variety of protein foods. Cover the role of selenium in glutathione peroxidase enzyme activity. Minimum 900 words, second-person, mechanistically precise.

Prompt #085 Category 9 · 5 of 10

The Kidneys and Hydration: Supporting Your Other Detox Organ

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on kidney health and its central role in removing metabolic waste — covering optimal hydration (and the individual variation in requirements beyond the '8 glasses a day' myth), the dietary factors that stress the kidneys (excess sodium, very high protein in those with pre-existing kidney disease, fructose), the protective dietary factors (plant-rich diet, adequate hydration, magnesium, and potassium from vegetables), and the foods with specific evidence for kidney stone prevention. Note that people with kidney disease require medical dietary guidance. Minimum 900 words, second-person.

Prompt #086 Category 9 · 6 of 10

Heavy Metals in Food: What's Real and What to Do

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on heavy metal exposure through food — covering the genuinely concerning sources (mercury in large predatory fish, lead in some water supplies, cadmium in high-cigarette-smoke soil, arsenic in rice and well water in certain regions) and the exaggerated concerns (much of social media heavy metal fearmongering). Provide evidence-based dietary and lifestyle approaches for reducing exposure and supporting the body's natural clearance pathways. Avoid fear-mongering while being factually honest. Minimum 900 words, second-person, balanced and specific.

Prompt #087 Category 9 · 7 of 10

Alcohol and the Liver: How Much Is Actually Too Much?

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on alcohol metabolism and liver health — explaining how the liver processes ethanol (the ADH/ALDH enzyme system), why acetaldehyde (the primary metabolite) is hepatotoxic, the spectrum of alcohol-related liver disease (fatty liver, alcoholic hepatitis, cirrhosis), and the current evidence on 'safe' drinking levels (the picture has shifted significantly — recent research suggests there is no truly safe level for liver health, presented honestly). Cover the nutritional strategies that support liver recovery for those reducing alcohol. Minimum 900 words, second-person, non-judgmental and honest.

Prompt #088 Category 9 · 8 of 10

Coffee and the Liver: An Unlikely Hero

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on coffee's remarkable hepatoprotective properties — one of the most consistently evidenced diet-disease relationships in the literature. Cover: the reduction in NAFLD risk, cirrhosis risk reduction of approximately 40% with 2 cups daily, lower hepatocellular carcinoma risk, and the mechanisms (activation of AMPK, anti-inflammatory effects of chlorogenic acids, induction of liver autophgy). Address the 'but coffee is bad for you' concern fairly. Present optimal consumption (2–4 cups of filtered coffee, not unfiltered). Minimum 900 words, second-person, enthusiastic and evidence-backed.

Prompt #089 Category 9 · 9 of 10

A 7-Day Liver Reset: Evidence-Based, Not Instagram Cleanse

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book presenting a 7-day liver support protocol grounded in nutritional science — not a juice cleanse, but a real dietary framework. Day 1–2: eliminate the primary liver stressors (alcohol, fructose, ultra-processed food, fried food). Day 3–5: introduce the key liver-supportive foods (cruciferous vegetables, artichoke, beetroot, garlic, coffee, adequate hydration). Day 6–7: establish the sustainable habits. For each phase, provide specific food guidance and explain the mechanism. Minimum 1,000 words, second-person, structured and credible.

Prompt #090 Category 9 · 10 of 10

Environmental Toxins and Food: A Practical Guide to Reducing Exposure

You are the Diet and Wellness Royalties Bot. Write a practical chapter for [PEN NAME]'s book on reducing dietary exposure to the environmental toxins with the strongest evidence for harm: pesticide residues (EWG Dirty Dozen and Clean Fifteen lists, the case for organic on high-residue produce), BPA and phthalates from food packaging (practical swaps), PFAs from non-stick cookware, and food additives with the most concerning profiles. Present this as sensible harm reduction, not alarmism. Minimum 900 words, second-person, practical and proportionate.

■ Category 10 · Eating Disorders and Recovery Nutrition

Recovery-supportive nutrition, repair & rebuilding a healthy relationship with food

Prompt #091 **Category 10 · 1 of 10**

Understanding Eating Disorders: A Compassionate Overview

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book providing a compassionate, accurate overview of the main eating disorder presentations — anorexia nervosa, bulimia nervosa, binge eating disorder, and ARFID — explaining each in terms of the core psychological drivers (not moral failings), the physical consequences of malnutrition and restriction, and why these are serious medical conditions requiring professional treatment. This chapter is written for people in recovery or supporting someone in recovery — not as a clinical guide. Minimum 900 words, second-person, deeply compassionate and medically responsible. Note that dietary guidance in recovery should always be guided by a qualified professional.

Prompt #092 **Category 10 · 2 of 10**

Refeeding Safely: The Nutritional Principles of Recovery

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the nutritional principles of recovery from restrictive eating disorders — emphasising that this chapter complements rather than replaces professional treatment, covering the concept of metabolic adaptation (the metabolic rate suppression that occurs during restriction and the process of reversal), the importance of adequate energy and all macronutrients including carbohydrates and fats, and why fear foods must be gradually reintroduced. Use warm, non-triggering language throughout. Minimum 900 words, second-person, gentle and responsible.

Prompt #093 Category 10 · 3 of 10

Healing the Gut After an Eating Disorder

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the gastrointestinal consequences of eating disorders and the nutritional approach to healing — covering delayed gastric emptying (gastroparesis) from restrictive eating, the loss of digestive enzyme production, the disruption to the gut microbiome from both restriction and purging, and the gradual dietary approach to restoring digestive function. Note that severe cases require medical management. Minimum 900 words, second-person, compassionate, practical, and medically cautious.

Prompt #094 Category 10 · 4 of 10

Orthorexia: When Healthy Eating Becomes Unhealthy

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on orthorexia nervosa — an obsessive preoccupation with eating 'correctly' that causes significant distress, social isolation, and nutritional harm. Explain why orthorexia is particularly insidious in wellness culture where the behaviours are praised rather than flagged, the warning signs (distress when unable to eat as planned, social withdrawal around food, narrowing food variety over time), and the role of flexible eating in recovery. Minimum 900 words, second-person, thoughtful and de-stigmatising.

Prompt #095 Category 10 · 5 of 10

Rebuilding a Positive Relationship With Food After Restriction

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the psychological and practical process of rebuilding a neutral or positive relationship with food after a period of restriction or disordered eating. Cover the principles of intuitive eating as a recovery complement (not a weight loss tool — reframe carefully), the concept of habituation to feared foods (anxiety decreases with repeated neutral exposure), the role of joyful eating in recovery, and why full nutrition is a prerequisite for clear-minded engagement with food. Minimum 900 words, second-person, warm, careful, and recovery-affirming.

Prompt #096 Category 10 · 6 of 10

Bone Recovery After Anorexia: The Long Road and the Nutrition

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the bone density consequences of anorexia — one of the most serious and least reversible physical effects — covering the mechanism (oestrogen suppression from energy restriction triggering bone breakdown, plus deficiencies in calcium, vitamin D, and vitamin K2), the extent of recovery possible with nutritional rehabilitation (partial in adults, more complete in adolescents), and the nutritional priorities: adequate energy first, then calcium, vitamin D3, K2, and magnesium. Minimum 900 words, second-person, honest about prognosis while remaining hopeful.

Prompt #097 Category 10 · 7 of 10

Electrolyte Restoration After Purging Behaviours

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the medical and nutritional consequences of purging behaviours (vomiting, laxative and diuretic misuse) — covering electrolyte depletion (specifically hypokalaemia, the dangerous drop in potassium that can cause cardiac arrhythmia), the dental erosion from gastric acid, oesophageal damage, and the disruption to hunger and satiety signalling. Emphasise that acute electrolyte imbalances can be medically dangerous and require professional monitoring. Cover the dietary approach to gentle electrolyte restoration. Minimum 900 words, second-person, honest and medically responsible.

Prompt #098 Category 10 · 8 of 10

Supporting a Loved One With an Eating Disorder: A Nutritional Caregiver's Guide

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book for family members and carers supporting someone in recovery from an eating disorder — covering what not to say around food and meals (comments on portions, appearance, or weight are almost always counterproductive), how to create a supportive meal environment, the concept of 'supported eating' for those who are medically stable, the importance of the carer's own mental health, and when to escalate concerns to a treatment team. Minimum 900 words, second-person, compassionate and practical for caregivers.

Prompt #099 Category 10 · 9 of 10

The Role of Intuitive Eating in Recovery and Maintenance

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on intuitive eating as a framework for sustained eating disorder recovery — explaining the 10 principles of intuitive eating (Tribole and Resch), how it differs from 'eating whatever you want' (it is not a licence for bingeing — it is the gradual restoration of trust between mind and body), why it is most appropriate once medical stabilisation is achieved (not as an early-stage intervention), and the research on its outcomes in weight stability, reduced binge eating, improved body image, and psychological wellbeing. Minimum 900 words, second-person, nuanced and recovery-affirming.

Prompt #100 Category 10 · 10 of 10

Life After Recovery: Nourishing Your Body Without Returning to Old Patterns

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book for people in sustained recovery who want to engage with health and nutrition information without being re-triggered into disordered patterns. Cover: how to identify when wellness content is recovery-incompatible (any content promoting restriction, purging, or appearance-based eating motivations), building nutritional adequacy without tracking or control, navigating social media and wellness culture from a place of security, and the difference between caring for your health and returning to behaviours. Minimum 900 words, second-person, wise, warm, and strongly recovery-protective.

■ Category 11 · Thyroid, Autoimmune and Chronic Illness

Hashimoto's, lupus, IBD & dietary support for complex conditions

Prompt #101 Category 11 · 1 of 10

Hashimoto's Thyroiditis: The Autoimmune Root of Most Hypothyroidism

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book explaining Hashimoto's thyroiditis — the autoimmune condition responsible for 90% of hypothyroidism in developed countries, in which the immune system mistakenly attacks the thyroid gland. Explain why most doctors treat the thyroid hormone levels without addressing the underlying autoimmune process, the role of the gut microbiome and intestinal permeability in autoimmune activation ('leaky gut as autoimmunity primer'), the gluten connection (not causal for everyone, but significant for those with gluten sensitivity), and dietary approaches to reducing TPO antibodies. Note that dietary change complements rather than replaces thyroid medication. Minimum 900 words, second-person.

Prompt #102 Category 11 · 2 of 10

The Autoimmune Protocol Diet: A Structured Approach to Finding Your Triggers

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the Autoimmune Protocol (AIP) diet — the strict elimination-reintroduction dietary approach used to identify food triggers for autoimmune flares. Cover the elimination phase foods (what is removed: grains, legumes, nightshades, eggs, dairy, nuts, seeds, alcohol), the rationale for each exclusion, the reintroduction protocol (one food at a time, monitor for reaction over 72 hours), and the research on AIP in Hashimoto's and IBD. Emphasise this is demanding and works best with professional support. Minimum 950 words, second-person.

Prompt #103 Category 11 · 3 of 10

Lupus and Diet: Supporting Wellbeing Through Nutrition

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on dietary approaches that may support wellbeing for people living with systemic lupus erythematosus (SLE) — covering the research on anti-inflammatory eating patterns (Mediterranean diet associated with improved quality-of-life markers in observational research), the role of omega-3s (EPA may help modulate the inflammatory pathways involved in lupus), vitamin D's immunomodulatory role (deficiency is common in lupus and associated with poorer outcomes), and the specific concern around alfalfa sprouts (associated with symptom aggravation — explained via L-canavanine mechanism). Emphasise throughout that lupus is a complex autoimmune condition that requires ongoing specialist medical management, and that dietary changes should be discussed with the reader's rheumatologist. Minimum 900 words, second-person, responsible and supportive.

Prompt #104 Category 11 · 4 of 10

IBD — Crohn's and Ulcerative Colitis: Dietary Management During Remission

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on dietary approaches to inflammatory bowel disease during remission — emphasising that flare management often requires medical input and may involve temporary elemental feeds or bowel rest. Cover: identifying individual trigger foods through a food-symptom diary, the specific carbohydrate diet and its evidence base, the role of exclusive enteral nutrition in Crohn's (primarily a paediatric intervention, noted), omega-3s for UC maintenance, and why the low-FODMAP diet is sometimes used in IBD. Minimum 900 words, second-person, carefully responsible.

Prompt #105 Category 11 · 5 of 10

Rheumatoid Arthritis: Anti-Inflammatory Eating for Joint Health

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on dietary approaches to rheumatoid arthritis — covering the research on Mediterranean diet adherence and reduced disease activity scores, the evidence for omega-3 supplementation (EPA and DHA reduce morning stiffness and tender joint count in multiple RCTs), the specific anti-inflammatory compounds most relevant to RA (oleocanthal in EVOO, curcumin, anthocyanins), and the emerging research on the gut microbiome in RA pathogenesis. Note that dietary change works alongside — not instead of — DMARD therapy. Minimum 900 words, second-person.

Prompt #106 Category 11 · 6 of 10

Multiple Sclerosis and the Best Dietary Evidence

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on diet and multiple sclerosis — covering the three most studied dietary approaches: the Swank diet (very low saturated fat), the Wahls Protocol (nutrient-dense vegetables, specifically targeting mitochondrial function), and a Mediterranean-style anti-inflammatory pattern. Summarise the evidence honestly (promising but mostly observational or small trial data). Cover vitamin D's critical role in MS (deficiency as a risk factor, supplementation as an adjunct to treatment). Emphasise that people with MS should discuss dietary changes with their neurologist. Minimum 900 words, second-person.

Prompt #107 Category 11 · 7 of 10

PCOS: Dietary Management of the Most Common Hormonal Condition in Women

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on polycystic ovary syndrome and diet — explaining the central role of insulin resistance in the most common PCOS phenotype, why the standard dietary advice for PCOS is fundamentally similar to type 2 diabetes prevention (reduce refined carbohydrates, prioritise protein and fibre, manage weight if elevated), the evidence for inositol supplementation (myo-inositol and D-chiro-inositol), the specific anti-androgenic foods (spearmint tea, flaxseed lignans), and why low-carbohydrate approaches consistently show benefit. Minimum 950 words, second-person.

Prompt #108 Category 11 · 8 of 10

Fibromyalgia and Diet: What the Evidence Supports

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on fibromyalgia and dietary management — acknowledging the complex and somewhat controversial nature of this condition, covering the evidence for gluten-free diet (in a subgroup with non-coeliac gluten sensitivity), low-FODMAP diet for those with concurrent IBS-type symptoms, anti-inflammatory eating for pain modulation, magnesium's role in central sensitisation (deficiency common in fibromyalgia), and the evidence on specific supplements (NAC, CoQ10, vitamin D). Minimum 900 words, second-person, carefully balanced.

Prompt #109 Category 11 · 9 of 10

Managing Fatigue in Chronic Illness Through Nutrition

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on dietary approaches to the profound fatigue common across many chronic conditions — ME/CFS, lupus, MS, RA, Hashimoto's. Cover: the foundational importance of adequate caloric intake (energy restriction worsens fatigue in chronic illness), the specific nutrients most often depleted (B12, iron, magnesium, vitamin D, CoQ10), blood sugar stability as a fatigue management tool, mitochondrial support nutrition (CoQ10, B vitamins, carnitine from food), and pacing strategies around meal timing. Minimum 900 words, second-person, compassionate and practical.

Prompt #110 Category 11 · 10 of 10

Coeliac Disease and Beyond: The Gluten-Free Nutrition Guide

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the nutritional management of coeliac disease — covering the difference between coeliac disease (autoimmune, requires strict lifelong gluten avoidance), non-coeliac gluten sensitivity (symptom-based, no antibody response, mechanism unclear), and wheat allergy. Cover the nutritional risks of a poorly planned gluten-free diet (deficiency in B vitamins, iron, calcium, fibre from fortified grains), the common hidden sources of gluten (sauces, medications, oats cross-contamination), and how to eat gluten-free in a nutritionally complete way without relying on expensive GF processed foods. Minimum 950 words, second-person.

■ Category 12 · Weight Loss Psychology and Behaviour Change

Habit formation, motivation science & the psychology of lasting change

Prompt #111 Category 12 · 1 of 10

Why Willpower Is the Wrong Tool for Weight Loss

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book challenging the willpower model of dietary change — explaining the research on ego depletion (willpower as a finite resource that depletes with use), the evolutionary mismatch between our brain's food-seeking programming and the modern food environment, and why designing environments rather than relying on self-control is the most effective behaviour change strategy. Introduce the concept of 'decision architecture' — structuring food environments so the healthy choice is the default choice. Minimum 900 words, second-person, validating and practically empowering.

Prompt #112 Category 12 · 2 of 10

Habit Stacking: Building a Healthy Eating Routine That Runs on Autopilot

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on habit formation science applied to dietary change — covering the habit loop (cue-routine-reward), the role of implementation intentions ('when X happens, I will do Y' as research-backed commitments), and the technique of habit stacking (anchoring new healthy eating behaviours to existing habits). Walk through specific examples: preparing a glass of water every time you make coffee, setting out a fruit bowl as a visual cue, preparing the next morning's lunch while clearing the dinner dishes. Minimum 900 words, second-person, practical and engaging.

Prompt #113 Category 12 · 3 of 10

The Dietary Slip: Why It Happens and How to Recover

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the psychology of dietary lapses — covering the 'what-the-hell effect' (also called the abstinence violation effect: one biscuit becoming the whole packet because the day is 'ruined'), why all-or-nothing thinking is the primary predictor of long-term dietary failure, and the research on self-compassion as a stronger predictor of dietary adherence than self-criticism. Provide a practical protocol for returning to healthy eating after a slip without shame or extended derailment. Minimum 900 words, second-person, compassionate and psychologically precise.

Prompt #114 Category 12 · 4 of 10

Identity-Based Change: Becoming the Person Who Eats Well

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on identity as a behaviour change mechanism — drawing on James Clear's identity-based habits framework: sustainable dietary change comes from identifying as a healthy eater, not from following rules. Cover the difference between outcome-based goals ('I want to lose 20 pounds') and identity-based goals ('I am someone who takes care of my health'), how small consistent actions build and reinforce the new identity, and practical exercises for the reader to clarify and strengthen their health identity. Minimum 900 words, second-person, inspiring and practical.

Prompt #115 Category 12 · 5 of 10

Social Influence and Dietary Change: Your Environment Shapes You

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the powerful social determinants of eating behaviour — the research showing that people tend to eat the same amount as those around them (social proof), that having even one obese close friend increases one's own obesity risk (Christakis and Fowler network study — explained carefully), and conversely that joining groups centred around healthy eating dramatically improves adherence. Provide practical guidance on navigating social pressure, communicating dietary changes to family and friends, and building a supportive social environment for change. Minimum 900 words, second-person.

Prompt #116 Category 12 · 6 of 10

Tracking, Measuring, and When to Stop Counting

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on food tracking — covering the evidence that calorie tracking increases awareness and is associated with better short-term weight loss outcomes, the psychological downsides of chronic calorie counting (anxiety, food obsession, reduced eating enjoyment, disordered eating risk in predisposed individuals), and the hybrid approach: use tracking as an educational tool for 2–4 weeks to develop nutritional awareness, then transition to portion awareness and hunger/fullness guidance. Help the reader identify which approach is right for them. Minimum 900 words, second-person, balanced.

Prompt #117 Category 12 · 7 of 10

The Role of Stress in Weight Gain and Dietary Choices

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on stress as a primary driver of both weight gain and poor dietary choices — covering the neurological basis of stress eating (cortisol activating reward circuits for high-calorie foods), the metabolic effects of chronic cortisol elevation (promoting visceral fat storage, increasing insulin resistance), and why managing stress is a weight loss intervention in its own right. Provide a practical stress management toolkit with specific techniques: NSDR, cold exposure (brief and mild), structured breathing, and social connection. Minimum 900 words, second-person.

Prompt #118 Category 12 · 8 of 10

Long-Term Weight Maintenance: The Most Underresearched Topic in Nutrition

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the evidence around long-term weight maintenance — covering the disappointing data (most people regain weight within 5 years of a diet), the psychological and physiological reasons (adaptive thermogenesis, increased appetite hormones, and dietary fatigue), and what distinguishes the minority who maintain weight loss successfully (regular weighing, continued exercise, consistent dietary patterns, ongoing self-monitoring without obsession, strong social support). Draw on the National Weight Control Registry data. Minimum 900 words, second-person, honest and constructively practical.

Prompt #119 Category 12 · 9 of 10

Making Peace With the Scale: Using Data Without Letting It Define You

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the psychology of weighing oneself — the evidence that daily weighing supports weight loss maintenance for many people, why weight fluctuates by 1–3kg naturally day to day (water, glycogen, hormones, gut content), how to interpret trends rather than daily numbers, and how to build a healthy relationship with scale data where it informs rather than controls. Contrast with the approach of completely avoiding the scale — when this helps and when it enables avoidance. Minimum 900 words, second-person, balanced and practical.

Prompt #120 Category 12 · 10 of 10

Building the Minimal Viable Healthy Eating System

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the concept of the Minimal Viable System — the simplest, lowest-friction version of healthy eating that is sustainable for the reader's specific life. Introduce the 3 non-negotiables approach: identify the three dietary habits that will produce the most meaningful improvement in health and focus exclusively on those, rather than attempting a complete dietary overhaul. Help the reader identify their own three. Provide examples for different starting points (the fast food dependent, the stress eater, the nutritionally aware but inconsistent person). Minimum 900 words, second-person, practical and freeing.

■ Category 13 · Nutrition for Pregnancy and Postpartum

Prenatal nutrition, postpartum recovery & breastfeeding

Prompt #121 Category 13 · 1 of 10

Pre-Conception Nutrition: Building the Best Possible Foundation

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on nutrition in the 3–6 months before conception — covering the critical importance of folate/methylfolate (not just folic acid for those with MTHFR variants), the role of choline in neural tube development (often deficient even in women taking prenatal vitamins), CoQ10 for egg quality, vitamin D sufficiency, optimal iron stores, DHA pre-loading, and the importance of achieving nutritional adequacy before conception rather than waiting until pregnancy is confirmed. Note that pre-conception care is relevant for both partners. Minimum 900 words, second-person.

Prompt #122 Category 13 · 2 of 10

First Trimester Nutrition: Eating Through Nausea

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on first trimester nutrition challenges — specifically nausea and food aversions, which affect up to 80% of pregnant women. Explain the hormonal drivers (hCG, progesterone), evidence-based nausea management strategies (vitamin B6, ginger in several forms — described specifically, eating small and frequent, cold foods over hot), and realistic nutritional priorities when palatability is severely restricted. Reassure readers that nutritional perfection in the first trimester is not required — survival eating is legitimate. Minimum 900 words, second-person, compassionate and practical.

Prompt #123 Category 13 · 3 of 10

Key Nutrients in Pregnancy: Beyond Folic Acid

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the full spectrum of critical pregnancy nutrients: folate, choline, DHA, iodine, iron, calcium, vitamin D, vitamin K2, magnesium, and zinc. For each nutrient, explain the developmental role, the food sources, the supplementation guidance if food sources are insufficient, and the signs of deficiency. Go beyond the standard 'take folic acid' advice that dominates mainstream pregnancy information. Minimum 950 words, second-person, comprehensive and practically organised.

Prompt #124 Category 13 · 4 of 10

Gestational Diabetes: Prevention and Management Through Diet

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on gestational diabetes — explaining the physiological mechanism (placental hormones inducing insulin resistance as a mechanism to divert glucose to the foetus), risk factors, the glucose challenge test, and the dietary management. Cover carbohydrate distribution across meals and snacks (rather than elimination), the importance of protein and fat at every meal, the carbohydrate threshold approach, and the post-meal walking strategy. Note that gestational diabetes requires medical management — dietary change is an adjunct. Minimum 900 words, second-person, responsible and practical.

Prompt #125 Category 13 · 5 of 10

Postpartum Recovery Nutrition: What Your Body Actually Needs

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the nutritional requirements of postpartum recovery — the period of healing from birth (whether vaginal or caesarean), iron repletion from blood loss, protein for tissue repair, collagen-supportive nutrients for wound healing, the critical importance of DHA for postpartum brain health (depleted during pregnancy), and adequate calories during breastfeeding. Address the cultural pressure to 'bounce back' — physiologically harmful — with a clear, evidence-based counter. Minimum 900 words, second-person, warm and empowering.

Prompt #126 Category 13 · 6 of 10

Breastfeeding Nutrition: What Changes and What Doesn't

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on nutrition during breastfeeding — covering the additional caloric requirements (approximately 300–500 extra kcal/day), the nutrients that preferentially transfer to breast milk (DHA, iodine, vitamin D — often requiring supplementation), the nutrients that are maintained in breast milk regardless of maternal diet (calcium, iron), the limited evidence on maternal diet and infant colic, the foods claimed to improve milk supply (galactagogues — honest evidence assessment), and key foods to minimise during breastfeeding. Minimum 900 words, second-person.

Prompt #127 Category 13 · 7 of 10

Postpartum Mental Health and Nutrition

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the nutritional dimensions of postpartum depression and anxiety — covering the dramatic drop in oestrogen and progesterone immediately after birth and the neurological consequences, the DHA depletion that occurs during pregnancy and its association with postpartum mood disorders, the role of iron deficiency anaemia in fatigue and low mood postpartum, and the dietary approaches that support recovery alongside professional mental health care. Emphasise that postpartum mental health conditions require professional support — nutrition is an adjunct. Minimum 900 words, second-person, compassionate and responsible.

Prompt #128 Category 13 · 8 of 10

Introducing Solid Foods to Infants: The Evidence-Based Approach

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on infant weaning — covering the WHO guidance on 6 months as the introduction point, the signs of readiness, the choice between traditional spoon feeding and baby-led weaning (evidence for both presented), the critical importance of early allergen introduction (the LEAP study on early peanut introduction reducing allergy risk), the most important first foods for iron (meat, fortified cereals, legumes), and why vegetables should be offered before fruits to build flavour acceptance. Minimum 900 words, second-person, evidence-grounded and practical.

Prompt #129 Category 13 · 9 of 10

Weight Loss After Pregnancy: A Biologically Respectful Timeline

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on postpartum weight loss — challenging the 'snap back' cultural pressure and establishing a biologically realistic timeline (the body typically requires 12–18 months to return to its pre-pregnancy state, if at all — and the postpartum body is permanently and beautifully changed). Cover when it is physiologically appropriate to pursue active fat loss (not during breastfeeding establishment), the caloric requirements during breastfeeding that make aggressive dieting counterproductive, and a gentle, sustainable approach for those who wish to return to their pre-pregnancy weight. Minimum 900 words, second-person, body-positive and realistic.

Prompt #130 Category 13 · 10 of 10

Nutrition for the Exhausted New Parent

You are the Diet and Wellness Royalties Bot. Write a practical chapter for [PEN NAME]'s book on eating well during the survival phase of new parenthood — acknowledging the reality of sleep deprivation, limited time, one-handed eating requirements, and the cognitive overload of new parenthood. Provide strategies: a list of highly nutritious, zero-preparation foods for difficult days (full-fat Greek yogurt, pre-boiled eggs, cheese, nuts, rotisserie chicken, fruit, nut butter on anything), a 20-minute weekly batch prep that dramatically improves the week's nutrition, and the nutritional priorities that matter most when you can only do three things. Minimum 900 words, second-person, warm and realistic.

■ Category 14 · Nutrition for Seniors (65+)

Malnutrition risks, muscle preservation & healthy ageing through food

Prompt #131 Category 14 · 1 of 10

The Silent Malnutrition Crisis in Older Adults

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the underdiagnosed problem of nutritional deficiency in older adults — covering the multiple factors that increase risk: declining appetite (anorexia of ageing), reduced gastric acid affecting B12 and mineral absorption, decreased thirst sensation increasing dehydration risk, social isolation reducing motivation to cook, medication-nutrient interactions, and fixed incomes limiting food access. Explain why a 65-year-old can be overweight and malnourished simultaneously. Cover the most common deficiencies and their consequences. Minimum 900 words, second-person.

Prompt #132 Category 14 · 2 of 10

Protein Requirements Over 65: Why Older Adults Need More

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the increased protein requirements of older adults — explaining anabolic resistance (the reduced efficiency of protein utilisation for muscle protein synthesis in ageing muscle), why the RDA for protein (0.8g/kg) is insufficient for older adults and the evidence supports 1.2–1.6g/kg minimum, the leucine threshold's particular importance in ageing (higher leucine dose needed to stimulate synthesis), and practical strategies for increasing protein intake in an older adult who may have a reduced appetite. Minimum 900 words, second-person.

Prompt #133 Category 14 · 3 of 10

Sarcopenia: The Muscle Loss Epidemic and How to Fight It With Food

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on sarcopenia — the age-related loss of skeletal muscle mass and function that accelerates from age 65, increases fall risk, reduces metabolic rate, and is associated with all-cause mortality. Cover the epidemiology (up to 30% of adults over 60 are sarcopenic), the diagnostic criteria (muscle mass + strength + function), the combined dietary and exercise intervention with strongest evidence (leucine-rich protein with resistance training), and the specific role of vitamin D and creatine in muscle preservation in older adults. Minimum 950 words, second-person.

Prompt #134 Category 14 · 4 of 10

Bone Health in Older Adults: Beyond Osteoporosis

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on skeletal health in adults over 65 — covering the accelerating bone density loss post-65, the fracture risk and its enormous consequences for quality of life and mortality (hip fractures in older adults have a 20–30% one-year mortality rate — presented carefully), and the comprehensive nutritional approach: adequate protein (often neglected in osteoporosis guidance), calcium from food sources (preferred over high-dose supplements), vitamin D3 + K2 synergy, magnesium, and the primacy of weight-bearing exercise. Minimum 900 words, second-person.

Prompt #135 Category 14 · 5 of 10

Cognitive Health and Healthy Ageing: A Nutritional Approach

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on dietary patterns associated with better cognitive health in older adults — specifically the MIND diet (a hybrid Mediterranean/DASH pattern developed specifically to study neuroprotection), the research showing leafy greens as among the most consistent dietary predictors of slower cognitive decline, the role of EVOO polyphenols, DHA for brain membrane integrity, and the association between ultra-processed food consumption and accelerated cognitive decline in older populations. Be honest about the limits of current research — diet is one of several lifestyle factors associated with cognitive health, and no dietary pattern has been proven to prevent dementia. Present this as a supportive lifestyle approach, not a medical intervention. Minimum 900 words, second-person, informative and appropriately measured.

Prompt #136 Category 14 · 6 of 10

Hydration in Older Adults: The Underappreciated Risk

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on hydration in older adults — explaining the physiological changes that increase dehydration risk: reduced kidney concentrating ability, blunted thirst sensation (often only feeling thirsty when already moderately dehydrated), decreased total body water percentage, and medication effects (diuretics, laxatives). Cover the consequences of chronic mild dehydration in older adults (confusion, UTIs, constipation, falls). Provide practical, simple hydration strategies including food-based hydration and environmental cues for those with reduced thirst. Minimum 900 words, second-person.

Prompt #137 Category 14 · 7 of 10

Medication-Nutrient Interactions Every Older Adult Should Know

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the most clinically important medication-nutrient interactions affecting older adults who are typically on multiple medications: statins depleting CoQ10 and vitamin D, metformin depleting B12, PPIs reducing B12, iron, calcium, and magnesium absorption, warfarin and vitamin K foods (does not mean avoiding them — consistent intake is the guidance), ACE inhibitors and potassium, and diuretics depleting potassium, magnesium, and zinc. For each, provide clear practical guidance. Note that changes to medication management should involve their prescriber. Minimum 950 words, second-person.

Prompt #138 Category 14 · 8 of 10

Cooking for One: Practical Nutrition for Older Adults Living Alone

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the practical challenges of eating well when cooking for one — a reality for many older adults after bereavement or separation. Cover: the psychology of motivation to cook alone (social eating strategies, the importance of eating at a table, audio company), batch cooking approaches scaled for one person, the best ready-to-eat nutritious options for lower-energy days, meal delivery services and community dining options, and a collection of five genuinely enjoyable single-serving meals described in detail. Minimum 900 words, second-person, warm and practical.

Prompt #139 Category 14 · 9 of 10

Digestive Changes After 65: Nutrition Solutions

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the digestive changes that commonly affect adults over 65 — reduced gastric acid production and its effects on protein digestion and B12/iron/calcium absorption, decreased digestive enzyme production, slower gastric emptying, constipation from reduced gut motility and inadequate fibre and fluid intake, and the increased prevalence of SIBO in older adults. For each change, provide specific dietary adaptations. Cover the role of probiotics in age-related dysbiosis. Minimum 900 words, second-person, practical and respectful.

Prompt #140 Category 14 · 10 of 10

Palliative and End-of-Life Nutrition: A Compassionate Guide

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on nutrition in the context of serious illness, declining function, and end of life — addressed primarily for family members and carers of older adults. Cover: the shift from nutritional optimisation to comfort and pleasure as illness progresses, the normal and expected decline in appetite in serious illness and why forced feeding is rarely beneficial and often distressing, the most appropriate foods for someone with difficulty swallowing, hydration at end of life, and how to find meaning and connection through food even when intake is minimal. Minimum 900 words, second-person, deeply compassionate and practically wise.

■ Category 15 · Superfoods, Adaptogens and Functional Foods

Evidence behind the buzzwords — what's real, what's hype

Prompt #141 **Category 15 · 1 of 10**

'Superfood' Is a Marketing Term — Here's What the Science Actually Shows

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book that reclaims the concept of 'superfood' from marketing — explaining that there is no official nutritional or scientific definition of the term, that it is primarily used to sell products at premium prices, and that the most consistently powerful dietary pattern is built on humble everyday foods (lentils, oats, eggs, sardines, broccoli, blueberries, garlic, olive oil) rather than expensive powders and exotic berries. Cover the science behind the most consistently evidenced 'superfoods' and the most overhyped. Minimum 900 words, second-person, grounding and specific.

Prompt #142 **Category 15 · 2 of 10**

Adaptogens: What They Are and What the Research Actually Supports

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on adaptogenic herbs — defined specifically as substances that help the body resist physical and psychological stress by modulating the HPA axis. Cover the most researched adaptogens: ashwagandha (the strongest evidence for cortisol reduction, stress, and sleep), rhodiola rosea (fatigue and cognitive performance), eleuthero (physical endurance), holy basil/tulsi (anxiety and blood sugar), and lion's mane mushroom (cognitive function). For each, present the evidence honestly (ranging from strong to preliminary). Cover forms and dosing. Minimum 950 words, second-person, evidence-graded.

Prompt #143 Category 15 · 3 of 10

Functional Mushrooms: Reishi, Lion's Mane, Chaga, and Cordyceps

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on functional mushrooms — covering reishi (immune modulation research, sleep support, adaptogenic properties), lion's mane (nerve growth factor stimulation research, preliminary cognitive function and mood studies), chaga (antioxidant polysaccharides, immune function research), and cordyceps (VO2 max and athletic performance research). For each, specify the active compounds, the research quality honestly (much is in vitro or animal — noted clearly), practical forms and dosing, and what to look for in supplement quality. Present these as interesting functional foods with emerging research — not as medical treatments. Minimum 950 words, second-person, evidence-graded and grounded.

Prompt #144 Category 15 · 4 of 10

Berberine: The Plant Compound With Remarkable Metabolic Research

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on berberine — an alkaloid found in barberry, goldenseal, and Oregon grape with a notable body of research on blood sugar regulation (AMPK activation mechanism explained in plain English), cardiovascular markers (LDL reduction, triglyceride lowering research), and weight management. Present the research honestly — results are promising and several studies show meaningful effects on metabolic markers — while being clear that berberine is a supplement, not a pharmaceutical, and that anyone on medications should consult their doctor before use (berberine inhibits certain drug-metabolising enzymes). Cover dosing, cycling, and food-based sources where relevant. Minimum 900 words, second-person, evidence-grounded and responsible.

Prompt #145 Category 15 · 5 of 10

Collagen Supplements: Separating Evidence From Hype

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on collagen peptide supplements — one of the top-selling supplements in the wellness market. Present the evidence honestly: it is more substantial than critics acknowledge. Cover the research on skin elasticity and hydration (consistent positive findings in double-blind trials), joint pain in athletes (promising), gut lining support (theoretical basis, limited clinical trials), and hair and nail growth (weakest evidence). Explain the hydrolysed peptide absorption mechanism. Cover food-based alternatives. Minimum 900 words, second-person, balanced and specific.

Prompt #146 Category 15 · 6 of 10

Magnesium: The Deficiency Nobody Is Talking About

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on magnesium — an essential mineral involved in over 300 enzymatic reactions, estimated to be deficient in 50–60% of Western populations, yet rarely tested in routine blood work (and serum magnesium is a poor proxy for tissue status). Cover the symptoms of deficiency (muscle cramps, anxiety, insomnia, constipation, headaches, palpitations), the best dietary sources (dark chocolate, pumpkin seeds, leafy greens, black beans), and the supplement forms (magnesium glycinate for sleep/anxiety, magnesium malate for energy/fatigue, magnesium threonate for brain penetration). Minimum 950 words, second-person.

Prompt #147 Category 15 · 7 of 10

Vitamin D: The Hormone Masquerading as a Vitamin

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on vitamin D — technically a steroid hormone produced by the skin, with receptors in almost every cell of the body. Cover: the global prevalence of deficiency, the inadequacy of dietary sources alone for most people, the range of health effects beyond bone health (immune function, mood, cardiovascular, metabolic, cancer risk reduction — each presented with honest evidence grading), the optimal blood level debate (25-OH-D: 75–100 nmol/L generally recommended by functional medicine vs. conventional laboratory ranges), supplementation forms (D3 + K2 combination), and sun exposure guidance. Minimum 950 words.

Prompt #148 Category 15 · 8 of 10

Spermidine, Fisetin, and the Next Wave of Longevity Supplements

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the frontier of longevity-focused nutraceuticals — covering spermidine (a polyamine found in wheat germ, aged cheese, soy, that induces autophagy — the most compelling food-based longevity intervention with human observational data), fisetin (a flavonoid found in strawberries with the strongest senolytic activity in food sources), quercetin (similar mechanism, found in onions and capers), and urolithin A (produced from pomegranate ellagitannins by gut bacteria, activating mitophagy). Cover both food sources and supplement forms. Minimum 950 words.

Prompt #149 Category 15 · 9 of 10

Matcha, Cacao, and Polyphenol-Rich Foods: What's Actually Worth Eating

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the polyphenol-rich foods with the strongest evidence — matcha (highest EGCG content, L-theanine + caffeine combination for calm focus), dark chocolate and raw cacao (flavanols for cardiovascular function, BDNF production, mood), pomegranate (urolithins for mitophagy, cardiovascular research), extra-virgin olive oil (oleocanthal, oleuropein — anti-inflammatory mechanisms rivalling ibuprofen in vitro), and purple/blue berries (anthocyanins for cognition, cardiovascular, and anti-ageing). For each, provide daily amounts and best consumption methods. Minimum 950 words.

Prompt #150 Category 15 · 10 of 10

Fermented Foods as Functional Foods: Beyond Gut Health

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on fermented foods as functional foods with benefits beyond basic gut health — covering kefir's specific anti-inflammatory properties (a 2021 Cell paper showed fermented food diet reduced inflammatory markers more than high-fibre diet — explained clearly), miso's association with reduced breast cancer and cardiovascular risk in Japanese populations, kimchi's blood pressure and metabolic benefits in Korean research, natto's vitamin K2 content as nattokinase for cardiovascular health, and the live bacteria dose in fermented foods vs. probiotic supplements. Minimum 950 words.

■ Category 16 · Fermentation, Food Preservation and Probiotic Cooking

Making kefir, kimchi, sourdough, kombucha & yogurt at home

Prompt #151 Category 16 · 1 of 10

Why Fermented Foods Are the Most Powerful Thing You Can Add to Your Diet

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book making the case for fermented foods as the single most impactful dietary category most people are missing — covering a landmark 2021 Cell study showing that a high-fermented-food diet increased microbiome diversity and reduced inflammatory markers more effectively than a high-fibre diet alone, the extraordinary variety of fermented foods across global food cultures (pointing to their universal human history), and why modern food processing has largely eliminated them from Western diets. Use the analogy of a garden that has lost its beneficial insects — fermented foods reintroduce the ecosystem. Minimum 900 words, second-person, inspiring and evidence-anchored.

Prompt #152 Category 16 · 2 of 10

How to Make Kefir at Home: A Complete Beginner's Guide

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book that teaches the reader to make milk kefir at home from scratch — covering what kefir grains are (living SCOBY communities, not actual grains), how to source them, the equipment needed (a jar, a cloth cover, a strainer), the fermentation process step by step (24–48 hours at room temperature), how to judge when it is ready, how to care for the grains between batches, troubleshooting common problems (too thin, too sour, inactive grains), and how to use kefir in daily meals beyond drinking it straight. Minimum 900 words, second-person, practical and confidence-building.

Prompt #153 Category 16 · 3 of 10

Making Kimchi: A Traditional Korean Ferment Anyone Can Do

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on making traditional kimchi at home — covering the history and cultural significance briefly (one paragraph), the ingredients (napa cabbage, Korean red pepper flakes, garlic, ginger, fish sauce or vegan alternative, spring onions), the salting and wilting process, making the paste, packing the jar, and the fermentation timeline (24 hours at room temperature, then refrigerator). Cover how to customise heat level, how to know when it is ready, how long it keeps, and ways to use it beyond as a side dish. Minimum 900 words, second-person, enthusiastic and step-by-step clear.

Prompt #154 Category 16 · 4 of 10

Sourdough Bread: The Fermented Bake That Changes Everything

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on sourdough bread — covering what makes sourdough genuinely different from commercial yeast bread (long fermentation by Lactobacillus bacteria that partially digests gluten and phytic acid, producing a lower glycaemic response and greater mineral bioavailability), how to create a sourdough starter from scratch over 7 days (flour and water only), how to maintain it with regular feeding, and a simple beginner sourdough loaf method. Address the most common beginner fears (killing the starter, dense loaves) with practical reassurance. Minimum 950 words, second-person, warm and confidence-building.

Prompt #155 Category 16 · 5 of 10

Brewing Kombucha at Home: The Fizzy Ferment

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on home kombucha brewing — explaining what kombucha is (fermented sweet tea produced by a SCOBY — symbiotic culture of bacteria and yeast), the equipment needed, the first fermentation process (7–14 days), how to judge sweetness and acidity, the second fermentation for carbonation (adding fruit or juice, sealing for 2–3 days), bottling safely (pressure management), and troubleshooting (mould identification, flat kombucha, over-carbonation). Cover the gut health rationale for including kombucha as part of a fermented foods routine. Minimum 900 words, second-person, practical and specific.

Prompt #156 Category 16 · 6 of 10

Making Yogurt at Home: Better Than Anything From a Shop

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on making yogurt at home — covering the science of yogurt fermentation (Lactobacillus bulgaricus and Streptococcus thermophilus converting lactose to lactic acid, creating the texture and flavour), the simple equipment needed, the full method from heating milk to incubating to straining, how to make Greek-style strained yogurt, how to use previous batches as starter cultures, and a comparison of cow's milk, goat's milk, and non-dairy (cashew, coconut, oat) versions. Minimum 900 words, second-person, practical and enthusiastic about the quality difference from commercial products.

Prompt #157 Category 16 · 7 of 10

Sauerkraut: The Simplest Ferment With the Longest History

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on making sauerkraut — arguably the easiest fermented food a beginner can make, requiring only cabbage, salt, and time. Cover the complete method (shredding, salting, massaging, packing, weighting, and fermenting at room temperature for 1–4 weeks), the importance of keeping the cabbage submerged below the brine, how to identify successful fermentation vs. contamination, the flavour development over time, and variations (caraway seeds, juniper berries, adding carrots). Cover the extraordinary Lactobacillus species count in well-fermented sauerkraut and its gut health significance. Minimum 900 words, second-person, practical and encouraging for first-timers.

Prompt #158 Category 16 · 8 of 10

Miso, Tempeh, and Natto: Asian Fermented Protein Powerhouses

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on three Asian fermented soy products — miso (fermented soybean paste, aged from weeks to years, with distinct flavour profiles), tempeh (firm fermented soybean cake with significantly better digestibility and nutrient profile than unfermented soy), and natto (strongly flavoured sticky fermented soybean with extraordinary vitamin K2 content as MK-7, the most bioavailable form). For each, explain the production method briefly, the nutritional profile, the gut health and broader wellness research, and practical ways to incorporate into everyday meals. Minimum 950 words, second-person, specific and practical.

Prompt #159 Category 16 · 9 of 10

Fermented Beverages Beyond Kombucha: Kvass, Jun, Water Kefir, and More

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book introducing the wider world of fermented beverages beyond kombucha — covering water kefir (a lighter, dairy-free fermented drink using water kefir grains with sugar and fruit), kvass (a lightly fermented Eastern European drink made from bread or beetroot), jun tea (a green tea and honey SCOBY-based ferment, lighter and more delicate than kombucha), and tepache (a Mexican fermented pineapple drink). For each, explain the fermentation process, the taste profile, the probiotic content, and a simple home recipe. Minimum 900 words, second-person, curious and exploratory — the chapter should feel like an adventure.

Prompt #160 Category 16 · 10 of 10

Building a Fermentation Station: Equipping Your Kitchen for Regular Fermentation

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on setting up a practical home fermentation routine — covering the minimal essential equipment (wide-mouth mason jars, kitchen scales, wooden spoons, fine-weave cloth, airlocks for wine-style ferments), the importance of cleanliness vs. sterility (fermentation requires cleanliness, not the sterilisation needed for canning), how to organise a fermentation schedule so multiple ferments run simultaneously with minimal effort, and a 'starter kit' recommendation for a complete beginner: begin with sauerkraut in week one, yogurt in week two, kefir in week three. Close with a vision of a kitchen where fermented foods are always on hand. Minimum 900 words, second-person, practical and motivating.

■ Category 17 · Sleep Optimisation and Chronobiology

Circadian rhythm, sleep nutrition & waking up restored

Prompt #161 **Category 17 · 1 of 10**

Chronobiology 101: Your Body Clock and What It Controls

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book introducing chronobiology — the science of biological timing — in completely accessible terms. Cover the central circadian clock in the suprachiasmatic nucleus, the peripheral clocks in every organ, the role of light as the primary zeitgeber (time-giver), and why disrupting circadian rhythm (shift work, jet lag, irregular meal timing, late-night screen exposure) affects metabolism, hormones, immune function, and mental health. Use the analogy of a conductor leading an orchestra — when the conductor (central clock) is out of sync with the musicians (peripheral clocks), the music falls apart. Minimum 900 words.

Prompt #162 **Category 17 · 2 of 10**

Tryptophan, Serotonin, and Melatonin: The Sleep Nutrient Pathway

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book tracing the dietary pathway from tryptophan to serotonin to melatonin — explaining why this matters for sleep quality. Cover the best food sources of tryptophan (turkey, eggs, cheese, pumpkin seeds, tofu, oats), the requirement for carbohydrates to facilitate tryptophan's entry into the brain (the insulin-mediated LNAA competition mechanism, explained in plain English), and why the classic 'warm milk before bed' has some genuine nutritional basis. Cover the evidence for tart cherry juice as a dietary melatonin source. Minimum 900 words, second-person, engaging and practical.

Prompt #163 Category 17 · 3 of 10

Magnesium and Sleep: The Most Evidence-Backed Nutritional Sleep Aid

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on magnesium's role in sleep quality — covering magnesium's activation of GABA receptors (the brain's calming neurotransmitter system), its regulation of melatonin, its effect on cortisol normalisation, and the research on magnesium supplementation improving sleep onset, duration, and quality particularly in older adults and those who are deficient. Cover the best supplemental forms for sleep (glycinate, threonate), the optimal timing (60–90 minutes before sleep), and food-based sources. Minimum 900 words, second-person, evidence-grounded.

Prompt #164 Category 17 · 4 of 10

Time-Restricted Eating and Circadian Alignment

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on early time-restricted eating (eTRE) — consuming all calories within an earlier window aligned with the body's peak metabolic efficiency (approximately 8am–4pm or 10am–6pm) rather than the late window most people use. Cover the circadian advantages: improved insulin sensitivity, better lipid metabolism, lower post-meal glucose, and improved sleep quality when the last meal is more than 3 hours before bed. Discuss the practical and social challenges honestly. Minimum 900 words, second-person, research-grounded.

Prompt #165 Category 17 · 5 of 10

Foods and Substances That Destroy Sleep Quality

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the dietary enemies of sleep quality — caffeine's half-life (5–7 hours, meaning a 3pm coffee still has 50% its caffeine active at 8pm for most people), alcohol's disruption of REM sleep and its rebound effect (initial sedation followed by night-time fragmentation), high-glycaemic evening meals causing reactive hypoglycaemia and waking, large late evening meals delaying gastric emptying and elevating core body temperature, and the nicotine stimulant effect. For each, provide the practical cut-off time or mitigation strategy. Minimum 900 words.

Prompt #166 Category 17 · 6 of 10

The Gut Microbiome and Sleep: A Two-Way Street

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the emerging relationship between gut microbiome composition and sleep quality — covering the microbiome's production of sleep-relevant neurotransmitters and their precursors (GABA, serotonin), the association in research between low microbiome diversity and poor sleep quality, the bidirectional nature (poor sleep disrupts the microbiome; a dysbiotic microbiome disrupts sleep), and the dietary implications: high-fibre, fermented food-rich diets associated with better sleep in observational studies. Minimum 900 words, second-person, specific and current.

Prompt #167 Category 17 · 7 of 10

Sleep and Weight: The Bi-Directional Relationship

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the deeply intertwined relationship between sleep duration/quality and body weight — covering the increase in ghrelin (hunger hormone) and decrease in leptin (satiety hormone) with insufficient sleep, the additional 300+ calories per day consumed on average after a poor night's sleep, the increased preference for high-calorie foods when sleep-deprived, and the metabolic consequences of chronic sleep restriction (insulin resistance equivalent to months of poor eating). Frame sleep optimisation as a legitimate weight management strategy. Minimum 900 words.

Prompt #168 Category 17 · 8 of 10

Napping Science: When It Helps and When It Hurts

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the science of napping — covering the research on the 10–20 minute nap (stage 2 sleep, no grogginess, alertness boost of 30%+ in research), the 90-minute full sleep cycle nap (beneficial if sleep debt is high, risky for night-time sleep if overused), the 'nappuccino' (coffee immediately before a 20-minute nap — caffeine kicks in just as you wake), the circadian timing of napping (1–3pm aligns with natural alertness dip), and the populations for whom regular napping is beneficial vs. those for whom it disrupts night sleep. Minimum 900 words.

Prompt #169 Category 17 · 9 of 10

A Complete Sleep Optimisation Protocol

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book presenting a comprehensive sleep optimisation protocol addressing all evidence-based interventions: light management (morning sunlight within 30 minutes of waking, blue-light blocking from 7pm), temperature (bedroom 16–19°C), consistent sleep-wake timing, the dietary protocol (magnesium timing, tryptophan-rich evening meal, caffeine cut-off, no alcohol, last meal 3+ hours before bed), exercise timing (morning or afternoon exercise supports sleep; intense late evening training can delay sleep onset), and pre-sleep wind-down routine. Minimum 1,000 words, second-person, comprehensive and actionable.

Prompt #170 Category 17 · 10 of 10

Insomnia: When Sleep Problems Need More Than a Protocol

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on chronic insomnia — distinguishing between acute insomnia (stress or event-triggered, usually self-resolving) and chronic insomnia disorder (3+ nights per week for 3+ months), the cognitive-behavioural perpetuating factors (sleep anxiety, maladaptive compensatory behaviours), why sleep hygiene alone rarely resolves chronic insomnia (CBT-I is the first-line treatment, not melatonin), and the nutritional support role as an adjunct. Guide readers to seek Cognitive Behavioural Therapy for Insomnia (CBT-I) as the evidence-based primary treatment. Minimum 900 words, second-person, responsible and compassionate.

■ Category 18 · Nutrition for Skin, Hair and Beauty

Eating for radiant skin, strong hair & healthy nails from within

Prompt #171 Category 18 · 1 of 10

The Skin-Diet Connection: What Your Plate Does to Your Face

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book establishing the evidence base for dietary effects on skin health — covering the role of glycation (excess sugar cross-linking collagen fibres, reducing elasticity and causing visible ageing), the antioxidant protection of polyphenol-rich foods against UV-induced oxidative skin damage, the profound effect of gut microbiome health on skin conditions (acne, rosacea, psoriasis, eczema — the gut-skin axis), and the dietary foundation of collagen production. Minimum 900 words, second-person, compelling and specific.

Prompt #172 Category 18 · 2 of 10

Acne and Diet: What the Research Now Shows

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the diet-acne relationship — covering the now-established link between high-glycaemic diets and acne severity (mechanism: insulin and IGF-1 stimulating sebum production and keratinocyte proliferation), the dairy-acne association (explained via IGF-1 in milk and leucine's insulin secretagogue effect), the omega-6 to omega-3 ratio's role in inflammatory acne, and the dietary modifications with clinical evidence: low-glycaemic diet, reduced dairy, increased omega-3, zinc, and probiotic-containing foods. Minimum 900 words, second-person, evidence-grounded and specific.

Prompt #173 Category 18 · 3 of 10

Collagen Production Through Nutrition: A Practical Guide

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on supporting the body's endogenous collagen production through diet — covering the requirement for adequate glycine and proline (from bone broth, gelatine, organ meats, or collagen peptide supplements), vitamin C as an essential co-factor for collagen cross-linking (without which collagen fibres are weak and unstable — connect to scurvy for context), copper (lysyl oxidase enzyme), and silicon. Explain why collagen synthesis declines with age and how to partially compensate through dietary support. Minimum 900 words, second-person, mechanistically clear.

Prompt #174 Category 18 · 4 of 10

Hair Loss and Nutrition: The Deficiencies to Rule Out First

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the nutritional causes of hair thinning and loss — covering the most common nutritional drivers: iron deficiency (specifically ferritin levels below 70mcg/L even within 'normal' ranges), zinc deficiency, biotin deficiency (rare in adequately nourished adults despite aggressive supplement marketing), excessive vitamin A (hair loss is a symptom of toxicity, not deficiency), dramatic caloric restriction causing telogen effluvium, and protein deficiency. For each, explain the mechanism and the dietary or supplementation solution. Minimum 950 words.

Prompt #175 Category 18 · 5 of 10

Skin Hydration: The Inside-Out Approach

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on dietary hydration for skin — going beyond 'drink more water' to explain the role of electrolytes in maintaining cellular hydration, hyaluronic acid as an endogenous molecule whose production is supported by vitamin C and magnesium, the role of omega-3 fatty acids in maintaining the skin's lipid barrier (preventing transepidermal water loss), and foods with specific hydration-supporting evidence: cucumber, watermelon, and bone broth for glycosaminoglycans. Minimum 900 words, second-person, specific and practical.

Prompt #176 Category 18 · 6 of 10

Anti-Ageing Nutrition: Slowing the Clock From Within

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on dietary strategies for slowing visible skin ageing — covering the glycation mechanism (excess dietary sugar creates advanced glycation end-products that make collagen stiff and yellow), the UV protection offered by lycopene, astaxanthin, and polyphenols, the antioxidant network (vitamins C, E, selenium, and polyphenols protecting skin cell DNA), and the role of adequate protein for skin structural repair. Cover practical daily applications of each strategy. Minimum 900 words, second-person, compelling and actionable.

Prompt #177 Category 18 · 7 of 10

Rosacea, Eczema, and Psoriasis: The Dietary Dimension

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on dietary approaches to the three most common inflammatory skin conditions. Rosacea: the trigger food identification process (alcohol, hot beverages, spicy foods are common — individual variation is the key message), the gut-rosacea connection and probiotic evidence. Eczema: the elimination diet approach for identifying food triggers, omega-3s and evening primrose oil evidence, gut microbiome restoration. Psoriasis: the most consistent dietary associations (Mediterranean diet, gluten-free for coeliac-associated psoriasis, alcohol reduction). Note that all conditions require dermatological management. Minimum 950 words.

Prompt #178 Category 18 · 8 of 10

Omega-3 Fatty Acids and Skin: EPA and DHA as Internal Moisturisers

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on omega-3 fatty acids and skin health — covering EPA's incorporation into skin cell membranes, reducing the production of inflammatory eicosanoids that drive acne and eczema, the UV protective effect of omega-3s (reducing inflammatory sunburn response), and DHA's role in skin membrane fluidity affecting hydration and barrier function. Cover the research on omega-3 supplementation for atopic dermatitis and acne. Include practical guidance on dietary and supplemental sources. Minimum 900 words, second-person, mechanistically clear.

Prompt #179 Category 18 · 9 of 10

Gut Health and Skin: The Axis That Explains Everything

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the gut-skin axis — the bidirectional relationship between gut microbiome health and skin conditions. Cover the mechanisms: gut dysbiosis increasing intestinal permeability, allowing bacterial lipopolysaccharides (LPS) into circulation, triggering systemic inflammation that manifests in skin; the microbiome's role in producing short-chain fatty acids with anti-inflammatory skin effects; the research linking probiotic supplementation to improvements in acne, atopic dermatitis, and rosacea. Minimum 900 words, second-person, connecting the dots clearly.

Prompt #180 Category 18 · 10 of 10

A 30-Day Skin Health Diet Protocol

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book presenting a 30-day dietary protocol specifically designed for skin health — structured in three 10-day phases: Phase 1 (remove the primary skin disruptors: refined sugar, high-glycaemic foods, excess dairy, alcohol, seed oils), Phase 2 (introduce the key skin-supportive foods: fatty fish 3x/week, colourful vegetables daily, collagen-supportive foods, fermented foods), Phase 3 (establish the sustainable pattern and assess personal triggers). Include a sample day for each phase. Minimum 1,000 words, second-person, organised and inspiring.

■ Category 19 · Sustainable and Ethical Eating

Environmental impact, food ethics & eating for the planet

Prompt #181 Category 19 · 1 of 10

The Environmental Footprint of What You Eat

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the environmental impact of dietary choices — covering the greenhouse gas emissions of different food categories (beef and lamb highest, plant foods lowest, with significant variation within categories), land and water use, biodiversity impact, and ocean depletion from overfishing. Use comparative figures (a beef burger vs. a bean burger in environmental cost) to make the data tangible. Present this as information for informed decision-making, not as a moral lecture. Minimum 900 words, second-person, factual and balanced.

Prompt #182 Category 19 · 2 of 10

Regenerative Agriculture: Beyond Organic

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on regenerative agriculture — the farming approach that goes beyond sustainable to actively improve soil health, sequester carbon, enhance biodiversity, and restore water cycles. Explain why this matters for food quality as well as environmental health (nutrient density of food grown in healthy soil), cover the specific practices (cover cropping, rotational grazing, no-till, compost application), and guide the reader on how to find and support regenerative producers. Minimum 900 words, second-person, inspiring and practically actionable.

Prompt #183 Category 19 · 3 of 10

Sustainable Seafood: What to Eat, What to Avoid

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on navigating sustainable seafood choices — covering the overfishing crisis (90% of the world's fish stocks are fully exploited or overfished), the environmental difference between bottom trawling and line-caught fishing, aquaculture quality spectrum (from highly sustainable to environmentally damaging), the Monterey Bay Aquarium Seafood Watch guide as a practical resource, and the best sustainable choices for common seafood consumers (sardines, mackerel, Alaskan salmon, farmed oysters, MSC-certified fish). Minimum 900 words.

Prompt #184 Category 19 · 4 of 10

The Politics of Food: Who Controls What We Eat and Why

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the political economy of food — covering the influence of the food and agriculture industry on dietary guidelines (the history of the sugar industry's funding of research to deflect attention toward fat is documented and appropriate to include), the subsidies that make ultra-processed food artificially cheap, the food desert problem and food justice, and why individual dietary choices occur within a system that is not neutral. Present this without political partisanship — it is a structural critique applicable across the political spectrum. Minimum 900 words.

Prompt #185 Category 19 · 5 of 10

Food Waste: The Environmental Impact and How to Reduce It

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on food waste — covering the extraordinary scale (one-third of all food produced globally is wasted), the environmental cost (food waste is the third largest contributor to greenhouse gas emissions if it were a country), the household contribution (the average family wastes 30% of food purchased), and practical strategies for dramatically reducing household food waste: meal planning, proper food storage for each category, 'use it up' cooking, understanding date labels (best before vs. use by), and using vegetable scraps. Minimum 900 words, second-person, practical and motivating.

Prompt #186 Category 19 · 6 of 10

Eating Seasonally and Locally: A Practical Guide

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on seasonal and local eating — covering the nutritional advantages of seasonal produce (harvested at peak ripeness vs. picked early for long-distance transport), the environmental advantages of reduced food miles, the economic arguments (seasonal produce is cheaper when abundant), and the pleasure argument (seasonal food simply tastes better). Provide a practical framework for shifting toward more seasonal eating without requiring significant lifestyle disruption: a seasonal produce calendar framework, farmers' market navigation, and community-supported agriculture (CSA) basics. Minimum 900 words.

Prompt #187 Category 19 · 7 of 10

The Flexitarian Approach: Maximum Health and Environmental Benefit

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book making the case that the flexitarian dietary pattern — predominantly plant-based with occasional, high-quality animal products — may offer the optimal balance of health outcomes, environmental impact, and practical sustainability. Cover the modelling research showing that a shift to flexitarian eating by 50% of the global population would deliver 40–50% of the dietary emissions reductions available from a fully vegan shift, with significantly higher adoption rates. Present as an inclusive, achievable, and impactful approach. Minimum 900 words.

Prompt #188 Category 19 · 8 of 10

Ultra-Processed Food and the Industrial Food System

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the industrial food system's production of ultra-processed foods — covering the NOVA classification system, why ultra-processed foods are nutritionally and metabolically distinct from their constituent ingredients, the manufacturing practices that make them palatable and over-consumable (bliss point engineering, texture optimisation, flavour coating), the labour and environmental costs of industrial food production, and the public health consequences of a diet dominated by these products. Minimum 900 words, second-person, systemic and illuminating.

Prompt #189 Category 19 · 9 of 10

The Cost of Cheap Meat: Animal Welfare and Human Health

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the true cost of factory-farmed meat — covering the animal welfare conditions in industrial farming, the public health risks of antibiotic use in livestock (antibiotic resistance — a genuine global health crisis), the environmental costs of concentrated animal feeding operations (CAFOs), and the nutritional comparison between factory-farmed and pasture-raised animal products (meaningful differences in omega-3 content and fat-soluble vitamins). Present this as information, not moral pressure. Minimum 900 words, second-person, factual and measured.

Prompt #190 Category 19 · 10 of 10

Building a More Sustainable Kitchen: Practical Steps That Matter

You are the Diet and Wellness Royalties Bot. Write a practical chapter for [PEN NAME]'s book on building a more sustainable kitchen — covering: reducing meat consumption to 2–3 times weekly (the single highest-impact individual dietary change), shifting from beef and lamb to chicken, pork, and fish where meat is consumed, replacing 3–4 meals per week with plant-protein centred meals, choosing seasonal and local produce, reducing food packaging (buying loose produce, choosing glass over plastic), composting food scraps, and the cumulative environmental impact of these individually modest changes made consistently over years. Minimum 900 words, second-person, constructive and non-preachy.

■ Category 20 · Advanced Metabolic Strategies

Carb cycling, metabolic flexibility, cold exposure & biohacking

Prompt #191 Category 20 · 1 of 10

Metabolic Flexibility: The Most Important Metabolic Skill You Can Develop

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book introducing metabolic flexibility — the ability to efficiently switch between glucose and fat as fuel sources based on availability, rather than being locked into glucose dependence. Explain why metabolic rigidity (an inability to access fat stores between meals) drives constant hunger, energy instability, and fat gain, while metabolic flexibility supports stable energy, easier fat loss, and resilience. Cover the dietary and lifestyle strategies that build metabolic flexibility: periodic carbohydrate reduction, intermittent fasting, regular exercise, and adequate sleep. Minimum 900 words, second-person.

Prompt #192 Category 20 · 2 of 10

Carbohydrate Periodisation: Eating More Carbs When Your Body Needs Them

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on carbohydrate periodisation — the practice of strategically varying carbohydrate intake to match the body's varying energy needs. Cover: training-day carbohydrates (higher, timed around workouts for performance and recovery), rest-day carbohydrates (lower, prioritising fat as fuel), the difference between periodisation and restriction (it is not a low-carb diet — it is a smarter carb diet), and practical implementation for recreational exercisers. Include a sample week showing the difference between a training day and a rest day. Minimum 900 words, second-person, practical and evidence-grounded.

Prompt #193 Category 20 · 3 of 10

The Science of Cold Exposure: From Ice Baths to Cold Showers

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on cold exposure — covering the research on cold water immersion for metabolic health: brown adipose tissue activation and its caloric expenditure (modest but real), the noradrenaline release (300–500% increase with 20-second cold water immersion) and its mood and focus effects, the post-exercise cold exposure paradox (blunts muscle hypertrophy if done immediately after strength training — important caveat), the stress resilience adaptation, and the practical hierarchy: cold showers → cold plunge → wild swimming. Minimum 900 words, second-person, evidence-calibrated.

Prompt #194 Category 20 · 4 of 10

Zone 2 Training: The Most Important Metabolic Fitness Tool

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on Zone 2 aerobic training — the intensity level where fat oxidation is maximal, mitochondrial biogenesis is stimulated, and metabolic health markers improve most dramatically. Explain how to identify Zone 2 (conversational pace, approximately 60–70% of maximum heart rate, the 'talk test'), why the 150 minutes per week recommendation is the minimum viable dose for metabolic health, and the profound metabolic benefits: improved insulin sensitivity, increased mitochondrial density, enhanced fat-burning capacity, and cardiovascular health. Include a practical Zone 2 starter plan. Minimum 900 words.

Prompt #195 Category 20 · 5 of 10

High-Intensity Interval Training for Metabolic Health

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on HIIT — high-intensity interval training — as a metabolic health tool specifically. Cover: the EPOC effect (excess post-exercise oxygen consumption, the 'afterburn'), the improvement in insulin sensitivity from a single HIIT session lasting 24+ hours, the VO2 max improvements from HIIT compared to steady-state cardio (superior at equal time investment), the muscle glycogen depletion effect and its insulin sensitising consequences, and the practical minimum effective dose (2 sessions per week of 20 minutes each). Include a simple, safe HIIT protocol for beginners. Minimum 900 words.

Prompt #196 Category 20 · 6 of 10

The mTOR/AMPK Balance: The Fundamental Metabolic Switch

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book explaining the mTOR (mechanistic target of rapamycin) and AMPK (AMP-activated protein kinase) metabolic switch in completely accessible terms — using the analogy of a construction mode vs. maintenance mode. mTOR is activated by protein and carbohydrates, driving cellular growth and muscle building; AMPK is activated by fasting, exercise, and energy depletion, driving fat burning, autophagy, and metabolic repair. Explain how strategically cycling between the two states — building phases and repair phases — optimises long-term metabolic health. Minimum 900 words, second-person, intellectually engaging.

Prompt #197 Category 20 · 7 of 10

Sauna and Heat Exposure for Metabolic and Cardiovascular Health

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on heat exposure — specifically sauna use — for metabolic and cardiovascular health. Cover the Finnish sauna research (4–7 sessions per week associated with 40–50% reduction in cardiovascular mortality — a remarkable finding), the mechanisms (heat shock proteins, nitric oxide production, plasma volume expansion), the hormetic stress response and its systemic health benefits, the growth hormone response to sauna (600% increase in a Finnish study), and practical guidance on sauna protocols. Cover both traditional Finnish sauna and infrared sauna with honest evidence comparison. Minimum 900 words.

Prompt #198 Category 20 · 8 of 10

Continuous Glucose Monitoring for Optimisation: A Practical Guide

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on using continuous glucose monitors (CGMs) as a personalised metabolic optimisation tool for non-diabetic individuals. Cover the key experiments to run over 2–4 weeks: identify your personal glucose spike foods, compare cooking methods (white rice vs. cold cooked rice, raw vs. cooked carrots), test the impact of exercise timing, food order (vegetables before carbs), and sleep quality on fasting glucose. Provide a structured 2-week CGM experiment protocol. Cover the available consumer devices and the interpretation of key metrics. Minimum 900 words, second-person, practical and specific.

Prompt #199 Category 20 · 9 of 10

Protein Cycling and Anabolic Periodisation: Eating for Growth and Repair

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on protein cycling and anabolic periodisation — the strategic variation of protein intake and meal timing across training phases to maximise muscle protein synthesis during building phases and support metabolic repair during lower-intensity periods. Cover: the concept of protein pulsing (front-loading protein earlier in the day vs. distributing evenly — and when each approach serves different goals), higher protein intake on resistance training days vs. rest days, the role of leucine as the primary trigger of muscle protein synthesis, and how to practically structure a week of eating around a mixed training schedule. Include a sample week combining training-day and rest-day protein strategies. Minimum 900 words, second-person, practical and evidence-grounded.

Prompt #200 Category 20 · 10 of 10

Building Your Personal Metabolic Health Protocol

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book presenting a framework for building a personalised metabolic health protocol from the evidence-based interventions covered in the book. Structure it as a tiered system: Tier 1 (foundational — must do: sleep 7–9 hours, eat whole foods predominantly, walk 8,000–10,000 steps daily, do resistance training 2x/week), Tier 2 (high leverage — strongly recommended: Zone 2 cardio 3x/week, time-restricted eating, cold exposure, sauna), Tier 3 (advanced optimisation — optional: carbohydrate periodisation, CGM use, sauna protocols, adaptogens). Minimum 1,000 words, second-person, synthesising and empowering.

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Questions? We're here.

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