

# Impacting your Health ...

## Have you ever noticed that many people treat their cars better than their bodies?

They would never ignore a warning light for an oil change or regular maintenance, but they often ignore the tell-tale signs that their body is in desperate need of a tune-up. In my grandparent's time, nobody had to consider what they ate; bread and dripping was part of everyday fare. They had a plentiful supply of fresh fruit and vegetables.

An unfortunate fact of our modern life now is that even the healthiest body struggles with depleted soils, inferior nutrition, pollutants and chemicals in the air, water and food supply, and a lack of healthy activity. It's no wonder most of us don't feel the way we really should.

The key to achieving optimal results in the gym and indeed life, is to combine exercise with good nutrition and supplementation.



One of the greatest impacts you can have on your health is to improve the *quality* of your diet....

## 10 Impacting Steps

### 1. Low GI Carbs.

Give energy for a workout. Brown or basmati rice, w/meal or multigrain bread and sweet potato are good sources of low GI carbs. They release energy slowly into the blood stream, providing a sustained energy level to get you through your workout.

### 2. Reduce or eliminate refined carbs.

All refined carbs should be eliminated, otherwise insulin levels will not come down into the fat burning range.

### 3. Eat first class protein every day.

Seafood, eggs, poultry, lean meat, dairy products, whey protein. These contain the essential amino acids you need to get from your diet. Without first class protein your muscles will not grow or repair.

### 4. Include some raw vegetables daily.

Vitamins and minerals help with energy transfer and can reduce stress-induced oxidation to muscles and other tissues. These foods will also improve your digestion, liver function and metabolism.

### 5. Include some fresh fruit & fruit juice.

Raw fruit increases dietary fibre, which carries fat out of the bowels and improves digestion and bowel function.

### 6. Eat more "Living Foods"

Most of the food we eat today is over processed, contains nutrients that are; too few, poor quality or are in an un-natural state that our bodies cannot use - as a result we are starving nutritionally. Choose to eat only fresh and organic food.

**7. Take supplements** that help insulin to work better and to support your nutrition intake. Take a liver tonic, spirulina, wheatgrass and Omega-3 daily for healthy joints, memory, brain function and heart health.

### 8. Support your liver.

(the biggest fat burning organ in the body)  
Foods that contain organic sulphur help to support the detoxification of the liver to work more efficiently (cabbage, broccoli, brussel sprouts, onion family, garlic)

### 9. Increase hydration

Hydration can be a primary reason for daytime fatigue, impaired mental focus and physical performance.

Drink lots of non tap water at night, as drinking water will kill night-time hunger pangs. First thing every morning try drinking a glass of warm water with a squeeze of lime or lemon juice. It's great wakeup call for your liver.

### 10. Don't allow yourself to become too hungry or tired.

Keep an 'emergency pack' of seeds, nuts and fruit with you all the time.

From the desk of Vicki Turner, Life & Business Coach  
Vicki loves seeing her clients move forward and gain a new sense of control over issues. Vicki says, 'People come to me for many reasons including clarity about life decisions, career, business issues and dealing with change.'

Want to try coaching? Vicki is offering a free 45 min exploratory session valued at \$125. Register your interest today.



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