

7
Simple steps
that really work

Ditch the weight



& GAIN YOUR LIFE

leah Marmulla

Ditch the Weight and Gain Your Life

Leah Marmulla
Dietitian (B. HS)

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I would like to dedicate this book to those who have gone before us - having the courage to observe and ask questions of how and why things happen the way they do. Even more so for those who had the courage to record their 'new' findings for others to follow.

A special thanks for all those who believed in me enough to challenge me to be the best I could, particularly when I really didn't think my ideas meant enough.

Welcome

To an adventure into your mind, body, and health.....

A summary of the three part series

By perusing the complete text, you can expect to gain the following benefits:

- A greater understanding of the various organs and how they help maintain health.
- A brief introduction into food choices for people who want to make changes to their lifestyle.
- A knowledge of Food choices and ways to maximise health.
- A list of references to cookbooks and other supporting books that have covered the “hands on” better than I could.
- Assistance with taking a preventative approach against chronic illness, cancer, and other serious, debilitating illnesses.

By the end of this book, you can expect to have come across several different concepts of the body and the way that it works. In each area, you will be given the opportunity, if you are on line, to purchase supportive texts via [Amazon](#). I’ve included this option so that you the reader, can learn much more about the different areas than I can give you in a single chapter. Also it is my way of acknowledging the many brilliant minds that have worked their way through information, thoughts and have also put together another piece into the puzzle on health and life.

The subject of health and the amount of information about its various aspects are enormous. It would be very naive of me to say that I have put together a conclusive compilation of the topics included. Basically I have gleaned information from others and put it together in a format of why things work and the possible benefits you could receive if you were to follow the suggestions.

You will have an understanding of:

- Factors which influence the body and which can contaminate it.
- Possible results of accumulated toxins in the body
- Methods of identifying a 'toxic' body
- Things to consider when buying food etc.

Because the effective elimination of wastes from the body is critical to creating and sustaining a healthy body and mind, different methods of supporting the body to clean itself will also be addressed, including:

- Diet
- Exercise
- Fluids
- Herbs and tonics
- Stress management
- Understanding mind – body relationship

While it is tempting to self-diagnose I strongly recommend you resist the temptation. One example could be you may believe you are ‘wheat intolerant’, and choose to avoid eating breads, pasta and cereals etc. on the premise it will help reduce your weight or reduce your tummy symptoms. While it is possible you may fair better on a wheat free eating plan, it not advisable to limit or avoid a food group on this basis. Likewise if you believe you experience the symptoms identified in this book then I strongly recommended you investigate any possible medically orientated disease. If you insist on self-diagnosis, and I do not support this without professional guidance, at least consider eating basic, healthy foods first; if you already have changed to this pattern, then it is time to get help. Limiting food choices unnecessarily isn’t the way to go as it can also set up a deprivation mentality, nutrient deficiency states and for some individuals, result in guilt and the laying down of another layer of sabotage. This makes it even harder to reverse your health status when you have another go.

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Ditch the Weight And Gain Your Life.

Part 1: The Mind Behind it All



RATIONALE FOR PART 1

The following pages are the first in the three part series – Ditch The Weight and Gain Your Life.

This series evolved from a short course I taught at our local adult education college. The feedback I received during this time, reinforced the notion that people are more likely to heed professional health advice if they understand more about how their body works. The following knowledge gave my students confidence in managing their nutritional intake and attaining a better Quality of Life.

Putting it another way, if you understand why your body does not always maintain the state of health you would prefer, you may very well be more likely to change your lifestyle and choices if needed, to help yourself get back on track.

As a result, Part 1 concentrates on the Power of the Mind and how it influences our health in both the positive and the negative. This section also explains how the theory of “The Secret” works and how some people, myself included, have utilised this knowledge. By reading this section you will gain an increased understanding of the subconscious mind has amazing ability to adapt to and then perpetuate negative factors around us. I hope this insight will give you the courage to investigate what situations have created your beliefs, challenge and resolve them. More creative, loving and supportive beliefs can then be used to maintain the life and health you desire. Keep in mind the methods written about in this manuscript is far from an exhaustive list of the various techniques available to help you convert your limiting beliefs into supportive ones, if anything it is only the tip of the iceberg of possible methods.

My own personal experiences have taught me how stress, thoughts and food interact with my body and the way I feel and cope with life in general. I learned about the possible snowball effect that can result if I don't take stock quickly enough. As my life become more stressful, my body seemed to take revenge on me. Migraines, foggy brain, extreme fatigues become common, almost daily events. I would eat and would need to sleep. Another person I see with a direct, profound reaction is my eldest son, who has intolerances to wheat and dairy. The associated aggressive irrational behaviour, followed by occasional migraine headaches and frequent bouts of eczema if his dietary

intake isn't kept in check, really reinforces in me the importance of sharing this information with others.

I am not a professor, although I read continuously about nutrition, psychology, metaphysics, and the like. I believe there is much more to health and its management than symptom control, limiting choices, energy in and out, taking medication or exercise. Life is about living and learning. It's about getting down and dirty to wade through the mud that life can lump on us. It is because this very mud is so thick and rich in manure, that we can plant the most beautiful flowers. With this in mind, I hope the flowers of my life are gloriously rich and vibrant, because this would mean that I was able to work through the muck and plant wonderful seeds in my psyche and help those around me.



A POSITIVE MENTAL ATTITUDE LET US GET STARTED

If you look through the bookshop, social media, and self-help messages you see a waterfall of information dedicated to the mind, perception, and attitude and how these things influence the overall outcome on your life. The latest messages going around include Happiness, Gratitude, and Thankfulness can be seen as ‘Simple’ enough to say, harder to work out how to achieve it. One’s self-esteem and self-belief, perception, values and life views dictates what one’s life ‘should’ look or feel like. These scripts are messages handed down from one generation to the next - verbal, physical, subtle messages given by people you considered important. Parents, other adults, teachers, extended family members, siblings, friends, and work mates the list goes on. There are many authors who have written on this topic alone. Tony Robbins, Stephen Covey, Donald Neale Walshe and Brandon Bays, Dr Wayne Dyer and Deepak Chopra, Ophra, Marianne Williamson are some of the are a few good examples of people who have written on how and why life messages become our beliefs and vows we make creates an outcome – our life. Better still these authors go on to explain how to release beliefs and vows are limiting us. When the limiting beliefs and vows are removed, energy is freed to allow more positive results follow.

It is important in the context of the book to highlight some premises about this idea. The body is one amazing piece of work, and in particular the mind and how we, as individuals, relate to the world around us. The *conscious mind* is the ‘brain’ part that we are familiar with. The conscious mind has the capacity to process information from the outside world from our senses of taste, smell, touch and hearing. It is the mind that integrates incoming information, creates concepts, creates ideas and stores memories of events or information. This is the part most people are aware of because it is just there. We can ‘hear’ ourselves think, plan or just critique things happening around us. It is like having a bunch of people constantly with us talking with us and giving us their view of the world as each sees it. Each voice or person has its own role to play in the creation or storage of knowledge, memories and our overall interpretation of the world we live in. Each has the capacity to think, integrate incoming information from the external environment, or from an image or dream. This is the part most people are aware of because it is just there. Information in the conscious mind goes on like a chattering commentary of how things are, and depending on the event one looks at, it can have any number of voices giving their opinion about a single event. Very often these voices arise when our mind takes the position of the critic, the analyst, the thinker, or the child. There are many ways to determine your primary ‘voice’ and there are equally more titles given to the filters we use. It is the

‘voices’ that are the filters through which we interpret what we see and hear. They represent our interpretation

of the situation, based on our belief system. Each one will offer its opinion on the situation at hand, but often one or two of these voices are predominant. This is what gives us our personal characteristics, as we operate from these principles.

The *subconscious mind* is the part of the brain that most are *not* aware of. Often it is sensed via intuition; the gut feeling that may be heard through the voices mentioned above. The subconscious mind is even more powerful than the conscious mind simply because it is more subtle and many people are not aware of its workings. The subconscious mind holds our memories, beliefs, and values. They can be generational – passed on from one generation to the another through the DNA memory or by living in the beliefs being portrayed by those around us. Each memory is locked in by emotions felt at the time of the event and is very powerful in influencing our actions and thoughts without our realising it. It is from the subconscious working that we express ourselves, react to the world and people. It is the place from which we create our personal world experiences.

There are many things that embed their beliefs into our subconscious mind, the most obvious being our home environment, school, friends etc. anyone or anything that has an influence on or over us has the potential to create a new belief or alter a belief that we currently hold. They are the subtle messages hidden in the words and actions we are constantly exposed to. Most of our primary beliefs are ingrained into our subconscious by the age of 7, but beliefs are always being created, if one is not aware of what is happening around them. The longer a belief is held onto, the stronger it becomes entrenched into the subconscious as experiences reinforce or challenge the beliefs. Just as a tree grows from a seed or a root, our beliefs can grow or be altered depending on the elements the ‘belief tree’ is exposed to.

Beliefs and values are hidden messages received within experiences we have. Our self worth, our self perception of how and where we fit in the world, other people’s expectations of us and our “should or should not” rules are encoded in the way we are treated by others. Everything we experience has the potential to be anchored into the subconscious mind, being locked in by emotions we feel during the event. Think back to a happy childhood memory. It could be simply swinging on the park swing, now recall who else is there, who were you with, was it a sunny day? Now think about how you felt. What are the feelings you had that day, can you smell or taste the food you were eating while you sat there? Each memory depending on its emotional essence powerfully influences our thoughts and actions, often without us realising it. They can

be either positive or negative depending on the messages being given to you by the events around you.

How about this? Do you remember the time you found yourself in the fridge looking for a piece of cake after you had an interesting conflict/discussion with your partner/friend/child, but didn't remember walking over to the fridge? Or the times you got upset and didn't speak your true feelings? And what about the times when you watched TV instead of being honest about the situation and then soon after, you developed a sore throat or a stiff neck or a cold? This is the work of the subconscious mind recreating situations that match feelings or subtle memories of a previous event. Again, it is how we interpret the experience that carries its current influence it is the work of the subconscious mind influencing your actions. The subconscious is the filter/lens through which all events are viewed. It creates your reality, your truth, but the good news is, it is only a perception and it can be changed. Ask anyone else about what happened in that memory and I bet they would recall it differently.

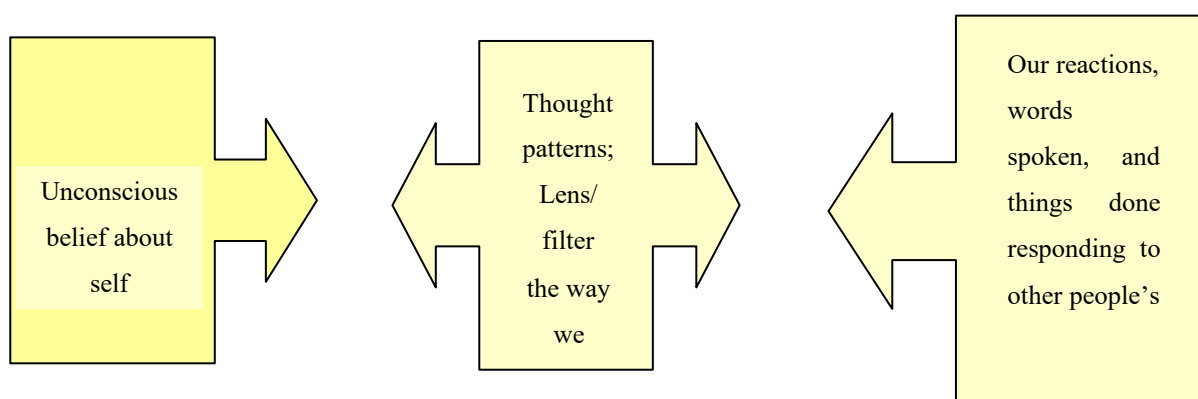
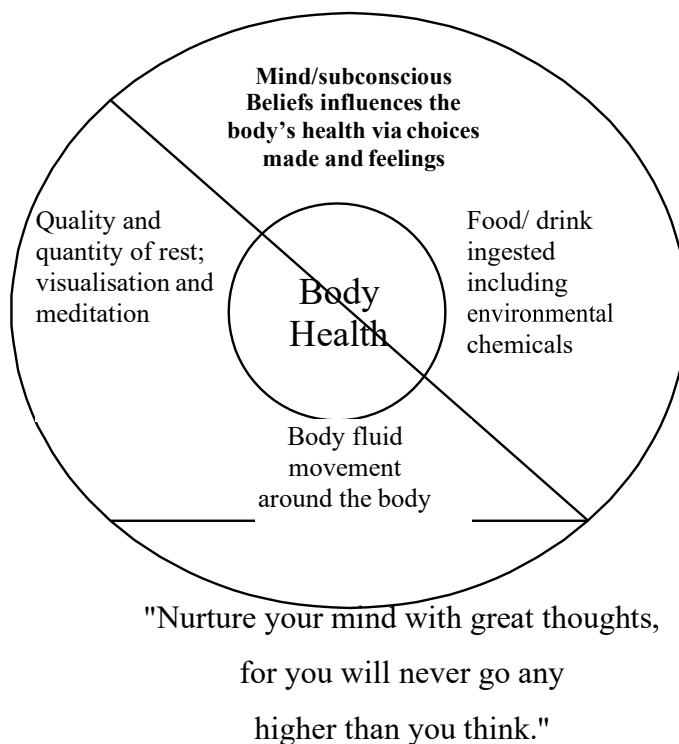


Figure 1: The Interplay between our Life and our Beliefs.

The mind creates situations in a way that draws your attention to how you see things and asks you to investigate why things are happening. If you are open to making change, life situations and your reactions provides you with the perfect environment to question your beliefs and values. The things that represent the framework within you operate in order to ensure that you are being your authentic or true self. It is healthy to question your beliefs and values to either accept those which you like and agree to work from or transform any beliefs you feel do not represent who you truly would like to be in this world. In all of this, it is vital to take ownership of these processes and make a stand for yourself and who you truly want to be.

In relation to our health, Fig 2 shows the different general components that influence our health, but it is our programming, or our beliefs that determine everything else. Our beliefs determine the choices we make. If we like ourselves and have only good intentions for our life, then we will make better, more loving choices and care for our body. If on the other hand we have beliefs that 'life is hard', or that 'we aren't good enough', then to fulfil this thought, we make less supportive choices because we have limiting - less than the best, thought patterns. Although all four cornerstones of good health are equally important, just as all four legs on a chair or table are essential, the cornerstone of what we feel, acts as the real foundation for optimal health - a positive mental attitude. (Fig 2)

Figure 2: Interplay between influencing aspects of health



Benjamin Disraeli

There is a large body of evidence showing that habitual thought and emotions determines our level of health and quality of our life. While depression, disbelief in one's self and negative self- talk have been shown to have a negative impact on health, the opposite is equally true. A positive mental attitude stems from an innate drive in all living things to be the best that they can be. Achieving self-actualisation begins by taking personal responsibility for your own positive mental state, your life, your current situation and your health. The notion that we are entirely

responsible for creating our current circumstances, our health, financial position, relationships etc., from our own imaginations, beliefs and thoughts, is amazing!! It can be quite daunting to realise that the things we don't like about ourselves and others around us, originally began as a thought in our mind stemming from our self-belief which creates thoughts, truths and actions.

The body creates dis-ease to bring your awareness to how you see or believe a situation to be, and how you think they 'should' or 'could be' and asks you to investigate why things are happening. This makes you question your beliefs and values in order to ensure that you are being your authentic self. It is essential that you are prepared to take ownership of these processes to help the body to reverse the physical formation of unhealthy beliefs or vows. Louise Hay explains this beautifully in her work and highlights the relationships between subconscious beliefs and the physical/body creating a dis-ease.¹

It is essential to recognize how we perceive the world. What is your general perception, negative or positive? A positive mental attitude is essential if we want to live life to the fullest.

*Our mind is a magnet and we gravitate toward
what we think about most. We move straight
toward whatever we
have our eyes on.* ²

It is also an essential ingredient that drives us toward being the best we can be, towards self actualisation. By accepting or rejecting the various beliefs or patterns we create on a regular basis is to create the type of life we truly would like to live. This is what I would call 'getting real' becoming very clear on what is controlling your actions and then fine tuning them to ensure you the experiences you truly what to live with.

To get started in determining how you see yourself ask two profound questions. Listen to your very first thought that comes to mind, these thoughts are the most honest. Do not evaluate the response or judge them, there is no right or wrong answer it just is.

How do I feel about myself?

Why do I create negative experiences if I don't like them?

Another couple of questions that can give insight could be:

Why do the same things seem to keep happening to me?

Why do I start eating better, and then only within a time 'go off the rails' and resume unhealthy habits again?

A helpful technique is to write the question in your prominent hand, that is, the hand you normally write with, and then have the other hand write the answer. You may not be able to read it easily, but it helps the brain release the real belief behind the question. For more details see Rowland, M. (1994) *Absolute Happiness: The Whole Untold Story*.

You may not feel the above questions are totally relevant to you, but substitute words from your own circumstances into the questions and ask yourself why these things are happening.

The questions of "Why" and "How" a situation/food choice/ habit makes you feel are very powerful questions. If you can, sit and continue to ask why and how questions until you get an emotional response. Then ask a few more times in that vein and you *will* find the underlying answers.

Another invaluable tool is to assess how you feel you life to be in different areas such as relationships, health and wellbeing, work, achievement etc. To help you assess how balanced you perceive your current life situation to be I suggest looking at the wheel of life and complete the assess-ment tool. From there answer the questions to see where and how you might be able to make a positive difference to your current life.

When one detoxes, the simple truth of cleaning out the body, enables the mind to also let go of ‘stuff’. It is *important* then when one is considering a real detox, that one considers undergoing an emotional and psychological releasing along with the physical release.

SELF ACTUALISATION

Life is full of events that are beyond our control. However, we do have control over our response to these events. Our attitude and self-perception have a big impact on the way we view and respond to all of life’s challenges. You will be much happier, healthier and more successful if you become clear of what your filters are and release the hold non-supporting beliefs have over your life. Clearing unhealthy beliefs and vows naturally creates a positive mental attitude. From this we can move more easily towards becoming self actualised.

Self-actualisation – the desire to be the best we can be is a concept developed by Abraham Maslow, the founder of humanistic psychology. His theories of self-actualisation stemmed from his research of healthy people over a period of more than thirty years. His theories are well supported, and many researchers who have investigated the common threads of very successful people support the basic principles of self actualisation.

Maslow's Steps	Functions incl.	Chakra Centre	Emotions related
Basic survival or physiological needs:	Hunger, thirst, sexuality, and shelter	1. Root support / base Chakra	Material world
		2. Sacral chakra	Sexuality, work and physical desire
Safety security,	Order and stability these feelings are essential in dealing with the world.	3. Solar Plexus	Ego, personality, identity
Love.	The ability to love and be loved.	4. Heart chakra	Love, forgiveness, and compassion
Self-esteem.	Approval recognition and acceptance, these elements contribute strongly to high self-esteem and self-respect.	5. Throat	Will and self expression,
Self-actualisation	Utilisation of one's creative potential for self-fulfilment.	6. Head chakra (third eye)	Mind, intuition insight, and wisdom
		7. Crown chakra	Spirituality

Table 1 Comparison between Maslow and Eastern Philosophy based on the Chakra system, shows the different steps in the ladder toward self-actualisation or spiritual beings.^{3,4,5}

It is also very interesting to note the similarities between Maslow's beliefs on the ladder to self fulfillment; most western religions and the eastern philosophies of Buddhism, Taoism, and Hindi. The proposed idea that one is innately programmed to improve or progress to a 'higher' level or become a better adjusted individual, is the basis of all these ideologies. Carolyn Myss, in her book "Anatomy of the Spirit" clearly describes the relationship between the Chakra system, religious beliefs and the physical - body dis- eases that occur when the mind and body are not operating from a center of love and truth. This is further examined by Anodea Judith in the book Eastern Body Western Mind Psychology and The Chakra System as a Path to the Self. It is a

fascinating area of thought, one that both unites the various philosophies from around the world, and gives us real life indication of possible outcomes when we are not true to ourselves.

From a psychological view...

Over the course of time there have been many theorists who have proposed similar progression from the ego, or simple thoughts, to one that is more secure and caring for the greater good. Maslow is one of the better known psychologists within the general community explaining the theory of Self Actualisation. Maslow discovered that healthy individuals are motivated toward self-actualisation and a process of: Ongoing actualisation of potentials, capacities, talents as fulfilment of a mission/call/fate/destiny or vocations, as a fuller knowledge of and acceptance of the person's own intrinsic nature, as an increasing trend toward unity, integration or synergy within the person

/

In other words, healthy people are driven to be all that they can be!

Maslow developed a five-step pyramid of human needs, (Fig 3) in which personality development progresses from one step to the next. The needs of the lower levels must be satisfied before the next level can be achieved. When needs are met, the individual moves toward well being and health. In line with the theory of self-actualisation, the subconscious only wishes the best for us, to create a happy, contented self that is fulfilling its destiny. If however, our true beliefs about our self are not of love, and trust in the divine truth then the subconscious will work on creating **your** perception of the truth, as you see it in things around you. Your health, relationships, or your job status might changes to reflect **your** true self-perception. The world acts as a mirror to your innermost beliefs. This is most potently seen in relationships.

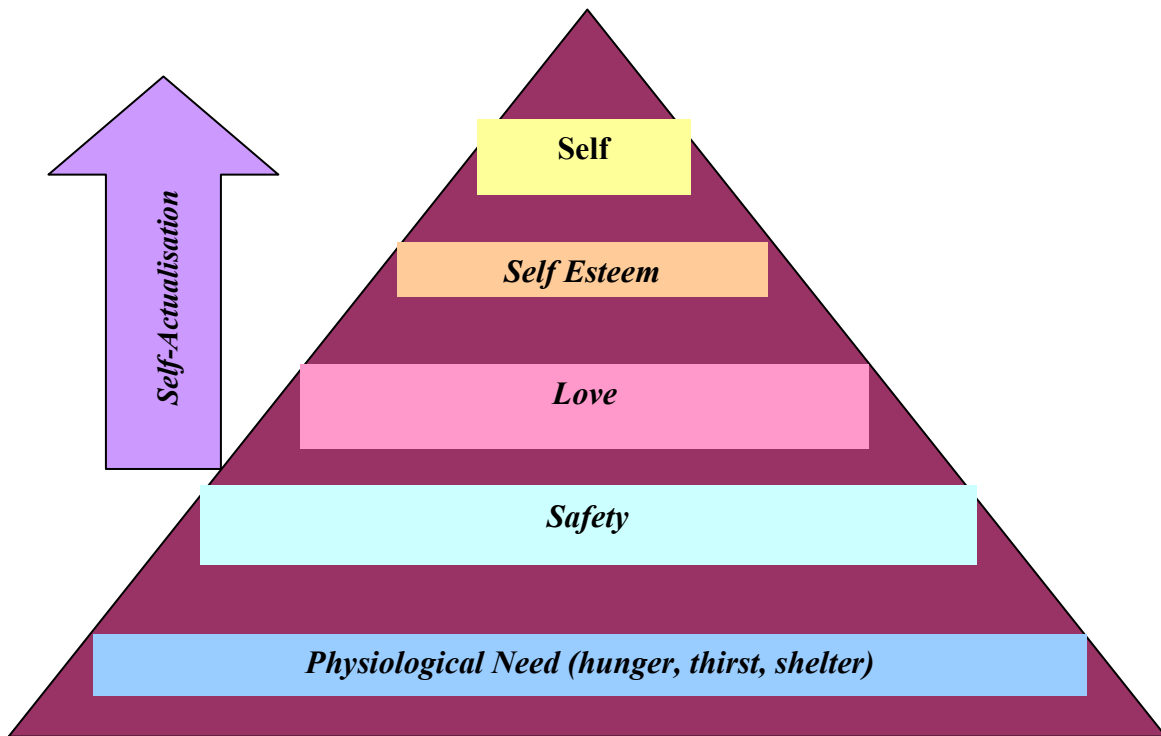


Figure 3: Maslow's Hierachy of needs. As the lower needs are met, the next level can be worked towards.

The similarities of attainment as presented in both western and religious philosophies are striking. It could be argued that self-actualised people, from a scientific view also innately follow a divine blueprint of sacred truths.

Maslow studied self-actualised people and noted that they had strikingly similar characteristics. Here in an abbreviated form, are some of Maslow's findings. Self-actualised people:

- see reality more efficiently than others and are more relaxed with their reality. They have an ability to notice the unauthentic, fake and the dishonest people. They are intuitive or trust their instincts on issues. They correctly judge experiences, people, and situations correctly. They have an ability to be objective about their own strengths, possibilities, and limitations. This self-awareness allows them to clearly define values, goals, desires, and feelings. They are not frightened by uncertainty.

- accept themselves, others and nature. They can accept their own human shortcomings without self criticism or self blame. They feel guilt, shame, sadness, anxiety and defensiveness, to a healthier level, appropriate to the situation. When they do feel guilty or regretful, they do something about it – correct the situation to the best of their ability. Generally, they will feel bad about any inconsistencies between what is and what ought to be.
- are relatively spontaneous, particularly in their inner life, thought and impulses. They are eccentric in their inclinations, thought and consciousness. They are rarely rebellious, they don't allow the 'norm' determine or stop them from doing things they consider important or basic.
- generally are focused on problem-solving life's difficulties, instead of focusing on self. They commonly have a mission in life, a cause that is philosophical and ethically orientated on which they unselfishly focus their energy on.
- have a quality of objectivity and value their privacy. Often they stay away from becoming emotionally involved in conflict but will face it objectively working towards creating a win-win outcome. They are independent who are active, responsible self-disciplined and decisive rather than a pawn or a person helplessly ruled by others
- have the ability to appreciate again and again the basic pleasures of life, such as nature, children, music, and intimacy. They approach these basic experiences with awe, pleasure wonder, and even ecstasy.
- commonly have mystical or 'peak' experiences during times of intense emotions, in which they rise above or experience outside of body sensation. During a peak experience they have feelings of limitless horizons and unlimited power while at the same time feeling more helpless than ever before. Place and time, are often replaced with feelings of great ecstasy, wonder and awe. The peak experience ends with the conviction that something extremely important and valuable has happened. that the result is the person is to some extent transformed and strengthened by the experience.

- can identify with other and have deep feelings of empathy and affection for other people, even though they occasionally feel anger, impatience or disgust.
- have deeper and more intense personal relationships than most other adults, but not necessarily deeper than childrens'. They are capable of profound closeness, greater love, more perfect identification, and more erasing of ego and boundaries than other people would consider possible. One consequence is that self-actualised people have especially close friendships with a few individuals and their circle of friends is small. They are tend to be kind or at least patient with almost everyone, yet speak directly and ruthlessly to people if they feel the other deserve it. This is especially if the other is hypocritical, pretentious, pompous or self inflated individual.
- are democratic in the deepest possible sense. They are friendly toward everyone, regardless of class, education, political beliefs, race or colour. They believe it is possible to learn something from everyone. They are humble, being aware of how little they know in comparison to what is known by others.
- are very ethical and moral. However, their notions of right and wrong and of good and evil are often not typical ones. For example, a self-actualised person wouldn't believe segregation, apartheid, or racism to be morally right even though it may have been legal. Or another way of seeing this 'just because it is common, doesn't make it right'.
- have a sharp, gentle sense of humour. They don't laugh at jokes that are at the expense of others. They can see the funny side of situations and themselves, when they are foolish or trying to outdo themselves. They are prone for thoughtful humour that brings a smile, is intrinsic to the situation, and is spontaneous.
- are highly imaginative and creative. Their creativeness is not necessarily due to special talent such as Mozart's but rather simple, naïve similar to unspoiled children.

Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative (and creation), there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then providence moves too. All sorts of things occur to help one that would never have otherwise occurred. A whole stream of events issues from the decision, raising in one's favour all manner of unforeseen incidents and meeting and material assistance, which no man could have dreamed would have come his way. Whatever you can do, or dream you can, begin it. Boldness has genius, power, and magic in it.

Road to Actualisation:

Self actualisation or attainment doesn't happen all at once. It can be slow, stepping stone process. It may seem that steps taken forward are quickly stepped back as different situations press your buttons as your filters present belief or vow to your conscious mind for you to look at and then make changes to the filter. The first step, as in any program, is to make a conscious decision to become a better person, taking personal responsibility for your own thoughts and circumstances, your current situation, and your health. Once you take on this responsibility it is up to you to direct your life. A commitment to yourself to be the best you can be at whatever you do in life; to operate from a place of truth and love, pivotal. It is vital to get to the underlying reason as to why things are the way they are, then if you choose, release the negative hold they have over your life.

We operate from either love or fear!

Principally we operate out of fear or love. It is important to work with a mentor who you want to become more like; and with their help and gentle probing, you will see which of these two sides you are currently operating from. Your mentor could then help you to move toward a more loving and supportive concept of self, which will influence all situations around you, you live from love and truth. There are many different modalities that can help you determine the ‘issues’ and help reverse the impact on your life. Personally, I have found the work offered through “The Journey” and kinesiology or energy work in general to be the most profound. Both methods help the individual to access the sub-conscious mind and “rewrite” the scripts of negative filters to positive scripts.

As you can imagine, fear creates the negatives in life. It is contracting and the subconscious will create safe or known situations to ensure you, as a person, are safe. It works within the lower chakra. This is in line with Maslow’s belief about security; feeling safe within your environment; ability to earn or create sufficient money to provide the basic necessities of life – food, clothing, shelter and medical treatment; ability to stand up for oneself and one’s beliefs as you see them; feeling at home and social and familial law and order. This isn’t about facing the fear through action only, but addressing the reason for the fear to be there in the first place.

If you wish to keep changes within in mental or logical frame work, then the following steps in attaining a more positive mental attitude may be helpful to you. Combining both filter changes and addressing thought habits creates a very, very powerful framework of change.

There are several steps to changing your thoughts and adopting a more positive mental attitude:²

- Become an optimist
- Become aware of self talk
- Ask better questions
- Employ positive affirmations
- Set positive goals
- Practise positive visualisations
- Laugh long and often
- Read or listen to inspiring messages

Step 1 Learning Optimism

If you are a pessimist, it is important to learn how to be optimistic. Why? Studies have shown that optimists are healthier and happier. They enjoy life at a much higher level than pessimists do. Learning to be optimistic means getting into the habit of thinking in a more positive frame of mind. If you are pessimistic, it is only because you have gotten into the habit of thinking in a negative framework, from early negative experiences that have prompted that reaction to an incident. If you wish to assess how you see the world or cope with situations from a mind level, go to www.authentic happiness.sas.upenn.edu and complete some of the questionnaires. The questionnaires may help you understand yourself, how you perceive the world around you and how you respond to it.

The remaining steps will help condition your attitude to become positive.

Step 2 Become aware of self-talk

We all talk to ourselves. There is a constant dialog taking place in our heads. Our self-talk operates from the filter of our subconscious mind and reinforces our perception onto our conscious mind. In order to develop or maintain a positive mental attitude, you must guard against negative self-talk. Become aware of your self-talk and then consciously work towards imprinting positive messages on your subconscious mind. Two powerful tools in creating positive self-talk are questions and affirmations.

Step 3 Ask Better Questions

One of the most powerful ways to make a difference in your life is to understand your beliefs and patterns that are controlling your life. The quality of self-talk and therefore the quality of our lives can be understood by the answers to questions. To get to the root issues about our life and in particular the things we don't like, questions asked in a specific manner can probe into the subconscious. This is well documented by Anthony Robbins and these questions are fundamental tools for change. According to Robbins in Awaken the Giant Within, the quality of your life is equal to the quality of the questions you habitually ask yourself. He believes that whatever question you ask your brain, it will answer.

Regardless of the situation, asking better questions is bound to clarify your true belief system so you can improve your attitude. Better questions also provide a means for problem solving and thinking out-side the square to some really unique solutions. If you want to have a better life,

simply ask better questions. It sounds simple because it is. If you want more energy, excitement, and or happiness in your life, simply ask yourself the following questions on a consistent basis.

“What am I most happy about in my life right now?

Why does that make me happy?

How does that make me feel?

What am I most excited about in my life right now?

Why does that make me excited?

How does that make me feel?

What am I most grateful about in my life right now?

Why does that make me grateful?

How does that make me feel?

What am I enjoying most in my life right now?

What about that do I enjoy?

How does that make me feel?

What am I committed to in my life right now?

Why am I committed to that?

How does that make me feel?

Who do I love? (Starting close and moving out)

Who loves me?

What must I do today to achieve my long-term goal?”⁸

When you are searching for answers to life’s challenges, and you ask these questions, you can reprogram your subconscious into believing that you have an abundance, or the opposite of what you’re experiencing and it won’t take long before your subconscious believes it. Another avenue to assessing the subconscious beliefs and the impact they are on your life, is through kinesiology, which is a process where questions asked are directed to the individual, but are answered by body responses. It is an interesting area and worthwhile considering, in order to help yourself understand the underlying reasons for why you have created your current life and body.

Reprogramming can also be done at the same session, to reverse the beliefs or limiting thoughts that are holding you back in life. The Journey mediation work combines all of these methods into a single process. For an effective change and clearing effect, consider this type of work.

Step 4 Employ Positive Affirmations

An affirmation is a statement with some emotional intensity behind it. Positive affirmations can make imprints on the subconscious mind to create a healthy positive self-image. Affirmations can support the changes you desire on the premise of ‘fake it until you make it’. Louise Hay is one pioneer in the area of creating life changes. The relationships between thoughts and medical diseases are accurately described in her book “You Can Heal Your Life”. Hay also includes an entire section on positive affirmations to support the subconscious mind in making positive changes to the body’s health and healing.

Some useful ones to start making the changes you might desire, could include:

I am blessed with an abundance of energy!

Love, joy and happiness flow through me with every heartbeat

I am thankful to God for all of my good fortune.

YES I CAN!

The same author also has an entire affirmations book “Heart Thoughts” on almost every aspect of life which may be worth investing to support you during change and to create a positive space from which you can draw strength.

Here are some simple guidelines for creating your own affirmations.

It is important to have fun with them! If you are struggling to create a positive affirmation because of negative self talk or resistance to creating a positive affirmation on a point, highlights an issue that would be best addressed with clearing/process work. Generally positive affirmations can help make you feel really good if you follow these guidelines.

Always phrase an affirmation in the present tense.

Imagine that it has already come to pass

Always phrase the affirmation as a positive statement.

Do not avoid using the words “not” or “never”

Do your best to totally associate with the positive feeling that is generated by the affirmation.

Create a movie packed with as many sensations as possible.

Keep the affirmation short and simple, but full of feeling.

Be creative.

Imagine yourself really experiencing what you are affirming.

Make the affirmation personal to you and full of meaning.

Using these guidelines and examples, write down five affirmations that apply to you. State these affirmations aloud while you are taking your shower, driving or doing daily chores.

Step 5 Set Positive Goals

Setting goals in a way that results in a positive experience is another powerful method to build a positive attitude and raise self-esteem. Goals can be used to create a success cycle. Achieving goals helps you feel better about yourself and the better you feel about yourself the more likely you are to achieve your goals.

Here are some guidelines to use when setting goals:

- Start with small, practical and achievable goals. Too big and even the subconscious will laugh and sabotage your endeavours.
- State the goal in positive terms; do not use any negative words in your goal statement. For example, it is better to say “I enjoy eating healthy, low kj, nutritious foods” than “I will not eat sugar, candy, ice cream, and other fattening foods”
- Make your goal attainable and realistic. For example, if you are fully-grown and 5 foot tall, it isn’t very realistic to set the goal of becoming a professional basketball player. If you are not used to setting goals, start out with ones that are easily attainable. Like getting up in the mornings at a specific time or being punctual. Again, goals can be used

to create a success cycle and a positive self-image. Little things add up to make a major difference in the way you feel about yourself.

- *Be specific.* The more clearly your goal is defined, the more likely you are to reach it. For example, if you want to become healthier, what type of health do you desire? What changes do you want to make to achieve this? Clearly define what it is you want to achieve.
- State the goal in the present tense, not the future tense. In order to reach your goal, you have to believe that you have already attained it. You must literally program yourself to have achieved the goal. See and feel yourself having already achieved the goal and success will be yours.

Now let's write at least one affirmation together.

I want to have a better life, more love, peace, and joy. This could be written as....

I am now experiencing a fully vibrant life, filled with love, peace and joy.

What is the thing you would like to change?

How do you want it to be?

Now word it in the positive...

I now, or I am, It is now _____

The way to make affirmations the most effective, is to think about the mental cause of the situation, and analyse how it could be your pattern or programming that has attracted the situation to mirror your belief.

Ask yourself, “What are the thoughts in me that have created this”? Continue asking quality questions until you feel confident you know the root cause of the situation.

Say to yourself,

“I am willing to release the pattern in my subconscious that
has created this condition”

Repeat the affirmation to yourself several times, preferably out loud or in front of a mirror. Assume that healing of your thoughts and body has commenced, and then continue.

Repeat the affirmation, each time the condition is thought of. ⁹

Any voyage begins with one step and is followed by many other steps. Remember to set short term goals that can be used to help you achieve your long-term goals. Get into the habit of asking yourself the following question each morning and evening;

“What must I do today to achieve my long term goal?”

As Mike Litman of Connect To Success, Inc. has so plainly put it:

“Ask yourself: What are 2 small steps I can take right now that can move me forward?

Do it NOW!

YOU can accomplish amazing things as well in the next 90 days.

Start TODAY to demand more from yourself.

Start TODAY to be the best YOU.

Start TODAY to believe in yourself 2% more.

I BELIEVE in YOU, it's time you unleashed your greatness.”

It is important to understand at this point, that as movement or change towards your desired outcome begins, all sorts of things may happen. The sensation of two steps forward and one step back is very possible. Why? Because the mind, is preserving 'known' behavior and beliefs, making changes, allows other unlocked beliefs to surface. This is the time to trial and strengthen new beliefs you are changing. Basically, the mind is attempting to do two things - keep things as they are known within its comfort zone, and help you address hidden fears and negative beliefs and to help you become clear by asking the conscious mind "Is this is what you want?". It is vital, during any process of growth or change to be very aware of your own thoughts. Hidden treasures will arise. How you investigate and handle them will determine your outcome.



Sabotage, is a common, almost natural response to change. It is the mind's way of resisting change and maintaining its known position. Sabotage is easiest to see when things are moving forward. You might be choosing healthier foods when suddenly a locked-in belief or feeling

about a similar event (previous attempt, or the hidden belief that you don't deserve to be lighter and beautiful) is released during the change. Sabotage has the potential to stop or negate any further progress. Sabotage is a very common and powerful tool the subconscious mind uses to protect itself against the unknown. The way to move through these situations is to look at any negative thought, feeling, sensation, change in physical body, or relationship see what the key is that gives you insight into what is really going on. Ask quality questions and organise some process work to help unlock the core and release the block so you can continue to move forward. Just like taking away a bottom card of pyramid causes the entire concept to fall. Childhood memories, school situations, previous relationships, messages of being unloved, unworthy, inadequate etc. will, if not looked at with a loving hand, negate any progress being made. Change is an ongoing journey.

There are four steps to changing:

1. Monitor your progress towards your desired outcome. Become aware of things you are doing to achieve this goal.
2. When things become harder, or you are tempted to do something different from the "plan", work through them. Ask direct questions in relation to the goal and path you are working towards. Be truthful of the answers; listen to the first response that comes to mind. This is often the most truthful.

3. Ask yourself if the answer is a truth or a belief that supports your goal or plan; is it a belief you would like to keep within your belief system keep it, otherwise do process work to place the belief in the positive. Whatever the answer, it is ok, because this is your life and journey and things will be different when you are ready for change.
4. If you choose to change the belief the mind gave you to the questions, it is a matter of rewriting the script to the positive opposite of the one given.

The more beliefs or issues looked at, the more aware you become that your feelings are creating your circumstances. You gain greater power to create change. You reclaim your ability to recreate a better you as described by the values, beliefs and desires you would like your life to be.

One way to do this is to sit quietly and ask:

“What is influencing the negative feeling/thought/situation/illness/or disease?”

“What in my past is trapped and attempting to be looked at to make a difference now?”

Step 6 Practise Positive Visualisations

Positive visualisation or imagery is another powerful tool in creating health, happiness, or success. Two other excellent books to support your making subconscious changes are “The Inner Edge” and “Living in Balance”. Both present ways to see our lives the way we want them to be before it happens. Picture yourself in ideal health if you truly want to experience this state. You can use visualisation in all areas of your life, but especially in your health. In fact, some of the most promising research on the power of visualisation involves improving the immune system to reverse the health issue.

Be creative and have fun with positive visualisations and you will soon find yourself living your dreams. It is our dreams that propel us as we roll through this life. They are powerful and inspirational. In fact, the famous author Anatole France said something about dreams and life that really hits home,

“Existence would be intolerable if we were never to dream.”

On the topic of describing or creating dreams, Stephen Covey in 'The Seven Habits of Highly Effective People' suggests a very powerful technique - to write in as much detail as possible, what you would like people to say about you when you died. What characteristics would you like to be remembered for? Who would remember you the most fondly and for what? Your family, children, friends, acquaintances, work colleagues etc. Are there charitable funds you would like to be associated with? What activities will you be remembered for? This technique in essence helps you to define in detail your life's mission statement, something that you can be accountable for and use as a yard stick when things seem to be going off course.

Another is to describe, again, in as much detail, your perfect day. What would you wear, where would you be, who with, and what would you do? Which friends would you be with? Would you like to give a speech, if so, what would you say? What characteristics would you like to show or exemplify during this time?

This technique can be used in all aspects of your life. Look at your life wheel. Is it in balance? How is it matching to your eulogy ideal? What areas still need modification to create balance and a smoother life ride?

Step 7 Laugh Long and Often

By laughing frequently and taking a lighter view of life, you will find that life is much more enjoyable and fun. Researchers are discovering that laughter enhances the immune system and promotes improved physiology. Recent medical research has also confirmed that laughter enhances the blood flow to the body's extremities and improves cardiovascular function. It plays an active part in the body's release of endorphins and other natural mood elevating and pain killing chemicals and improves the transfer of oxygen and nutrients to internal organs.'

Here are eight tips to help you have more laughter in your life:

1. Learn to laugh at yourself. Recognise how funny some of your behaviours really are. We all have quirkiness or behaviours that are ours and our alone that are truly funny and don't need to be taken seriously.
2. Add humour into activities if appropriate. People love to laugh. Get a joke book to learn how to tell a good joke. Laughter is life's medicine so why not make life enjoyable.

3. Read the comics find one that's funny and follow it. Humour is very individual. What I may find funny you may not.
4. Watch comedies on TV or DVDs.
5. Go to the movies with a friend, generally, you will feed off each other's laughter during and after the movie. Not only do you share the joy, it will help build strong relationships.
6. Listen to comedy tapes while driving.
7. Play with kids. Kids really know how to laugh and play. If you do not have kids of your own, spend time with nieces, nephews, or neighbourhood children. Become a big brother or sister. Investigate little athletics, or volunteer at organizations where kids are.
8. Ask yourself "what is funny about this?". Why wait till latter to look back on the funny side of life. Take the time to see the funny side right now. Not only will it help to break the tension, it may well open up the mind to recognising workable solutions. Find the humour in the situation and enjoy a good laugh immediately.
9. So there you go, something to ponder I hope. I hope also that you were able to glean even a small amount of insight and inspiration from what you have just read. This is only a snowflake of information on top of an iceberg. There is so much more information available on these very thoughts. The highlighted sections in blue are references to works which the information was gleaned from. If you are interested, you may purchase them for yourself by going back to www.healthyeats.mobi and going through the *Library Section*, and you are able to purchase them on line. Some references are older and may need to be sourced elsewhere. If this is the case, there is a full reference section of "***Ditch the Weight and Gain Your Life***" you may enquire at your local book store.

Part 2: The Body at Work



RATIONALE FOR PART 2

This section introduces you to how incredible your body is. Generally each of us has the same workings as everyone else. Because of this, we can describe the body's mechanical functioning in generalisations. However, each of us is an individual and thus in total control of manipulating his or her own body chemistry by a multitude of influencing factors.

These factors include but are not limited to the:

- food choices and the quantity and range of nutrients - building blocks the body needs to function.
- physical environment one lives in.
- level of pollution and hygiene one is exposed to.
- level of stress one feels.
- one's mental state at any given moment.
- individual differences in the way one's body functions

This section goes on to describe in detail how:

- the body cleans itself
- the organs are involved in the processing and removing of the wastes it makes
- the body safely processes and removes toxins

STRUCTURE & ANATOMY OF ELIMINATION

The body is an amazing piece of work that has been refined throughout human development.. It has feedback mechanisms; measuring systems that detect the smallest concentration of chemicals to ensure they are balanced and are as they need to be. There is even an overflow procedure written in to the circuitry to ensure the body can cope with the constant changes and demands we place on it.

Now all this happens in an ideal world that we have stemmed from. Add the array of different chemicals, stressors, eating patterns, sleeping behaviour and relationships into the mix and it is even more amazing that people in fact have survived past the industrial revolution. It is generally accepted, that since this period of time, the environmental and stress factors have escalated dramatically. Initially a lot of unsavoury living and unsanitary conditions presented themselves. Poverty, starvation, and diseases, particularly contagious diseases spread like wildfire. However, the power of adaptability and evolution has enabled most living organisms, and endangered many others around the world.

Following are a series of pictures to show the systems responsible for maintaining the body's health. Each has its own role to play, and uses different nutrients to complete its role. All systems are interrelated to some extent, and if one system becomes overloaded then the others help support it. Keep in mind the ideal is to each body system works to its full capacity and maintain its own proficiency. Once the body becomes overloaded with toxins, and the body's nutritional status becomes low, symptoms begin to show.

Figure 3 shows a detailed overview of the organs and where they are positioned.

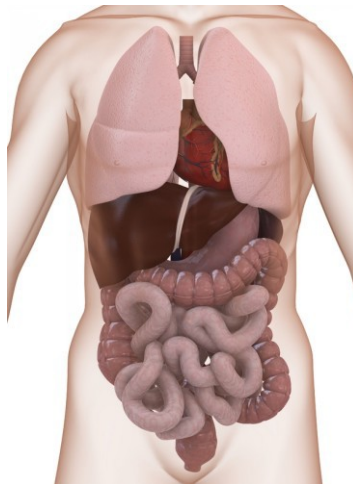


Figure 3: Location of the Body Organs

Over view of elimination

The body has four routes of elimination of wastes:

1. The skin for removing certain salts and minerals
2. The lungs, for removing carbon dioxide and water
3. The intestines for removing undigested food
4. The Urinary system

The liver and lymphatic fluids are vital chemical processing systems that neutralise or destroy foreign material, preparing it for elimination.

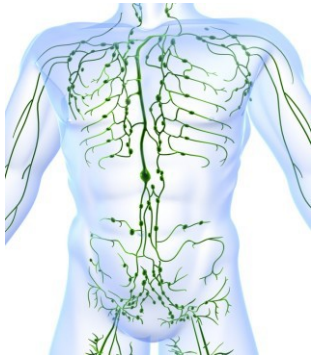


Liver – is the pivotal point of a healthy body. It receives blood directly from the small and large bowel, which is rich with nutrients, but also potential toxins. Its role is to filter the blood, remove dangerous chemicals such as bacteria, fungi, yeasts, prescribed and non-prescribed drugs, chemicals in foods such as colours, flavours, preservatives and naturally occurring chemicals. The liver also arranges the building blocks for proteins, cholesterol, glycogen, fats,

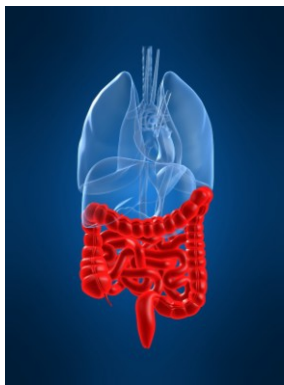
and bile it is also involved in the maintenance of chemical balance. If the liver is constantly exposed to a high quantity of waste material, particularly toxic waste from environmental chemicals. E.g.: alcohol, drugs – prescribed and recreational, stagnant digestive wastes, insufficient water to flush and dilute wastes, insufficient building blocks to complete its jobs, then the liver will become overloaded, and its ability to function will be reduced.

Symptoms of increased weight, blood pressure, elevated cholesterol, and hormonal imbalances are just a few

of the symptoms of reduced liver function. An effective detailed description of the liver and the consequences of an overloaded liver are given in Dr. Sandra Cabot's book The Liver Cleansing Diet and Syndrome X.



The Lymphatic System - is another pivotal system in maintaining health. Lymphatic fluid consists of plasma from the blood, proteins, and immune cells. Its role is to collect waste from the cells, carry immune cells throughout the body which destroys toxins, bacteria, yeasts, viruses, fungi, and damaged or foreign cells. Lymphatic fluid is then carried back to the blood with muscle movement and enters through the thoracic duct near the heart. From here, the wastes collected are filtered through the liver and kidney to be excreted from the body.



The Digestive System –is responsible for the breaking down of food eaten to release nutrients and then absorbing these nutrients and chemicals from our food and drink. The organs primarily involved with digestion are the mouth, oesophagus, stomach, small intestine, colon, and rectum. Its role in maintaining balance is to regulate the absorption of different vitamins and minerals according to need, absorbing the larger nutrients from food and excreting - expelling the rest. Digestion and absorption of chemicals, toxins, and drugs also occur via the intestines transporting them to the liver to be processed further. The small intestine, if it becomes damaged by chemicals, drugs, parasites, bacteria or by a reaction to food may allow complex compounds to enter the blood and be taken to the liver. The body recognises the complexes as foreign, reacting to them. This may cause symptoms such as allergies and sensitivities to food, allergy symptoms such as hay fever and skin rashes, auto immune symptoms of joint pain and degeneration to name a few. This is known as a leaky gut syndrome.

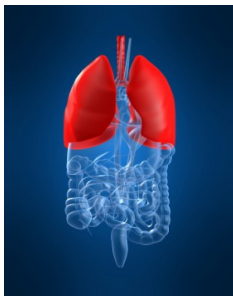
Over time a low fibre, highly processed diet plays havoc on the large colon. Wastes build up on the colon wall, similar to the kitchen drain pipe creating a breeding ground for organisms (bacteria, fungi and moulds). The longer the wastes collect on the colon, the more toxic these chemicals from the decomposing waste and the organisms excrement become. The toxins and foreign organisms also have the possibility to be absorbed from the colon, bombarding the liver again.



Urinary system – is essential in helping maintain fluid levels, blood ph and blood pressure, filtering dangerous chemicals and

wastes. Overloaded liver, lymphatic and digestive systems, overflow to the other eliminative systems particularly the skin and lungs. It is important to note then, when the elimination systems are overloaded, the backlog can cause toxins and waste products to remain in the tissues and cells. In severe cases of overload, this will disrupt normal cell function leading to a variety of symptoms, often with no obvious cause. It is possibly just a 'dirty' body.

Sweat glands have the role of removing wastes and salts from the body through the skin. When other systems are overloaded, chemical substances can move into the fluid produced by the sweat gland. These can cause offensive body odour as can the bacteria living on the skin and



feeding on the plentiful food supply of moist dead skin, minerals etc. present.

The lungs – as we know, are responsible for the exchange of gases – oxygen and carbon dioxide. They also release other chemicals such as urea, ammonia, and other chemicals found in the blood that become gases when exposed to the alveoli wall.

Factors influencing the Elimination Organs.

There are several factors which influence the body's state of health. Over most of these we have some degree of control.

- Environmental chemicals, pollution, use of chemicals in the home and on our skin.
- Our own stress/thought patterns and the thoughts others emit.
- Food choices – highly processed, organic, a combination of foods, alcohol and our eating times etc.
- Body's nutritional status – a run down or deficient body is less able to process food or stress. Neither is it able to balance the body's chemistry.
- Disease states, the frequencies of illness and pregnancy.
- Amount of exercise, meditation, relaxation, good company, self-nurturing and laughter.

It is possible to become aware of which foods suit our bodies better than others. For example, you may have sensitivity - subtle reactions to different types of foods and drink. Do you do better following the blood typing diet outlined in *Eat the Right Diet* than maybe *Fit For Life*?

Does following an endomorphic food plan support you better than a lymphatic type of food plan? The subtle differences between each individual are worth considering, in order to optimise your own state of health.

How about interactions between food choices? Does mixing of protein foods and CHO foods such as potato create havoc within your system? Some of these questions can only be answered by you, by trial and error and investigating the possibilities.

Think about this. Do you have different reactions to different types of alcohol? Do spirits tend to make you crabby? Wine can make some very happy, beer can make some depressive, while mixers can make them tired. The simple chemistry of each individual drink can create a different reaction in different people. How, and how quickly the chemicals are processed influences any side effects. The same observation can be given to food. Some foods tend to suit some people better than others.



The body's ability to digest, absorb, integrate, manufacture, and eliminate the different chemicals and components absorbed into the body, has a direct impact onto its state of mind and health. Imagine a beaker filled with chemicals similar to what is in your body. Now every time a food, drink, mouthwash, soap etc is used, it goes into the chemical cocktail. While there are enough processing nutrients to neutralise what is going in, it's ok.

However, as these processing nutrients become depleted, or non-existent, then toxic build-up results. If the pot is allowed to settle, and then more processing nutrients (food/supplements) are added, what will happen? The body is able to process and remove some of these chemicals and wastes. If we then add a little exercise to the pot, the mix is much more effectively neutralised reducing the build up toxins and quickly processing new ones coming in.

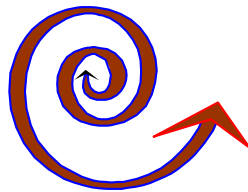
THE STRESS EFFECT

The body is designed to cope with stress. How we process the stress is up to us. Generally stress is the body's response to an event or thought that triggers the flight and fight reaction, manipulating the body's system to survive the ordeal. The body has a 'stress tracking system' - the pituitary gland in the brain. It is the mother hormone-producing gland that signals to the other hormone producing glands what to do. One function of the pituitary gland is to monitor for stress

signals. It then sends hormone messages to the body's glands to release chemicals to support the fight or flight.

One gland in particular is the adrenal system that releases adrenaline. A rush of adrenaline:

- Slows down metabolism and other body functions including digestion.
- Primes the body for action leading to blood collecting in muscles and fluid to move to extremities.
- Increases the heart rate and breathing rate, raises blood pressure, and tenses muscles.
- Converts proteins to sugar, increases insulin levels and causes blood sugar levels to fluctuate.
- Changes blood sugar levels, and produce changes in energy levels, mood, concentration, appetite, and cravings ¹¹.



Unresolved stress, or unmanaged stress, sends the body into a constant state of anxiety. If the above-mentioned responses are constantly 'on'. Over time, the body becomes depleted, the nutrients required to support the physical response become drained, further compromising the individual. Metabolism slows to preserve the body's remaining energy, in order to cope, yet on limited nutrients. Often a high sugar/high fat food/caffeine hit is chosen to get a sugar fix, which also prompts the pancreas to secrete a higher dose of insulin to move the sugar load out of the system, forces more adrenaline to be pumped into the body by the caffeine and maintains the stress cycle. The physical result often leads to headaches, backaches, sleep disturbances, anxiety, depression, arthritic pain, asthma, gastro upsets, skin disorders, cardiovascular disease, diabetes, joint problems etc.

This is a simplified description of how our body works. Once the nutrient supply involved in digestion, absorption, assimilation, and elimination is low or depleted our body becomes clogged, and sluggish. Fortunately to, when our nutritional status is improved, and exercise moves the blood and lymphatics through the tissues, the body's ability to cope with an additional load improves dramatically.

This is the same profile as a “Toxic” body, so is this caused by the associated shut down that eventually happens when stress is not managed? Is this the side effect of our eating the inappropriate foods, thus fuelling the toxic overload, or simply because the body cannot relax enough to let the stress and wastes go?

Possible results of accumulated toxins in the body

The possible consequences of long term, accumulated toxins are varied. The symptoms can range from digestive disorders, bloating, skin eruptions, rashes, bad breath, atherosclerosis, blood pressure, cancer, auto immune conditions to name a few.

The liver’s role is to safely break down chemicals in the blood. If this does not happen, then chemicals are free to move throughout the rest of the body, altering the chemistry and possibly mutating the cells they affect.

The immune system’s function is to support this action and remove foreign material from the body when possible. If cells are altered, or their outer membrane is chemically different, then the immune system will, if possible, remove the offending cells to protect the entire body.

Imagine the consequences then, if large pockets of wastes accumulate, in muscles, fat pockets, blood vessels etc. These sites will be eroded because of chemical overload, and the immune system will remove them from the system. There will possibly be auto-immune diseases and degeneration of the specific organ groups in which the toxins are accumulating.

DETOX - AN INTRODUCTION

Detox, food typing, fit for life etc. are busy buzzwords that have been flying around a lot lately. Sometimes it can be difficult to know what the best thing to do is and how to go about starting again to achieve a health goal. As a rule, people who experience headache, fatigue, congestion,

backaches, aching or swollen joints, digestive problems, ‘allergic’ symptoms may alleviate some if not all of their symptoms by a detox process.

I agree with Dr Hass (1996) as stated in his book The Detox Diet:

“My overall understanding of symptoms and disease integrates both Western linear thinking and naturopathic approaches to health and illness. Problems with the body and mind often arise from either deficiency – when we are not acquiring sufficient nutrients to meet our bodily needs and or congestion when our intake is excessive. Congestion involves both reduced eliminative function and an over consumption of food or substances such as caffeine, alcohol, nicotine, refined sugar and chemicals.....Many of our acute and chronic diseases, result from clogged tissues, suffocated cells, and subsequent loss of vital energy.”

Why would one wish to change their current enjoyable habits by taking on a cleansing regime?

There are several reasons:

- | | |
|-----------------------|---------------------|
| ▶ Prevent disease | ▶ Reduce symptoms |
| ▶ Treat disease | ▶ Cleanse body |
| ▶ Rest organs | ▶ Purify |
| ▶ Rejuvenate | ▶ Weight loss |
| ▶ Clear skin | ▶ Slow aging |
| ▶ Improve flexibility | ▶ Improve fertility |
| ▶ Enhance the senses | |

To be more:

- | | |
|--|------------------------|
| ▶ Creative | ▶ Motivated |
| ▶ Productive | ▶ Relaxed |
| ▶ Energetic | ▶ Conscious |
| ▶ Inwardly attuned | ▶ Spiritual |
| ▶ <i>Environmentally attuned</i> ¹² | ▶ Relationship focused |

Before you take on a detox, it is advisable to have a medical check-up. Sometimes a simple medical condition can be causing of the way you feel. A full blood test is a good start, so is a urine test. These are simple and can create a benchmark as to where you are at the beginning of the detox and if there is an underlying medical condition it should be investigated first. Also, if there is an underlying health concern it is valuable to determine how severe the condition is and treat accordingly. There are certainly times when medical intervention is advised and the use of complementary treatment support medical treatment. And vice versa. it is best to look at your

options and make informed choices. It can be very confusing, become an informed consumer and listen to your gut feeling.

Hair analysis determines the level of heavy metal build up in the body. A parasite study will identify a parasitic infestation, which can influence the whole body's performance. There are many other tests available to help a practitioner identify how the body is working. The first place to start is the digestive system, in particular the liver. The liver is the powerhouse of chemical reorganisation. An overloaded colon, sluggish digestion and liver lead to reduced level of health, simply because of the amount of sludge in the tissues that is dirtying the systems.

There is a 5R plan as described by Dr Hass to support the GI tract to normalise:

- Gut function,
 - Gut environment
 - Gut tissue health
1. Rebalance your diet, lifestyle, and life. A tall order for some, but important to help the body and mind work at optimum
 2. Remove offending organisms – “bad” bacteria, yeasts, fungi and allergens that are creating a negative internal environment . Allergens including foods such as caffeine, alcohol, refined sugar and flour, cow milk, eggs, gluten grains, chocolate and peanuts. Any food that is craved for indicates a chemical imbalance. Not all of these may need to be removed at the same time or at all.
 3. Replace inadequate digestive acids and enzymes responsible for digestion. Supplement with fibre if required.
 4. Re-inoculate/reintroduce good bacteria called probiotics – Lactobacillus acidophilus & Bifidobacteria bifidus are two.
 5. Repair the intestinal wall to improve function, correct absorption of nutrients, and reverse symptoms experienced.”

METHODS OF ASSESSING TOXICITY

There are a variety of ways to assess the amount of toxins the body is holding at one time. One of the easiest ways is to measure how you are feeling. See the chart below listing signs and symptoms of toxicity.

Another way is iris analysis or iridology, which is looking at the eye's iris and looking for signs, colours, and patterns in the iris and white of the eye.

General blood tests which include liver function; creatinine; immune system; fats and cholesterol; serum albumin and heavy metals. Your doctor can request these. Each test indicates a different part of the body, how it is functioning as a unit and the body as a whole.

Making a general, personal assessment yourself is not very accurate. Firstly, you have lived with yourself while the changes have occurred, this gradual increase in symptoms may give a false sense of security that can be justified by the hours you keep, the change in stress levels, expectations and demands from others, aging and the 'expected' decreased ability for the body to cope. By looking back two, five or even ten years ago, what things about your body have you noticed that are different?

- What external factors such as work, family, environment, different stressors etc, have influenced your life in either a positive or negative way?
- How did you learn to manage or cope with these changes at the time, and did they make a positive impact on the situation at the time?
- Did you increase your eating, drinking, and taking of prescribed or recreational drugs to make things easier?
- Did you become more sedentary and hide from things happening around you? This could be by relaxing in front of the TV, playing games, watching movies, reading books all to become oblivious to things happening around you?
- How many major life events such as moving house, holidays, death of a love one, births, divorce etc. can you recall in the last 5 years within either your immediate or extended family, including close friends?
- How do you manage frustrating or annoying situations? Do you look at your possible contribution to the situation and attempt to negotiate a workable solution with the people/situation involved or do you become aggressive, aloof, distant, silently festering inside and acting as if all is well on the outside?

- These, and many other aspects, influence the body and how effective it is at managing the constant flow of possible toxins that move through it. If there is no obvious medical or lifestyle reason for such toxicity, then the mind and the subconscious brain could well be influencing your body's state forcing you to address a memory or past experience, so that the lessons of life can be learned, in order for you to become a more complete individual.

Do You Know Your Body Mass Index?

For some, the need to lose weight is clear. People whose body weight is classified as obese or morbidly obese know they are overweight, but what about people who are only a little bit over overweight? Is 3 kilos over the ideal weight raising your risk of health complications? Are you just 'big-boned'? How do you decide if you really need to lose weight - and how much you need to lose?

The BMI calculation was developed to provide a simple means of classifying sedentary (physically inactive) individuals with an average body composition¹³. However, many people, including health professionals use it as a diagnostic tool and at times do so without considering its limitations.

There are many BMI calculators available online that will allow you to check your own BMI¹⁴. Body mass index (BMI) is used to estimate your total amount of body fat. It is calculated by dividing your weight in kilograms by your height in metres squared (m²).

$$\text{BMI}^2 = \frac{\text{weight (kg)}}{\text{Height (m}^2\text{)}}$$

With this in mind, it is a useful guide to help identifying individuals who are potentially at risk of either malnutrition/underweight or complications of being overweight. As a guide, as outlined by The World Health Organization in: "Obesity: Preventing and Managing the Global Epidemic, 2000".

Table 2 BMI Ranges and Level of Health Risk

Classification	BMI	Risk of co-morbidities
Underweight	<18.50	Low
Normal range	18.50 - 24.99	Average
Overweight:	>25.00	
Preobese	25.00 - 29.99	Increased
Obese class 1	30.00 - 34.99	Moderate
Obese class 2	35.00 - 39.99	Severe
Obese class 3	>40.00	Very severe

The higher the BMI, the greater the risk there is to developing life style disease such as heart disease, diabetes, cancer, etc as can be seen in Table 3. Table 3: The Associated Risks of Being Overweight. ¹⁶ (and inactive)

Relative risk	Associated with metabolic consequences	Associated with weight
Greatly increased	Type 2 diabetes Gall bladder disease Hypertension Dyslipidaemia Insulin resistance Atherosclerosis	Sleep apnoea Breathlessness Asthma Social isolation/depression Daytime sleepiness/fatigue
Moderately increased	Coronary heart disease Stroke Gout/hyperuricaemia	Osteoarthritis Respiratory disease Hernia Psychological problems
Slightly increased	Cancer (breast, endometrial, colon) Reproductive abnormalities Impaired fertility Polycystic ovaries	Varicose veins Musculo-skeletal problems Bad back Stress incontinence

	Skin complications Cataract	Oedema/cellulitis
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There are several factors that influence the accuracy of BMI, in relation to actual levels of body fat. One's fitness level, muscle mass, bone structure, gender, and ethnicity.

Body types - mesomorphs because they have greater bone mass and greater muscle mass generally have higher BMI than people endomorph. Similarly ectomorphs are typically within the low BMI reading, even though their body type makes them naturally thin.

Besides these limitations, the BMI is a fairly good guide for comparing individuals within the same gender and age. Differences between these groups are usually due to different amount of body fat.

However an *excessive BMI* will be calculated if you are: a body builder - because muscle is denser and weighs more than fat; high performance athletes; or a pregnant women the BMI figure will not be accurate.

And BMI will be undervalued the amount of body fat for:

- The elderly; people with a physical disability and muscle wasting; populations that are shorter – eg. Asian populations, may need to have lower cut-offs for overweight and obesity. This is because there is an increased risk of diabetes and cardiovascular disease, which begins at a BMI as low as 23 in Asian populations.
- For older Australians over the age of 74 years, general health status may be more important than being mildly overweight. Some researchers have suggested that a BMI range of 22-26 is acceptable for older Australians.

BMI is also not an accurate indicator for people with eating disorders like anorexia nervosa or people with extreme obesity.

BMI is not the best measure of weight and health risk. A person's waist circumference is a better predictor of health risk than BMI. Being overweight or underweight can affect your health.

Risks of being underweight:

If you are underweight (BMI less than 20) you may be malnourished and you are at a greater risk of lowering your immune function – more prone to colds and flus, respiratory disease; digestive diseases; cancer; osteoporosis; increased risk of falls and fractures.

The above listed BMI limitations and inaccuracies in measuring fat levels gives way to combining the results with the waist measurement helps to determine the risk associate if a person is carrying fat around the abdomen – belly. Abdominal fat strongly linked to type 2 diabetes, cholesterol, blood pressure and cardiovascular disease.

Waist Measurements

Men who's waist measurement is more than 102 cm, and women who's waist is greater than 88 cm are at high risk of developing disease. Risk increases at waists of 94 cm in men and 80 cm in women respectively. These values are generalisations and like BMI, some populations such as people of Asian descent or islanders, may require different values to be accurate indicative measures.¹⁷

Studies have shown that the distribution of body fat is associated with an increased prevalence of diabetes, hypertension, high cholesterol and cardiovascular disease. However, fat accumulating around the buttocks does not appear to have the same risk. Generally, the association between health risks and body fat distribution is as follows:

Waist circumference for women:

a waist circumference of 80cm or more indicates increased health risk.

88cm or more indicates a substantially increased risk.

Waist circumference for men:

a waist circumference of 94cm or over indicates increased risk.

102cm or more indicates a substantially increased risk.¹⁸

Genetic factors

While genetics and body type has some influence on where fat is deposited, most people are able to use at least some of the strategies recommended for maintaining a healthy life style and minimise weight gain, particularly around the abdominal region.

BODY SHAPES

Everyone is a unique individual, genetically determined by ancestry. Because of this, and so many other factors influence health, there is really no right or wrong shape. There are four different body shapes each with the potential to become overweight. Primarily our ancestry determines our shape, so there is little that can be done to *change it*, but it is possible to make the most of it and protect yourself against obesity.

Dr Cabot, and others have described the three basic body - somatotypes. Sheldon's "somatotypes"¹⁹ The somatotypes are similar to Aveydiec tridosha.²⁰ Both philosophies propose the body type has its own physical and psychological – mental traits which can be summarised as follows:

- **Ectomorphic:** characterized by long and thin muscles/limbs and low fat storage; usually referred to as slim.
- **Mesomorphic:** characterized by large bones, solid torso, low fat levels, wide shoulders with a narrow waist.

Endomorphic: characterized by increased fat storage, a wide waist and a large bone structure.²¹ This description is only one way of grouping the different characteristics. Another is as described by Dr. Sandra Cabot who bases her work on four body types – Android, Lymphatic, Gynaeoid, and Thyroid. It is widely accepted that body types and each have their own "unique hormonal and metabolic characteristics, which explains why some gain weight easily and are more prone to cellulite. Your body type will also determine where excess fat accumulates."²² To help you identify your body type, go to Dr Cabot's book "Can't Lose Weight? You could have Syndrome X" or to assess your shape accurately, and many other important health questions click on the above link to go to Dr Cabot's Site www.weightcontroldoctor.com.au

The theory behind body typing is that each group has its own, relatively unique physical – strengths and weaknesses which are expressed in the person's shape, fat storage points, types of diseases and the ideal therapies, foods and exercises which best support the individual's health.

Android Body Type

Approximately 40% of women and most men have this body type. They have broad shoulders, strong muscular arms and legs, a narrow pelvis and narrow hips. The waistline is straighter, so the trunk appears to be up and down. Android women have a boyish figure, and usually they are good at sports and are energetic. They are often very strong, and able to work long hours in physical occupations. Their metabolism is anabolic, which means they tend to build muscle and structure in their upper body. They have a higher production of male hormones than other body types, making their body building ability even greater. Weight gain occurs in the upper body and front abdomen creating an apple shape.

Gynaeoid Body Type

Approximately 40% of women have this body type, which is characterised by small to medium shoulders, a narrow tapering waistline, and wide hips. Weight gain is primarily on the buttocks and thighs, which accentuates their pear shape. The hips and thighs curve outwards and weight gain occurs only below the waistline. People in this group are Oestrogen dominant, which means the hormone oestrogen is the main influencing hormone, while progesterone may be relatively deficient.

Thyroid Body Type

Approximately 10% of women & 5% of men have this type of body structure. Long and thin, sometimes being described as racehorse in appearance. The thyroid types have a high metabolic rate and don't tend to gain weight easily. Because their BMR is so efficient, generally they can eat plenty of food, yet not show it easily, however, they tend to experience thyroid disease.

Lymphatic Body Type

Approximately 10% of women and 5% of men are characterised with this body type, with weight gain all over the body. Their limbs have a thick puffy appearance and their bone structure is not very visible. It is as if there is a layer of fat all over the body, which is excessively thick. Often, these people have struggled with their weight since they were young. Their natural BMR is very slow, which allows them to gain weight easily. Their lymphatic system is also sluggish, which results in fluid retention and makes them appear fatter than they really are. Cellulite is common, with fat globules swollen with lymphatic fluid compounding the appearance. Lymphatic types, may have imbalances in the pituitary hormones including prolactin and growth hormone mediators. Overall they are sensitive to hormones.

OSTEOPOROSIS

It is important to discuss osteoporosis for a number of reasons. According to the Australian Bureau of Statistics (2004) 3% of the total Australian population has osteoporosis²³ and it is estimated that in Australia approximately 60% of women, and 30% of men, over the age of 60 years will suffer an osteoporotic fracture in their remaining lifetime.²⁴ Also, because osteoporosis is a lifestyle disease, that can be prevented or at least slowed down with healthy life style choices. Osteoporosis occurs when bones lose minerals such as calcium, more quickly than the body can replace it. This deficiency state results in the reduction of bone thickness (bone mass or density).

The skeleton is a living tissue like any other organ in the body. The bone has a hard outer shell that encases tissue that looks like honeycomb which acts as a reservoir for calcium and other minerals. These minerals are continuously recycled, taken from the bone for other parts of the body and then re-stocked in the bone to maintain bone density as determined by hormones, age and lifestyle. As bone density reduces, osteoporosis develops. The outer shell becomes thinner and weaker while the honeycomb structure develops large holes.

One reason why calcium and other minerals come out of the bone is to help maintain the Blood and cell's Ph. As a result, bones become thinner and less dense, so that even a minor bump or accident can cause serious fractures. These are known as fragility or minimal trauma fractures. The more acidic our internal environment blood and tissues, the more the minerals are required to help maintain the correct levels for health. Other reasons why our bones thin are:

- Family history - anyone with a history of osteoporosis or fractures
- Your medical history (Certain conditions and medications can increase your risk of osteoporosis.
- Cortico-steroids (commonly used for Asthma)
- Rheumatoid arthritis
- Over-active thyroid or parathyroid glands
- Coeliac disease and other chronic gut conditions
- Chronic liver or kidney disease
- Early Menopause; oestrogen deficiency

- Not enough daily sunlight and little exercise.²⁵

The following symptoms may also indicate an increased risk of osteoporosis.

For men:

Lack of libido

Impotence

Other: symptoms of low testosterone levels²⁶

Women

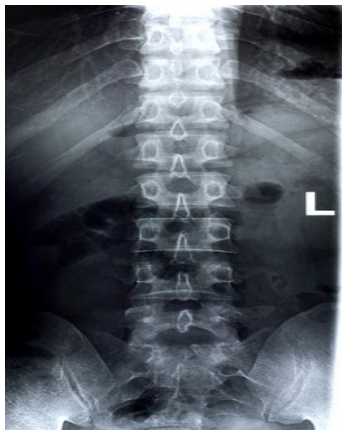
Menstruation has stopped for 6-12 consecutive months (excluding pregnancy, menopause or hysterectomy)

if you experience early menopause

Osteoporosis affects both women and men.

Any bone in the body can be affected by osteoporosis, but the most common sites are bones in the hip, spine, wrist, ribs, pelvis and upper arm. Osteoporosis usually has no signs or symptoms until a fracture happens - this is why osteoporosis is often called the 'silent disease'.

Fractures due to osteoporosis (osteoporotic fractures) can result in posture changes - e.g.



developing a stoop or Dowager's hump in the back, muscle weakness, loss of height and bone deformity of the spine. Fractures can lead to chronic pain, disability, loss of independence and even premature death.

Osteoporosis affects approximately 1 in 3 women and 1 in 5 men over 50 years and is increasing in significance as the population of the world grows in size and is living longer²⁷

Women are at a greater risk of developing osteoporosis than men. This is mainly because the rapid decline in oestrogen levels after menopause. When oestrogen levels decrease, the bones lose calcium (and other minerals) at a much faster rate - bone loss is approximately 1% - 5% per year. Men also lose bone as they age, but their bone mass is generally starts denser/stronger

and remains denser until much later in life. However, certain risk factors such as reduced calcium intake and low levels of vitamin D, sedentary lifestyle can increase age related bone loss. Although osteoporotic fractures are less common in men than in women, when they occur Men who experience fractures are associated with higher disability and death than in women.

Your lifestyle:

- Smoking
- Excessive alcohol consumption
- Diet lacking in calcium
- Lack of sunlight exposure, which may cause vitamin D deficiency
- Age - as we become older our body structure is naturally reduced²⁸

Body's Ph, the more acidic the body chemistry, more calcium and other minerals are drawn on to help buffer or lower the Ph level to be more alkaline. If there is not enough available calcium in the blood to enable this function, then it will come from the bones and teeth. Alcohol, caffeine, excessive amounts of protein, and salt can reduce bone deposits. Inflammation or infection within the body increases acidity within the blood and surrounding tissue. Prolonged inflammation increases the chance of osteoporosis.²⁹

- Gender - pre-menopausal oestrogen levels offer some protection against osteoporosis. Oestrogen levels changes due to poor eating; binge eating or starvation and menopause resulting in no menstruation leads to a thinning of bone tissue.
- Being underweight or light for your height puts less stress on your bones, and can reduce the amount of minerals required to maintain healthy bones. Even more reason for a lighter/underweight person to regularly do weight bearing exercise.

Smoking alters the structure of collagen throughout the body that supports soft tissue. This alteration creates fibrosis, which makes the bone more rigid, and less able to store minerals. Smoking is dangerous to many parts of the body, not only the lungs. It reduces your overall health and reduces the amount of important vitamins essential to maintaining a healthy immune system. It increases the speed the body ages and can influence the severity of menopause symptoms. If you are experiencing or have been through menopause, it is important to protect your bone mass as much as possible from further loss.

Level of exercise influences the amount of strength the bones require, similar to steel reinforcement in a tall building. The more stress a building experiences due to movement requires more steel to strengthen the structure. Exercise provides a positive stress to strengthen the bone structure, making it denser. If the diet is inadequate or you are taking medication that interferes with nutrient absorption of calcium, Phosphorous, Vitamin D, Magnesium, Fluoride, Zinc, Copper, Boron, Manganese, Potassium, Iron, Vitamin C, Vitamin A, B group vitamins³⁰, then less minerals are deposited in the bones. This will result in a thinner bone structure especially if there is poor mineral intake is over a long period of time.

The amount of calcium and other minerals absorbed (taken into the body) to meet the body's requirements can be reduced by other substances. Alcohol, salt, caffeine, excess magnesium and protein reduce the amount of available calcium and increase the quantity withdrawn from the bones to meet the body's requirements. Some chemotherapy drugs³¹; long term prednisone or cortisone based medications to name two medication groups. Bound nutrients because of low acidity of the stomach to digest proteins; low enzyme volume secreted into the small intestine to help digest other food groups and release the nutrients from the food. Damaged villi and other absorption sites along the digestive tract also reduces the amount of nutrients that can be absorbed. If a person's digestive system is not working efficiently, even if they are maintaining a healthy eating plan, it may not be getting into the body to be put to good use.³²

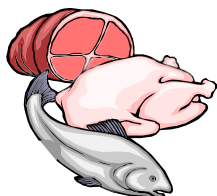
Asian women and fair skinned people have a greater genetic risk to developing osteoporosis.

How To Prevent Osteoporosis

- Include regular stress bearing or weight exercise before the age of 25 to maximise bone density while it is being set. Continue with regular exercise throughout your life.
- Eat a wide variety of foods, particularly unprocessed foods. Include a minimum of 2 & 5 fruit and vegetables a day. This will help balance the sodium and potassium and bicarbonate, electrolytes important for blood Ph balance.³³
- Include Prebiotics, Probiotics and Symbiotics – good bacteria have been shown to increase absorption of some nutrients, particularly calcium³⁴ and other nutrients from the digestive system. These biotics also improve the environment of the digestive system and its health.
- Eat sufficient protein to meet your daily requirements

- Limit foods and drinks that drain minerals from the bone – caffeine, soft drinks, excessive salt, protein to name a few.

PARASITIC INFECTIONS



Parasite infestations occur in people more often than we would like to know about. The mere thought creates images of being unclean or of a poorer community. However, if one was to think about how parasites are transferred then comfort can be taken in that almost every person, in affluent and poorer

communities around the world host them.

Think of the types of foods you eat, think then how they are grown, or produced. Anything that was once alive would have been exposed to parasites of some kind simply because the environment they were grown in. Soil, contaminated river water used for irrigation, natural fertilisers, poor manhandling procedures etc, will increase the potential of parasites being carried to people by food.



Generally, parasites are animal specific that is, most can only live or go through a life stage only in that animal. However, pigs and humans can both support the same tapeworm, increasing the importance of thoroughly cooking pork before

eating it. Raw or undercooked fish and snails are a carrier for flukes introduced to humans by eating or being in contact with contaminated animals. Flukes travel to the liver, where they interfere with bile duct, inflames the liver, creating chills, fever and jaundice. You might be thinking that because you don't eat fish, or snails for that matter, that it would be impossible for you to be exposed to such an animal. But how often do you go to the beach, and not wear shoes in the water, or accidentally swallow water as a wave washes over you? Have you ever played in a creek or dam? Travelled overseas, in particular to Asia?³⁵

Parasites are basically an animal or plant that takes from the host (us and other animals or plants) and don't give anything back. They receive their food supply either directly from the host via blood, or sap; or by absorbing nutrients surrounding it for instance within the gut.

The damage or impact the parasite has on the host depends on many factors including

- the type of the size of the parasite colony,
- the stage of its' lifecycle

- the mechanism the parasite uses to maintain its existence, influencing the toxic load, or immune defences involved in limiting the parasitic infection, including their excrement or chemicals secreted to protect them for removal.
- the amount of nutrients removed from the host to maintain their existence
- the number of different parasites inhabiting the host at one time, or at different times the amount of physical damage the parasite inflicts on the hosts cells', immune system and related organs. Generally, worms induce a Type I hypersensitive immune response.³⁶

Life cycle of the hookworm

There are many types of parasites, the most common to humans include protozoa, which results in: malaria, tropical sore kala-azar espundia, sleeping sickness & Chagas disease; and Helminths which flukes presenting as schistosomiasis and roundworms which present as hookworms infestation, trichinosis, filariasis infestation, guinea worm and river blindness.³⁷

Tapeworm and hookworms are the most commonly known parasites and they primarily live in the gut. Flukes however prefer the blood or liver and filarial worms live in the lymphatic system.

Most parasites move through different body organs or different host organisms during their life cycle. The changes they exhibit at the different life stages. This also means they change their defences against the host (us) to make sure they survive. Different symptoms or how they influence the different body parts depends on where they are and what the parasite is doing at that time. Because it is not in the parasites best interest to kill the host, i.e., to kill us they would lose their home and food supply, symptoms may not immediately present themselves. The body is able to adapt to their presence which may allow the parasites to have a build up effect and can lead to chronic conditions.³⁸

To list just some of the symptoms of parasite infestation is difficult, they are specific to the type of parasite, the location of the infestation or the immune response involved.

Auto immune conditions such as arthritis and joint pain when there is gut erosion allowing larger than normal proteins to move into the blood, triggering immune response.³⁹

- ‘Tummy bug’ with symptoms of appetite loss, abdominal pain, vomiting, and diarrhoea.
- Intestinal obstruction if the number of worms become excessive, blocking the gut lumen⁴⁰
- Enlarged liver and spleen, two organs that are actively involved in removing or trapping parasites from progressing further;
- Altered kidney function or nephrotic syndrome,
- Anaphylactic shock can occur when a hydatid cyst ruptures and
- Asthma like reactions may be linked to toxocara canis infections and when filarial worms move through the lungs.
- Autoantibodies can be stimulated to attack infected heart cells as in chronic cardiomyopathy,
- Enlarged oesophagus – food pipe and megacolon – enlarged colon results in Chagas’s disease.
- Intestinal amebiasis may be mistakenly treated as inflammatory bowel disease. It is worthwhile to perform lower gastrointestinal endoscopy in all patients in whom inflammatory bowel disease is suspected before treating with steroids.⁴¹
- Excessive mucous production triggered by an immune response to parasitic infestation.

Another serious side effect of a parasitic infection is nutrient depletion by the parasite removing nutrients from us, and immune system depression as the body attempts to remove the parasitic infestation. A suppressed immune system allows other, usually simple diseases to become serious, or generally allow the body to be more susceptible to disease.

Parasites can also create localised bleeding as the parasite latches on to the body tissue for food, or to access other body parts during their migration. Continued damage or bleeding can result in reduced iron stores, possibly leading to anaemia. The parasites’ excrement and protection method against the immune system can create a cascade effect, stimulating the immune system further in its attempt to remove the parasite and its toxic chemicals. Damaged intestinal mucosa or the lining of the intestines can result in reduced secretion of enzymes to digest food; decreased or damaged surface area for nutrient absorption; and/or increased absorption of larger protein particles inducing an auto immune response; or increased absorption of toxic wastes created by altered intestinal chemistry and/or parasitic chemicals.

The body also needs to process the chemicals produced by the parasite, its excrement, and the parasite itself, if it dies. This increase in the toxic load adds another notch, particularly if the

body has many different types of parasites, or has a comparatively large colony residing in it. This increases the body's need for nutrients, which may increase symptoms presentation, if the body isn't able to process the chemicals safely and easily.

Symptoms of a parasitic infestation can be difficult to diagnose, simply because they potentially can involve so many different systems, and it depends on many different factors. Parasite symptoms are similar to toxicity symptoms so it is possible for more people to have a parasite infection than we currently think..

Increased levels of IgE in blood tests help identify an immune reaction of some kind. Elevated IgE along with IgG suggests a parasitic infestation⁴². Accurate diagnosis for gastrointestinal worms is completed by a pathology lab which investigates a stool sample for parasites. Diagnosis for other body areas could be based on symptoms, blood pathology investigating immune function, or by trial and error of treatments.

It is advisable then to include anti parasitic formulae in the detoxing process, so as to remove an extra burden from the body. Besides, all the good nutrients you will be putting into it will also be going to the parasite. Depending on the individual's level of health, the timing of this step needs to be considered.

There are several natural preparations available to assist the body in eradicating parasites from the body. The methods could include herbal solutions or actual plant parts, homeopathy, ayurvedic medicine or Chinese medicine. A good diet supports the immune system, promotes general wellbeing and helps protect against parasites, although it isn't a guarantee. A good eating pattern is even more important if you have had a previous infestation or are experiencing the symptoms of a possible infestation. Nutritional deficiency of several vitamins and minerals may have occurred and it is important to address these quickly and efficiently.

A good quality pre and probiotic supplement along with digestive enzymes are useful to help support the body. The pre/probiotics recolonise the digestive system with good bacteria which are important for digestive health, boost the immune system and reduce the number of bad bacteria in the digestive tract.

Digestive enzymes can help the body to break down the food eaten into smaller particles so the nutrients can be absorbed into the body more easily. (See section on digestion for a more detailed explanation.) Improved digestion reduces the amount of undigested food to enter the large intestine and the blood which may otherwise result in fermentation, overloading the liver and the blood with putrefying chemicals that can cause more damage to the body systems. More information is given in the next section.

The good news is there are de-worming or parasite formulations available through trained therapists, health food stores or some pharmacies. It is suggested that 2 courses of treatment are followed with 5 days break between them. Taking two courses increases the number of parasites killed at their different life stages.

Part 2 is complete. Thus far you have been introduced to how the mind influences the body's processes and how the body may respond to the various internal and external stimuli. The final part in the series helps to outline how to make dietary changes and includes extra articles to support the information so far.

Part 3: Putting The 7 Steps Together



RATIONALE FOR PART 3

This section introduces you to how to change your eating habits to make a difference to your wellbeing. It is not a quick fix, where you will change shape within a week or a month, nor is it intended to be used alone. I encourage you to include body movement of some kind – walking, bike riding, going to the gym for weights or class work; yoga, tai chi and the list could go on.

This section is also quite individual in creating a plan that works best for you. It is intended that you will read through the information then, contact a nutritionist that is familiar with this type of work, to help you tailor the eating plan just for you. I am giving you tools to work with that you can come back to time and again, and thus place yourself in control (if you choose), to manipulate your own body chemistry with the multitude of influencing factors, including but not limited to:

- Food choices and the quantity and range of nutrients - building blocks the body needs to function.
- Physical environment one lives in.
- Level of stress one feels.
- One's mental state at any given moment.
- Individual differences in the way ones' body functions.

From here you can take the 7 steps to your Life.....

1. The Importance of a Healthy Mind and Eating
2. Balancing the Eating Plan
3. Calculate your Estimated Kj Requirements
4. Juice Detox
5. Light Meal Plan
6. The Benefits of Adding Digestive Enzymes to the Body
7. Exercise Really is That Important

So when you are ready, let's get started.....

STEP 1: THE IMPORTANCE OF A HEALTHY DIET

A healthy and balanced diet is always an essential part of life. Eating a wide variety of different foods is a sure way to maintain sufficient levels of energy to live your life to the full. But when you're recovering from an illness, injury, surgery or intense drug treatment it is even more important that your intake of food is adequate. After all, your body is working hard to restore your health and needs extra calories and protein to help in the healing process. Protein is vital for maintaining your immune defences and helps in the rebuilding of healthy tissues such as muscles. If you don't eat enough food containing both calories and protein, your body will use its stored energy reserves by breaking down muscle tissue, resulting in weight loss.

Table 4 . The Six Nutrients

Nutrient	Important in the body	
Water	To prevent dehydration, all the body's reaction happens in an aqueous medium	
Vitamins	Essential for making energy from the food we eat; support the immune system; protect the body from toxins and chemicals; cell replication; and maintain overall health	
Minerals	support the immune system, protect the body from toxins and chemicals, cell replication and maintain overall health	
Fat	Most dense energy source. Carries fat soluble vitamins A, D, E, & K. Invaluable in providing calories to protect muscle loss when we cannot eat enough.	<i>What</i>
Protein	Essential for maintaining and making new tissue including muscle, immune system and blood. Secondary energy source if we do not eat enough calories to meet our body energy requirements.	<i>t</i>
Carbohydrates	Primary source of energy our body uses. When they are broken down they form glucose.	<i>foods</i>
Fibre	Helps remove waste products from the body; assists with cholesterol control; provides some protection against bowel diseases	<i>should</i>
		<i>d</i>
		<i>you</i>
		<i>eat</i>
		<i>for</i>
		<i>good</i>
		<i>nutrition?</i>

Remember, variety is the spice of life and the most important rule is to eat a variety of foods so your body receives all the nutrients it needs. Eating too much of one group of food eg. Meat and very little of anything else may deprive your body of some nutrients essential to swift recovery.

Six nutrients come from a variety of foods and are important for different parts of our body.

Table 5: The Five Food Groups

Five basic food groups provide the different nutrients.

Nutrients are the building blocks for our body:

<i>Group</i>	<i>Food Types</i>	<i>Good Sources of</i>
Group 1	Fruit & vegetables	Fibre, energy and Vitamin, minerals, photochemicals and antioxidants
Group 2	Breads & cereals; Legumes & lentils; starchy vegetables	Fibre, energy, vitamins and minerals
Group 3	Dairy products or dairy alternatives	Calcium, protein energy and Vitamins A & D
Group 4	Meat, fish & poultry;	Protein, iron, vitamins and minerals
Group 5	Fats & oils margarine and butter	Energy, Vitamins A & D, E, & K

Serving sizes see appendix 5

The quantity of the different types of foods depends on your health and the amount of stress you are under at the time. The Healthy Eating Pyramid is a guide for the general population to follow to provide the nutrients required. When our body is put under physical stress from an illness or medical treatment the pyramid can turn from a pyramid into a box to provide enough energy and building blocks to help repair itself.

Changing the proportion of foods from the different food groups can help alleviate symptoms of disease, protect muscle from wasting, and support the immune system to fight the disease. In many cases changes need to be individualised to meet the person's requirements as their needs change. However, there are some rules of thumb to follow and there are some easy suggestions to help make the transition easier.

Often, a simple change in the types of foods chosen is really all that is needed. Increasing the number and variety of fruits and vegetables, wholegrain products, low GI Carbohydrates, lean meats, seafood, nuts, seeds, and being aware of the types of fats are the corner stone of healthy eating.

Fruit and vegetables

This group must essentially make up the larger percentage per volume of food eaten. It does not mean that it is the largest KJ providing group. Essentially the foods in this group provide carbohydrates, that are often low in GI (see details further on), vitamins and minerals. They are very high in fibre, both soft and hard fibres, water to varying degrees phyto-nutrients that creates a healthy body chemistry and antioxidants which help protect against free radical damage. They help fill a hunger and are vital for detoxing or cleaning out the body they also stimulate the bowel, liver, and gall bladder improving their function.

The current government message is 2 fruit and 5 vegetables. By including this amount into your eating plan it will make a big difference to your internal environment.

*By nature, they (fruit and vegetables) afford the
body the opportunity to cleanse built-up residue
from the system.⁴³*

Breads, grains, cereals, nuts, seeds, lentils, and legumes.

The value of this group is similar to fruit. They also are high in carbohydrates, but have a low G.I. factor; fibre. This group also has essential fatty acids (EFA), proteins, minerals, and other building nutrients. Considering grains, nuts and seeds are the beginning of new plants, they are almost whole foods. When these foods are combined as in vegetarian meals they can complete meals. In most instances nuts, seeds and grains need to be prepared, either by cracking the shell to expose the flesh, soaking them in water softening the starch for easier digestion or cooking. The different types of fibre found in these foods are important in cleansing the bowel and encourages the liver to release its wastes.

Dairy and Dairy Substitutes.

This is controversial as to whether dairy as such needs to be included. There is evidence for and against its inclusion in an eating plan. Its biochemical composition makes it fit better into the meat and meat alternative group because it is high in protein and minerals. Its downfall for some it can be difficult to digest. Some people find the protein in milk is irritating and some people find it difficult to digest milk's sugar – lactose intolerance.

Lactose intolerance is when the enzyme required for digesting the sugar in milk is low or non-existent. The sugar is fermented by the gut bacteria for its own food the result is gas, bloating and cramping in the gut. Milk creates acidity in the body and therefore it is a group that could be avoided. If milk is to be included in your eating plan or you may tolerate yoghurt and cheeses easier because these foods have been partially digested before we eat them.

It is important to ensure that milk products are organic. The amount of hormones, antibiotics, pesticides, worming etc. that cattle are exposed to can vary between countries. Most of the chemicals used are fat soluble, and can easily move through into our food chain either by the milk, particularly full cream, and the animal's flesh.



Alternatives to cow's milk include fortified nut milks - soy, rice, almond, and sesame. Goat milk has similar properties to cow milk, and has a softer curd, which is easier to digest. It has a distinct taste, but it behaves in the same way as cow milk in cooking. It may not be suitable for people who have a true cow protein allergy, but may help people who find cow's milk difficult to digest.

The calcium concerns over eliminating milk or dairy from the diet are convincing, but consider this.

- Where do the cow and other animals get their calcium to put into the milk? The grasses they eat.
- Calcium is bound in the protein component of milk, and if a person is having difficulty in digesting dairy products, then is it beneficial? If you can't absorb the calcium it can't be used by the body.
- A function of calcium is to help reduce body acidity via the buffering system; a complex group of minerals that help control the body's pH. Now if milk contributes to the body's

higher pH, and calcium is then used to help reduce it, does it not have a counter effect to consuming large amounts of dairy products?

- Calcium is high in nuts, seeds, sea plants, and bones of fish.
- Not all cultures drink 'milk' yet they have a history of healthy, strong people.

Meat, Fish, Poultry & eggs

Protein and some minerals are the primary nutrients found in flesh foods. They provide amino acids - the building blocks of proteins, to enable the body to make muscle, immune system, enzymes, etc. The amount we require per day though is estimated to be .7g/kg: 70% of body weight depending on one's state of health, and type of physical exercise. Keep in mind that protein comes from foods other than animal products including legumes, lentils grains seeds.

Animal flesh foods also provide high levels of iron, B12 and other nutrients that are more easily absorbed from animal products than plant foods. Both iron and B12 are essential to make red blood cells and all cell reproduction. Iron is also very important in the immune system, brain development.

Just as with milk, organic meat is recommended, simply because it will not have unnecessary chemicals in it. Relatively small amounts of proteins are required at any one time so by adding a small amount of protein to each meal, from nuts, seeds, animal flesh you will feel fuller for longer; the speed that carbohydrates are absorbed into the blood to form blood sugar is slower, spreading the energy release over a longer period of time – lowering the GI of the carbohydrate eaten. A practical book that clearly defines this is g.i. Handbook by Barbara Ravage⁴⁴.

Another aspect to consider is the pH result that food has on the body. Beef for instance creates an acidic environment which the body then needs to neutralise or bring it back to a more alkaline environment in the blood and tissues. If there aren't sufficient alkalising minerals in the blood, to balance the pH, then these minerals must come out of reserves - the bones, and teeth. If this occurs often or for a long time, these minerals become depleted, which in turn leads to other deficiency states. It may not be obvious what changes are happening during this stage, as the body adapts to working on less. For these reasons it is important to have an adequate intake of these minerals, will reduce the risk of deficiency states and an overly acidic environment for the tissues.

Crash diets and why they don't work

In technical terms, dieting means a way of eating. Unfortunately, as our culture developed, diet has come to mean a method to lose, or control weight. Using this definition, crash dieting is a way to crash, or destroy our way of eating.

Can this be good?

Sure, “dieting” can be successful. Pounds and inches can be lost, but it is usually short term with weight gain shortly after resuming a “normal diet”.

Why does this happen? There are a number of reasons why the weight is easily regained after restricting food intake.

The individual has not gotten to the root cause of the problem. The subconscious mind has an immense capacity to hide things and create our truth, as we perceive it. By adjusting our beliefs and perceptions we have a greater chance of achieving the desired outcome. If during the detox or any change we do not take the opportunity to address and modify the reasons behind the body becoming ill or overweight or ‘toxic’ in the first place, then no matter what external changes are made, the real issue will still be there and will resurface stronger in order for us to look at it from another angle. The more we ignore the subconscious when it is asking us to look at our perception of self and the world, the more intense the experiences become. Either relationships become more difficult or the body becomes more ill.

From a technical ‘food’ side the following reasons why crash dieting doesn’t work, make biological and psychological sense.

A crash diet is low in overall energy intake. A reduced food intake reduces the body’s Basal metabolic rate within 24 - 48 hours. The body perceives there must be in a famine, and so it slows the engine down to conserve energy and to make the most of what it receives. When additional food outside the ‘famine’ is eaten, the body quickly stores this extra energy to provide energy for the remainder of the famine.

The first component of loss is fluid, Fluid loss occurs when fewer carbohydrates are eaten. Glucose, a basic carbohydrate is stored within the muscles to supply energy. When glucose becomes glycogen, for longer term storage, it holds water approximately 4 times the glucose's volume. Approximately 1g of glycogen stores 4g of water with it. By limiting the amount, of glycogen – less carbohydrates eaten that isn't used, less water is stored. It is important to have a moderate carbohydrate, moderate fat diet because glucose is the energy source the body prefers.

Most fad diets are inadequate to meet the body's requirements. An imbalanced diet, of any kind is dangerous over a long period of time. Vitamins and minerals are often limited, and depending on the type of diet sometimes protein and fat. An unbalanced diet leads to poor health, the opposite of what the diet is trying to achieve.

*A diet that restricts and sometimes limits
the range of foods to choose from soon loses its appeal.*

Often diets are inadequate, The desire to eat 'forbidden' foods often causes feelings of being deprived. Some people may avoid social activities because they involve eating out. Foods chosen after a period of reduced intake are often the 'forbidden' foods: Chocolate, cakes, sweets, alcohol, take-away and your favourite food. Feelings of lack of control or guilt, especially if they indulge and enjoy a 'forbidden' food, can result in their giving up or developing feelings of being a failure and inadequate. These foods are generally higher in fat and sugar and we need to be aware of this, but a good eating plan includes them as a more realistic and sensible eating pattern. Often these foods can be modified to make them healthier, or enjoying them in smaller quantities with a healthier choice helps to balance the overall effect. Another interesting part of a detox is, after completing the detoxing process, you become more aware of the impact these foods have on your body. You may very well decide to exclude them from your eating plan anyway.

It is not fair to set yourself up for disappointment and failure by following a rigid and unforgiving eating pattern. Crash diets, fad diets and unbalanced diets set the individual up for failure by setting and compromising unrealistic goals. This leads to frustration, boredom, anger and physical symptoms that question if the diet is worth it. Enjoyment of food from the ‘forbidden’ list creates feelings of failure, uncontrollable guilt, and fear of becoming fat again. Punishment by a number of ways and giving up on their diet, reinforces their ideas of low self worth. These negative emotions are more toxic to the psyche and the body, than some of the food choices we make.

It is possible to give an acid test to diets to see if they are adequate. If you are not sure if the eating pattern is suitable for you, get it checked by a Dietitian/nutritionist interested in the principles of detoxing and healthy, balanced eating..



Does it look nutritionally balanced?

Are the five food groups represented? Is one food group absent or meant to be avoided? Avoiding one food group can significantly reduce important nutrients intake. If a group, say meat or dairy is avoided are substitutes given to meet the nutrients found in that particular group.

Is the diet flexible and does it allow for your likes and dislikes?

Could it be the basis of a healthy eating plan once you have achieved your goal weight?

If it isn't something you could imagine staying on for the rest of your life, then it will be difficult to continue with. Boredom, and lashing out in frustration can result in negative feeling. It is important to be realistic about change. If you said no to this question is it because the eating plan not good for you, your lifestyle or is it that you are not ready to make the changes required? Small but consistent steps taken over a period of time are often more successful in the long term than going “cold turkey” so to speak. Keep the ideal as the carrot and take one step at a time to get it.

Does the diet make unusual and unscientific claims? Example ‘Grapefruit dissolves fat. Sometimes the truth is stretched, or just doesn’t hold the candle to the wind and just isn’t true. If it seems outlandish, it may well be.

Does it imply calories do not count? This is wishful thinking. Energy balance with food intake and exercise output is the real key to healthy weight and body. By eating foods that help the body to run more efficiently. A cleaner system, makes it easier for the body to do the work. it is still important to eat healthier foods combined with exercise to make significant long term changes to one’s weight and body shape.

Is an institution’s name and good will used?

At times, sponsors will influence the type of research conducted and hoped-for findings in support of their product or philosophy. This isn’t to say that all research is biased, it is saying, that research studies can be aimed at finding the supportive evidence to the claims being made by the company or institution and not highlighting any not so good aspects of their products.

Are the author’s professional qualifications bona-fide?

This can be difficult to assess at times, as different educational bodies have different amounts of nutrition education involved in their course requirements. In most countries a registration board or association is available for professionals to affiliate with. Usually evidence of their training and current and continued education needs to be cited to confirm their qualifications.

Has the diet passed the scrutiny of a qualified nutritionist and other health professionals?

Then what makes a good eating plan?

A ‘good’ eating plan is one that allows all types of foods to be eaten. The foods thought of as being ‘bad’ or ‘unhealthy’ often can be made healthier with a few changes to the recipe. This may mean a bit more work for you, or looking around for healthier versions of the food you like, but it is often worth the effort.

As a general rule of thumb:

*the least amount of human interference or the
least processed the better.*

Things that are important to consider when changing your eating patterns

- What is the priority for your family – what do you want to achieve by making these changes?
- How will these changes affect other family members? Is the entire family happy to take on changes to make it easier for the cook or for the person the changes are intended to support?
- What food choices are being made that can remain the same? Often there are good choices already in place; they just might need fine tuning or substituting one or two things in to make it work better.
- How willing are the family members to change and how supportive are they to the person who will benefit the most from it?
- Are there any skills or other people that can be asked to help so that occasionally food does not need to be made fresh every day?
- Foods that can be prepared in larger quantities, then frozen, although not the ideal is a better choice than eating even poorer choices because there is not enough time or energy available to prepare fresh foods each day.

When choosing foods look:

- For foods with protein in them either from flesh foods such as white meat, fish, eggs, milk, cheese – all preferably organic but at least free range, nuts, seeds, and kernels.
- To include up to 5 tsp of good oil in the eating plan over the day. This includes oils added to juices, smoothies, over salad and vegetables, in medication (Vit E and Fish oils; flax or linseed oil). If adding oil to drinks, or water-based dishes, use lecithin to help bind the two together and make it more palatable.
- To choose organic foods where ever possible. It can be expensive so choose foods you know you will eat, store adequately or you can prepare before hand to eat later.
- To avoid alcohol, coffee, processed foods, commercially available foods, white flour based products unless necessary.

How to get started.

1. Assess your current state of health and life style. Have any health questions answered by an appropriate health care provider, relevant to the areas of concern, i.e. medical concerns need to be addressed by a doctor, and a Dietitian or nutritionist can provide nutritional information. Fitness advice is best given by one trained in this area of exercise and fitness.
2. Complete your time schedule in appendix 2 to clearly see your current time commitments.
3. Go to http://www.brefigroup.co.uk/resources/wheel_of_life.do and complete life wheel assessment and see how balanced you currently see your life to be.
4. Answer the questions they pose to you about what changes you would like to make and how you might think you would achieve these changes.

After the appropriate assessments and checks have been made, the next step is generally to change ones' eating plan.

5. Undergo a general spring clean of the body. Include the bowel and lymphatic system. Of particular importance is the removal of parasites and this can be done with herbs. This is explained in more details latter.

Support this with a healthy eating plan that includes more fruit, vegetables, water, and moderate animal foods; less sugar, refined foods, breads, packaged goods, and high fat foods, coffee, alcohol. By changing your eating plan, it really can make a difference. These changes increase fibre, natural enzymes, vitamins, minerals, anti-oxidants. They reduce irritants, stimulants, congestants, and toxic chemicals. They promote the body to release waste and clean out.

6. An exercise regime that includes strength, flexibility, endurance, and aerobic activities moves the blood and lymphatics around the body feeding and removing wastes from the cells is vital for tissue health. Exercise promotes elimination via the bowel, lungs, and skin moving the wastes to the outside of the body, permanently removing them.

Anyone can incorporate at least some of these basics into the lifestyle with little or no guidance. There is a prolific amount of information readily available to assist the individual on how to make changes. A nutritionist can help fine-tune the regime to you and your current lifestyle.

In addition to the basics of healthy eating and exercise more specific activities can be included:

7. Specific herbal treatment, juicing, and fasting to stimulate the tissues and organs to remove waste; colonic irrigation to gently wash the bowel and facilitates the removal of sluggish waste. Sauna and body scrubs assist the sweating of toxins through the skin. These techniques also open the pores and increases blood circulation. Include Massage and body work stimulate nerves, muscles and the lymphatic system. Body work also helps to rebalance the energy systems and move wastes via the lymphatic system towards the blood for processing and elimination.

It is best to employ a trained practitioner within their specific field to help you design the regime best for you and your lifestyle, reduce excessive cleansing and to monitor progress. Everybody responds little differently and one may tolerate a faster cleanse without showing symptoms while another may show more symptoms on a gentle cleanse.

Things to consider when making changes.

When changes in lifestyle and food choices are made, a plan or at least an idea of what to consider is important.

First is to have a dream, idea, or desire of what the outcome will be. Is it to reduce your weight in kilograms, to slim down and have a greater muscle mass, to feel better within yourself and have more confidence or there may be something else you would like to work towards.

Second, after the real outcome is decided, is to know what are you able and prepared to do to achieve it. It is important to be very honest with yourself. Look at your time commitments, (see appendix 2)

There are things to consider when planning changes, such as what times are you already committed to. Mark these clearly in a weekly/monthly planner so that you can get a visual representation of all the things you do and where they need to fit in. Use different colours for different activities so you can clearly see where your time is being spent, and the portion of your time they are taking up.

Consider these and any other commitments you have:

- Getting ready for work/school/other outside activities
- Commuting to the different activities
- Hobbies, activities of interest
- Each family member's time requirements from you
- Friends, extended family you would like to schedule in on a regular basis
- Time out, study, self-development
- Regular maintenance activities - bodywork, reading, meditation, breaks, sitting, and relaxation time with yourself or other people.
- Out of school activities for children.
- Out of work activities for yourself and partner.
- Care of others – elderly, sick or less mobile people.
- Work, school, religious, social events that happen on a regular basis.

Now that you have identified your time patterns, consider these:

- What things are different between the weeks?
- What things would you like to put into the schedule?
- What things are you willing and able to change to make your goal work?
- Do you need to ask for help to make the changes happen? If yes, whom can you ask to support you to make the changes that are important to you?
- Do you think there will be resistance to the changes you would like to make to support yourself? If you think there will be resistance, why could this be? How are you prepared to face the issue and how are you going to make the changes happen?
- How important to you is your goal and the steps required for making the change?
- Can you identify any possible obstacles that may arise when things get tough, either mentally, sabotages or resistance from others?
- What strategies can you formulate now to help yourself work through these?

- If your belief about yourself is “I’m not worthy”; “not pretty enough”; “not fit enough”; “I’ve always been this way”, etc. then it would be beneficial to investigate the ways to reprogram the unconscious mind to remove the “negative” thoughts.

How aware are you, when issues purposefully present themselves to you, to help you get a better concept of self. These will be ideas that you are important and that you are worthy of being what you choose to be and the best you can be.

Dealing with the first steps

Because food is such a social and emotional exchange, being able to share and enjoy foods that ‘everyone’ else is enjoying is almost essential to help you stay on the new plan. Negative feelings associated with ‘breaking out’ or slipping up occasionally on a special occasion can cripple even the most determined of people. It is much healthier, both mentally and physically to choose when to have these occasions of indulgences. Plan and enjoy! Accept the fact that you had a wonderful social event and that you did eat things not normally suggested as regular food choices. What was the up side of this though? Did you get to feel normal by eating what everyone else was? Were you able to relax and have a good time? Being kind to one’s self can be difficult, it takes practice, like everything else that’s worth working towards. If you feel you might be tempted to drop the entire scheme of things because you got a taste of rich food, then talk to a trusted friend, buddy, or support person to help you get to the real reason. Often it is either fear, or your opinion of yourself. You are worth putting the effort into looking after yourself and achieving things in life that you consider important. Look at how far you have come, even the smallest of things such as becoming aware of a different reality is a big step. Now you need to consider if you want to change it or modify it or keep things as they are. Sometimes, the discomfort or pain of your current situation needs to increase, before taking action. Are you there yet?

Following is a list of things people commented on doing to help them increase their self-esteem, before things got too difficult.

“I solicited feedback from peers”

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- “I practised positive thinking and visualised success”
- “I sought counselling to help me through difficult times”
- “I identified my values and made them priorities”
- “I improved my ability to meet new challenges and risk changes”
- “I read a lot of positive literature”
- “I regularly attended support groups”
- “I learned to be honest in expressing my strengths, talents and skills
- “I wrote down my accomplishments on a daily basis”
- “I found a new job and experienced success in that job”
- “I discovered my parents and friends believed in me”
- “I make myself do things without waiting for others to suggest action”
- “I took action on ideas I believed in”
- “I made a definite effort to improve my personal appearance”
- “I enrolled in a ‘Toastmasters®’ class to overcome my fear of public speaking”
- “I took a battery of test to identify my strengths”
- “I went back to school”
- “I practised meditation daily.”

STEP 2: BALANCING THE EATING PLAN

Some foods can suit our body better than others. For example, you may have sensitivity, or subtle reactions to different types of foods and drink. Do you do better following the BLOOD TYPING DIET than maybe FIT FOR LIFE? Does following an endomorphic food plan support you better than a lymphatic type food plan? The subtle differences between each individual are worth considering in optimising your own state of health.

How about interactions between food choices? Does mixing of protein foods and carbohydrate (CHO) foods such as potato create havoc within your system? Only you can answer some of these answers, by trial and error and investigating the possibilities.

Think about this. Do you have a different reaction to different types of alcohol? Spirits tend to make people crabby, while wine can make one very happy, beer can make some depressive, while mixers can make them tired. The simple chemistry of each individual drink can create a different reaction in the same person. How and how quickly we process the chemicals,

influences the side effect. The same observation can be given to food. Some foods tend to suit some people better than others.

A balanced diet or eating plan is one that includes all the nutrients the body requires to improve and maintain health. To achieve this, and accommodate the number of influencing factors that interfere with the body's nutritional status is no easy feat. If one is ill, or coping with a serious disease or stress, then the nutrient need is more critical and increased, than when one is well.



When a person gets sick the type of sickness, where it is in the body and how the body copes with it influences the body's nutritional need. For instance, illnesses demands the immune system to do more by increasing immune building nutrients such as minerals, anti oxidants and proteins in the eating plan the body has a better chance of working better. If one has increased stress, then B group vitamins, minerals, Vitamin C, and anti oxidants are useful to help the body manage the cortisol secretion and appropriate feedback to stop its excessive production.

In people with cancer, there are so many different components working at the one time that a very broad, but simple eating plan is recommended, as well as an equally broad, yet powerful supplement mix. This ensures the body has sufficient building blocks, immune factors, and free radical scavengers to help remove potential damaging elements from the body.

A simple, yet powerful eating plan is one that is the least processed, has a wide variety of plant material, a small amount of flesh foods, very little if any dairy. This message is promoted by various organizations throughout the world in being very effective in replenishing and supporting the severely depleted body.^{45 46 47 48} Supplementation works synergistically, increasing its effectiveness and efficiency.



"a sign post near the junk food vending machines in a major city zoo
warns:

*'do not feed this food to the animals
or they may get sick and die"*

Think about this. Food considered ok for a 40-pound child to eat, if given
to a 400-pound ape, which is biologically similar to a child, may kill it.

Are westerners eating a smart eating plan?

The basic idea of this type of eating plan is to

- Replenish nutrient levels;
- Provide the body with the building blocks it requires and
- Remove toxic waste products or chemicals from the body before they can do cellular damage.

So, what does this consist of?

The foods we eat must contain Vitamins, Minerals, Enzymes, Fibre, Water, Anti-oxidants, Proteins primarily from plants and Essential Fatty Acids (EFA's). The fluids we drink are best clean, filtered water, freshly juiced juices from fruit and vegetables.

And how is this achieved? In summary:

- Use only unprocessed foods, nothing in a package with a label.
- Often, processed foods are empty in terms of nutrient value. The manufacturing process uses hydrogenated fats, refined flours, sugars, salt, colours, flavourings etc making them almost devoid of any nutritional value. Consider too, the number of chemicals used that have been shown to create cancer either directly or indirectly. Coal tar dyes used for colouring, and in particular propylene glycol are just two of the, many carcinogenic food sources. For more information link into:

www.dataforlife.com.au/foodads.html. Also, why pay for manufacturers to strip the foods of their natural goodness only to add it back in to 'make' another product 'healthier'.

Eat a high proportion of your total Kj intake from fresh fruit and vegetables

Start the day with *Fresh* raw juices, and include fruit throughout the morning, or freshly made fruit salad. Fruit salad is something that can be picked at and enjoyed while doing other things.

Eat a large portion of this group raw. Include green leafy vegetables – salads, fruits, and herbs – rocket, basil, coriander, parsley, garlic, onion etc. Eat some at each meal before the meal.

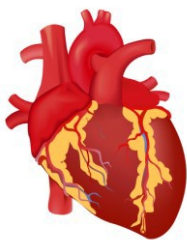
The advantages of eating raw plant matter are that they provide enzymes, vitamins, phyto-nutrients, and fibre that can be altered by heat and water. The fibre also stimulates the gut to release waste products and the liver to secrete excess fatty parcels into the bowel for safe removal.

Employ a moderate fat diet

The Australian Nutritional Guidelines recommends: ⁴⁹

- *A diet low in fat, in particular low in saturated fats.*
- *Total fats and oils should be approximately 30% of the total Kj intake and*
- *Saturated fats should be no more than 10% of the total Kj intake.*

This means then that approximately 20% of our daily food intake should be from Polyunsaturated, mono-unsaturated and essential fatty acids, the fatty acids that promote HDL cholesterol and assists in the lowering of VLDL & LDL cholesterol. These include nuts, seeds, avocado, eggs, fish and, meats etc.



Fatty foods, particularly high in saturated and trans-fatty acids not only have a high energy value, but they can lead to high cholesterol levels, atherosclerosis, insulin resistance and the like. The altered fat and the resulting metabolic dysfunctions compounded by lifestyle choices, leads to lifestyle diseases, such as heart disease, diabetes mellitus, and in the long term cancer. Trans Fats are found in partially-hydrogenated vegetable oils", "hydrogenated vegetable oils" or "shortening"

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most likely contain trans fat. These fats are more stable to be used in the commercial manufacturing of biscuits, cakes, chocolates and some margarines

It is important to consider the type of fats you are eating. The liver is responsible for fat metabolism, it is the primary fat burning organ in the body. One of its functions is to build fats into cholesterol, which in turn is a base for body chemicals including hormones and the protective sheath/coating around nerves. The liver also makes excessive fats water soluble to be expelled via bile and binds triglycerides (trigs) to proteins – lipoproteins so it can be moved around the blood.

The type of lipoprotein, trigs are attached to, will determine its usefulness. Very low density lipoproteins (VLDL) and Low density lipoproteins (LDL) are responsible for laying fats down onto arterial walls, whereas, High Density lipoproteins, (HDL) help to remove VLDL and LDL fats from the body to be metabolised by the liver or removed from the body via bile.

Trans-fatty acids created during the processing of oil to a solid, i.e. vegetable oil into margarine or hydrogenated fats, cannot be metabolised by the liver. It is seen as a foreign material and so it is packaged in a different way from natural fats. The dangers of trans-fatty acids are:

- They behave like saturated fats, raising LDL cholesterol, but also lower HDL disrupting the ratios even more.
- They become part of cell membranes replacing essential fatty acids; interfering with cell metabolism and disrupting some of the enzymes needed to create hormone like substances called eicosanoids.⁵⁰

Essential fatty acids or omega oils must be ingested; the body cannot make them, yet they are essential for good health. There are two types – omega-6 are more abundant, found in corn, safflower, cotton seed, and sunflower oils; while omega-3 come from seafood, green leafy vegetables, fish, canola oil and walnuts. It is important to have a balance between the two types. Larger quantities of omega 6 have been linked to a variety of diseases including cancer.⁵¹

Dairy products: Emphasise the importance of using little or no dairy produce, with yoghurt as the preferred dairy selection. Cow's milk is considerably different from human milk, which most of us were weaned off by the age of 1-2 years of age. After this stage, our ability to digest cow protein and sugar can be reduced.

Casein is the solid protein component of milk when it is left to set. However, in cows' milk, casein is present 300 times greater in volume than human milk. This leads to the first problem. If people do not have enough of the enzyme to digest casein, then it will move through the digestive system and cause the first of the following problems.

- Undigested casein forms large, tough dense and difficult to digest curds. These curds place extra demands on the digestive system to produce enough enzymes to digest the casein load.
- Undigested proteins may become hard, and gummy, and line the digestive system, which in turn can inhibit digestion and absorption of other nutrients.
- It is an acid producing waste which, if digested often creates an unfavourable blood pH that the body then needs to buffer against.
- Casein is the base for the strongest woodworking glue.

Milk, has the capacity via its fat and protein to carry hormones, antibiotics, pesticides etc into the body, another thing for the body to attempt to detoxify.^{52; 53}

The Glycemic Index - G.I. Factor

The G.I. Factor is a term used to rank foods based on their immediate effect on blood sugar levels.

Blood sugars rise with the eating of Carbohydrate (CHO) foods which are:

- All cereal grains including rice, wheat, oats, barley, rye, and goods made from these grains such as pasta, bread, breakfast cereals, and flours.
- All fruits fresh, tinned and dried..
- Vegetables such as potatoes, yams sweet corn, taro and sweet potato
- Legumes, peas, and beans including baked beans, lentils, kidney beans and chickpeas. etc.
- Milk naturally contains lactose therefore dairy product such as yoghurt, ice cream, etc. often has added sugar to increase their flavour.

The G.I Factor is the ranking of foods based on their immediate effect on blood sugar compared with the standard - glucose.

Several factors influence the speed CHOs are digested and absorbed into the blood. The presence of fat, protein and fibre, different types of starch, the extent of starch gelatinisation

during ripening and cooking, additional sugar; and substances that slows down digestion all result in a lower G.I Factor.

However, just because a food is listed as having a low, does not guarantee the food is healthy. All the GI reading is saying is ‘that the food increases the blood sugar levels more slowly than other carbohydrates’. The digestion and/or absorption can be slowed down fats or proteins being eaten at the same time. For example potato chips have a G.I of 54 because its fat content slows it’s digestion however, because it is a high fat food, it is not recommended as a staple food choice for health.

The way to maximise the G.I theory is to eat foods that are generally lower in G.I. These foods provide you with energy, but they are slowly released into the blood reducing or eliminating the energy rush that often accompanies a coffee and cake hit. It is still advisable to choose moderate to low fat foods, but it makes it easier to eat this way. Further reading: **The G.I. Diet: The Green-Light Way to Permanent Weight Loss** by Rick Gallop or The Low GI Diet Revolution: The Definitive Science-Based Weight Loss Plan by Jennie Brand-Miller.⁵⁴ For very practical understanding of the GI, how it works and they interactions between foods, it is suggested to access the book by Barbara Ravage⁵⁵ see the bibliography for more details.

Stabilise blood sugar levels with no sweets and never eat something sweet by itself.

Sugar feeds cancer, is the underlying premise with this statement. The nature of cancer creates an anaerobic (low-oxygen) environment. Sugar, when in an anaerobic situation produces acid, another requirement for cancer to survive. This in turn depletes essential nutrients used in Ph buffering systems, which are required by other body systems particularly the immune system.

Increase potassium and reduce sodium intake⁵⁶

The correct sodium and potassium ratio are essential for a healthy balance of fluid inside and outside of the cells. A change in ratio alters the balance of charge and natural flow of ions and minerals which can reduce the correct workings of the cell. If a body’s cell and tissue environment becomes stagnant, because of less fluid and nutrient movement between the inside and outside of the cell then they, and the surrounding tissue can die. The death of cells creates a cascade of cellular death → tissue damage →, inflammation scare tissue and possible irreversible damage to the area involved. The location of cellular death, determines the end result. In the

blood vessels – arthrosclerosis; joints – arthritis. If lifestyle and eating patterns changes are made early enough, the situation might be able to be reversed by incorporating these principles into your life.

STEP 3: CALCULATING YOUR ESTIMATED KJ REQUIREMENTS

This is a method or formula to calculate the ideal amount of energy required for you. It takes into factors such as gender, age, height, current weight, goal weight, level of activity. From this, it is possible to estimate the number of kj required each day, then, breakdown the amount into suggested portions of carbohydrates, proteins and fats, to give a more workable model for everyday use.

Deciding how much food to eat:

The following equation is a guide as to the amount of Kj (calories) required to maintain your health. The Schofield equation estimates the amount of energy Kj or Calories required just to make your body tick over. When the Activity factor your level of physical activity is included in the equation, whether it is just sitting around or working out in the gym 7 days a week, it indicates how much energy you need to eat to achieve that goal.

The steps to calculate your energy requirements are:

1. To use Schofield's Equation to calculate Basal Metabolic Rate, as shown in the following table is to multiply the number for your age and gender by your weight, then add the number indicated. The formulae is:
For example, you are a 23 year old male, with a weight of say 78kg.
2. You would multiply $0.063 \times 78\text{kg} = 4.914$ then add 2.754 to the end number.
 - a. $+ 2.754 = 7668 \text{ Kj}$.
3. to convert it into Kcal, divide by 4.25: $7668 / 4.25 = 1800$ (rounded)
4. At this stage, the number represents the minimum energy requirements to live.
5. Now you multiply this number (7668) by the activity factor to estimate the amount of energy to accommodate for your life style.

So the 23 year old, who goes to the gym every second day, doing either cardio or weight for about half an hour, would multiply his BMR by 1.8. $7668 \times 1.8 = 13\,800$ KJ; (3366 Kcal) this may need to be adjusted, depending on the days you don't work out, or if your lifestyle changes.

Table 6

Schofield Equation for estimating metabolic rate in MJoules/day in adults and children over the age of 10 years. ⁵⁷

Male age (Years)	BMR (Kcal)	Females Age (Years)	BMR (Kcal)
10-18	$(0.074 \times W) + 2.754$	10-18	$(0.056 \times W) + 2.898$
18-30	$(0.063 \times W) + 2.896$	18-30	$(0.062 \times W) + 2.036$
30-60	$(0.048 \times W) + 3.653$	30-60	$(0.034 \times W) + 3.538$
over 60	$(0.049 \times W) + 2.459$	over 60	$(0.038 \times W) + 2.755$

Multiply by activity factor (AF). Remember that very obese person

E.g.: BMI 40+ likely to only require a 1.2-1.3 AF

<i>Activity Level</i>	Males	Females	<i>Activity</i>	Males	Females
<i>Bed-rest</i>	1.2	1.2	<i>Light-</i>		
<i>Very Sedentary</i>	1.3	1.3	<i>moderate</i>	1.7	1.6
<i>Sedentary</i>			<i>Moderate</i>	1.8	1.7
<i>/Maintenance</i>	1.4	1.4	<i>Heavy</i>	2.1	1.8
<i>Light</i>	1.5	1.5	<i>Very Heavy</i>	2.3	2.0

1. To reduce weight approximately $\frac{1}{2}$ Kilo/week, take away 2500KJ (500-600kcal) from the estimated KJ intake required to maintain your age, and level of activity. The difference, or deficit will stimulate the body to use its energy storage fats. An energy

deficient greater than this isn't effective and causes the body to go into starvation mode as described in the section of BMR.

2. Once weight loss stops, it is likely that this calorie intake will have to be reduced further if the patient still wants to lose more weight.

During the plateau stage, or where the body stops reducing its weight, double check what your level of exercise and food intake is. How committed have you been to change? A stagnant weight loss could also be that the body needs more nutritional support, particularly the liver. However, explore other aspects first - such as compliance with current meal plan, whether a food diary would help, levels of activity etc. Generally, the diet should be recalculated to maintain a 600kcal deficit (based on new weight and any changes in physical activity) at 3 months and diet readjusted accordingly. This process should be repeated again at 6 months, if you still want to lose more weight.

Table 7: The Suggested Number of Serves For each Cal;Kj Grouping

Food group	1200cal/ 5000 KJ	1500cal/ 6300 KJ	1800cal/ 7500 KJ	2000cal/ 8400 KJ	2200cal/ 9200 KJ	2500cal/ 10500Kj	2800cal/ 11760Kj	3000cal/ 12,600Kj
Breads & cereals	6	6	7	8	9	11	12	14
Milk & dairy	2	2	3	3	3	3	4	4
Meat & alternatives	5	6	6	6	7	8	9	9
Fruit & vegetables	5	5	6	7	7	8	8	9
Fat & sugar	1	2	3	4	4	5	6	8
Fatty, sugary, snacks & alcohol	0	1	1	1	2	2	2	2

Cal;Kj content of each exchange:

Fruit & vegetables 50cal/200 KJ

Milk & dairy 120cal/500 KJ

Meat & alternatives 50cal/200 KJ

Breads & cereals 80cal/340 KJ

Fatty sugary snacks/alcohol 150cal/620 KJ

Fat & sugar 50cal/200 KJ

Table 11 indicates the number of serves required in a day to meet your estimated energy requirements. How to read it, is after working out the amount of energy required to maintain your health, and your level of activity, plus any illness, or deducting or weight reduction look through and work out how to include these number of serves into your eating plan. It may seem a lot, but if you are working out, at least increasing your level of activity as suggested and eating basic foods that are healthy, not overly processed and includes a wide variety of natural foods, then your body will adjust easily.

The estimated number of serves can then be transferred on the form provided in appendix 7 Meal Plan Outline.

STEP 4: DETOX LETS GET STARTED

A very effective way of helping your body heal is to simplify your eating pattern, is to let the digestive system rest, and giving it the chance to release unwanted waste matter that can result from a complex eating plan and lifestyle. Traditionally and in many communities fasting is

promoted to give the gut complete rest, however, with the level of toxicity and low nutritional status most people live with, this is not always the best thing to start with.

Detoxing can happen in varying degrees. Simply by choosing to eat less processed foods and replacing these with fresh foods, or avoiding soft drinks, caffeine products etc and replacing them with fresh, filtered water will result in a cleaning action. This happens because there are automatically less toxins and more nutrients entering the body. The body is getting the building blocks – nutrients it needs for good health and by drinking fresh water the toxins are flushed away. For people who eat, drink and exercise another level of detoxing is a juice detox. Where the juice provides most of the nutrients in a simple, easily absorbed form giving the body a break from ‘handling’ the food normally eaten.

Most processed, refined, and compound foods are difficult to digest - breakdown and assimilate – building of needed compounds eg. hormones, proteins etc, along with the safe removal of wastes from digestion.

Processing of fresh produce to make convenience foods:

- removes or destroys water soluble vitamins and many photochemicals;
- binds minerals
- alters proteins structure so they are difficult to absorb
- changes fibre and removes hard fibres from the plants that are used to ‘scrub’ the bowel of waste scum and stimulate the liver to dump toxins from the liver.

As can be seen, the body then is expected to perform even though it is receiving a less than perfect food supply – whole foods, freshly picked and prepared. The more processed the foods, the less useable nutrients the body has access to. For the body to process chemically loaded, modified foods, common in modern diets, requires a lot of energy, again, more than we were designed for. Compound this with stress, less rest and exercise, poor vibrational quality food and relationships, then the body is in deficit each day. The body becomes depleted, then stagnant resulting in life style diseases.

Accumulation of Waste Products

It is well recognised that most people simply eat an excessive amount of food, most of which is nutrient deprived, because it is processed. We exercise far less than recommended, and don't rest enough. The end result is we have a nation of people who have a build-up of unwanted waste material in their body. For instance, consider fat. When a person eats fat, tri-glycerides are absorbed into the blood to be transported through out the body. When there is too much fat in the blood, some of it is stored as fat, some gets stored in the space between the blood vessels and the cells; some is used for the basis of hormones, and others for cholesterol. Chemicals including food colours, flavours; medication; general pollution etc. all have an impact on the body. Some are stored in the body fat, others in organ tissue. When a detox is undertaken, some of these chemicals are re-released into the body. Caution must be given if one is taking medication, particularly as the changes in the body chemistry can change their effectiveness

When there is too much fat lining the spaces between the cells - called the intercellular space, *insulin resistance*, and *type II diabetes* results. When fat accumulates inside the blood vessels and leads to elevated blood pressure, scar tissue and *arthrosclerosis*, then *heart disease* and *stroke* are very possible.

Another result of having too much fat in the bloodstream, too much fat lining the blood vessels, in the intercellular spaces, and inside the cells, is that it interferes with normal cell functioning. Reduced lymphatic movement around the cells limits the removal of carbon dioxide and other waste materials from the cells resulting in poor cell functioning and disease. The type of disease depends on the location in the body in which the greatest amount of fat has accumulated. Pritikin referred to these illnesses as "Lymptoxemia - poisoning by fat. The wastes described here are by-products of metabolism, or body processing. Add to the mix, chemicals such as pesticides, hormones, prescribed and recreational drugs, pollution etc, and the body's elimination system becomes even more important.

Unimpeded Elimination Essential

Juice detoxing highlights another very important, but often neglected area of nutrition and biochemistry - *elimination*. Most nutritionists are only concerned with supplying the body with enough food; they give little attention to the damage created by the imbalance between too much food and too little elimination of waste.



Imagine the body's metabolic systems as a funnel. Only a certain amount of food can pass through the small end of the funnel. In the body, this means that only a certain amount of food can be burned by the body to form energy, carbon dioxide, and water; also the body's eliminative systems (intestines, liver, kidneys, lungs, skin) can eliminate only a limited amount of excess waste. Therefore, when too much food is poured into the funnel, there is a backup. First the bloodstream, then the intercellular spaces, then the cells become loaded with excesses. This condition is called *toxicosis*.

In modern society, there is a tremendous concern for intestinal constipation. Yet, the scientific research shows that the main cause of discomfort from the intestinal constipation is from the pressure it causes, not from chemical poisoning from the colon. Compare this with the condition of toxicosis: here we have a build-up of many harmful chemicals to which all our cells and tissues are exposed. Toxicosis is hundreds of times more damaging than colon constipation. A juice detox or even juicing, can make a big difference to the profile just discussed. The body can quickly and easily remove some of the chemicals responsible for toxicosis and help the body heal itself much more efficiently.

What the body does when you detox

From these points, juicing gives the body physiological rest and provides a more nutrient dense food source. The end result of this change for the body, is that it:

- Has more energy overall because it requires less for digestion which can be used to eliminate wastes and repair or replace damaged cells.
- Is being supplied with quality building blocks to package toxic wastes for safe removal from the body, remove damaged cells and repair and replace cells
- Receives an extra dose of minerals responsible for maintaining appropriate body PH which helps the body work more efficiently.
- Is receiving additional water to flush through the tissues and assist the spreading of nutrients to the cells, thus improving efficient removal of wastes from the tissues for easy elimination.

There are four main activities during detox:

1. There is a breakdown of body fat, partly from a reduced total energy intake, and from the body relaxing, increasing blood flow through the body, supporting tissue healing

and waste removal. The upside of this is any reduction in excess body fat decreases your risk of heart disease, strokes, cancer, diabetes, arthritis, and many other diseases.

2. The digestive system doesn't use as much energy as food is easier to digest, requires less enzymes and active transport of some nutrients into the blood. Lighter meals predominately fruit, vegetables moves through the digestive system quickly. This allows blood, and energy to be redirected to other areas of the body that need repair and/or replacement.
3. the blood becomes less congested with fats, chemicals and excessive cellular waste or chemicals from processed foods. Cleaner or less congested blood allows cellular wastes to move out of the cells and surrounding tissues so the reversal of cellular congestion can happen.
4. **Light** exercise to promote body movement which helps to bring blood to the tissues, and promotes lymphatic movement to remove cellular waste from the tissues. Physiological rest is encouraged. People may feel more tired during a detox, if you do rest. Repair and maintenance is done during sleep, so give it the time to do the job. We all know the importance of rest after a hard day's work. At night, we fall into bed exhausted. If we do not have a good night's rest, we don't work as efficiently the next day. Our internal organs also need rest, yet we almost never rest them. Juicing provides the digestive organs an opportunity for rest and be more able to rebuild and repair.
5. Detoxing promotes much quicker elimination of wastes. Juicing is an excellent way to provide 'light' nutrition packed with vitamins, minerals and fibre. It is an easy base to add healthy oils and cleansing greens to promote which promote the elimination of waste from the blood and tissues. This is vitally important. Chances are that your body has attempted to eliminate considerable toxic waste from your system over the years, but has not had either the opportunity or energy to do so. A juice diet, especially a well-planned extended juice diet can achieve a great internal "housecleaning".

Rules when making fresh juice:

- Pick fruit/vegetable as fresh as possible. Fruit and vegetables in season higher nutritive value than those stored.
- Choose organic as the ideal as they are guaranteed not to carry chemicals into the body

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- Wash each piece carefully with diluted vinegar to help remove substances.
- Choose chilled, but not frozen fruit/vegetables as some of the enzymes and the chlorophyll can be destroyed in the freezing process.
- Use a wide variety of juice combinations over the week; this will help ensure you are consuming a wide range of vitamins, minerals, phytonutrients and enzymes that may not be present in each one.
- Start with one fresh juice per day, in the morning when you start a juice detox. If you have undertaken a cleaning regime before then it will be easier for the body to cope. This is one important reason why, when undergoing a detox regime, it is best to follow through with a trained Dietitian or nutritionist who is aware of the process for adequate support.

Fresh Juice Ideas.

Some favourite choices could be

1 part carrot; 1 part green apple

3 parts carrot; 1 part celery

3 parts carrot; 1 part cabbage

1 part tomato; 1 part carrot

2 parts cucumber; 1 part beetroot; 1 part apple

2 parts grape; 1 part choko; 1 part cucumber or zucchini
watermelon with rind

1 part carrot; 2 parts apple, 1 – 2 parts whole limes

3 parts orange; ½ part apple; ½ part lettuce greens; ½ part broccoli

2 parts pineapple; 1 ½ part parts cabbage; ½ comfrey

2 parts pear/ 1 part cabbage; 1 part choko or zucchini

2 parts apple; 1 part guava; 1 part zucchini

2 parts apple; 1 part pear; 1 part guava

2 parts grape; 2 parts choko

2 parts carrot; 2 parts beetroot

1 part celery; 1 part beans; 1 part zucchini; 1 part apple

1 part cucumber; 1 part capsicum; 1 part silver beet; 1 part apple

2 parts apple; 1 part celery; 1 part beetroot

1 part grape; 1 part celery; 1 part choko; 1 part apple

2 parts grape; 1 part carrot; 1 part apple

Note: 1 part is any unit of measure. It could be 50g, 100g etc. the recipes are written in parts so that you can choose the volume you want to make.

STEP 5: THE LIGHT MEAL PLAN

A light meal plan or vegetarian meals are suggested during a detox to rest the digestive system. However, a sudden change from a processed foods loaded with excessive meat, fats and chemicals isn't advisable either, simply because it is too much of a shock to the body. If generally you eat lots of processed foods – take away, pre-packaged foods etc; soft drinks, coffee, tea and alcohol; very little fruit and vegetables I strongly recommend going slowly into the program. Take baby steps into reducing the processed foods and increase more fruit and vegetables into your eating plan. Then reverse the next group etc.

I would at least start with the digestive enzymes to help digest the food you are currently eating, then the next week add the other supplements. Then after 1-2 weeks start changing the actual food choices. This way it is more supportive and gradual and in theory, help reduce the discomforts of hitting the changes fast.

The concern is if you suddenly do the full regime as listed, your body may not cope very well and symptoms of headaches, stomach pains, fatigue, feeling quite unwell may happen. This is because too much 'cleaning' is happening at once and there is more chemicals moving around the body than you are used to. Also, by increasing the amount of fibre too quickly may place a strain on the bowel, particularly if you experience constipation. The build up of waste will be pushed through the bowel by the extra fibre. If the build up is dry, or compacted, and then the extra fibre will 'push' the dry compacted waste through. Imagine using water to push dry mud through a water pipe?

Another important part of this is the bowel muscles may need to retraining similar to other muscles that have not been used properly before. Have you successfully done 50 sit ups the first time you started that exercise, I don't think so. So my advice is to go gently with yourself, add one part of the regime into your current plan, then when you feel you are ready add the next.

The suggested meal plan that follows is one that can be used instead of a juice detox. It contains more substance although it is still very supportive of cleaning the body, in particular the bowel. It can be used as a bowel clean or to stimulate the body to release excessive waste materials. The extra fruit makes it easier for the bowel to work, provides extra nutrients similar to a juice detox. This would be suitable for people who have not undergone a detox or bowel cleanse before.

Again if you are moving from a fairly processed eating plan, I suggest you gradually add one aspect of the following into the week and then increase the number of days you do this one step.

Suggested meal plan:

Breakfast

- 1 glass carrot or mixed vegetable juice,
- 1 bowl porridge with stewed fruits
- 1 banana
- 1 piece fruit toast with a scrape of butter

Mid morning

Fresh fruit.

Lunch

1 glass carrot juice

1 baked potato

1 bowl vegetable/ministrone soup

Mid afternoon

fresh fruit

Dinner

Same as lunch with vegetables and salads, differing in variety and combinations

1-2 litres of spring water consumed throughout the day.

Supplements:

1-2 Digestive enzymes before each meal. (see cautions listed in digestive enzyme section)

1 x 1000mg vitamin C after each meal.

1 x 50mg niacin with meals

1 multivitamin capsule with breakfast.

The above eating plan can be followed for approximately two – four weeks. If however, this is your first time of undergoing a detox, I suggest you do it for one day a week, then gradually build the number of days up over a period of time. It is best to complete the task of changing your eating pattern under the supervision of a trained nutritionist or naturopath with an understanding of nutrition to guide you through the cleaning out process to monitor and add suggestions to experiences you may have. The body can experience one or several ‘health crises’ where it attempts to eliminate a larger amount of toxins out of the body in one go. The symptoms can vary in degree and type, and can last between a couple of hours to several days. The uncertainty of what is happening can make the experience a little daunting, but if persevered through and supported, the process can be quite reasonable, and uneventful.

Suggested food choices to include in the diet

This list of foods has a powerful effect on the body's chemistry. Once they are digested or broken down, they create an alkaline waste. This means that they influence the surrounding Ph chemistry that is more suitable for optimum health.

A good rule of thumb if you are not used to some of these foods, is to start small and light. Some are better than none, *and eat them earlier in the day, or before meals*. Raw fresh fruits and vegetables contain invaluable enzymes and vitamins that support the body, but these can be easily destroyed with cooking, and may interfere with digestion if they are eaten after a heavier meal.

Table 8 Common Alkali Ash Foods⁵⁸

Almonds	Apples	Apricots	Avocados
Bananas	Dried beans	Beets green	Beet
Blackberries	Broccoli	Brussels sprouts	Cabbage
Carrots	Cauliflower	Celery	Chard leaves
Sour cherries	Cucumbers	Dates, dried	Dried figs
Grapefruit	Grapes	Green beans,	Green peas
Lemons	Lettuce	Goat milk	Millet
Molasses	Mushrooms	Onions	Oranges
Parsnips	Peaches	Pears	Pineapple
Sweet potatoes	White potatoes	Radishes	Raisins
Raspberries	Rutabagas	Sauerkraut	Soy beans -green
Raw spinach	Strawberries	Tangerines	Tomatoes
Watercress		Watermelon	

Gluten or Wheat Free Diet?

With the number of people talking about low carbohydrate diets, wheat intolerances, no bread, pasta or anything white, it makes you wonder if there is anything in this style of eating especially when some people swear it works for them.

Symptoms of tummy pains, irritable bowel syndrome, gastro-like movements, fluid retention, joint aches and pains, particularly in the lower back are just some of the few things that people come to me for. After taking a history of their eating pattern, it can be clear that wheat intolerance *may* be to blame.

Ideally, it is worth investigating the possibility of coeliac disease, because the long term complications can be dangerous, including mal-absorption of nutrients; osteoporosis; malnutrition and bowel cancer. Coeliac disease is an auto-immune reaction in the small intestine, reacting to gluten being in contact with gluten.⁵⁹ The immune system then comes in to remove the contaminated cells to protect the rest of the body from 'gluten contamination'. Gluten is found in plant grains of wheat, rye, barley and oats. It is important to keep in mind, that foods

made from these ingredients, or their derivatives can cause the body to react. This is what makes a true coeliac eating plan so restrictive. Depending on how sensitive a person is to gluten and its derivatives, determines how restrictive the eating plan needs to be.

The first effect of gluten contaminated cells is the immune system literally eats cells on the outer layer of the small intestine where nutrients are absorbed and enzymes are secreted. This leads to inflammation – the immune system responding to the contamination; pain as the cells are physically removed, and the inflammation causing swelling which presses on the nerves of the villi; and the production by the body of larger amounts of mucous to wash the area clean so to speak. The gut is focused on removing the ‘dangerous or toxic’ material out of the body as quickly and safely as possible - gastro like symptoms, cramping and pain. The second effect of this reaction is simply that the villi becomes smaller and the amount of enzymes that can be produced and secreted into the small intestine is less, so food is not broken down – digested as easily as before. This leads to all sorts The smaller villi also means that fewer nutrients can be absorbed at any one time, leading to mal-absorption, and possible starvation to the body – even though you are eating ‘healthy’ foods. If food is not digested and absorbed in the way that the body can use it. The body will in a sense starve, simply because it doesn’t have the nutrient building blocks to make a healthy, 100% fully functioning body. For these reasons alone it is worth investigating the reasons for your tummy symptoms. Considering in Australia “Coeliac disease affects approximately 1 in 100 people, but 4 out of 5 people don't know they have it.”⁶⁰ It is now commonly diagnosed in Middle Eastern, European and some African countries; it is also more common in women than men.

The symptoms of coeliac disease can be rather broad and common, making it difficult to be sure it is celiac disease or just a tummy bug that doesn’t go away. It is easy to notice changes in infants and children however and the most common symptoms are:

- Mal-absorption of nutrients leads to anemia, osteoporosis, frequent illness, slow healing etc.
- Bowel motions (pale bulky stools), diarrhea.
- Growth failure (especially in children).
- Abdominal discomfort, abdominal bloating but not always.
- Becoming tired and sluggish after eating gluten containing foods.
- Weight loss, sluggishness and irritability.

- Dermatitis herpetiformis, a skin disorder.
- Lactose intolerance - intolerance to the sugar in milk.
- Sensitivity to other foods, even though they may not be 'true' allergies, or food reactions.

Coeliac disease can also be linked with other autoimmune conditions such as type 1 diabetes, autoimmune thyroid disease, pernicious anemia, rheumatoid arthritis, inflammatory bowel disease and lupus. It has not been proven, causative link, but having one genetic autoimmune disease increases your risk of having another.^{61 62}

Older children may experience more subtle symptoms such as abdominal pains or not growing at expected rates. For adults the picture is more clouded. Symptoms of diarrhoea, unexplained weight loss, bone pain, bone fracture, mild gastric upsets, abdominal distension, tiredness, irritability and other symptoms could be thought of as stress and masked by medications for other unrelated conditions.

Coeliac disease can be tricky to diagnose as it is usually not tested until several other possibilities have been eliminated. It is possible to have a blood test have to measure antibodies – the immune system's reaction to gluten. If this comes back positive, then a small bowel biopsy is usually suggested. A biopsy is the removal of a small piece of villi taken from the small intestine. This procedure is more conclusive and is used to diagnose coeliac disease if there is physical damage to the cells of the small intestine as described earlier. In some people a second biopsy is taken after several months on a gluten-free diet to examine the repair process and improvement in the structure of the lining. Biopsies are performed by gastroenterologists, and need a referral from your GP.

While it is tempting to say that one has a wheat intolerance and use this as a reason to avoid eating breads, pasta and cereals etc for a weight loss reason. It is not. advisable to limit or avoid a food group on this basis and it is *strongly* recommended for the symptoms listed as possible coeliac disease be investigated.

A wheat allergy is an immune system response to wheat specifically. People with this uncommon allergy only need to avoid wheat, and the good news is that most children with wheat allergies will outgrow them.⁶³

Gluten-containing grains:

- Wheat (all varieties, including spelt, durum, kumut and dinkel)
- Barley
- Rye
- Oats
- Triticale, and
- Derivatives of these products, eg. malt.

Food products that are sources of gluten:

- Breads and cereals made from these grains
- Most breakfast cereals
- Wheat flour (including wheaten cornflour, dinkle, kumut, spelt)
- Wheat pasta, noodles
- Semolina, couscous, burghul, stuffing
- Wheat biscuits, cakes, pastry, scones, communion hosts
- Wheat crumbed and battered foods
- Wheat pastry foods e.g. pies, pizza

Gluten may also be present in other foods such as confectionery, sausages and small goods, sauces, dressings and other condiments, canned soups, stock cubes, malted and cereal drinks, yeast extract spreads, soy milk, custard powder, icing sugar mixture, baking powder, beer, medications, etc.

Fortunately there are a great range of alternative gluten free products now available making the transition from a wheat-based diet to gluten/wheat free easily without sacrificing nutrition or flavor. Specialty gluten free products include gluten free pasta, breakfast cereals, breads, crispbreads, sweet biscuits and many others. The health food section of the supermarket, health food stores and other specialty outlets will stock a variable range of gluten free foods.

Gluten-free grains and starches:

Rice (all forms, even glutinous)
Potato

Corn/maize
Soy

Tapioca/cassava	Arrowroot
Buckwheat	Sago
Lentil/pea (besan, urid, gram flour)	Amaranth
Lupin	Sorghum
Quinoa	Millet

A true gluten free diet involves a lot more than just avoiding regular bread and wheat based pasta. Depending on your sensitivity it can very involved. Fortunately, there are plenty of natural foods that do not contain gluten/wheat for you to enjoy! For example, many food groups are gluten free already. The gluten free diet permits fruits, vegetables, plain meat, fish and chicken, legumes and lentils, most dairy foods, oils and margarines.

There are two ways to determine if products are gluten free;

- 1) Products that are clearly labeled on the packet as being gluten free and
- 2) Products determined to be gluten free by reading the package's ingredients. If it does not contain 'gluten' ingredients, then the product is safe.

STEP 6: THE BENEFITS OF ADDING ENZYMES INTO THE EATING PLAN

Enzymes have been called the 'sparks of life' by Dr Edward Howell⁶⁴. Enzymes are necessary for almost all biochemical activity in the body. Basically without them, we wouldn't exist. Broadly there are two categories: metabolic, which make the body work and builds or disintegrates the body parts; and Digestive enzymes, which relate to the breakdown of foods we eat into small molecules to release nutrients ready for absorption into the body for us to use. The end result is a healthier body because it has increased availability of vitamins, minerals, and smaller particles of carbohydrates, proteins and fats. This breaking down of food and releasing of the nutrients gives the body more available building blocks for building and repair, hormone function, improved mind and body function and processing of waste matter, leaving the body stronger and happier. Digestive enzymes can also play a role in reducing food intolerances, symptoms of indigestion, flatulence and irritable bowel syndrome, just to name a few.

Each enzyme is an individual, responsible for its own chemical reaction/digestion similar to a key and a lock. It is impossible to use blanket enzymes to digest all the food we eat. Also, there

are different enzyme types in different parts of the digestive system, tailoring the foods' breakdown and absorption even more specifically.

In broad terms, there are digestive enzymes (three categories), and hydrochloric acid in the stomach:

1. **Amylases** for Carbohydrates begins in the mouth, and in the small intestine;
 2. **Proteases** for Proteins begins in the stomach, Chewing helps to break the meat into smaller pieces, making digestion easier all round, while more proteases are pumped into the small intestine from the pancreas.
 3. **Lipase** for Fats starts in the stomach, and small intestine from the pancreas, and bile.
- Hydrochloric acid (HCl)** in the stomach helps the stomach proteases to break down animal foods – proteins. Without the stomach's secreting enough enzymes or enough HCl, hypochlorhydria would result. This is the wrong Ph level for correct digestion of the food. Foods, particularly proteins move through to the small intestine not properly prepared. This can trigger the immune system to prompt an intolerance response and immune response to the foods eaten. Minerals may not be removed from the food. There is an increased risk of peptic ulcers associated with H. pylori and reduced B12 absorption⁶⁵. These effects can be made worse if you take antacids which change the stomach's Ph dramatically.

Table 9 The Effect of Low Stomach Acidity

<i>Signs and Symptoms</i>	<i>Diseases Related to low Acidity</i>
➤ A sense of fullness after eating	➤ Addison's disease
➤ Acne	➤ Asthma
➤ Bloating, gas, burning immediately after eating	➤ Chronic autoimmune disorders
➤ Recurring Candida	➤ Dermatitis herpetiformis
➤ Recurring parasite infestations, or abnormal gut flora	➤ Diabetes mellitus
➤ Dilated blood vessels in the cheeks and nose	➤ Eczema
➤ Iron deficiency	➤ Gallbladder disease
➤ Itching around the rectum	➤ Hepatitis
➤ Multiple food allergies	➤ Chronic hives
➤ Nausea after taking supplements	➤ Lupus
➤ Undigested food in motions	➤ Osteoporosis
➤ Upper digestive tract gassiness	➤ Pernicious anaemia
➤ Weak, peeling and cracked fingernails	➤ Psoriasis
	➤ Rheumatoid arthritis
	➤ Rosacea
	➤ Sjogren's syndrome
	➤ Thyrotoxicosis
	➤ Hyper and hypothyroidism
	➤ vitiligo

This table conditions are related to low stomach acidity

Table 9 indicates the results of having low stomach acid. Low digestive enzymes compound these conditions even more, as nutrient are less available for absorption in the body. ⁶⁶ The more symptoms or conditions you experience, the more likely you will benefit from ongoing digestive support.

The pancreas and small intestine are responsible for secreting enzymes to digest the bulk of the foods as they leave the stomach. If however, we do not have enough building blocks for our bodies to make the enzymes, or the nutrients that support enzyme activity, then our food may not be digested sufficiently. Compounded by lifestyle choices, limited eating of fresh, unprocessed foods with no active natural enzymes⁶⁷ drug medication, and stress⁶⁸ This can lead to indigestion, gas/bloating, mal-absorption, weight gain, food sensitivities, parasite infestation and bacterial imbalance – too much bad bacteria. All these can lead to congestion and symptoms of toxicity, non descriptive tiredness, allergies, rashes, sinus, acne, joint aches and pains to name a few.

If this continues over a period of time, undigested material and mucus etc. can build up similar to a kitchen drain pipe developing a slime on its wall. So can we, if we are not able to efficiently eliminate undigested food and body wastes. When this happens, the amount of chemical absorption from the decaying matter, parasite metabolism, drugs prescribed for symptom management etc. compound the issues further exacerbating symptoms and disease.

The good news is:

All fresh, unprocessed produce, - fruits, vegetables, sprouted grains and shoots, nuts, unpasteurized milk and meat, all contain natural enzymes to help break down the foods they are in.

The secret is to include fresh foods into the eating plan.

To further increase the concentration of enzymes and other nutrients, make up a juice of fruit and vegetables. Fruits of interest include pineapple, papaya and beets. Drink them just before meals as they have a higher concentration of enzymes, particularly proteases for meat digestion. Alternatively include them in the meal itself.

It is worthwhile considering commercially available digestive enzymes, particularly short term, to take when eating complex meals, particularly meat or highly processed foods that have their natural enzymes removed. A capsule of mixed enzymes ensures the type of enzyme present to digest the meal. It is convenient to take with you when you eat out, and support the body when it is not possible to eat fruit or salads with that meal.

It is also important to include in your eating plan **enough of the nutrients** to help the digestive system and your overall body health, at least a good broad spectrum multi vitamin/mineral supplement to provide the body with the building blocks.

More specifically nutrients important to digestion include: anti oxidants, B group vitamins, iron, calcium, manganese, magnesium, selenium, broad spectrum multi vitamin/mineral supplement, pre or pro-biotic to help with gut flora and healthy colonisation of the digestive system.

- Liver stimulants and cleansers lipotropic agents:
Betaines, choline, methionine, Vitamin B6, folic acid, Vitamin B12, St Mary thistle, ginger, choline, Lysine, glutathione, chlorophyll, Phytonutrients such as curcuminoids, flavonoids and turmeric.
- Juices of lemon, beet with tops, carrot and any leafy greens, and herbs/teas of:
Dandelion, milk thistle, liquorice root, Yellow dock root, burdock root or red clover tea/extract

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- Bowel cleaning agents to support the removal of wastes from the bowel: Lactoferrin, fibre supplement including pectin, and support elimination.
- Mineral salts SP Sodium Phosphate; PS potassium sulphate

Other things to consider to maintain health include a **spinal check** to ensure the nerves looking after the digestive system are not being restricted or reduced. If nerve function is suppressed, messages controlling gut function may not work properly. The gut may not work to its full capacity. Consider a **parasite cleanse** to remove microorganisms that compete with you for your food's nutrients and your body's nutrient supplies. Keep in mind as well that parasites, because they are living beings, also produce their own waste material that we then absorb through the digestive tract. But this is another story in itself.

STEP 7: EXERCISE, IT REALLY IS THAT IMPORTANT

Exercise is the movement of life. Without it, we would slowly turn into a stagnant mass. Movement of any kind is much better than none. In a creek, river and pond, if there is no movement through the water it will become still, and stagnant allowing any variety of bacteria, algae, weeds and insects to proliferate in its waters. Similarly in our body if the blood and lymphatic fluid isn't moved around pools of stagnant fluid can accumulate providing an opportunity for cell damage to occur. Keep in mind, movement is interlinked to all the other facets of health; exercise is only one part that contributes to one's overall health.

Regular physical exercise is obviously a major key to good health. We all know this, yet only a small fraction, less than 20%, exercise on a regular basis.⁶⁹ Time, energy, motivation, lifestyle are reasons often given, but are they valid? How important is your health? How important is regular exercise for your overall health?

*Overweight but fit people have lower risks than
normal-weight, unfit ones.⁷⁰*

Exercise is essential. It uses the chemicals created during stress and releases it in a positive manner. Aerobic exercise in particular replicates the physical effort of fight or flight, using the chemicals released to support the body, instead of harming it. The body adapts to the type and amount of work asked of it. It becomes stronger, functions more efficiently and has greater endurance. The entire body benefits from regular exercise, with improved circulation, and breathing capacity. It increases the distribution of oxygen and nutrients through the body to the cells, and increases the efficiency of waste removal from the cells and surrounding tissue. The result is a cleaner, more energetic and enduring body.

Regular exercise is necessary for weight loss for the following reasons.

Weight loss by dieting without exercise, results in a significant amount of weight loss from muscle and fluid. When exercise is included in weight management or detox program, the body composition is improved. An increase in lean body mass supports a decrease in body fat as there is more muscle to burn the fat. People who exercise during and after weight reduction are more able to maintain their weight loss than those who do not exercise.⁷¹ Exercise helps to increase basal metabolic rate, maintaining a higher running rate than by dieting alone. By increasing muscle mass it increases the efficiency of energy use. The greater the muscle mass, the greater the fat burning capacity. Moderate to intense exercise may help suppress appetite

Seven health Benefits of Exercise

1. Exercise improves your mood.
2. Exercise combats chronic diseases.
3. Exercise helps you manage your weight.
4. Exercise strengthens your heart and lungs.
5. Exercise promotes better sleep.
6. Exercise can put the spark back into your sex life.
7. Exercise can be — gasp — fun! ⁷²



Basal Metabolic Rate

The body can be thought of as a car, and the BMR is the revs. Increase the revs of a car and it uses more energy. Similarly if we increase the body's BMR, more energy is used to do the same amount of work. Conversely, if *the BMR falls, the body's ability to store energy as fat, increases, making weight loss and maintenance more difficult.*

Following are a number of factors that influence the BMR. The amount of energy available to the body. When energy intake from food is, reduced, then the BMR is reduced.

- The amount of energy required to work, grow and maintain the body, including stress levels and illness. As energy demands increase through exercise, stress, illness, or drugs, the BMR increases to meet the demand.
- The type of fuel provided to the engine. A moderate carbohydrate diet predominately with low GI food choices, moderate protein and low in fat helps to keep the BMR higher because it is receiving the preferred fuel, indicating to the body all is well, we are not in famine.
- A person's genetic make up influences the rate at which they use energy.
- The amount of lean muscle mass a person has. Muscle uses most of the energy provided to the body. Men naturally have a higher BMR because of their greater muscle mass. Lean muscle mass is increased with regular exercise, and decreased by an inadequate energy and protein intake to meet the bodies requirements. Muscle can continue to use energy for up to 24hrs after exercise, so the more muscle there is, the greater amount of KJ can be used for the same amount of exercise.
- Smoking, because it requires energy to remove the toxins from the body increases the BMR. When smoking is reduced, or ceased, weight gain is a common side effect. There

are strategies to help reduce the amount of weight regained when making this positive transition to being a non-smoker.

A change in any of these factors influences the BMR. This is important for weight maintenance and weight loss. It is important to find a balance that meets demands to prevent the body from starving and losing its valuable muscle mass required for maintaining weight and overall health.

Regular exercise has a positive effect on mood and stress. The repetitiveness of movement can create a state of meditation simply by doing the same things repeatedly. Slower movements such as with yoga and Pilates, where breathing is an important aspect of the process, can increase the meditative state.

Cardiovascular exercise, simply because it forces the muscles to move faster, increases their demand for nutrients and oxygen flows, making the heart beat faster. This allows the blood supply to address these needs. In turn the forced movement increases heart and lung strength, muscle volume and endurance, and produces a cleaner internal system simply because the blood and lymphatic systems have moved through more tissue than when the body was in a sedentary state.

*Taking charge of our bodies is one thing within
our control, even in the midst of situations that
feel very out of control. We can respond as
victims or victors.* ⁷³

The body also releases chemicals during exercise to support the physical demand on it. Endorphin, the body's natural morphine-like hormone is secreted during exercise. Like morphine, it helps relax the body, reduce pain, and induce sleep. The follow on effect of this is that one's mood, stress level and self esteem, etc. improve.

Another secret about exercise it that it is possible to manipulate the result of blood sugar levels and triglycerides by timing the exercise that you do. Before this is explained, let me explain Triglycerides or TRIGS. When fats eaten are digested, they are broken down into TRIGS, small

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groups of 3 fatty acids joined together. Trigs are absorbed into the blood, and require LDLs, or bad cholesterol to help move them around the body. LDLs are also responsible for laying cholesterol into atherosclerosis deposits. Therefore, high TRIG and LDL levels increase the risk of heart disease, fat storage, and circulatory problems.

Similarly, sugar, if not used shortly after absorption is stored as glycogen and any additional free sugar is converted to TRIGS. So, imagine if you are eating a fatty, sugary meal or snack, and not moving around then the meal will be converted to glycogen, trigs and fat, as required by the body. The secret then is to exercise *before* the known enjoyable, but possibly bomb out meal. Exercise before the eating event increases the need for energy to recover from the exercise and the residual, elevated BMR. The additional sugar and fats are available for this, moving them out of the blood and burning them forever.

How to determine your own appropriate heart rate to achieve cardiovascular health? The simplest way to go to a site similar to:

<http://www.mydr.com.au/tools/hearttrate.asp> for a quick and simple assessment of the minimum and maximum heart beat range for effective health and heart strength. This site also has a mirage of other health information sections. With this in mind, it is important to consider the following factors before embarking on any new exercise regime to maximise its effect and minimise harm.

Talk to your doctor before you start an exercise program if:

- You're a man older than age 40 or a woman older than age 50
- You've had a heart attack
- You have a family history of heart disease before age 55
- You have heart, lung, liver or kidney disease
- You feel pain in your chest, joints or muscles during physical activity
- You have high blood pressure, high cholesterol, diabetes, arthritis, osteoporosis or asthma
- You've had joint replacement surgery
- You smoke
- You're overweight or obese
- You take medication to manage a chronic condition
- You have an untreated joint or muscle injury, or persistent symptoms after a joint or muscle injury
- You're pregnant

- You're unsure of your health status ⁷⁴

Table 8 gives estimated number of Kilojoules used when doing different activities for 30 minutes. The first column indicates an approximate number of Kj used per kilo of body weight, and then for people who weigh around the 50kg and 100kg mark. To determine roughly how many Kj you might burn for your weight multiple your weight by the Kj/kg value for the different exercises. For a more comprehensive table, visit www.weightloss.com.au

Table 10 The Energy (Kj) Used during 30 minutes of Different Activities for People Weighing 50kg and 100kg.

Activity	Kj/Kg	50Kg	100Kg	Activity	Kj/Kg	50Kg	100Kg
Aerobics (low impact)	10.60	530	1060	Bowling	5.07	253	507
Step Aerobics (beginner)	13.36	668	1336	Canoeing, 4kph	6.45	323	645
Basketball (leisurely)	11.98	599	1198	Cross country ski (easy)	14.28	714	1428
Bicycling, 15kph	11.52	576	1152	Cross country ski (mod)	20.27	1014	2027
Bicycling, 20kph	18.43	922	1843	Dancing	9.22	461	922
Golfing (with a cart)	6.45	323	645	Rowing machine	16.59	829	1659
Hiking with 5kg load	16.59	829	1659	Dancing (slow)	5.07	253	507
Hiking with 10kg load	18.43	922	1843	Running, 14kph	30.41	1521	3041
Hiking, no load	14.28	714	1428	Walking 3 kph (20 minutes per km)	5.53	276	553
Jogging, 8kph	17.05	852	1705	Walking 5 kph (12 minutes per km)	7.37	369	737
Jogging, 10kph	21.19	1060	2119	Walking 6 kph (10 minutes per km)	9.22	461	922
Rowing (leisurely)	6.91	346	691	Weight training mod	17.51	875	1751

Use [Type a quote from the document]

Increases muscle strength	Reduces heart disease risk
Creates stronger bones, ligaments and tendons	Raises levels of HDL the good fats
Enhances posture	Prevents osteoporosis
Lowers resting heart rate	Aids digestion and elimination
Lowers blood pressure	Promotes lean body mass – burns fat
Increases blood supply to muscles	Helps reduce tension & anxiety
Improves the way body handles dietary fat	Helps relieve moderate depression
Helps lower blood cholesterol and triglyceride levels	Stimulates improved mental function
Helps improve calcium deposition in bones	Increases longevity for every hour exercised, a two-hour increase is experienced.
Improves immune function	Improves mental outlook and self esteem
Increases endurance and energy levels	Improves the ability to handle stress
Provides a natural release from pent up feelings	Induces relaxation and improves sleep
Improves oxygen delivery throughout the body	Increased flexibility of muscles and range of joint movement
Poise and physique	Lessens chance of injury
Improves mental outlook and self esteem	Improves the ability to handle stress

Coffee Enemas

Enemas and colonics are two very controversial therapies and one that is encouraged for you to make your own decision to make. It is important to note there is little to no ‘scientific’ journals or research assessing the outcomes or worthiness of this technique. This does not say it is not useful. Enemas and colonics have been used for centuries within the field of natural therapies. Caution and common sense **must** be used whenever anything is inserted or injected into the body. **Sterility** is of utmost importance and it is vital for this to be considered for use under guidance. If care is not taken, the worst case scenarios are sepsis of the bowel and then the body by using contaminated equipment or fluids. Without adequate care, perforation of the bowel wall has been cited. Hence it is in the reader's best interest to weigh up the benefits for one's self. I have not included the method of using an enema, and I am encouraging anyone who wishes to use this method to contact their local practitioner who performs this therapy. I will not accept any responsibility for a person's who wish to include this technique, with or without trained help. The information is supplied to give the reader another possible tool to consider, but I am in no way endorsing or saying it is essential for a successful detox.

Enemas are not suitable for people with the following conditions: People with certain conditions, such as diverticular disease, ulcerative colitis, Crohn's disease, severe hemorrhoids, blood vessel

disease, congestive heart failure, heart disease, severe anemia, abdominal hernia, gastrointestinal cancer, recent colon surgery, and intestinal tumors.

The therapy consists of two basic essential components - nourishment and detoxification of the bowel. One without the other does not work effectively to achieve complete regeneration of cells. Combining enemas with a juice detox, can give the body an intense removal of wastes of the body.

Basically, the role is to reduce serum blood toxins by stimulating the liver and gut to dump them into the bowel for elimination. The benefits of this method can be astonishing. The removal of waste from the blood, liver and body as a whole reduces the signs and symptoms of toxicity. Mental improvement and clarity can be achieved simply by removing irritants from the body.

Toxicity diseases, or life style disease are chronic conditions that can be improved when the irritants are removed during the detox process and a healthier equilibrium is restored. If the tissues exposed to the toxic environment are permanently damaged as in arthritis it is unlikely the joint can regenerate, however, a detoxing regime does reduce the toxic irritant and help the body cope better with the damaged site.

How does a coffee enema work?

Palmitic acid found in ground coffee beans promotes glutathione S-transferase and other ligands within the liver's detoxification pathway and stimulates the gall bladder to release the processed toxic wastes. The caffeine also causes dilation of the bile ducts which acts as a dialysis of wastes from the blood across the colonic wall.

Appendices

APPENDIX 1: THE SEVEN STEPS TO A POSITIVE MENTAL ATTITUDE ⁷⁶

Are you an optimist? To determine if or how much of an optimist you are, answer the following questions. Take as much time as you need. There is no right or wrong answer. It is important that you take the test before you read the interpretation. Read the description of each situation and vividly imagine it happening to you. Choose the response that most applies to you by circling either A or B. Ignore the letter and number codes for now, they will be explained latter. For more self evaluation questionnaires go to www.authentic happiness.sas.upenn.edu there are some very interesting questionnaires to help assess yourself, and you will be helping research at the same time.



Interested in knowing more? Then, check out our web:

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APPENDIX 3: PH INFLUENCE OF FOODS⁷⁷

To quote directly from Beating Cancer with Nutrition⁵³ the following excerpt explains the notion wonderfully,

“Cancer is acidic (low PH) tissue. It is clear from all human physiology textbooks that pH in the blood, saliva, urine and other areas is a critical factor for health. Blood pH is usually 7.35-7.45 with 7.41 thought to be the ideal. Acceptable pH for saliva is 6.0-7.5, stomach 1.03-3.5, colon 5.0-8.4 most foods influence pH pushing toward either acid or alkaline. Clinicians will spend much time adjusting parenteral feedings to achieve a proper pH in the blood. Meanwhile, there have been many alternative health books that attempt to treat various diseases by adjusting the body pH via the diet.

Potential hydrogens, or pH, refers to the acid or alkaline nature of a chemical. If you mix a mild acid, like vinegar with a mild alkaline substance, like baking soda, then the resulting reaction produces a salt – they neutralise one another by exchanging hydrogen ions. Just about everything that goes in your mouth can alter pH, including oxygen. The acidic pH of cancer cells also decreases the oxygen carrying capacity of the surrounding blood so that tissue can become somewhat anaerobic – which are perfect conditions for cancer to thrive. Deep breathing has an alkalising effect on the blood. An alkalising diet of lots of plant food also helps to encourage removal of toxic heavy metals.

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The macrobiotic book claims that pH adjustment is one of the more crucial objectives of their diet. Yet I (Dr Quillin) have worked with a few cancer patients who got worse on the macrobiotic program. Remember our discussion of biochemical individuality – not everyone will thrive on the same diet. Nick Gonzales, MD sometimes uses a diet high in red meat to adjust the cancer patient's pH into a normal range. It appears that some people are prone toward extreme acid or alkaline metabolism. For these people on the edge of acceptable biological pH, diet provides a counterbalance to bring serum pH back toward normal.

Venous pH is the most accurate indicator of your overall body pH. A rough indicator of your body pH is your saliva at least 1 hour after any food or drink. If your saliva is strongly acidic, then you may need to emphasise this part of the program.”⁷⁸

The way to interpret this table is as a guide of what foods influence the blood's pH, and therefore the cell's overall chemistry. This idea is only one aspect of making change, and for a much broader description please do see the reference as listed.

This table also works well with “Suggested Foods to Include in the Diet” as these also help change the blood's pH and provide phytonutrients – natural antioxidants, enzymes and various compounds that support health and immune function.

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APPENDIX 4: SUGGESTED FOOD SERVING SIZES

The following is a guide to the amount of food recommended as a single serve. The table is to be used in conjunction of your estimated Kj value and the portion of serves to meet your needs.

Each item is considered to be 1 serve, so if it is suggested you have 5 serves of a CHO food, then you can in any combination pick 5 different serve sizes from the CHO foods, or multiples of some and single of another, to make up to 5 serves.

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Carbohydrates	Cereals and grains		
	2 slices of bread	1 cup cooked pasta	1/3 cup raw rice 2/3 cup cooked
	1 medium bread roll	1/2 cup muesli	1 cup porridge
	1 medium flat bread	1 cup flake type cereal	
	Starchy vegetables		
	1 medium white potato	1 cup sweet potato	1 medium parsnip
	Other vegetables		
	1/2 cup dark, green leafy	1/2 cup beetroot, broad beans, capsicum, carrots, celery, cucumber eggplant, green beans, mushroom, peas, pumpkin, Swede, tomatoes, turnips, zucchini	
	1 cup lettuce		
	Fruits		
	1 medium piece of fruit	2 smaller sized – plums, apricots, kiwi fruit figs	20 grapes or cherries
	1 punnet strawberries	1/2 cup juice	1 cup chopped fruit
	4 dried apricots	1 1/2 tablespoons sultanas	

CHO and Meat	Dairy and alternatives		
	1 cup milk	30g hard cheese (1 serve fat)	200g yoghurt
	1 cup calcium fortified soy or rice milk	100g tinned salmon or tuna with bones	½ cup evaporated milk
	Nuts and seeds	1 cup cooked dried beans, lentils or legumes	
Meat	¼ - 1/3 cup nuts or seeds		
	30-45g red meat or poultry	2 eggs	
	120g tofu	80-120g fish or seafood	
Fats	Oils and fats		
	1 tablespoon LSA		1/8 avocado
	2 teaspoons peanut butter or other nut, seed spread		1 tsp oil
Fats & sugar	Extras		
	1 small sweet muffin	1 tablespoon margarine or butter	30g chocolate
	30g potato chips	½ pizza slice	1/3 sausage roll
	1 can soft drink	¼ Danish pastry	2 cups cordial
	2 tablespoon jam or honey	2 standard alcohol drinks	2 ice cream scoops
	3-4 sweet, plain biscuits	2 cream biscuits	1/3 meat pie

LSA is a mix of linseed, sesame seeds and almonds. It is suggested to use as essential fatty acid source.

APPENDIX 5: MEAL PLAN OUTLINE

This is designed to be filled in with your nutritionist so please make a time to go through your current health.⁷⁹

Suggested Eating Plan for _____

Based on measurements of

_____Kg

_____Ht

_____Age

Total Kj recommended _____Kj

Suggested meal plan to achieve this is

Breakfast _____CHO; _____Protein; _____Fat

Morning Tea _____CHO; _____Protein; _____Fat

Lunch _____CHO; _____Protein; _____Fat

Afternoon Tea _____CHO; _____Protein; _____Fat

Dinner _____CHO; _____Protein; _____Fat

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APPENDIX 6: SAMPLE MEAL PLAN

This is an example of how you would construct a meal plan for the 23 year old male as described in appendix 5

Suggested Eating Plan for Andre

Based on measurements of

78Kg 23 Age

Total Kj recommended 13 640 Kj BMR x AF.

Suggested meal plan to achieve this is

Breakfast 6 CHO; 2-3 Protein; 1Fat

Breakfast cereal x 2 milk; toast; protein shake ;

Morning Tea 2-3 CHO; 1 Protein; 1 Fat

Fruit x 2-3/ yoghurt/ musliebar

Lunch 2-4 CHO; 1-2 Protein; 1-2Fat

Salad and meat wrap/salad sandwich including avocado or tahini spread/ salad and tinned fish or egg;

water

Afternoon Tea 1-2CHO 1 Protein; 2Fat

Mixed unsalted unroasted nuts; dried fruit

Dinner 1-2CHO; 4 Protein; 1-2Fat

120g meat; free vegetables x 5; pasta/rice/ potato x 2

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To reduce weight, use the following:

Food group	3000kcal/12,600
Breads and cereals (CHO)	14
Milk and dairy (Protein/CHO)	4
Meat and alternatives (Protein)	9
Fruit and vegetables (CHO and free)	9
Fat and sugar (Fats and CHO)	8
Fatty and sugary snacks and alcohol (Fats, CHO)	2

This outline above provides the following serves:

Food group	11 980 – 15 380 Kj
Breads and cereals (CHO)	11-16
Milk and dairy (Protein/CHO)	4-5
Meat and alternatives (Protein)	9 -11
Fruit and vegetables (CHO and free)	10-12
Fat and sugar (Fats and CHO)	6 - 8
Fatty and sugary snacks and alcohol (Fats, CHO)	2

APPENDIX 7: READING SUGGESTIONS

These books are just some of the books I have read over the time that support change and give practical advice on how to achieve it. It is by no means exclusive, and there are many, many more books available on the topics discussed.

- The Australian Women's Weekly The Diabetes Cookbook; ACP: Australia.
- The Australian Women's Weekly Detox four detox plans + more than 100 delicious fresh recipes; ACP: Australia.
- Bays, Brandon (1999) *The Journey*; Harper Element: London
- Cabot Dr. Sandra (1997) *The Liver Cleansing Diet*; Women's Health Advisory Service; Australian Print Group: Maryborough Victoria
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- Covey Stephen R (1989) The 7 Habits of Highly Effective People; The Business Library: Melbourne
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As you think, you travel; as you love you attract.
You are today where your thoughts brought you.
You will be tomorrow where your thoughts take you.
You cannot escape the result of your thoughts, but you can
endure and learn, can accept and be glad.
You will realise the vision, (not the idle wish) of your heart, be it base or beautiful, or
a mixture of both for you will always gravitate
toward that which you secretly most love.
Into your hands will be placed the exact results of your thoughts;
you will receive that which you earn; no more and no less.
Whatever your present environment may be, you will fall, remain,
or rise with your thoughts, your vision, and your ideal.
You will become as small as your controlling desire;
as great as your dominant inspiration.

(Author unknown)

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