

Healthy Wednesday Club

Newsletter Issue 9



April 2, 2008

Daylight Saving seems to be with us forever this year. I'm assured that it will end this weekend. Susie and I will be conducting another free weight loss education workshop on April 6th. We have a number of keen people attending. We already have 10 people using the Reset program. There's a lot of good health happening. If anybody wants to join in, let us know. We'll be holding at least one workshop each month

We have a fabulous business building opportunity on April 9th. There is so much to know about business and particularly in the development of multiple streams. See you there – information below.

Our next meeting is this Wednesday, 9th April, 2008. Please RSVP by April 8th. The presentation is by Jill from USANA speaking on how it is possible to build a great business from the booming market for nutritional supplements. This is a one-off opportunity to have someone so high up in the USANA speak directly to our group. Don't miss it.

Adding another income stream is great for the health of your finances

PLEASE NOTE DIFFERENT VENUE AND TIME

When: 9th of April, Wednesday, 2008

Where: 44A Thomas Street, McMahons Point

Time: 6:45 pm for 7.00 pm Start to 9:00pm

Phone: Office on 02 9231 2133 or Helen on 0419 446 960

RSVP: Before April 8th

8 + 1 Steps to success

1-8 from Richard St John and 9 from Richard Hill

1. **Passion** – satisfy your heart, not just your head.
2. **Work** – apply yourself to the action and be the activity
3. **Get good at it** – know what you are doing, learn, discover
4. **Focus** – don't be distracted or put off course
5. **Push** – don't give up because of resistance. Have someone believe in you.
6. **Serve something of value** – what you are doing must be beneficial for all concerned
7. **Ideas** – be curious, ask questions, look for the message beneath the obvious.
8. **Persist** – it's not about when to stop, it's about always going

9. **Understand your mind** – there are so many things that show us how to do things, but why is it that we don't know. Is there something lacking in our education? Do we not listen until our need is strong enough? Have we been hypnotised by shallow things like money or fame? Richard St John responded to questions by children about how to be a success. The thing is that they are already a success in the joy of their existence. In fact, points 1-8 are what comes naturally to human beings. What is it about our mind that leads us to forget?

Call now on 02 9231 2133 and Join our **Healthy Wednesday Club** call now.

FABULOUS LOW GI FOOD

Try this really simple recipe – **Home made Hummus**



Hummus Recipe

Our recipe this month is a classic and so easy to make. You need a food processor for this one. Hummus is great to have around the house to snack on with fresh veggies or put it on sandwiches. When you make it yourself, you don't have preservatives, you can use fresh ingredients (go for organic whenever possible), and it costs so much less.

- 1 can chick peas, drained and rinsed.
- 1/4 cup of Olive oil
- 1/4 cup of Tahini (I prefer unhulled)
- 1/4 cup water (I sometimes vary this and add gradually to determine the consistency.)
- 1/8 cup fresh lemon juice (squeeze a real lemon)
- 1.5 cloves of garlic
- 1 tsp ground cumin

Put all the ingredients into a food processor and puree until smooth. Add the water last and add gradually until you get the consistency you like.

HEALTHY WEDNESDAY ACTIVITIES

Try to do just one, if not all, this Wednesday

Body: This is great for the abs and shoulders: Stand with your feet at shoulder width. Bend slightly at the knees and bend slightly at the waist with a straight back. Hang your arms down beside your legs. Now make a short swing, back and forth with both arms moving together. You will only be able to do this for about 15-20 seconds. Now rapidly swing your arms from side to side. Also for about 15-20 seconds. Change position so that you are standing up straight and repeat the arm movements above your head. Take a break and try again. It is surprisingly tiring and gets the breathing and heart going fairly quickly.

Mind: Think of ten people you went to school with. Try to remember common features, special events, naughty things you did. Remember some of the good things and some of the not so good.

Soul: After revitalising your memory about old school friends. Think about how they made you feel. Maybe you dated someone, maybe you didn't and wish you had. Close your eyes and send them a positive mind message; make amends with someone who you had a problem with, imagine telling them how much you liked them and how much you learnt from them. If you are particularly moved you could even make actual contact by phone or email, but that is not necessary for this exercise. This exercise is about reframing your past experience in a positive and releasing way.

Send them all a hug and/or a kiss.

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Complimentary Medicine – Conventional Medicine

Like so many things in the winner/loser world thinking of our culture, it is often thought that these two practices of medicine are either/or. If you are into complimentary stuff then you are against conventional and vice versa. This is such a waste of energy.

I had the pleasure of attending the 3rd International Congress on Complementary Medicine Research on the weekend at Darling Harbour. It was a mind blowing experience. The program was packed with the very latest in research and by all the very top people in the world. Over 30 countries were represented.

One of the best things (among the million and a half things that were said!) was a simple explanation of the roles of these two medicines. The speaker made it clear that as a supporter of complementary medicine you would have to be crazy to say that something like antibiotics weren't a great medical breakthrough. The main difference is the approach.

Conventional medicine is principally about finding the single problem and developing the single cure. It has proved invaluable in the treatment of acute illness. One of the things about acute illness is that it is so severe in effect or pain level that a treatment with a few side effects seem worth the risk. Antibiotics are great, but they can really muck about with your digestive system and some other areas of your immune system. They can also lead to the evolution of 'super bugs' that require more and more harsh antibiotic treatment. That said, I will certainly be happy to take antibiotics when I get a severe infection.

Complementary medicine is much more adept at handling chronic or long term illnesses as well as mild illnesses and also wellness. Conventional medicine has a poor history in the management of these illnesses. The 4th largest killer of patients in the US is their medication! The other aspect of complementary medicine is that it takes a more integrated approach where the synergistic performance of combinations of medicines and various practices is taken into consideration.

This is very important when it comes to nutritional supplements. Single dose types are just not as good. Calcium is very important for cell function, but it needs magnesium to work properly and also Vitamin D. There was wonderful evidence presented about the value of combinations of vitamins, minerals, trace elements and anti-oxidants. It was also shown that doses larger than most of the available products was necessary. It gave me additional confidence for the formulations used by USANA. A quite complicated study resulted in a good combination and dosage structure which was quite comparable to USANA Essentials. This sort of confirmation by independent research is very important in my view.

The modern diseases of arthritis, diabetes I & II, fibromyalgia, hypertension and cancer are very much about chronic problems. The researchers in complementary medicine are providing us with reams of information even though there is so little money available. The times are a changin' and it will not only be greater knowledge that results, but better health for you and me. Bravo.

Richard

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

Take Care,

The Healthy Wednesday Team



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