

# Healthy Wednesday Club

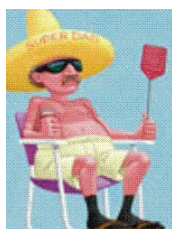
## Newsletter Issue 16

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Last weekend was quite an experience for me and Susie. I spoke at the Australian Association of Massage Therapists about what was happening in the brain during massage. Would they be interested? Could I make it interesting? Well, the result was wonderful, but what they responded to was my enthusiasm and joy in sharing the information. It was the excitement of life that I portrayed via my talks on the brain. I found this same joy in all the other speakers. Perhaps not as manic as me ☺, but each in their own energetic style and truth.

The conclusion of my plenary lecture was an inscription from a bell at the State University of New York in Buffalo. It says, in part, "... It is the voice of life that calls us to come and learn."



### A Wealthy Life

A boat docked in a tiny Mexican village. A tourist complimented the Mexican fisherman on the quality of his fish and asked how long it took him to catch them.

"Not very long," answered the Mexican.

"But then, why didn't you stay out longer and catch more?" asked the tourist.

The fisherman explained that his small catch was sufficient to meet his needs and those of his family.

The tourist asked, "But what do you do with the rest of your time?"

"I sleep late, fish a little, play with my children, and take a siesta with my wife. In the evenings, I go into the village to see my friends, have a few drinks, play the guitar, and sing a few songs. I have a full life."

The tourist interrupted, "I have an MBA from Harvard and I can help you! You should start by fishing longer every day. You can then sell the extra fish you catch. With the extra revenue, you can buy a bigger boat."

"And after that?" asked the fisherman.

"With the extra money the larger boat will bring, you can buy a second one and a third one and so on until you have an entire fleet of trawlers. Instead of selling your fish to a middle man, you can then negotiate directly with the processing plants and maybe even open your own plant. You can then leave this little village and move to Mexico City, Los Angeles, or even New York City! From there you can direct your huge new enterprise."

"How long would that take?" asked the fisherman.

"Twenty, perhaps twenty-five years," replied the tourist.

"And after that?"

"Afterwards? Well my friend, that's when it gets really interesting," answered the tourist, laughing. "When your business gets really big, you can start buying and selling stocks and make millions!"

"Millions? Really? And after that?" asked the fisherman.

"After that you'll be able to retire, live in a tiny village near the coast, sleep late, play with your children, catch a few fish, take a siesta with your wife and spend your evenings drinking and enjoying your friends."

**And the moral of this story is:**

*..... Know where you're going in life... you may already be there!! So enjoy!!!*

Many thanks to Andy for this contribution... Please share things you would like to see in the newsletter.

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## FABULOUS LOW GI FOOD

### **Ruby Red Atlantic Salmon**

#### **Ingredients**

3 medium sized salmon filets  
1 lemon  
2 teaspoons chopped fresh or dried dill  
1 cup olives/200g black olives  
a handful of fresh parsley  
1¼ cups/300g natural yogurt  
a pinch of salt

#### **Preparation:**

Slice between the membrane of the grapefruits to remove the pith. Finely slice the mint and dice the ripe roma tomatoes, removing any seeds.

#### **Method:**

Gently heat the olive oil in a pan. Add the crushed garlic, chopped seedless tomatoes, lots of cracked pepper, and simmer for 5 minutes. Add the mint & ruby red Grapefruit segments, continue to simmer adding the juice from the remaining grapefruit. Whilst making the sauce place Atlantic salmon fillets under grill for approximately 3-5 minutes each side depending on how well you like it cooked.

Serve with some steamed broccolini.

## HEALTHY WEDNESDAY ACTIVITIES

**Body:** As you are walking (around the neighbourhood, up to the bank, post office and all the other things you have added to your lifestyle) focus for about 50-100 metres on relaxing your shoulders. Take deep breath over a few steps and purposely lift your shoulder (especially if you are already tensed up to the jawline!) and then breath out strongly over a step or two and let the shoulders fall as far as possible. Do this a few times. Then breath in to the chest and let the shoulders push backwards, letting them curl forwards as you breath out. Do this a few times or until you feel a difference. Now breathe down into the diaphragm and feel your ribs expanding to the side. Hold for a few steps and then let the breath out rapidly, letting the ribs cave in as much as practicable. Give your whole upper torso a shake out and get on with whatever it is you set out to do much more relaxed and free.

**Mind:** Stand in front of the mirror and do an exercise or movement of any sort. It may be a yoga pose or dance step or exercise movement or whatever else comes to mind. Now close your eyes and reproduce the movement without being able to see yourself in the mirror. Notice the different ways in which we place ourselves in space when we are observing with our eyes and when we are sensing ourselves with our mind. It may well feel very different. This just shows us that we have a number of different ways in which we are able to monitor, activate and control our body.

**Soul:** Continue doing the exercise with your hands that I explained last week and see if you can add something more. When you get the strong sense of your hands, choose one – it doesn't matter which – and imagine that you are able to send something that was unpleasant that happened or was felt during the day into that hand. You'll know you are succeeding when you feel as if something is actually in your hand because the fingers twitch or there is a bit of weight in the palm. When you feel you have something shake it away or however else you might like to throw it off. Now, let yourself drift off to sleep a little lighter and with at least one less bother from the day.

## Meal Replacements

It seems that the biggest new product on the health scene today is powdered meal replacement 'shakes'. Certainly this is one of the main elements of USANA's Reset program. So, is it a good idea? There's no doubt about the fact that if you reduce your caloric intake that you will lose some weight. All of the meal replacement products have a low caloric intake. The key is how they do that and in what balance with other essential nutrient needs. Professor Garry Eggar addressed this very issue in an article he wrote for the Medical Journal of Australia in 2006 (Vol 184 No. 2 p52). His review of existing research is very helpful and informative.

The best way to use these shakes is as a partial aspect of your diet. USANA's Reset program is very responsible in only using total meal replacement for 5 days. This short period gives you and your body a

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little time to think and reorganise. The outer body things are places like the kitchen. Having 5 days to gradually go through all those packets, bags and cans in the cupboard to assess what is made for your health and what is not is really helpful in getting your lifestyle on a healthy track.

In a 5 year study control subjects incurred an average weight gain of 1 kg per year. Partial meal replacement subjects lost an average of 5.8 kgs in men and 4.2kgs in women per year. Initial weight loss is best when replacing 2 meals per day (over 1-2 months) with longer term maintenance best replacing 1 meal per day. The best meal to replace is the meal that is the least healthy.

This is where each individual needs to look at their lifestyle. We choose to replace our evening meal more often than not. That is because we finish late at work and often spend a bit of social time with my mother (we are her primary carers). It was common for us to be eating an evening meal at 10pm, just before going to bed. This is very bad for health on a variety of levels. We have a 'shake' at 7.30pm and are so much healthier (and lighter) because of it.

An older friend of ours who lives on his own usually has a good healthy dinner, often with family or friends. Of course he should maintain this meal. It is important for his social health as well. The best for him is to replace lunch. A good breakfast and a good evening meal is all that he needs.

We must always remember to think like a species that is designed to only have a plentiful supply of food about 10-20% of the time. It is absolutely normal to have a plentiful eating holiday or weekend and put on a few pounds. The message of this is that food has been stored and you do not require lots of food for a while. This is the best time to increase the number of shakes per day. Not only does that give you a better balance of food intake, but it also gives your body a chance to 'reset' itself again to normal food intake.

It is also important to remember that we have evolved from a subsistence environment. When in doubt our instinct is to eat if food is available, but that is because most of the time food was NOT available. So, instead of eating more, use the shakes to keep the balance. It's actually quite easy if you think of your body fat as food storage. If you can grab a clump of fatty tissue between your thumb and fingers then you DO NOT need the high GI food that you seem to crave. This is exactly the same as a smoker who lights up to help calm their cough or the alcoholic who has a drink to settle those nervous shivers or the compulsive who locks the door 5 times this way and 7 times that way just to be sure and safe.

Your meal replacement needs to contain a balance of protein, carbohydrate, fats, fibre, vitamins and minerals. It is important to have some carbohydrates or the body thinks that it is starving. The only cure for that, of course, is to eat. We do not support protein only diets for this and other reasons. Energy content is good at around 200-250 calories (or 900-1000 kjs). Protein to carbohydrate balance is healthy at about 1:2 with a GI between 20-25. It is also wise to have a good antioxidant to cope with the extra cellular activity that occurs during weight loss. Again USANA has the best we've seen with their antioxidant mix in their Essentials pack plus their Proflavanol range.

Hope this is helpful. It seems like there is so much to learn and this is true. Our body has absolutely no innate systems to cope with the plentiful food supply of the modern era and it seems that very few food manufacturers have any interest in your personal health. We need to do the thinking for our body to protect ourselves from the commercial interests that want us to eat more and more.

It may sound harsh, but it is not difficult to argue that diabetes 2 is necessary to maintain the financial success of our economy. If we all only ate what was required for health we would reduce our weekly expenditure. I've reduced my expenditure by over \$250 per month. Although some of this goes toward my USANA nutrition, this shift in my lifestyle and the healing in my life doesn't cost me anything. Wow!

Looking forward to sharing more thoughts, suggestions, news and making a very Healthy Wednesday connection with you!

Take Care, Richard, Susie and The Healthy Wednesday Team

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