



Your Post Christmas Shape-up Plan

While Christmas is a wonderful time of celebratory food and fun with friends, workmates and family, for many people this means that indulgences begin a couple of weeks before Christmas, peak at Christmas Day and New Year's Eve, and continue for a few weeks afterwards while all the remaining goodies are consumed.

It's not just a day of celebration, it's a whole month of indulgence!

Yikes, there's a little roll of flab poking out where it never was before! How did THAT happen!

Did you know that it takes two weeks to create a new habit?

After a month of eating and drinking with little regards for your health, you've created a new habit! And the likelihood of returning to healthy patterns is minimal unless you make it important enough!

Now is the time to get back on track with your health. On-going maintenance is your best health insurance policy!

Simple Ways To Make A Healthy New Start

Drink 8-10 glasses of pure water every day.

To get maximum effect on your tired over-worked liver, you can add a squeeze of fresh lemon juice to your water and drink it warm or hot. Hot lemon water is great medicine for your liver. Have your first lemon drink half an hour before breakfast.

To pack more of a therapeutic punch, use the juice of half a lemon and one grapefruit and add a teaspoon of organic virgin cold pressed olive oil, a pinch of cayenne pepper and a teaspoon of raw honey or maple syrup. The addition of the olive oil encourages your liver to dump bile which carries toxins out of your liver. Grapefruit juice lowers serum cholesterol because it is rich in pectins and galacturonic acid. Lemon relieves constipation and cleanses your liver and kidneys.

Exercise every morning for at least half an hour.

Walk, swim, bounce on a mini trampoline, go to the gym or dance around the house! Get your blood moving and raise your metabolism and your body will begin to get the message that you mean business!

Exercise increases oxygenation of your cells and this improves cell functioning and waste removal.

Cut out oily, processed and fried foods – yes, all of them!!

And add lots of organic fresh fruit and vegetables to your diet.

Let's get serious about all that fat you ate! It's sludge to your body, especially if a large proportion of what you consumed was over heated (think roasts!) or was trans fat – or “funny fat” (margarines, commercial mayonnaises etc)

The effects of trans fats on your health is not at all funny (that's the subject of a future newsletter), so aim for 60% or your total food intake to be vegetable soups, steamed vegetable platters, salads and fresh or stewed fruits, and include as many colours as you can. Greens, with their liver-friendly chlorophyll top the list here, with beetroot a close second.

If you own a juicer, make a daily carrot, celery, beetroot and spinach juice, adding a slice of lemon and a small chunk of fresh ginger.

Take useful supplements to help your body cleanse and recover.

Two teaspoons of psyllium husk in a large glass of water before bed will get you moving where it matters most and mop up extra fats and cholesterol in your system.

If you have over-indulged in alcohol, add a B vitamin supplement to your diet along with vitamin C, antioxidants and minerals (fresh vegetable juices containing leafy greens supply all of these).

Herbs such as St Mary's thistle and schizandra are good for your liver, which has worked extra hard for you over the past few weeks.

If your digestive system is feeling sluggish or your abdomen is bloated, take a good bowel flora supplement or eat some fresh natural un-sweetened yoghurt every day. Excess sugar, alcohol and rich foods can seriously alter the natural ecology of your intestinal tract, encouraging yeasts such a candida albicans to proliferate and causing symptoms of indigestion such as flatulence, heartburn, nausea and stomach ache.

Get more sleep!

Make a commitment to be in bed by 9.30 every night for at least two weeks. The extra sleep will build your vitality so that every organ in your body functions more efficiently.

Many people have to hit a wall of extreme fatigue before they register how tired their body is, so make early nights a habit for health and longevity.

Tips for Losing The Christmas Bulge

If your clothes feel tighter and you've gained a bit of a bulge after the silly season, now is the time for change.

By allowing the extra pounds to mount up, you become more at risk of ailments such as diabetes, certain cancers, cardiovascular disease and high blood pressure. You need to burn more calories than you eat in a slow and steady way – it's as simple as that.

You could go on one of those crash diets, but dieting is not always effective. If you lose weight quickly your body will act to defend its "fat point" and you will gain it all back once you start regular eating patterns again.

Instead, make changes to your lifestyle that permanently alter your eating, exercise and rest habits, so that you lose inches and gain years of health!

Cut out alcohol because it interferes with weight loss.

Eat more fibre from fresh fruit, vegetables, whole grains and legumes, and low fat proteins like fish, organic free range chicken, eggs, tofu, tempeh and legumes.

Your energy will improve because the foods you are eating will convert to energy instead of fat.

Include seaweeds such as dulse and nori for their iodine which nourishes your thyroid gland and chromium which helps with blood sugar control.

Replace coffee and tea with green tea for extra antioxidants.

Breakfast Skinny Smoothie

1 cup almond, soy, rice or oat milk (or ¼ cup any soaked nut or seed and 1 cup water)

1 tablespoon (or more) unsweetened natural yoghurt ("pot set" brands are best)

1 tablespoons oat or rice bran

1 tablespoon flaxseed (linseed)

½ ripe papaya or ½ cup frozen berries

2 tsp lecithin granules

½ tsp vitamin C powder with bioflavonoids

½ cup water or organic apple juice

1 tsp honey/maple syrup if needed

Blend everything together well until smooth. Add a teaspoon Spirulina powder to really get to work!

Let's drink to a healthy and productive new year!