

Weight Adjustment

Quantum Mind Energy

The world's most unused personal energy source

Serving Australians since 1987



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mypsychologist.com.au

Clinical Director, Psychologist, Graham Killoran has been helping Australians since 1987

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Your behaviour is ultimately controlled by what you think! Your current behaviour is a major cause of your weight issue. Change your thinking, your behaviour will change and subsequently you will change your weight. Remember you did not get overweight overnight so you perhaps should not expect rapid change nor should you want it because we know from research that for weight change to be permanent it must be at a pace that suits the person *not necessarily fast or slow*. If too slow the person may lose interest too fast and the metabolism may not adjust with the body losing muscle instead of fat...

Manage weight

Adjust your weight permanently

Your mind is your life



Retrain the brain

Change your thinking

Deal with feelings

Change your behaviour

Change your life

Graham M Killoran

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INTRODUCTION

How would you feel if somebody promised you a slender body and peace of mind from the worries of dieting and weight control forever?

Our guess is fantastic. Somebody can.

That somebody is **you**. Our THINK THIN approach will show you how!

DIETS DON'T WORK

Never expect to be slim through dieting. Diets don't work.

There somebody has said at last what you probably suspected all along.

The truth is that slim people rarely if ever diet. Only overweight people diet and unfortunately they always seem to be doing so.

Any diet can help you to lose weight initially. No diet can stop you from putting it back on again. Diet can be only part of the answer!

Diet ?

Diet ?

WANT TO LOSE WEIGHT AND KEEP IT OFF?

PERMANENT WEIGHT ADJUSTMENT REQUIRES PERMANENT LIFESTYLE CHANGE

WE HAVE BEEN WRONGLY CONDITIONED TO THINK THAT WEIGHT LOSS CAN'T HAPPEN WITHOUT "GOING ON A DIET." (GRAHAM KILLORAN 1985)

THERE IS NO "QUICK FIX" FOR WEIGHT LOSS.

Of course sensible eating is part of lifestyle so is exercise and water intake.

Many if not a majority of Australians eat dead carbohydrate for most of the day and maybe have Some Protein in the big evening meal but most only have a fraction of their protein needs. We need significant breakfast that contains good protein to start the day. We need a smaller lunch and even smaller evening meal. Many Australians find that they need a sugar fix a number of times during the day because they have had no breakfast to speak of and usually no protein.

The current approach to lowering blood sugar levels focuses on the hormone Insulin. Insulin is the hormone that lets glucose into your cells. When your cells are insulin resistant you can't get the energy you need so you begin to crave sugar and may then binge eat sugar foods. The traditional approach has been to focus on blood sugar rather than insulin resistance being offered by the cells of your body. Supplements are now available to help! e.g. a company called deep sea nutrition produce a natural product called "Oceans Bounty" which many report is very helpful in reducing insulin resistance of body cells. We believe that other companies are also producing a similar product.

Scientists tell us that we need to be taking in supplements every day to get what we need in terms of minerals and vitamins. They tell us that our immune function is diminished by the high levels of Insecticide / herbicide / pesticides fungicides and other poisonous things are routinely added to food to speed farm production and make our so called fresh food faster and more presentable. Fast food contains huge amounts of preserving chemicals. Antibiotics we are told by scientist given to cows and most of this is not used by the cow and passes into the milk and meat. It does not take much education to understand that this is not good for our health. We homogenise our milk to spin the cream into the milk so that there is no cream on the top. Scientist now say that the process of homogenization causes some confusion in the pancreatic signals within the body and may be responsible for some cancers. Homogenization is about how our milk looks!

Clearly certified organic biodynamic food is chemical free and more expensive but is more positive for your health.

Home grown is great provided you don't use the chemicals

Dr Stephen Hardy PhD (cancer research scientist of 23yrs experience) on his website will tell you much more. He, like many medical doctors is saying that we must look after our own health as the medical system that we asked for and have been given is in many cases a system that provides symptom relief only. Your doctor often does not have the time to discuss your lifestyle issues such as exercise, drinking and eating habits in detail. If he / she did many people would feel that he / she was intruding into their private life. You must examine the science and ask questions. Highly refined foods are bad for you e.g. take away of all kinds, white bread, white sugar, white rice etc. A wise person once said that 70% of the food we eat should be raw.

TAKE CONTROL OF YOUR LIFESTYLE!

Lifestyle Lifestyle Lifestyle!

Lifestyle Lifestyle Lifestyle!

THE FACTS We were telling people that it is lifestyle in 1985!!!!

These are the real facts. The failure rate in dieting is an astonishing 99.5%. A survey conducted by the Washington Post reveals that only one person out of every 200 gets the results they want by dieting. Out of every 200 people who go on a diet, only 10 lose all the weight they set out to lose. Of these 10, only one person keeps it off for any reasonable length of time. How do you feel about your last diet now? Hopefully not as deflated in yourself now as when it failed.

When you really consider the business of dieting it is not difficult to see why they are doomed to failure from the very beginning. Stated simply diets aren't any fun. They are a time of sacrifice and denial. They are something that every one of us looks forward to finishing. The only way for a diet to work is if you could stay on it for the rest of your life. Most people are now realizing how impractical this is.

With all diets the problem starts, once again, as soon as the diet ends. And what's the first thing we all do when we finish a diet?

If you're like most other people you reward yourself with food.... the very thing which cause your problems in the first place?

We soon go back to our old eating habits

Diets and weight reducing programmes planned around specialized menus are in fact potentially dangerous to your overall ambition of being a slim person. If you are like 99.5% of other people whatever diet you attempt will fail.

If you fail at anything often enough what happens? You come to regard yourself as a failure. It's not your fault you failed, everyone does, but this rarely helps the way you think about yourself. In time, when diet after diet fails, you actually come to regard yourself as an overweight person. You really come to believe you have no chance of being anything other than overweight.

Your failures have robbed you of your confidence and self-esteem. They have proved that whatever willpower you have doesn't work and that it's no use trying. As you can imagine with this frame of mind it's almost impossible to be anything but overweight. The motivation just isn't there.

Now knowing that diets don't work for you or 99.5% of other people is not really enough. You might ask "Why me?", "Why am I fat in the first place?" There is a very uncomplicated answer although many of us attempt to make it more difficult. You are simply consuming more calories than your body needs for your lifestyle. Put even more simply, you are eating too much.

Overweight people sometimes find this hard to believe. We prefer more complicated reasons. We eat the wrong sort of food being overweight runs in the family; we have no time for exercise; we have to accept social invitations to dine out; we only have time for junk food; it's the drink that does it!

The reason so many people reject the simple answer is because it's just that it's too simple....and anything this simple should be easy to fix. In this case there is no excuse for our continuing weight problems and we all **need** to have an excuse.

Controlling eating is not easy!

It seems only natural that if eating too much makes you fat that all you have to do is eat less. You will be pleased to learn you are not a total failure...controlling eating is not nearly so simple as it sounds. Many of us, you see, eat for the wrong reasons and often between meals. All too often we eat for completely the wrong reasons.

The facts
The facts

How many of these might apply to you? Tick the ones that do.

- ☐ I eat when I am bored, tense, frustrated or unhappy.
- ☐ I eat because my parents taught me I shouldn't leave anything on my plate.
- ☐ I eat to put off doing things I would otherwise have no excuse but to do.
- ☐ I eat because someone else is paying for it.
- ☐ I eat because I do not want to offend my hostess or the restaurant proprietor by leaving anything.
- ☐ I eat when I am worried.
- ☐ I eat without thinking about it.
- ☐ I eat because I like the taste of certain foods, particularly sweets.
- ☐ I eat to reward myself. For sticking to my diet all day long.

For doing a good day's work. Because it's one of my few pleasures in life. There are 101 other reasons for eating. They all have one thing in common.

They're reasons for eating when you are not really hungry.

Over the years most of us with weight problems develop bad eating habits. We eat for all the wrong reasons. We rarely eat regular meals and we rarely eat because we are hungry.

Food is many things to many people. For some it's a source of comfort, for others it's a reward and for others a companion, a lover and best friend. In short food can assume too much importance in our lives.

What does work?

Having read this far you may well be wondering if it is possible to lose weight and keep it off. The answer is a definite "Yes"! And the method is painstakingly simple. There's one important difference however, to what you have probably tried in the past. **The secret lays not so much in controlling what you put into your mouth as what you put into your mind.**

95% of clients, from all walks of life, have one thing in common.... they have all tried other diets and weight control methods and failed.

Despite these disheartening figures our own success rate is Better than 90%.

In other words more than 90% of our clients, most of whom have tried other methods and failed, are now being successful, perhaps for the first time in their lives. Why is this? Simply because we know the results are obtained by concentrating not so much on the food you eat or the amount you eat, but rather **on your attitudes to food.**

The single most important factor that separates slim people from those who are overweight is their attitude to food. This is worth repeating.

Slim people have a different attitude to food.

Many people use their slim friend as an excuse for their own overeating. They say such things as: "Melanie eats like a horse, she eats all the wrong foods and she still has the figure of a model." There are many people like Melanie, fortunate people who seem to be able to consume huge amounts of food without gaining an ounce?

Others seem to put on weight by looking at food. This is nutritional individuality.

Some people can simply eat more than others.

You can be sure that Melanie has the one thing common to all slim people.....**a different attitude to food.**

If you observe a slim person over a period of time this attitude becomes self-evident. A slim person might order two appetizers at a restaurant instead of a main course.

They will leave food on their plate. They never eat out of boredom, because they are tense or when they are unhappy. So what is this different attitude towards food? It's simply this.

Slim people only eat when they are hungry.

Slim people are able to tune in to their physical needs. These instincts are invariably correct. Slim people can eat whatever food they like in whatever

proportions, all without giving it a thought. They eat regularly and they stay slim! This might sound like an amazing gift. Actually it's perfectly natural. With all the publicity and talk about being overweight, it's easy to forget that being slim is the natural condition.

Those of us who experience problems of overweight invariably do so because we have lost the ability to listen to our own nutritional instincts. We have developed poor eating habits and eat for the wrong reasons. We have, in fact, taught ourselves to eat badly.

Fortunately, for those of us with weight problems, there is a saving factor - anything that has been taught can be re-taught ...correctly. How is this accomplished?

THINKING THIN

Supporting your new attitude towards eating will be cognitive therapy incorporating relaxation method and hypnosis if agreed to by the patient.

Relaxation method should not be confused with "recreation", that is, playing sport, watching television or sitting back with a drink. Relaxation is a state of mind. It is the absence of tension. The practice of relaxation has profound effects on both your mind and body.

Relaxation is a medically accepted antidote to stress.

When we are relaxed, our heart rate, blood pressure, blood flow to the muscles and muscular tension is all decreased. The exact opposite is going on in our bodies when we are under stress. There is conclusive evidence that learning relaxation skills assists in helping one to overcome problem of being overweight.

This is what deep relaxation can help you achieve:

- * It reduces the tension which often causes people to over eat in the first place.
- * It makes you more aware of your own thoughts and actions.
- * It allows you to become focused on your new self image.

Thinking Thin
Thinking Thin

Deep relaxation will provide you with internal awareness and control over eating behaviour..

This Skill of gaining internal awareness is extremely important.

As stated earlier, thin people are conscious of their nutritional requirements. They eat consciously and for the right reasons.

That is why thin people can eat anything they like and sometimes in enormous quantities. They are always conscious of the effect the food is having on their body and "compensate" for the splurge over the next few meals.

The internal awareness that is developed by Relaxation Therapy can help you to:

- * Eat because you are hungry.
- * Eat only the quantity you need to satisfy yourself.
- * Develop regular eating habits.
- * Tune into your body's actual requirements.

Our experience has shown, time and time again, those clients with weight problems have come to do two things:

- (1) Develop an attitude of dependence towards food, that is, to eat for all the other reasons people eat, except to satisfy actual hunger.
 - (2) To come to regard their weight problems as something beyond their control.
- To come to believe that their natural state is overweight.

These are the very attitudes which keep them overweight.

You will find throughout your Programme that Relaxation Therapy will change these attitudes. At the same time it will help you to become more aware of the reasons you are eating and whether you are actually hungry. Additionally it will give you the strength and control to decide when to say "No."

We are all aware that for any change to be lasting we must accept it on an emotional level. Relaxation helps bring about this change.

During your Relaxation Therapy sessions you will be asked to practice a simple technique called "visualization."

An important aspect of losing weight is to have firmly implanted in your mind's eye a picture of the way you would **like to look**.

Certainly you are only looking this way in your imagination, but it's the first step in turning that image into a reality.

People who can learn to most easily picture the way they would like to look, are the ones who have the quickest weight loss results.

Fortunately for those of us weight problems, **anything that has been learned can be unlearned, including poor eating habits.**

Attitudes
Attitudes



CHANGING ATTITUDES

One of the most powerful ways to accomplish anything is to succeed first in your own imagination. It's probably safe to say there has never been a giant accomplishment in sports, business or the arts, where the person striving has not succeeded first in his/her own imagination.

The one thing that all successful people have in common is their ability to succeed first in their own imagination. Many years ago psychologists first became aware of an interesting fact... all people develop an image of themselves and this is unusually the way they are.

The child who regards himself as a failure will almost certainly fail and the person who believes she cannot remember names will forget yours soon after meeting you. All of us develop certain ideas and attitudes about ourselves, sometimes over many years. These thoughts make us what we are. Sometimes they are totally wrong.

It's invariably the same with a weight problem. We come to regard ourselves as overweight people. We lose our confidence, we lose our self-esteem, and we give up!

What to expect now

Your Programme with us using relaxation method and if agreed clinical hypnosis will help you to literally take charge of your own thoughts and actions.

These are some of the benefits you can expect:

- * You can expect to eat regularly and to feel hungry at meal time.
- * You can expect to be as selective as you wish to be in what you eat.
- * You can expect to be able to slim down steadily and easily should you in the future starts to gain unwanted kilos.
- * You can expect to enjoy food more, free from guilt and fear of overeating.
- * You can expect to be able to say "No" to fattening or any food when you choose to do so.
- * You can expect to stay at your desire weight without a lifelong battle dieting.
- * You can expect to be aware when you are eating for the wrong reasons.boredom, frustration etc, and be able to stop immediately.

You can also expect to enjoy a number of other benefits from your Programme which are not concerned with weight control?

Changes may be subtle at first but they will become increasingly obvious.

Some of these may include:

- * Feeling more active and vital.
- * Developing more confidence.
- * Finding yourself looking forward to other new challenges and situations.
- * Your productivity will probably increase.
- * You may notice improvements in memory and concentration.
- * You may enjoy better relationships with family and friends.
- * You will feel more creative.
- * You will find you have a greater ability to cope in difficult situations.
- * You will find that things do not irritate you as much as they once may have.

- * Your ability to solve problems will appear to become greater.
- * You will find yourself getting more and more enjoyment out of life.

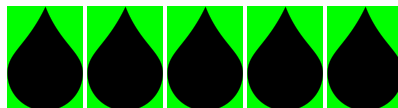
FAT PEOPLE - REGULAR MEALS AND WATER INTAKE

Many overweight people believe **WRONGLY** that if they eat one meal per day and reduce their water intake they will lose weight. In fact this action can cause them to **gain weight**.

Briefly, when the body does not receive food when it expects to, it may begin to store more fat when food is taken. If you like, it moves to protect itself from an irregular supply of food by storing more energy in the form of fat. Insufficient water will likewise cause the body to store whatever water is available as fluid in extra cellular body space. Water will be siphoned from internal body sources to assist kidney function. The liver has additional load placed on it and it is therefore unable to metabolise fat efficiently. **In short more fluid is stored and less fat is burnt**

up. You should also be aware that some low calorie drinks which are high in sodium can actually cause weight gain.

N.B. Exercise although not mentioned in these notes is an important element in general health and weight control. Your Clinician will discuss with you a sensible approach to exercise for your needs.



WATER - The Current Research

The life-saving element we usually take for granted has been found to possess many seemingly magical qualities.

Incredible as it may seem, water is quite possibly the single most important catalyst in losing weight and keeping it off. Although most of us take it for granted, water may be the only true " magic potion " for permanent weight loss.

When used in combination with sensible exercise, learning to gain control over eating behaviour and developing a positive self image, the results can potentially be spectacular.

Throw away your diuretics, toss out the laxatives, and flush the appetite suppressants. Water does these jobs better, yet it's safe, natural, and healthy. Water works - if you Learn how to use it.

Here are some startling - yet scientific - facts about the benefits of water to weight loss:

- * Water can help your body metabolise fat.
- * Water can eliminate fluid retention.
- * Water can help you lose all the weight you want and keep it off for good.

The liquid of life

Life without water would last about seven days. Every form of life on earth depends on water. Adequate water is essential for the human body to perform at its peak.

Like the earth, the human body is 70 per cent water.

A loss of 10 per cent body water would be critical and any more than that might prove fatal.

Where does the body get the water it needs?

About half comes from beverages we drink - water, tea, coffee, soft drinks, milk, beer, wine and so on.

A small portion is metabolic - water we manufacture as we metabolise food. The rest comes from food. Meat, for instance, is 70 per cent water. Fruits can be up to 90 per cent water. Even bread is 20 per cent water.

How does the body use water?

All reactions in the body take place in water. It's the catalyst for enzymatic reactions. Blood plasma, which is 90% water, can be called the body's main waterway.

Water
Water

The liquid of life

The liquid of life

Food is transported to cells. Waste is carried away, passed through the kidneys and out in the urine. About half our fluid intake is expelled this way. Water makes breathing possible. It moistens the harsh, dry air. We exhale about 20% of our water intake.

The digestive system uses several litres of water daily to process food. Digestive enzymes are made almost entirely of water.

The body uses water in its cooling system. When it gets to be 33 degrees Celsius outside, or when we exercise briskly, the body heats up. The heat must be dissipated, so in the process, the body pumps moisture through the muscles to the skin where it then evaporates and consequently, cools down the system.

Where does the body store water?

Water input must equal water output and water distribution throughout the body must be balanced. The body continually strives to maintain this balance.

Half our water is stored in the cells (intracellular). The rest is stored outside the cells (extra cellular), which includes fluid between cells and plasma inside blood vessels.

If body mass is 70% water, what's the other 30%

Muscle, organ tissue, and fat. Only 3% of this fat is essential. It's found in and around most vital organs such as the kidneys and gastrointestinal tract. The rest is excess weight.

The bad news for women is - they store more fat than men do because of different hormone levels.

Water and weight loss

Water suppresses the appetite naturally and helps the body metabolise stored fat. Studies show that a decrease in water intake will cause fat deposits to increase, while an increase in water intake can actually reduce fat deposits.

Here's why: The kidneys can't function properly without enough water. When they don't work to capacity some of their load is dumped on to the liver.

One of the liver's primary functions is to metabolise stored fat into usable energy for the body. If the liver has to do some of the kidney's work, it can't operate at full throttle. As a result, it metabolizes less fat, more fat remaining stored in the body and weight loss stops.

Water is the best treatment for fluid retention

Sounds crazy? It's the most sensible solution to fluid retention you'll ever find!

When an otherwise healthy person has a problem with fluid retention, him /her usually does two things: he/she drinks **less** water and/or starts taking diuretics.

These are the worst possible things to do. First, when the body gets less water, it perceives this as a threat to survival. To conserve what it has, it begins to hold on to every drop. Water is stored in extra cellular spaces (outside the cells).

This shows up as swollen feet, legs, hands, and so on.

Diuretics are only a temporary solution at best. they only mask the real problem. The diuretic forces out stored water, along with some essential nutrients. Again, the body perceives a threat and will replace the lost water at the first opportunity.

The best way to overcome the problem of water retention is to give your body what it needs-plenty of water. Only then will stored water be released.

If you have a constant problem with water retention, excess salt may be to blame.

Your body will tolerate sodium only in a certain concentration. The more salt you eat, the more water your system retains to dilute it.

Salt intake makes you thirsty. This releases an ant diuretic hormone that causes water to be retained. The water is packed away in extra cellular spaces that expand. This means swollen hands, feet, legs and so on.

For your kidneys to expel the excess sodium, they need more water. If you don't drink enough; the water will automatically be siphoned from internal sources. It's the

same old story - the body's way of coping with too little water is to store up what it already has.

How do you get rid of excess sodium?

Drink more water. It's that simple. Water is forced through the kidneys taking the excess sodium with it.

In addition, the body has some natural checks and balances for dealing with sodium. Eat no salt, and the body secretes a hormone called aldosterone to hang on to the sodium it needs. Eat a little salt, and the aldosterone level drops. Eat too much salt, and extra cellular spaces begin to expand with stored water. When this happens, other hormone is released to prompt the loss of both the excess sodium and the water. All these checks and balances work in concert to help maintain perfect water balance. But none of them will work without an ample supply of water.

How can one avoid eating too much sodium?

You don't have to go on a rigid salt-free diet. Instead, just be aware of the products that is high in salt: processed wheat and bran flakes, most canned foods, bacon, ham, salted fish, processed cheeses, most snack foods, and foods with additives such as monosodium glutamate.

Read labels. most manufacturers are required to list the amounts of sodium their products contain.

Foods naturally low in salt are fruits, fruit juices, fresh vegetables, and anything you cook from scratch, because you can add little or none.

An overweight person needs more water than a thin person

The larger a person is, the larger his/her metabolic load. More fuel is needed to keep going. Since we know that water is the key to fat metabolism it follows that the overweight person needs more water.

This is why so many overweight people retain fluids. Their bodies get too little water, so their systems hang on to what they get. The only way to overcome this problem is to give the body what it needs to function - plenty of water. Only in this way will stored water is released.

Water helps to maintain proper muscle tone

It does this by giving muscles their natural ability to contract and by preventing dehydration. It also helps to prevent the sagging skin that usually follows weight loss - shrinking cells are buoyed by water, which plumps the skin and leaves it clear, healthy and resilient.

Water helps rid the body of waste

During weight loss, the body has a lot more waste to get rid of - all that metabolised fat must be shed. Again adequate water helps flush out the waste.

Water helps relieve constipation

When the body gets too little water, it siphons water from internal sources. The colon is a primary source. Result? Constipation. The faeces become hard and dry. Constipation is too often treated with laxatives. aside from leading to a dependency, this solution never addresses the root of the problem. The whole miserable cycle can be avoided. When a person drinks the correct amount of water, normal bowel function usually returns. So far, we've discovered some remarkable truths about water and weight loss: The body will not function properly without enough water and can't metabolise stored fat efficiently.

- . Retained water shows up as excess weight.
- . To get rid of excess water you must drink more water.
- . Drinking water is essential to weight loss.

How much water is enough? On the average, a person should drink eight 240ml glasses every day. That's about 2 litres. However, the overweight person needs one additional glass for every 11kg of excess weight. The amount you drink should also

Muscle tone
Muscle tone

be increased if you exercise briskly or if the weather is hot and dry.
Water should preferably be cold - it's absorbed into the system more quickly than warm water.

To utilize water most efficiently during weight loss, follow this schedule:

Morning: 1 litre consumed over a 30 minute period.

Noon: 1 litre consumed over a 30 minute period.

Evening: 1 litre consumed between 5 and 6 o'clock.

When the body gets the water it needs to function optimally, its fluids are perfectly balanced. When this happens you have reached the "breakthrough point". What does this mean?

- . Endocrine-gland function improves.
- . Fluid retention is alleviated as stored water is lost.
- . More fat is used as fuel because the liver is free to metabolise stored fat.
- . Natural thirst returns.
- . There is a loss of hunger almost overnight.

If you stop drinking enough water, your body fluids will be thrown out of balance again, and you may experience fluid retention, unexplained weight gain and loss of thirst. To remedy the situation you'll have to go back and force another "breakthrough."

Is water the only liquid you can drink?

Coffee, tea, and diet soft drinks should be taken only in moderation. Have no more than 2 cups of coffee or tea a day. Limit soft drinks to 2 per day. These beverages have an adverse effect on weight loss. Eliminate them completely if you can, since caffeinated drinks (coffee, tea, diet colas) stimulate the appetite.

However, if you now drink large amounts of caffeinated beverages, it might be wise to cut down slowly. Cold-turkey caffeine withdrawal can trigger severe headaches.

Are decaffeinated drinks all right?

In moderation. Most still contain a degree of caffeine. And decaffeinated soft drinks may also contain excessive amounts of sodium, so read the labels.

Diet drinks are not for dieters!

Most so called diet drinks are loaded with sodium, which we know can cause fluid retention. the high levels of phosphates in diet drinks interfere with the body's absorption of calcium, which can be critical to the dieter.

What if tap water has an unpleasant taste?

Buy bottled water. If that's not convenient, try chilling the tap water thoroughly, with a few thin slices of lemon added to the jug. One lemon slice to a glass of plain water gives it a nice fresh flavour.



We help you improve your lifestyle!



This booklet could go on forever as we learn more and we begin to take charge of our own health.....THE END FOR NOW.

Change your behaviour (i.e. your response to the world) and your experience will change.

Maintain your new behaviour you will maintain the change in your life.

You can't change your weight unless you make some changes to what you are doing (your behaviour) and thinking because what you are doing and thinking is making you what you are.

mind energy - the most unused power on the planet