

RedHOT Health

Love Getting Healthy and Happy



HOTBody Guide

Achieve Your Real Potential

Helen Frost: Nutrition Educator and Health Speaker

About RedHOT Health:

RedHOT Health was born to Inspire health and wellness in people and business. It provides food, body and nutrition education, coaching and consultancy, specializing in health and weight management, energy and performance, disease prevention, stress management and youthful aging.

You can expand your education through ongoing coaching with RedHOT Health.

About this Guide:

This guide forms part of the materials provided at the RedHOT Health HOTBody, HOTPerformance, HOTWorkFORCE, HOTKids seminars, workshops and consultation.

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Disclaimer: The information is only a guideline to improving your health. Please consult your medical professional where necessary. N.B. Specific food and activity levels need to be calculated according to your ideal lean body weight, age, height, gender, exercise capacity, pregnancy, breast feeding, illness etc For a more individualized plan for specific health problems, allergies, weight goals and sporting requirements etc please consult a Health Care Professional who specializes in balanced nutrition.

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Helen Frost: Dip Teaching and Nutrition

Helen is a Nutrition Educator/Consultant, Health Speaker and author and brings the highest level of expertise and research to every learning environment.

She is renowned for her passionate down to earth fun approach. When you walk out of Helens presentations or consultation your view on how you feed yourself and your children will have changed forever. Daily habits will be challenged, as you are inspired to take action and make change through more conscious and smarter food and lifestyle choices.

She has over 30 years experience in education (ex teacher), health, nutrition, fitness and speaking and specializes in addictions and eating disorders. Having studied nutrition to address her own health, weight and fitness needs Helen is passionate about bringing this important information to people all over the world.

Welcome

Welcome to RedHOT Health and the inspiration to Love Getting Healthy. We believe that every person has the right to vital health and a great quality of life. We also believe that with the correct body and food knowledge you can achieve amazing health and weight success by learning the easy and fundamental food and lifestyle actions and habits that are the foundation to your energy, mental wellbeing, performance and life.

The information provided in this HOTBody Guide is research based and is focused on “fine tuning” current eating and lifestyle habits, by using the renowned, simple and effective process of eating the right food, in the right amount, at the right time of the day and providing proven and natural concentrated nutrient support. This is designed to stop cravings and eating the wrong foods at the wrong time of the day and the negative health and weight outcomes that can result.

You have the opportunity to learn powerful methods to transform your life and program your body and brain for success to help realise your personal and professional goals. Letting go of past habits will feel powerful and empowering as you move beyond the choices that have been holding you back.

This information will give you a life-changing experience that will open your heart, mind, body and taste buds to what is truly possible in your life. It is designed to inspire daily positive action with amazing food and body insight that makes sense and works. This will assist you to look, think and feel the best you can be at any age.

Whether you are single, have the huge responsibility of guiding your children’s health or are involved in a business where people’s health dictates productivity and profit, this guide can make a real difference.

To find out more about the other RedHOT Health programs and related information please visit our website at www.redhothealth.com.au

Keys to getting the most out of your HOTBody Guide

1. Before going to sleep at night review the relevant sections that you need to focus on and change.
2. See and feel yourself taking daily action and using these guidelines and rituals as an enjoyable and natural process of your success.
3. On waking be committed to your daily energy boosting rituals. It takes at least 30 days to set up a regular habit.
4. Experiment with different foods and preparation methods and forms of daily exercise and activity and notice how these changes affect your energy, moods, concentration, mental strength, motivation, sleep, cravings, fat loss and weight control.
5. Acknowledge your brain and thoughts and the magnificent role they play in your wellbeing. Use all the mind exercises and strive for positivity in all situations and be in gratitude for being blessed with the gift of life.
6. Continue your learning by attending other RedHOT Health refresher courses.

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What is Energy?

The capacity or tendency for intense activity; vigor.

Life is all about having plenty of energy to live your life to the fullest. "*The higher your energy level, the more efficient your body; the more efficient your body, the better you feel and the more you will use your talent to produce outstanding results.*"

Anthony Robbins



These **8 RedHOT Strategies and over 55 Tips** can help you to maximize your energy so you'll have fun doing what you love, performing to your absolute best and being in the best shape possible in your HOTBody without overdosing on dead food, caffeine or alcohol.

What you eat, the activity you engage in, whether you cleanse regularly, how you sleep and how you think can make a big difference.

Your brain and body are amazing and are the engines of your mental and physical wellbeing. They need lots of energy to perform to their full potential.

To fire up any engine you need the right fuel for energy. What you put into your body determines the quality of that fuel/energy.

The 3 main sources of body and brain fuel/energy:

1. The **Air** you breathe
2. The **Water** you drink
3. The **Food** you eat

Technically you are just a walking, living, breathing chemical concoction of air, water and food in human form.

High quality fuel (air, water, food) provides high energy, brainpower, performance, healing power, good health and quality of life. They will have you revving like a formula 1 sports car with plenty of fuel in the tank.

Low quality fuel (air, water, food) provides low energy, brain drain, poor performance and ailing health. They will leave you broken down on the side of the road needing an overhaul and replacement parts.

It is so easy when you have low energy and are feeling tired and flat to reach for the quick sugary snack, coffee or so called energy drinks (you know the ones that give you wings one minute and then a crash landing the next), This up and down roller coaster is a daily energy robber, You never seem to get in front, the tiredness can be overwhelming and prevent you from achieving your life goals.

The Bottom Line: You're looking for energy in all the wrong places.

It's time to kick the negative habits and instead of fuelling up on low quality fuel like shallow breathing, unhealthy foods, drinks and snacks you can crack the code to real energy by trying these RedHOT Tips.

When you're using the right fuel and the RedHOT actions you will use words like *amazing, awesome, excellent, fabulous, fantastic, great, incredible, outstanding, remarkable, red hot, spectacular, splendid, brilliant, stupendous, super, ultimate, unbelievable and wondrous* to describe your energy and how it makes your HOTBody look and feel.

I hope you enjoy trying all of the RedHOT Tips.

Daily HOTBody Energy, Weight Control and Performance Actions

Remember:

- Every health problem, weight management program and fitness program in the world is improved with high quality **LIVE** food, regular activity, positive thoughts & environmentally safe actions.
- Eating the right amount, of the right **LIVE** food, at the right time of the day, helps to prevent you from craving and eating the wrong foods at the wrong time of the day.
- Cravings are not weakness or no will power, they are the best indicator that things are not balanced and adjustments need to be made in the quality, amounts or timing of foods.

1. WATER: Drink Regularly all Day

1 Glass = 250 ml

Current Weight.....kg X 40mls =ml

= Lt

Divide by 250ml

=Glasses

No of Coffee/coke/tea.....x 1

+

Exercise

+

Climate/Air-conditioning

+

Total

.....per Day

NOTE: Lemon in water, Herbal Teas, Green Tea, fresh vegetable juice can be included as part of your daily water consumption. www.apostle.com.au for home delivered, natural spring water

2. VEGETABLES & FRUIT: Eat with every Meal and as Snacks

Key Actions: The key source of antioxidants, vitamins, minerals, enzymes and fibre to protect DNA, boost immunity, reduce cravings, boost metabolism, improve bowel function, improve skin & gum health
 World Health Organization Recommendation: 5 - 9 cups of varied, fresh, raw, fruits & vegetables every day. For optimum sport performance and health eat 9 – 13 cups.

- **Vegetables/Salad: eat all in abundance** (watch starchy vegetables at night if carrying excess weight eg. corn and potatoes etc). Green Smoothies and Juices each day.
- **Fruit: minimum of 2 – 3 pieces per day.** Eat more if you are lean, have a physical job and / or you regularly exercise or train or play sport with intensity.

Recommended Option: if not achieving a regular intake of 5-9 cups of varied, fresh raw fruit and vegetables use a whole food concentrate of fresh, raw fruits, vegetables & berries.

[Isagenix Greens](#) contains over 30 whole foods and can be used each day to give you a boost.

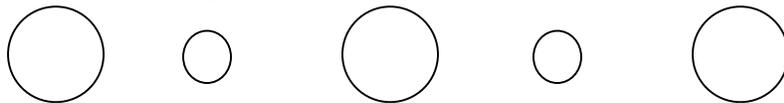
Increase Dose: for high intensity physical training or work, stress, illness etc

3. PROTEIN: Eat with every meal & in between as snacks when required

Key Actions: building, repair and maintenance of cells and organs, prevents cannibalization and muscle breakdown, appetite, craving and hunger control, blood sugar and mood stabilizer.

Ideal Body WeightKg

.....gms / Day



..... gms main meals

.....gms snacks

[Isagenix Isalean Shakes](#) are recommended to stabilize protein.

Refer to **Protein Food Chart page 29 – 30** to calculate daily protein. Refer to Calorie King or similar nutrition reference for more protein information.

4. CARBOHYDRATES: Eat with each Meal and as healthy snacks

Key Actions: Energy, Brain Food and Fibre

Vegetables and Fruits: are a high nutrient rich source of carbohydrate. Make vegetables a key part of your low calorie carbohydrate consumption at every meal where possible.

Breads: Wholemeal plus grain, rye, sour dough, gluten free etc (not multi grain).

Crackers: Whole grain eg Ryvita, Vita-wheat

Grains/Cereals: Whole grains such as oats, rye, brown rice, barley, corn, buck- wheat, cracked wheat, quinoa, millet, amaranth

Pastas and Spaghetti: Wholemeal such as spelt, whole wheat, buckwheat, rice and corn, high protein soy pastas.

NB Wheat/Gluten products are very common allergy foods. Use only if tolerated and rotate with other grain so you don't create intolerances.

1 SERVE = 2 slices bread or 1 bread roll, 1/4 cup oats uncooked, 1 cup brown rice (cooked), 1 piece fruit, 2+ cups of veg/salad

2 or more serves a day over and above vegetables and fruits. Depends on activity levels. If lean and active more carbohydrates can be eaten. Eat carbohydrates at breakfast and lunch. At dinner is fine you are if lean and active.

NOTE: Avoid starchy carbohydrates at night for fat loss and control.

5. ESSENTIAL FATS and OILS: Eat every Day

Key Actions: Energy, balance and calm: brain, nerves, anti inflammatory, circulation, hormones, cholesterol control

Choose a minimum of 2 each day. Depends on activity levels. If lean and active more can be eaten.

- **Oil** Virgin / Cold Pressed: 1 dessert spoon
- **Nuts**...almond, walnut, pecan, brazil (no peanut): approx 5 - 10
- **Seeds**...sunflower, pumpkin, sesame, chia, hemp, linseed or tahini: 1 dessert spoon
- **LSA** Meal (linseed, sunflower, almond blend): 1 dessert spoon
- **Avocado:** 2 teaspoon as a spread
- **Fish** oily: 3 or more times per week eg salmon, tuna, sardines etc
- **Coconut** Oil: 1 dessert spoon

1 Dessert spoon = 2 Tea spoons

NB: Watch amount of fats and oils at night during fat loss.

Natural Supplements: Krill Oil, Evening Primrose Oil, Omega 3 Fish Oil, Flax Seed, Hemp seeds or Oil, Emu Oil. Recommended Dosagemorning and night

6. EXERCISE / ACTIVITY: 5+ Days per week

- **CARDIO: Fat Burning, Fitness, Circulation and Elimination**
For Fat Loss: 1 - 2 times per day to keep metabolism firing for 30 – 60 minutes

Heart Beat for Fat Burning: moderate to high intensity i.e. 70% to 80% of Maximum Heart Rate

220 – Age..... =X 70% = Beats / Minute. Divide by 6 for **10sec count** =.....

220 – Age..... =X 80% = Beats / Minute. Divide by 6 for **10sec count** =.....

.....Times / Week

- **WEIGHTS / RESISTANCE: Fat Burning, Shape, Tone and Strength**

Minimum 3 times per week...45 min to 1 hour

No more than 2 days in a row without taking a day offTimes / Week

- **FLEXIBILITY Training:** like stretching and pilates and yoga help prevent injury, enhance range of motion, reduce stiffness, and limit aches and pains.Times / Week

1. BREATHE: the Oxygen of energy

- *"Life without oxygen is a dead end"*

Breathing is the No 1 energy action that happens naturally and unconsciously. But breathing properly is the trick to having high, sustained energy.

Without a good lung capacity your access to oxygen (the breath of life) is restricted and the energy and intensity of all activities is severely reduced. It takes a conscious effort to learn to breath oxygen in and carbon dioxide out the most energy efficient way.

If you are not aware you can tend to take short, shallow breaths through your mouth and often hold your breath without realizing it, especially when you're stressed. If that's your unconscious breathing pattern, you're depriving your body and all your working organs of oxygen – and less oxygen means less energy and staying power.

Whether you're feeling tired, are faced with a crisis, need to make a decision, feel wound up or angry, or you just want to relax or have more satisfying sex it's time to stop, be conscious and breath properly. Oxygen is the breath of life.

Breathing Tips:

- **Deep Breathing**

Start your morning with this simple oxygen boosting deep breathing exercise. Breathe slowly and deeply in and out through your nose. 5 - 10 long deep breaths will fuel your brain and muscles with essential oxygen and energy. Let your tummy out as you breath in and then suck it in with each breath to push the carbon dioxide out.

- Breath in to the count of 7
- Hold for the count of 7
- Breath out for 7

Work up to longer intervals; feel your chest rise as you inhale and fall as you exhale. Eventually, you'll do this automatically throughout the day and it will make a huge difference to your state of mind and energy level.

For optimal energy breathe down into the tummy rather than just into the top part of your lungs to fully expand your airways to the oxygen. Repeat this breathing exercise every few hours throughout your day. In between be conscious of not breathing with shallow or short breaths.

Try it right now for practice before you read the next energy tip. 5 deep breaths in and out and then read on with your renewed energy.

Extra oxygen boosting Breathing Tips:

Clean up the air you breathe:

- Open the windows in your home or office to freshen the air
- Get outside and breath fresh air
- Have plants in each room because they breath more oxygen into the air
- Don't smoke
- Don't spray toxic chemicals around your home or on your body
- Look after the air you breath by being environmentally conscious in all your actions.



2. Drink: the Water of Energy

- *"Life without clean water is like a stagnant pond"*

After the oxygen you breathe, water is the next most important part of the energy cycle and your survival. If you need a quick boost water is the elixir of energy.

Water is the best energy conductor in the world and it transports oxygen and the nutrients from food to your cells and organs, which produce your power and energy.

In reality you are just a walking, talking bag of water. Approx 70% of your body, 85% of your brain and 80% of your muscle is water and it's essential for every brain and body function. A clean well-hydrated water bag has more energy than a dirty, dehydrated water bag. Not drinking enough water is like washing your dishes tonight then leaving the water in the sink and washing the next few night's dishes in it. Yuk!

"Water is the driving force of all nature" Leonardo da Vinci

Dehydration: The DANGER ZONE

Dehydration from not drinking enough water (like a sponge drying out in the sun) is a sinister cause of low energy and fatigue because it slowly creeps up on you. Even minor levels of low water can cause body systems to slow down, making you feel sluggish, tired and irritable. Low energy, fat gain, headaches, 'brain fog', poor concentration, over eating, low motivation, fluid retention, moodiness, aches and pains, wrinkles, skin problems, bowel issues and health problems are all symptoms of not drinking enough clean water. **Liquid Gold** page 31 - 32. Tap water is not recommended because it contains over 200 chemicals that affect your health negatively.

Recommendation: Drink the cleanest and most natural home delivered spring water in Australia
Apostle Spring Water: www.apostle.com.au

Water Tips:

Drink 8+ (35-40mls per kg) glasses of clean water every day to keep your water bag clean and sparkling and to give you consistent energy.
Whenever you are feeling tired STOP and think about when you drank your last glass of water.

HOW to drink enough Water:

1. When you wake up drink 2 glasses of water (preferably clean spring water and a squeeze of lemon for extra zing).
2. Fill a 2 litre+ bottle/jug or fill 4 x 500ml bottles and put them somewhere you can see them. Take water every where you go.
3. Drink at least 1/2 - 1 glass every hour while you are awake.
2 litres is your minimum that needs to be drunk over the day. Refill and drink more if you can.
4. Have a glass of water before bed and a full glass by your bedside to drink during the night. NB It is quite normal to wee at night.
5. You may need to set up your phone or computer to beep, or sing every hour so you remember to drink more and keep your energy going.



Not hard hey? You will be amazed at how much you will drink and how much more energy you will have.

NB: You need to drink more when you are exercising, if in air-conditioning and on hot days to keep the energy up.

NBB: Herbal tea and fresh squeezed juices can be counted as part of your daily water.

PEE Power: Get ready to pee more initially to get rid of all the toxins and acid that can build up from not drinking enough water. It's a good thing to pee, and it will settle down soon. It is all part of hydrating and cleaning up the energy boosting cycle. These toxins have been draining your energy. Take action as though your life depends on it. Just keep drinking...Clean water!

HUNGER and Thirst Fact: The thirst and hunger messages can get mixed up. Often when the thirst message comes through you eat instead of drink because you think you are hungry. What you eat under these circumstances often turns to fat. Drink instead of eat in between meals and feel the energy difference. The bonus is you may also lose fat.

Extra Drinking Tips:

- **Include other healthy watery things**

Like fruit and vegetables, fresh squeezed juice and other non caffeinated, non alcoholic drinks. They can be used as part of the 8+ glasses you need for energy every day.



- **Enjoy a cup of green tea or your favorite herbal tea**

Green tea boosts your antioxidants that protect you from stress, and the herbal teas help hydrate you for better energy conduction that help you recover from the daily stresses of life.

Warming herbs such as ginger and cinnamon increase energy.

Make a tea with 1 cup/250 ml boiling water and a couple of slices of fresh ginger or cinnamon sticks or 1/2-1 teaspoon (1-2 grams) of the powder. Enjoy.



- **Cut out Caffeine**

Caffeine is a stimulant that appears to boost you up but they don't really give you more energy in the long run. These so called energy-producing foods/drugs/herbal supplements such as coffee, caffeinated drinks, iced coffee, energy drinks and black tea or chocolate will create the up but then the inevitable crash and greater fatigue.

The initial (and perhaps pleasant) buzz may energize you for 20 minutes, but it steals this extra energy from your adrenals (stress glands) creating false energy and leaving you even more exhausted at deeper levels. It weakens your core energy and also creates cravings to eat more, dehydration, depletes your bones of minerals (calcium, magnesium, iron and zinc), increases acidity and can prevent truly restful, restorative sleep. Even the herbal stimulants, like guarana can push you too hard and erode your long-term energy and health.

Caffeine stimulates adrenalin release and blocks the relaxing brain chemical called adenosine. The net result is that it jazzes up your body and produces a stress reaction; but once the initial jolt wears off you're left feeling even more tired than before and often fatter.

Wean yourself off caffeine to prevent withdrawal headaches. Cut back by one or more cups each day until you're down to zero and replace it with water.

Keep in mind that caffeine is also found in chocolate. Even decaffeinated coffee contains a little caffeine. If you don't want to kick the caffeine habit altogether, use caffeine in moderation by limiting yourself to 1-2 cups per day and have them before noon so the caffeine is out of your system by bedtime. Choose the organic natural bean coffee to the instant variety.

Over 80 per cent of people say they sleep better, are calmer and more relaxed and have better energy after giving up caffeine for three weeks or more.

NB: For every cup of caffeinated drink add another glass of water to prevent the dehydration effect and the toxic build up.

NBB: When you drink plenty of clean spring water and eat whole Live foods you have natural energy rather than having to revert to caffeine as a short term but toxic fix.

- **Avoid energy drinks**

Energy drinks provide a near-instant hyperactivity boost, but they always result in a crash and burn.

Energy drinks are like energy credit cards — you're spending future energy to get short-term energy. The resulting energy deficit gets worse until you hit energy bankruptcy. The sugar and artificial colours and additives they contain are also fattening, toxic and drain your energy even more.

- **Avoid the mid-day cocktail**

Skip the alcohol at lunch if you want to make it to 5:00pm with a functioning brain. Even if it's just one beer or wine. Alcohol's sedative effects will take hours to recover from, killing the rest of your afternoon energy, motivation and productivity.

- **Don't use alcohol to drink yourself to sleep**

Alcohol keeps your body from entering deep sleep, so even if you get the same hours of sleep, you won't feel as rested and energized in the morning. Avoid or limit alcohol before bedtime to get the best night's sleep so you wake up full of energy and ready to go. If you do drink alcohol at night drink at least 2 big glasses of water and more during the night to minimize the dehydration and hang over.

- **Try not to drink with meals**

When you drink with meals it can dilutes the digestive enzymes and can compromise how effectively you break down your food and how much nutrition you absorb from it.

Recommendation: Drink up to 15 minutes before meals and leave for an hour after meals to maximize digestion.

3. EAT: the Food of Energy

- *“Life without the right food makes you sad & sick”*

Food is the foundation fuel of energy. Your choices have the power to give or take your energy away. Think about it like this. The fridge, pantry, super market and deli are packed with human body parts which are more commonly called food. “You (and your energy) are what you eat” The food you eat is your next body part, so it is important to choose wisely.

Food = Fuel = Energy: Are you eating LIVE or DEAD Fuel?

Foods can be classified for quick reference as **LIVE** (high quality fuel) or **DEAD** (low quality fuel).

LIVE Foods: are the ones that grow in the ground or on a bush or tree, run around a paddock or swim. They are the fresh foods like raw fruits and vegetables, lean meat, chicken, fish and other animal products, whole meal bread, whole grains, nuts and seeds, legumes and beans and natural unprocessed fats and oils.

They are the **LIVE** body parts.

High Energy Fact: Live foods provide high energy, help to build strong brains and bodies, protect and defend you from disease and keep you healthy.

Where to find **LIVE** Foods: You'll find the Live foods mainly around the sides and back sections of the supermarket in the refrigerated areas to keep them fresh. They have a limited use by date and need to be eaten fresh and raw for maximum energy.

“If it spoils or sprouts there is no doubt”

DEAD Foods: are the man made, processed factory foods in a packet or tin. As soon as you pick, pluck or slit its throat, food starts to lose its life and energy. The further away nature (from the ground, tree, paddock or ocean) the less energy (nutrition/life) they have. By the time they have been heated, flattened, squashed, squeezed, preserved, coloured, puffed etc and put in a tin or packet they have lost most or all of their nutrition/life and are not good for you. These foods usually have high levels of processed white sugar and white flour, processed fat, salt and artificial additives, colours, flavours and preservatives. E.g. white bread, pastries, noodles and pasta, cakes, chocolates, biscuits, lollies, ice-cream, margarine, soft drink, alcohol, cordial, carton juice drinks, processed meats, takeaways etc.

They are the **DEAD** body parts.

Low Energy Fact: You can't build live, healthy body parts with Dead foods. They may give you a short-term energy boost because they are full of processed sugar or fat, but then they can leave you feeling flat and if you are not exercising enough to burn them as energy they will store as fat.

Dead foods can only build inconsistent energy, cravings, weight problems, organ breakdown, aches and pains, cravings, moodiness, headaches, allergies, ADHD, colds and flu, bowel problems and the more serious diseases like cancer, heart disease, diabetes, arthritis, depression, auto immune problems etc

Where to find **DEAD** Foods: You will find Dead foods in the inside isles of the supermarket and at the checkout. The longer the use by date the lower the nutrition, the more fattening, the more useless and often the more toxic the food. They provide greater profits to the manufacturer.

“If it doesn't spoil or sprout go without”

Remember: You can only build **LIVE** healthy brains and bodies with **LIVE** food. Choose wisely.



The 4 Food Groups of Energy

1. **Fruits & Vegetables**
2. **Protein**
3. **Carbohydrates**
4. **Fats & Oils**

1. **Fruits & Vegetables:** For maximum energy eat at every meal

Eat lots of colour and varieties with every meal and as snacks (preferably raw for higher nutrients and enzymes and organic to reduce chemicals).

The World Health Organization and cancer prevention authorities recommend 5 - 9 cups of varied, fresh, raw, fruits and vegetables every day. Athletes need to eat 9 -13 cups.

Key Actions: provide the key source of vitamins, minerals, antioxidants, and phytonutrients to protect and defend the body against free radical damage, illness and disease, enzymes for digestion, improve mental clarity, boost energy and metabolism, assist in weight control, provide fibre for bowel regulation, reduce inflammation, improve skin and gum health.



Fruit and Vegetable Tips:

- **Fresh Vegetables:** eat 5 cups or more (preferably raw) of different colours. Avoid or limit starchy vegetables at night eg potato and corn if you are watching your weight. Even if they are good for you, they can end up as stored energy (fat) if you don't exercise enough to burn off the energy they provide. It is best to eat the starchy ones during the day for energy.

Include spinach, kale, cucumber, celery, broccoli, beetroot, lettuce, carrots, cabbage, beans, snow peas, capsicum, cauliflower, sprouts, tomatoes and all your other favorites

- **Fresh Fruit:** Eat a minimum of 2 – 3 pieces per day. Eat more if you are active, have a physical job or if you regularly exercise, or train and play sport with intensity.

Include apples, banana, berries, watermelon, stone fruits, oranges, lemons, kiwi, paw paw, pears and all your other favourites.

- **Get more COLOUR and variety in your day**

Every coloured fruit and vegetables gives you energy and a different health benefit. So mix it up with the red, orange, yellow, purple, pink, white and green. The trick is eating enough. Veggies or salad are the powerhouse. Make sure they are a big part of your lunch and dinner and they are a great in between snack. Eat at least 1 fruit in the morning and 1 in the afternoon.

The first 2 signs of low fruit and vegetables are low energy and cravings.

- Juicing a variety is a great way to get the recommended 2 fruit and 5 cups of vegetables. Always use a base of vegetables and a piece of fruit to add flavour where needed. Drinking only fruit juice can be too much sugar.
- **Recommended Option:** If you are not eating a regular daily intake of 5 - 9 cups of varied, fresh raw fruit and vegetables and don't make the time to juice every day use [ISA Greens](#) every day.

2. **Protein:** For maximum energy eat with every meal

The lean (low fat) protein foods prevent blood sugar spikes which gives you a more steady and stable energy level. They also help keep you more satisfied and less hungry for longer.

Protein foods are the building, repairing and maintenance part of the energy cycle. Without them you can be left with low energy, reduced strength, cravings, unstable sugar, moodiness, mental imbalance and fatigue, cravings, weight problems and sleep issues.

Protein Tips:

Eat Live proteins like fresh lean chicken, fish and meat, eggs, dairy (only if tolerated: very common allergy food) or vegetable protein combinations of legumes, grains, nuts and seeds with each meal.

The **Dead proteins to avoid** are the fatty, fried, takeaway, fast food packaged varieties.

Read **The Power of Protein Page 39** to calculate your daily protein for maximum energy.

Recommendations:

[Isagenix Isalean Shake](#), [Isalean Pro](#) or [Isa Pro](#). These provide the highest quality New Zealand grass feed, organic undenatured Whey protein with 24, 27 or 36gms of protein plus digestive enzymes, probiotic and 90 other nutrients to provide a balanced on the go meal and excellent digestive support. [The Pros and Cons of Shakes](#)

3. **Carbohydrates:** For maximum energy eat every day

The blood sugar to give you sustained and consistent energy all day comes from carbohydrates. They run all your body functions, fuel the brain and provide fibre to keep your bowel regular. Your brain cells need 2 times more energy than the other cells in your body so it is important you choose the **Live** carbohydrates for maximum mental alertness and brain power.

Live carbohydrates come from fruits and vegetables, wholemeal breads and crackers, whole grain pastas and cereals (oats, brown rice, barley, millet, wheat, quinoa) etc



Carbohydrate Tips:

Carbs are best eaten at breakfast and lunch to fuel up and as in-between snacks to keep the energy consistent and boosted during the busy and active times of the day. The amount you eat will depend on your activity level. Limit or avoid starchy carbs at night if you are watching your weight or want to lose fat. Even good carbohydrates will store as fat if eaten at the wrong time of the day. If you don't burn them you store them.

Avoid the Dead white sugar or refined carbohydrates like white bread and sugar or white flour based foods like cakes, bickies, noodles, pasta etc Too much of these at one time sends your sugar levels too high too quick. The resulting action where insulin can drag too much sugar out of the blood will mean you will then deprive your brain of glucose – depleting its energy supply and compromising your brain's power to concentrate, remember and learn. Mental activity requires a lot of energy. Eat the Live carbohydrates and leave the Dead ones in their packet. The **Glycemic Index** of foods is covered on page 14.

4. **Essential Fats and Oils:** For maximum energy eat every day

They are an essential part of the energy cycle, cell membrane health, hormones, brain and nerves, anti inflammatory, blood sugar and cholesterol control, circulation and skin quality etc.



Fat and Oil Tips:

- **Eat the Live Essential Fats and Oils:**

1. Virgin/cold pressed olive or other oils and coconut oil: for cooking or in dressings
2. Oily fish like salmon, tuna, sardines etc: at least 3 or more times a week. Every day is fine.
3. Raw, unsalted Nuts (almond, walnut, Brazil, pecan etc) as a snack, sprinkle on breakfast, in smoothies or salads. Best soaked over night to switch of the enzyme inhibitor and to make them easier to digest and provide a higher nutrient value.
4. Seeds (raw pumpkin, sunflower, chia, linseed, sesame, hemp) as a snack, sprinkle on breakfast, in smoothies or salads
5. Avocado: as a light spread on toast or crackers and in salads. Limit to ¼ if watching your weight or ½ to 1 if you are a hard working, lean athlete that can use all the amazing energy they provide.

These foods are high energy foods so be careful not to over eat them. If not used as energy they will turn to fat.

Avoid: the Dead fats like the margarine, processed trans-fats and partially hydrogenated or hydrogenated fats in fried, fast and packaged foods. They drain your energy and damage your health.

EXTRA Food Tips:

- **Eat smaller, more frequent meals**

By eating five or six smaller but more frequent “meals”, you’ll maintain a steady dose of energy instead of experiencing food comas. Don’t snack on fatty and sugar laden junk food though. You may get a short burst of hyper alertness, but it’ll be quickly followed by a debilitating energy crash.

Aim to eat every 2 1/2 to three hours. Keep high-energy snacks, such as fruits and veggies, nuts and seeds, whole grain carbs and lean proteins handy so you can munch on them to prevent the afternoon energy slump.

- **Control Hunger and Cravings**

Breakfast and lunch are your craving control meals. Never compromise on these 2 meals and you will control your desire to over eat or to snack on the energy taking, fat producing Dead Foods. Make sure you snack on LIVE food & include some protein between meals to keep your energy running high.

- **Eat Low Glycemic Carbohydrates**

Trade up to the complex Live carbohydrates with a low Glycemic index (because they also contain fibre and protein the sugar/energy is released in a slow sustained way) instead of the Dead, simple, high Glycemic carbohydrates. High Glycemic means the sugar enters the blood very quickly. This results in a spike in energy followed by a low-sugar crash.

Avoid High Glycemic index foods: white bread, potato, and high sugar foods (like soft drink, sweets, chocolate, biscuits, cake).

Eat Low Glycemic index foods like fruits and vegetables, whole grains, low-carb foods (eg., lean meats), and whole meal pasta. Check this chart of foods and their Glycemic index before your next trip to the super market.

	GI range	Common Examples
Low GI	55 or less	most fruits and vegetables, legumes/pulses, whole grains, nuts, fructose and products low in carbohydrates
Medium GI	56 – 69	whole wheat products, basmati rice, sweet potato, sucrose, baked potatoes
High GI	70 +	white flour, bread, most white rice, corn flakes, processed breakfast cereals, glucose, maltose

- **Have an afternoon power snack**

A small healthy snack that is low in sugar and has protein and/or fibre a couple of hours after lunch helps boost your energy and finish off the day strong.

Snack suggestions:

- Piece of fresh fruit and a few mixed nuts like walnut, pecan, almond and brazil
- Smoothie with frozen berry or other fruit
- Trail mix
- Granola
- Natural low fat Yoghurt plus fruit plus nuts or seeds
- Tuna with celery, tomato or other vegetables
- Hummus plus carrots or other vegetables or whole meal/rye crackers
- Tahini or ABC spread plus banana, apple or pear slices on wholemeal/rye crackers



- **Have a Berry Blast**

Especially berries that are blue, red, or purple. The color comes from anthocyanins, a powerful antioxidant, that boosts energy. Any kind of berry will contain tons. An afternoon snack of yogurt, berries, and nuts will provide the boost of energy to carry you through. All types of berries help fight fatigue and are delicious in a smoothie!

- **Go For Green Smoothies**

[Anything green](#) will give you more energy. Greens are rich in vitamins and minerals; contain powerful antioxidants and vital live enzymes, are loaded with amino acids (protein), and are low in calories.

They really are the perfect food. Blending greens with vegetables (like romaine lettuce, celery, kale, spinach, and other green leaves), fruit (bananas, apples, pears, peaches, pineapple, and every other juicy fruit), vegan milks, nuts, seeds and natural flavourings (stevia sweetener) creates all kinds of delicious combinations that make it incredibly easy and enjoyable for you to get your daily dose of greens!

Besides the great energy you can enjoy improved dental health, more stable blood sugar and improved moods.

They taste a lot better than they sound! When you blend greens with fruits the greens become much easier to digest and contrary to popular belief, greens combine perfectly well with fruits.

There are lots of great recipes to try. And once you start drinking them, you'll be hooked. [ISA Greens](#)



- **Have a Banana Boost**

Bananas give an instant and substantial boost of energy packed with great nutritional properties. Many people suffering from depression feel much better after eating a banana. Bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

Bananas are high in potassium and low in salt, a great combination to help to reduce the risk of high blood pressure. Blended with green smoothies they make them yummy and creamy.

- **Eat eggs**

When people have eggs (which are mostly protein and other great nutrients) for breakfast, versus bread or cereals (all carbs), they feel more energy and less hungry.

Egg protein makes you feel fuller without feeling stuffed, and they provide a steady stream of energy for your body (versus the quick high and crash of carbohydrates). Eggs are also a great addition to a lunch salad or an on the run craving control and energy snack. Don't fry in oil or fat.

- **Rotate natural yogurt into your day**

Yogurt with live bacteria cultures e.g. acidophilus and bifidus etc to boost your immune system, keep your digestive system stable and clean, which helps your body absorb all the nutrients from food to make you healthier and more energetic.

- **Don't eat a fatty, sugary heavy lunch**

Don't eat a lunch with lots of carbs or fat (like a burger combo) because it will hit you as soon as you get back to the office. The afternoon food coma and sluggishness will last all afternoon because the fat in your blood prevents the oxygen getting to your brain.

- **Eat more soluble and insoluble fibre**

Soluble fibre is the kind that slows down the rate of absorption of sugars. It evens out your energy levels by preventing the sugar highs and lows. (Insoluble fibre is the kind that prevents constipation) Don't worry too much about which kind of fibre you're getting — they're both good for you. Rotate more soluble and insoluble fibre foods like nuts, grains, fruits, vegetables, berries, seeds, nuts, beans and oats into your day.

- **Have a piece (not a block) of dark chocolate**

Not too much, but if you're going to have something sweet, it might as well be a good quality chocolate with a high cacao %. You get an endorphin buzz from chocolate (not to mention the energy boost from the slight bit of caffeine chocolate contains). Dark chocolate has antioxidants which are very good for you.



- **Get your Vitamin C**

Get a daily dose of citrus fruits (e.g. lemon in water, fresh orange juice in the morning). Study after study shows the correlation between citric acid deficiency and chronic fatigue. Vitamin C helps you absorb more nutrients from food so you get more energy out of it.



- **Keep your iron in check**

Sluggishness, especially in women, may be a sign of **low iron**. Women aged 19 to 49 need 18 to 30 milligrams a day of this mineral (eight milligrams after age 50), which helps the blood absorb energy-producing oxygen. If you suspect your iron level is low, have your health professional check it out. Don't try to self-diagnose, since taking too much iron can damage your liver and intestines.

Food sources of iron include red meat, seafood, whole grains, leafy green vegetables and legumes. These are best combined with foods or drinks rich in vitamin C (eg salad with spinach and mandarin orange, or a whole grain breakfast cereal like oats topped with strawberries) to maximize absorption of the iron. For a proven way to help you meet iron and other nutrient requirements, take the whole food concentrate Isagenix Greens which contains over 30 different vegetables and whole foods. It provides over 12,000 natural vitamins, minerals, antioxidants, enzymes and phyto nutrients that are essential for consistent energy.

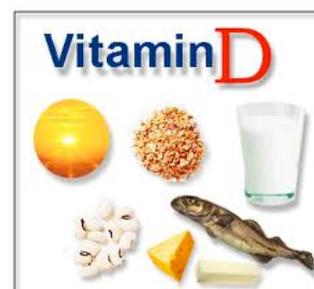
- **Cover the B Vitamins**

B vitamins are involved in the process of converting blood sugar into usable energy. Build the energy B vitamins by eating whole grains, organ meats, sweet potatoes, avocados, egg yolks, and fish.



- **Let Vitamin D energize you**

Vitamin D from sun exposure is essential for all sorts of energy and strengthening processes. 20 minutes or more a day on as much skin as possible will play huge energy dividends. Vitamin D can be found in small amounts in natural butter, eggs, fish liver oils, fortified milk and milk powder, liver, some fortified cereals.



- **Avoid Additives**

Artificial colours, flavours and preservatives may make a food taste better, look nicer and prolong its shelf life but they can also make them toxic and of no nutritional benefit to your body. Remember you can't eat numbers.

Refer to **Additive Alert**: Your Guide to Safer Shopping by Julie Eady. www.additivealert.com.au

6. BREAKFAST: The “kick start” of Energy

- “Life without the right breakfast is a craving moody affair”

Don't skip it! It's the most important meal of the day. Breakfast means "to break a fast," and you can't shift into full gear without it. Having a small, incomplete or no breakfast is an energy disaster. The right breakfast helps to stabilize; energy, metabolism, weight, sugar levels, mental clarity, moods and depression and prevents cravings and bingeing mid morning or mid afternoon.



Eat breakfast like a king and have energy to burn and dine like a pauper so you don't have energy stored as fat. Load the front end of your day so you can unload the back end. It's the path way to high metabolism (your food and fat burning rate) and comfortable weight loss & maintenance.

Breakfast should be packed full of vitamins and minerals from fruits or vegetables, protein (read The Power of Protein), whole meal carbohydrates and some good oil. If you find it difficult to eat the recommended 5-9 cups of fruits and vegetables the [Isagenix Greens](#) with no sugar or calories helps to stabilize the nutrient levels and boost the energy.

Breakfast Tips:

So you don't start craving or feel like taking an afternoon nap: Get up a bit earlier so you have time to prepare and eat an energy packed breakfast.

- Plan ahead; cut up fruit the night before to add to whole grain cereal or smoothie.
- Eat a combination of live fruit and/ or vegetable, protein, carbohydrate and essential fats and oils.
- Whip up an energy packed shake with a mix of protein, fruit, berries, nuts, seeds, almond, soy or other milk, low fat yogurt etc and *Enjoy! [Isalean Shake is perfect](#)*
- Make a batch of whole meal muffins to get you through the week's mornings.
- Cook some porridge or soak your oats for a bircher style muesli overnight in water or milk, or almond, oat or rice milk (if you have a dairy intolerance), to save time cooking them and add fruit, nuts and seeds, and yoghurt in the morning.
- Boil, poach, omelette or scramble 2+ eggs and have on whole meal toast with a light avocado spread and a sprinkle of sea salt.
- Sprinkle ground flaxseeds (or chia seeds, sunflower seeds, or pumpkin seeds) on top of yogurt and cereal or add to a smoothie or shake.
- Eat lean meats like salmon, tuna, turkey burger patties or left over chicken as an alternative to eggs. Have a slice or two of whole grain bread with the meat slices and avocado. Warm up leftover fish or chicken. Add some spinach or other veggies for a fully nutritious and satisfying breakfast.
- Eat chia seeds. Used by the Aztecs for their energy-boosting qualities, you can add these little seeds in all kinds of snacks and recipes. Chia is one of nature's highest plant-based sources of complete protein to raise your energy levels. Its protein is complete. The combination of fibre, complete protein, good oil, vitamins, minerals and blood-sugar balancing gel all work together to make sure you have steady energy.
- Use your imagination and enjoy the energy and power the right breakfast gives to your day.

AVOID: having NO breakfast and DON'T EAT Dead white toast and coffee, a bowl of processed cereal, diet yogurt, milk shakes, white muffins, toasted ham and cheese on white bread, fried deli foods, hash brown, or cheese burger. They are low in nutrition, high in fat and sugar and after an initial sugar boost they will leave you feeling lethargic all day, craving and eating later in the day and fat if you are not burning them off with exercise.

More Breakfast Ideas: Page 36.

Remember: “Breakfast like a king, lunch like a prince and dine like a pauper”

5. SLEEP: the Rest and Recharge of energy

- “Life without sleep leaves you flat as a tack”

Sleep time is the rest, repair and regeneration time of the energy cycle for all the cells and organs.

As much as you may be unconscious there is still a lot going on inside to replenish from the busy and sometimes stressful day. To wake up refreshed and ready to fire with energy requires some simple but effective sleep and rest boosting strategies.



Sleep Tips:

- **Relax and sleep better with the power of tryptophan from protein**

Protein foods like chicken and eggs, cheese and milk and nuts and seeds contain tryptophan which is important for the manufacture and balance of the sleep and relaxation brain chemicals like melatonin and serotonin. The better the sleep the better the energy.

Including the correct amount of protein with each meal especially your evening meal can be very helpful. The mistake a lot of people make is to eat too much for their body weight at night and that can work the other way by affecting the quality of your sleep and have you waking up tired. Refer to the Power of Protein chart for more information on protein for your body weight.

- **Quit the big evening meal**

Eating a big evening meal and drinking alcohol followed by sweets, coffee or tea will definitely affect the quality of sleep. If your body is busy processing the biggest meal of the day and detoxifying the drinks it is like going to work for another 8 hour shift. You can be unconscious for 10 hours and still wake up feeling like you have been run over by a truck.

Make sure you **breakfast like a king**, lunch like a prince and dine like a pauper and you will sleep like a baby.

- **Sip herbal teas**

Sleepy Time teas and the special sleep herbs like catnip, anise, fennel or chamomile tea can help to relax you before bedtime so you sleep peacefully to recharge your batteries.

- **Exercise early in the afternoon**

Your body heats up during exercise, and the subsequent cooling process, which takes several hours, helps induce sleepiness at bedtime.

- **Take power naps**

But avoid them after 4 p.m., or they could reduce the quality of your sleep later on.

You can do it in your chair. If you lie down on the sofa you might not get back up. Keep it short: 5-20 minutes max. Any longer and it can have the opposite effect of knocking you out for the rest of the day. Use a timer set to the time out. This way you can relax without worrying if you will wake up.

- **Do breathing exercises**

Sleep researchers, recommend breathing deeply and slowly while counting up to 7-10; that is, breathe in for the count of 7-10, out for the count of 7-10. Do the same counting backwards. Repeat until you're more relaxed.

- **Don't get into sleep debt**

We need 7-8 hours of sleep to be fully rested. Consistently sleeping less than 6 hours a night builds up a “sleep debt” that is hard to recover from. If you're getting enough sleep, it should take you up to 30 minutes to fall asleep. If you're falling asleep as soon as your head hits the pillow (or while sitting at your desk or on the couch), that can be a symptom of sleep deprivation. This will affect your energy during the day. The symptoms of general tiredness and the desire for a granny nap are the tell tale signs of sleep deprivation. But these are easy to fix with more good quality sleep



- **Create a bedtime ritual**

Rituals are personal and can include anything from a nice soothing cup of sleepy time tea to reading or watching TV. Don't limit what you can do before bed; if writing your to-do list for tomorrow or working on your computer or watching TV relaxes you make that your bedtime ritual.

- **Write down your thoughts and things you need to remember**

A swirling, racing or worry wort mind can keep anyone up into the wee hours. Keep a note book or journal to jot down your concerns, the things you have to remember or goals you are setting yourself. This will help you feel more in control of your life and help you to relax and sleep better so you have great energy to achieve your goals.

- **Retire and wake up at the same time every day**

This routine helps you fall asleep easier and faster. It also trains your body to be more alert in the morning – a win-win situation since this alertness and energy will last throughout the day and result in a deeper sleep the next night.

- **Dust your bedroom**

Bedding, drapes, and carpet are all home to dust that can aggravate allergies, which are sure to keep you awake. Avoid stacking magazines on bedside tables since they gather dust. Breathing dust while sleeping can dampen the energy.

- **Keep the temperature and amount of light in your bedroom at your comfort level**

This helps you relax during bedtime. The good old water bottle or heat bag on those cold nights are excellent. The darker the room the longer you generally sleep.

- **Listen to talk radio or talk books**

Dr. Eva Libman, a sleep researcher at McGill University in Montreal, says that in order to interrupt what's going on inside your head, you should listen to talking, not music as a way to get into sleep mode.

- **Experiment with aromatherapy**

Smell is the strongest of the senses and can be used as a sleep aid. Lavender is a popular herbal sleep aid.

- **Get rid of stale air**

Keep a window open and add houseplants for extra oxygen along with air purifiers, which help keep the air fresh and clean.

- **Avoid to much electronic stimulation**

With so many gadgets around us they can keep you from a good nights sleep and drain your energy. Don't sleep with your phone or even charge it close by and try to get all the things that use power out of your sleep zone.

- **Take a Warm Bath**

It's a great way to relax your body. Don't overdo it, however. You merely want to relax your body, not exhaust it. Too long in hot water and your body is drained of vitality. Use aromatherapy oils or natural bath salts, or throw in Epsom salts and baking soda—one cup of each. These will relax you and also help remove toxins from your body as well as bringing your energy back in.

Enjoy sleeping like a log and waking up fully charged and ready for another Energy PLUS+ HOTBody day!

6. MOVE: The Exercise of Energy

- *“Life without exercise makes you tired, stiff and fat”*

If you don't move it you lose it. Everything gets slack and sloppy and controlling your energy, weight, sugar levels and sanity can be a real challenge. Your heart, lungs, muscles, circulatory system and lymphatic system deteriorate and weaken if you are not engaging in regular huff and puff activities.

In essence exercise is the physical motion that performs two main tasks to keep the energy cycle in peak performance.

1. **Circulation:** The heart which is the pump of the circulatory system drives the oxygen and food nutrients to every cell and organ via all the blood vessels to feed and oxygenate you. It needs to be strong to do the best job. If you are not exercising the heart beat gets faster but weaker so it can't pump the food and oxygen around most effectively. This means your energy will be compromised.
2. **Lymphatic drainage:** The job of the lymphatic system is to pick up and eliminate toxins and waste. Unlike the circulation system it does not have a pump like the heart to drive it. The pump of this system is the movement of muscles. Every cell in your body excretes waste, which should be picked up and eliminated regularly. For regular waste drainage there needs to be regular exercise and muscle action to pump it out of the body. It is passed out in the form of urine or faeces. Without regular exercise the waste builds up inside the cells and lymphatic vessels and stagnates and rots inside you. It's like you putting your bin out today and the rubbish collectors going on strike for a week or more. The bin would sit festering and rotting on the side of the road. If you kept putting more rubbish out and the strike continued the build up of rubbish would continue and become very unhygienic. Inactivity for this reason has a very negative impact on your energy levels and general well being.



It is a catch 22 with exercise. You need energy to exercise. The energy to exercise comes from eating the right Live foods to fuel the muscles and organs. If you don't eat the right fuel you will be tired and if you exercise under these conditions it can actually be very draining and rob you of energy.

The moral is eat right, to exercise right and do it regularly to maximize energy and weight control. Fuel up right to fire up with high quality performance foods.

Exercise Tips:

- **Hottest exercise tip: Just get moving!** 5+ Days per week

Do something you enjoy that gets you huffing and puffing and working your heart, lungs and muscles regularly.

Doing some exercise will lift your energy levels all day. If you are tired and have a fairly sedentary life, just the idea of starting an exercise program can be exhausting. But if you go slow, and gradually build it up, doing an activity which you enjoy, you can go from being tired and out of shape to becoming fit, firm, fabulous and energized.

A note: your exercise will be more fun if you include your favourite tunes. Studies show that those who workout with music burn more calories than those who don't.

- **Do a Combo of the 3 different types of exercise:**

The good news is that any activity that gets your heart pumping for more than 10 minutes will increase oxygen to your system and give you more motivation and get-up-and-go.

1. **CARDIO:** Aerobic training for Fat Burning, Fitness, Circulation and Elimination 4+ Times / Week

The aerobic exercise from power walking, jogging, swimming, zumba, rebounding, stair climbing, dancing, riding, boxing, the treadmill or cross trainer gets your blood pumping which circulates more oxygen and your muscles working which helps pump the toxins and waste out via the lymphatic system. It clears the cob webs out of your brain and builds stamina, endurance and vitality.



For Fat Loss... 1 - 2 times per day to keep the metabolism firing for 30 – 60 minutes

Ideal Heart Rate for Fat Burning... moderate to high intensity i.e. 70% to 80% of maximum heart rate (M.H.R.)

To calculate training heart rate:

220 – Age..... =X 70% = Beats / Minute. Divide by 6 for **10sec count** =..... beats

220 – Age..... =X 80% = Beats / Minute. Divide by 6 for **10sec count** =..... beats

Do a heart rate check throughout your exercise and make sure it stays within this range to burn maximum fat. For increased fitness train harder and boost the heart rate.

2. WEIGHTS / RESISTANCE Training: builds muscle and bone mass, for fat burning, shape, tone and strength, improves balance and prevents falls. It's one of the best counters to frailty in old age. Use machines, free weights, home gym, swimming, aqua resistance classes etc



Minimum 3 times per week...45 mins to 1 hour

No more than 2 days in a row without taking a day off.

Resistance training makes fat loss and comfortable weight maintenance so much easier. The more muscle you have the faster you burn through food and fat.

3. FLEXIBILITY Training like stretching and pilates and yoga help prevent injury, enhance range of motion, reduce stiffness, and limit aches and pains.

- **Start slowly. A little is better than nothing**

When we decide to begin exercising, many of us will rush out and join a gym or buy costly exercise equipment with a vow to working out every day. We go to the gym once or twice, use the equipment a couple of times and then quickly lose motivation. The gym membership gathers dust and the exercise equipment is confined to the back of a closet. Exercise doesn't need to be such an all or nothing commitment. If you haven't exercised before or you've tried an exercise program in the past and been unable to stick with it, it's important not to set unrealistic goals. Committing to exercise for an hour a day in a gym may be too challenging at first, whereas committing to 10 minutes just three or four times a week is more manageable. Once these short windows of activity become a habit and you start experiencing the benefits, it's easier to progress to the next level.

- **Snack on fitness**

Regular exercise snacks throughout the day can be easier with a busy schedule. A brisk 10 minute walk at lunch, 10 minutes of active play with your kids after work, 10 minutes of walking the dog after dinner – it all counts toward the recommended 30 to 60 minutes of activity a day. Keep at it for eight to 10 weeks and watch your energy levels soar (but don't stop after 10 weeks).

- **Take a walk outside.**

Getting outside for some fresh air, a change of scenery, and a quick walk to get your blood going will do wonders for your mood and motivation. Seeing the sun is a signal to your body that it's not bedtime yet. Take a walk outside to clear your head and energize your attitude.

- **Move gym time to the morning**

A lot of people go to the gym or workout after work which can help distress a busy day. Try going to the gym or working out in the morning instead to get energy that lasts all day. Sure, you'll have to wake up an hour or two earlier, but you get that time back at night. That exercise in the morning gets the endorphins flowing, which keeps you happy and productive the rest of the day. By exercising in the morning instead of at night, you spend the same amount of time working out, but get the added benefit of having more energy at work. A fasted (before food) workout before breakfast is one of the most effective ways to burn fat faster and charge you up for the day.

- **Stand up, stretch and take a couple of deep breaths**

Stretch your arms, back, legs, and neck. Take a deep breath through your nose, hold it, and let it out slowly and forcefully. Repeat several times. This will take 30 seconds and will be an instant fix. When you sit back down, you'll have the energy, clear head and fresh feeling needed to power through the tasks in front of you.

- **Get on your toes**

Roll up and down on your toes. This stimulates your circulatory system, which will deliver much-needed oxygen and fuel (glucose) throughout your body. You'll be more energized and sharper. You can do this right now.

- **Try yoga or palates**

The stretching, slow controlled movements, and focus on breathing reduces tension (and stress). The benefits include better sleep, feeling more relaxed, and being mentally sharper with better energy throughout the day.

- **Get Aqua Fit and save your joints**

If you carry any injuries (back, knees etc) the water is the best place to exercise. It provides great resistance and takes all the weight of the injured parts.

The important thing to remember is that great benefits can be achieved without spending hours pumping weights in a gym or pounding on a treadmill. Regular mild to moderate exercise can improve your life by:

- **Easing stress and anxiety.** A twenty-minute bike ride won't sweep away life's troubles, but exercising regularly helps you take charge of anxiety and reduce stress. Aerobic exercise releases hormones that relieve stress and promote a sense of well-being.
- **Lifting your mood.** Exercise can treat mild to moderate depression as effectively as antidepressant medication. Exercise also releases endorphins, powerful chemicals in your brain that energizes your spirits and makes you feel good.
- **Sharpening brainpower.** The same endorphins that make you feel better also help you concentrate and feel mentally sharp for tasks at hand. Exercise also stimulates the growth of new brain cells and helps prevent age-related decline.
- **Improving self-esteem.** Regular activity is an investment in your mind, body, and soul. When it becomes habit, it can foster your sense of self-worth and make you feel strong and powerful.
- **Boosting energy.** Increasing your heart rate several times a week will give you more get-up-and-go. Start off with just a few minutes of exercise a day, and increase your workout as you feel more energized.

NO More Excuses

"I don't have enough time to exercise."

Even short low-impact intervals of exercise can act as a powerful tool to supercharge your health.

"Exercise is too difficult and painful."

Consider "no pain, no gain" the old fashioned way of thinking about exercise. Exercise doesn't have to hurt to be incredibly effective.

"I'm too tired to exercise."

Regular exercise is a powerful pick-me-up that can significantly reduce fatigue and make you feel much more energetic.

"I'm too old to start exercising," "I'm too fat," or "My health isn't good enough."

It's never too late to start building your strength and physical fitness, even if you're a senior or a self-confessed couch potato who has never exercised before. And exercise is a proven treatment for many diseases—from diabetes to arthritis. Very few health or weight problems make exercise out of the question, so talk to your doctor about a safe routine for you.

"I'm not athletic."

Do you hide your head when the tennis ball approaches? Are you stumped at the difference between a foul ball and a free throw? Join the ranks. Don't worry if you're not sporty or ultra-coordinated. Instead, find an activity like walking, jogging, or yoga that makes you feel good to be in your body.

"Exercise is boring."

Sure, pounding on a treadmill for an hour may not be everyone's idea of a good time. But not all exercise has to be boring; just about everyone can find a physical activity they enjoy. Try playing ping-pong (table tennis) or activity-based video games with your kids. So-called "exergames" that are played standing up and moving around—simulating dancing, skateboarding, soccer, or tennis, for example—can burn at least as many calories as walking on a treadmill; some substantially more. Once you build up your confidence, try getting away from the TV screen and playing the real thing outside.

Ways to keep your exercise program going:

- **Be consistent.** Make your workouts habitual by exercising at the same time every day, if possible. Eventually you will get to the point where you feel worse if you don't exercise. That dull, sluggish feeling fitness buffs get when they don't work out is a strong incentive to get up and go.

- **Record your progress.** Try keeping an exercise journal of your workouts. In a matter of months, it will be fun to look back at where you began. Keeping a log also holds you accountable to your routine.
- **Keep it interesting.** Think of your exercise session as time to yourself. Enjoy that time by listening to music, chatting with friends, and varying locations. Exercise around natural beauty, new neighborhoods, and special parks. Above all, avoid workout boredom by mixing it up and trying new routines.
- **Get inspired.** Read a health and fitness magazine or visit an exercise website and get inspired with photos of people being active. Sometimes reading about and looking at images of people who are healthy and fit can motivate you to move your body.

7. THINK: The Positive of Energy

- *"Life without positives makes you a pain"*

"The energy of the mind is the essence of life." Aristotle

"Let a series of happy thoughts run through your mind. They will show on your face." Norman Vincent Peale

If you're like most of us, you may wish you had more time in the day. While more than 24 hours is not possible, strategies for increasing your energy level so that you make the most of the time you do have are the next best thing. Try these tips which are designed for stressed and busy people wanting to increase their energy levels in a healthy way to get more out of their 24 hour day.

"Once you replace negative thoughts with positive ones, the energy starts to flow and you'll start having positive results."



Positive Thinking Tips:

- **Start the Day with Good Words**

Each morning catch the first words out of your mouth and make sure they are not something cranky like, "I'm so tired." Try and replace them with energy words like, "I feel great." Or "I'm excited about today." If this isn't something you're used to, try it any way. It just has to be something that gives you a boost and sets some positive energy for the day ahead.

- **Energize your Shower**

Start your day with both a clean body and a pure energy packed spirit.

While you have your 2 minute shower to save water imagine that the stress from your fears, worries and problems is flowing away, out of your body: down, down, down the drain. Let the warm, pulsing water and stream untie your physical knots and sooth you. Take deep cleansing breaths as your cares float away. The idea is to release the tension and feel the energy flowing from your head to your toes.

- **Have a 'Can-Do' Attitude**

"Whether you think you can or you think you can't you're right" Henry Ford

Don't get stuck in "stinkin thinkin" as it's the quickest way to drain your energy.

A "can-do" spirit can supply you with the energy and momentum you need to get through the difficult parts of your day and coast happily through the easy parts. Research proves that optimists and positive thinkers feel energized and perform more efficiently, enjoy better health, are less weighed down by stress, and are generally more successful in life.

- **Embrace the New Day**

Try taping this saying to your computer monitor. It's such a great reminder that you can read every day.

Yesterday is gone forever and tomorrow may never come; therefore, this day is the most important day of my life. I cherish this day and enjoy each moment that passes.

- **Have a Laugh**

If you can crack a laugh, you know you're back on track. Laughter is your best happy drug. Listen to a funny joke or tell one. Do what ever it takes to lift the energy for you and everyone around you. Laughter is great medicine for exhaustion.

- **Look on the bright side**

An upbeat outlook on life will keep your energy level up. Yes, the worst thing that can happen might actually happen, but giving it too much worry will only drain you. Look for the positive in every situation and you won't be so tired.

- **Be Thankful**

Looking and speaking about all the positive things in your life is so much more uplifting and self generating than looking for the deficiencies and whinging about them. No one wants to listen to your moans, so express your blessings instead.

What you focus on grows. Challenges will always come your way. But it is your positive attitude that will help you to meet them head on and to find a positive solution out of the energy it generates.

- **Smile and speak kind words**

A smile makes you and the recipient feel so much better. When someone compliments you, revel in the feeling and say thanks. Enjoy feeling flattered, and give others genuine flattery as well and let the positive energy flow. Smiling is like an endorphin shower and is said to be even more powerful than heroin. Get the big smile on your dial.

- **Think and speak these positives**

I only eat the foods that are good for me.

I eat the right foods at the right times.

I refuse to let other people influence me to eat too much.

I can eat right without hurting anyone's feelings.

I am allowed to decline food and do so in total peace.

I love fruits and vegetables.

Water is my favorite drink.

When I am comfortably full, I avoid more food.

I choose fruits and vegetables over salty, sugary high fat foods every time.

Fresh vegetables feel and taste good in my mouth.

I get all the nutrients I need and I am strong and healthy.

I do a healthy amount of exercise regularly.

My body gets all the nutrients it needs.

My desire for fattening foods is dissolving.

I have a strong urge to eat only health-giving and nutritious foods.

I feel good about myself and feel peaceful and calm.

I am attaining and maintaining my ideal weight.



8. GENERAL: the Extras of energy

- “Life without extras would be a boring game”

- **Have a Happy Poo or 3 every day:** see page 38 and 39 for Poo Types

It is essential that you have 2-3 quick, complete & comfortable Poo's every day to eliminate all your bodies waste.

Essentials: Water to FLUSH and Fibre from Live foods to BRUSH.

Avoid: DEAD processed foods that have no fibre and turn to glue and rotting, decaying toxic matter in your gut. If it absorbs into your blood it will drain your energy and can make you sick.

If you have been having irregular bowel movements, irritable bowel, constipation, bloating, wind etc, have been on antibiotics, are under stress, eating Dead non fibre foods and drinking coffee and alcohol etc consider the recommended options.

Recommended Option: Take a friendly bacteria supplement eg Inner Health Plus, Flora Max or any other quality Probiotic, use digestive aids, have Colon Therapy, use fibre products e.g. bran, psyllium husks, chia seeds & linseeds, use a liver tonic to support the liver function. Consult a health professional who specializes in bowel issues. Your bowel is your pipe to life so it needs to be working properly.

- **Eliminate stress or make it work for you**

Stress can be energy draining and it gets a bad rap, but a certain amount of positive stress is good for you. It's worth it, when you're on a deadline to deliver a big project. The trick is to stretch yourself a little beyond your comfort zone to find something that's stimulating – but not too anxiety-producing.

Life can deal some hairy challenges so it is important that you drink water and eat live foods to meet the challenges head on and with resilience strength, and energy.

- **Shed a few kgs**

The things you do to lose weight — exercise, drink water, eat Live food, avoid simple sugars and fats — are actions that also have a positive effect on your energy level. Even better, the actual loss of excess fat provides an energy boost of its own. You'll feel “lighter” and things that used to make you breathless will now seem much easier. Losing weight provides a double-impact to boosting your energy.

But be careful with fad and crash diets. Cutting out too many calories (i.e. energy your body needs) too fast will cause you to be even more tired. Take small steps and make it a lifestyle change so you shed the fat for life and have great energy. Follow the RedHOT HOTBody Eating Plan.



- **Using inspirational positive affirmations**

Inspiration is as important to our bodies as the air we breathe and the water we drink to our daily lives and energy. <http://www.daily-inspirational-quotes.net/life-quotes.html>

Repeating an affirmation daily allows time for the affirmation to help you to change your behavior.

Challenging negative self talk with a positive affirmation leads to a positive attitude and positive thoughts. Positive words lead to positive thinking - that is the Law of Attraction in action. Positive thoughts lead to positive outcomes.

Positive Affirmations involve a three-step process. All three steps are required in order to harvest the precious benefits of doing them.

The Three-Step Process for affirmations are: Think, See and Feel.

You need to:

- 1) Think Positive Thoughts
- 2) Visualize Radiant, Positive Images
- 3) Feel Positive, Sparkling Energy flow within you.



- **Hit up the water cooler for a bit of a chat**

A little midday gossip and random banter is a great pick-me-up for your tired mind. It works because it gets your mind on zero-stress thoughts for a while. The mental break for just a few minutes will revitalize you. Make it a positive chit chat not a bitch session that drains your energy.

- **Wear brighter colors**

This trick is related to the mood you project to people, and the reciprocating mood they project towards you. If you wear dark, somber colors, you can project a dark, somber attitude, and people can respond to

you with a somber attitude. If you wear bright, happy colors, you'll get that attitude projected towards you, which will boost your own mood and energy levels.

- **Indulge yourself**

Set aside an hour a week to do something indulgent for yourself: a long soak in a hot bath, a manicure, a walk alone in a beautiful place. Nourish yourself and you will have more energy to give to others. Treat yourself to a massage once a month. A massage releases tension, helping you get more benefit from your sleep and downtime, thus liberating more energy and helping you begin the upward spiral into increased vitality. Trade a quick shoulder rub with a coworker after lunch to perk both of you up for the rest of the afternoon.

- **Aromatherapy with lavender**

Research has shown that the lavender scent increases alertness. Test subjects were given math tests before and after 3 minutes of lavender aromatherapy. The group completed the tests faster and more accurately after aromatherapy.

- **Quit smoking**

Ex-smokers frequently report an energy boost of 2-3x when they quit smoking. Nicotine affects your sleep, so you don't get as good a night's sleep. That makes you cranky, frustrated and tired the next day: Which leads to more smoking. It's a vicious energy sapping cycle.

- **Sniff some citrus**

In addition to the Vitamin C from foods, citrus scents (like orange, lemon, lemon grass and lime) stimulate alertness. So lather on some of that lemon scented lotion or use them in your diffuser or oil burner.

- **Splash some water on your face**

Just letting the cool water hit your face washes off the grime and stresses of the day. You could also jump in the pool or take a shower for the same effect. Showers stimulates the circulatory system and metabolism. Get wet to feel more energetic.

- **Relax with some quiet time, fun time, laughter & happiness**

This time is stress relieving and calming and helps maintain a positive attitude. Make sure you spend quality time with family and friends, at your favorite hide away or doing your hobby. Meditation, yoga and music also help calm the stress and nerves to keep the positive energy flowing.

- **Care for your Skin, Hair, Oral and Body Health**

Use high quality and natural, organic (non toxic, no chemicals), antioxidant, hydrating, moisturizing, UV protection products. This helps your hair, skin, nails and teeth feel and look great.

- **Clean up your home environment**

Avoid all chemical household cleaning, washing and deodorizing products. They are toxic and a major drain on your energy reserves. Only use environmentally safe, non-toxic, chemical free products.

- **Get organized**

When your world is organized, you don't have to expend mental energy keeping track of a million things. A diary, daily planner, note book and a to-do list are essential organizers and can work wonders if you use them every day.

If you have a ridiculously long to-do list that is impossible to get all the way through, you'll feel tired just thinking about the to-do list. If you want to actually cross off tasks from your to-do list, you'll need to throw out the crap tasks that you don't want/need to deal with. Either delegate those tasks, move them into a second "nice but not critical" list, or just admit that they're probably never going to get done and move them to the "maybe/someday" list. Shortening your to-do list will give you the "energy" to do the must-do tasks and then enough energy to start knocking off the other tasks.



- **Take a mini-vacation**

Take one day and just do whatever you want. No work, no chores, no errands. Enjoy your one full day of vacation, then come back to work more motivated and energetic.

- **Listen to tunes while you work**

It's well known that our brain's pleasure centers light up when we hear music. Throwing on the headphones and listening to any music you like while working will give you a productivity and energy boost.

- **Have more sex**

Talk about an endorphin rush! If you keep those endorphins flowing regularly, you'll have more natural energy. Literally, more bounce to your step.

- **Dress up**

Feeling better about yourself has a magical way of giving you more energy. Put just a tad more effort into looking your best for work, and you'll get compliments from coworkers that will make you feel better — and make you feel perkier and more energetic.

- **Lower your blood pressure**

Besides being a risk factor for a heart attack, high blood pressure makes you fatigued. If you haven't seen your doctor lately, go in and get your blood pressure checked and adjust the food, exercise and lifestyle habits to get in under control.

- **Socialize**

Turn off the Internet and go socialize with friends. Humans are social animals, and we need regular socializing to keep ourselves in peak health and energy. Go out and play with your friends and feel your vitality lift!

- **Change your socks for refreshment**

It's an amazing trick. Bring a change of socks to work, and change your socks midway through the day (say, after lunch). You'll be amazed at how much fresher you'll feel. This trick is especially handy on days with lots of walking — like during a hike or family outing to the amusement park.



- **Rock out loud**

Whether you work alone or in a room with coworkers, a quick one-song rock out loud session is an effective way to beat back exhaustion.

In a cube farm? Get everyone to sing along! The key is to choose a song that everyone can sing along with. The energy boosting effect comes from bobbing your head and singing out loud. One song, 3 minutes. That's a quick boost of adrenaline that lasts for a bit. You'll be singing to yourself the rest of day

If these RedHOT Tips don't work for you may need to take the next step and have a full check up.

If you are being very good about the exercise and diet...

(that means, no alcohol, caffeine, wheat, sugar, processed or deep fried foods, no dairy and low beef, lots of complex carbohydrates, fresh fruits, raw or lightly steamed vegetables and some lean, low fat fish, eggs or chicken)

...and you're still feeling very fatigued and low in energy, the areas you need to further investigate are allergies, your personal stress management systems, possible unresolved emotional trauma (if this rings a bell for you, it's probably true) or a systemic yeast infection, possibly caused by a dose or doses of antibiotics or too much wheat and gluten.

It is recommended that you find a holistically oriented, licensed health care practitioner to help you with more detective work.

You may want to be tested for hypothyroidism, fibromyalgia, or other conditions that present symptoms of chronic fatigue and low energy. Here is a list of such diseases:

RedHOT Health

- adrenal disorders
- allergies
- anaemia
- candidiasis
- diabetes
- depression
- fibromyalgia
- hypoglycaemia
- hypothyroidism
- infections
- insomnia
- nutritional deficiency
- stress
- toxicity
- vitamin B deficiency

If you are diagnosed with any of these it is a tell tale sign you need to review your breathing, drinking, eating, sleeping, thinking, exercising and general life style habits to boost up the energy and manage it better.

That's where applying the RedHOT Tips is very powerful.

It's one thing to know what to do but the next important step is doing it regularly to rebuild the powerful energy force you need and deserve to live your life to the fullest.

Have fun boosting your energy and sharing your RedHOT Health success and these Tips with others.

Please recommend RedHOT Health to anyone you think could benefit from more energy and vibrant health.

"Your energy and health success is our passion"

PROTEIN POWER

PROTEIN: Builds - Repairs - Maintains

Whether your goal is to improve your mental and physical health and vitality, build muscle, burn fat or just get into better shape, it is important you eat enough *protein* everyday at each meal.

PROTEIN is essential for life. It is the second most plentiful substance in your body (after water) and makes up around 20% of your total weight.

PROTEIN makes everything on and in your body i.e. skin, fingernails, hair, brain, internal organs, teeth, muscle, antibodies, hormones, enzymes, DNA, fat burning enzymes and vitamins etc.

PROTEIN protects the DNA from damage, maintains the integrity and strength of our intestinal wall and keeps your immune system strong.

PROTEIN repairs every cell and tissue of your body and sustains our lean muscle mass.

Your Requirement for PROTEIN increases as we age, and in times of mental or physical stress, illness or pregnancy

PROTEIN is important for weight loss because it is the building block for muscles. The more muscle you have the faster your metabolism i.e. the faster you burn through food and fat. The way to gain more muscle is to do resistance training, eat enough protein throughout the day at each meal, and get enough rest.

Remember too much protein at the wrong time of the day will turn to fat.

ANIMAL PROTEINS

Lean, non fat or low fat chicken or turkey breast, fish, shellfish, eggs, red meats, dairy (only if tolerated: dairy foods are very common allergy foods) or high quality whey-based protein powders.

VEGETABLE PROTEINS

Single vegetable proteins are not complete proteins. To obtain complete protein, combinations of vegetable protein sources must be eaten in the same meal. Calculate carefully. Complete proteins are essential for optimum health. E.g. combine **1, 2, 3 or 4 + 5** in at least 2 or more combinations in the same meal.

E.g. 1. lentils and 2. brown rice or 1. rye and 2. hummus made from chickpeas or 3. nuts and 4. seeds or 2. millet and 3. walnuts plus vegetables and salad.

1. Legume: kidney, chickpea, lentil, soy milk or soy powders, soy bean, tofu, b/beans, etc

2. Grains: millet, rice, rye, oats, quinoa, amaranth, barley (wheat only if tolerated: very common allergy food)

3. Nuts: almonds, walnut, pecan, brazil (peanuts with caution) etc

4. Seeds: sunflower, pumpkin, linseed, sesame, tahini, chia, lsa (linseed, sunflower and almond blend) hemp etc

5. Vegetables: all varieties contain small amounts of high quality, easy to digest proteins

Protein Calculation

It is very important that you spread your protein requirement evenly throughout the day. (Especially eat the right amount of protein amount at breakfast) This will assist in the stabilizing of your metabolism (weight control), energy levels, sugar levels, mood swings and cravings.

Your daily protein requirement needs to be calculated on your (IBW) IDEAL BODY WEIGHT (not your current weight) for your height, age, gender and activity level.

NB: please check with your Nutrition/Health Consultant or personal trainer for your ideal lean body weight and your recommended daily protein amount. See Height Weight Chart page 40 for height/weight guidelines.

FOOD PROTEIN AMOUNTS**NB:** Check the nutrition panel on packaged foods for exact protein amount

	AMOUNT / WEIGHT	PROTEIN
Fish	100gm	22g
Tuna	100gm	30g
Salmon	100gm	20g
Chicken	100gm	27g
Red Meat	100gm	26g
Egg	1	6g
White	1	3g
Yolk	1	3g
Milk	1 cup (low fat)	8g
Soy Milk	1 cup	8g
Yoghurt	½ cup (low fat/skim)	7g
Cottage Cheese	½ cup (low fat/skim)	15g
Ricotta Cheese	½ cup	19g
Cheese	30gm (low fat)	6-7g
Beans - eg: kidney, Chickpea, lentil, lima etc..	100g	16-20g
Baked Beans	100g	6g
Tofu	100gm	8g
Soy beans	100g	36g
Rice	100g (brown)	2.3g
Millet	100g	3.5g
Oats	100g	16g
Bread	x 2 (whole meal)	5g
Pita Bread	x 1 (whole meal)	6g
Spaghetti / Pasta	100g (whole meal)	5g
* Nuts and Seeds almonds, sunflower, pumpkin, walnut, linseed etc	8 almonds raw 7 walnuts raw 6 brazil raw	2g 4g 4g
Isagenix Isa Lean Meal	2 Scoops/1 sachet	24g
Isagenix Isa Pro	11/2 scoops	27g
Isagenix Isa Lean PRO	1 sachet	36g

Reference: Nutrition Almanac- Lavon J Dunne... Please refer online to Calorie King or similar nutrient resource for more food protein amounts.

NOTE: protein amounts may vary with different references

WATER: Liquid Gold

Next to oxygen, water is the most important nutrient for survival and better health.

Medical research reveals that dehydration from lack of water causes many physical and mental pains and causes illness and degenerative diseases.

Approximately 70% of your body consists of water: Blood is approx 90%, Brain 85%, Muscles 80%

It plays an essential role in every bodily function and helps too:

- Conduct energy
- Hydrate, cleanse and detoxify cells, brain, organs, tissues
- Aid absorption and circulation of nutrients and oxygen
- Aid digestion and metabolism of food
- Prevent DNA damage
- Improve elimination and excretion of waste
- Prevent and control constipation and increases urinary output
- Assist in cellulite control, weight loss and weight management
- Increase efficiency of immune system
- Maintain normal body temperature
- Improve skin health
- Improve efficiency of red blood cells in collecting oxygen in the lungs

Signs of lack of water:

The assumption that a “dry mouth” is the first sign of water deficiency is totally wrong... in fact, it is the LAST SIGN. A dry mouth indicates you've already reached CHRONIC DEHYDRATION.

Emotional Signs:

Feeling tired, flushed, tense, irritable, anxious, brain fog, fuzzy, dejected, depressed, inadequate, cravings for food or coffee, tea, soft drinks, etc

(A mere 2% drop in body water can trigger fuzzy short-term memory and trouble with basic maths and reading)

Physical Signs:

Fatigue, skin (wrinkled, dry, inflamed or acne), bad breath, cellulite, diabetes, fluid retention, headaches, dark circles under eyes, asthma, allergies, depression, arthritic joints, high blood pressure, cholesterol, stress, chronic fatigue, angina, stroke, vertigo, eye problems, weight gain, constipation, slow metabolism etc

The thirst mechanism can become so weak it is often mistaken for hunger. This leads to “Binge Eating” and can contribute to weight problems.

How Much - How Often - What Quality?

Your daily water requirement is determined by your current weight, activity level and climate.

Learn to carry water everywhere: car, office, school, desk, shopping, exercising etc.

How Much:

It is recommended that you drink approximately 35 - 40mls of water per Kg of body weight per day.

Eg: 1 GLASS = 250ml. If you weigh 60Kg, drink 2.4 Lt (10 glasses), 70Kg = 2.8 Lt (11 glasses), 80Kg = 3.2 Lt (13 glasses) etc

How Often:

It is better to drink small amounts regularly as opposed to spasmodic drinking.

These daily amounts must be increased when exercising and during hot weather (2 glasses or more) or if you drink tea, coffee or alcohol [refer below].

You may wish to keep a score card to monitor your water intake.

What Quality:

The purer and cleaner the water, the better it is for our health.

Due to the chemical nature of tap water it is NOT recommended. Please drink it if that is all you have available. Tap water is better than drinking no water.

It is recommended you use a high quality water filtration process or high quality natural spring water.

Recommendation: Apostle Natural Spring Water. www.apostle.com.au

The Dark and Downside of Coffee, Tea, Caffeine Drinks, Coke and Alcohol

These drinks CAN NOT be considered part of our daily water requirement. This is because caffeine, tannin and alcohol are drugs with toxic, addictive and diuretic properties. NB [Herbal teas are ok]

They act on the kidneys in a negative way and cause increased urination, as our body attempts to flush out the toxins from these substances. This can lead to dehydration which is damaging to all cells & organs. This is why we are often driven to drink so many cups or cans of these drinks but never feel satisfied. Because you are constantly trying to flush out the toxins, the water doesn't stay in our body long enough to keep you hydrated so the body is constantly dehydrated, thirsty and stressed.

This can result in a misinterpretation of the thirst as hunger for food. This can lead to over eating and weight gain as we attempt in vain to hydrate our body.

NB: for every cup of these drinks you drink, it is recommended you drink an extra 1-2 cups of water to help prevent the dehydration they cause.

E.g. 3 cups coffee = an extra 6 glasses of water to help prevent the dehydration.

The relationship between Water - Blood - Liver - Kidneys - Fluid Retention - Toxicity - Acidity - Disease and Cancer

Every 5 minutes, all our blood passes through our liver and kidneys (which act as filters) for cleansing the waste. Water is the cleanser or flush of your body.

If you're not drinking enough clean water, your body will retain the dirty water and recycle it in an attempt to protect you from dehydration. This means, every 5 minutes you are cleaning dirty blood with dirty water. If this 5-minute cycle continues it leads to a build up of toxins and acid in the blood.

As the toxicity of your blood increases, your liver and kidneys get very stressed. Under this stress, your body retains more of the dirty water in an attempt to dilute the toxins. This causes fluid retention which is often mistaken for fat gain. This toxic fluid is very acidic.

This acidic state speeds up the internal breakdown of all cells & organs and increases your risk of illness & degenerative disease like cancer. Cancer can only exist in a acidic environment.

Not drinking enough water each day is one of the quickest ways to poison yourself and get sick.

Drink...water...drink...regularly. *It's life threatening not too.*

Recommended Reading:

Your Body's Many Cries for Water: by Dr F Batmanghelidj. www.watercure.com

RedHOT Shopping List

- Choose **LIVE** Fresh foods. Organic Produce is preferred to avoid toxic chemicals and improve nutrient denseness.
- Read labels carefully: avoid additives www.additivealert.com.au
- **Sugar:** Less than 10g per 100g. **Fat:** Less than 5g per 100g.
- **Sodium:** Less than 120mg per 100g. **Fibre:** 3g per serve (30-40g per day)
- Don't go shopping when you are hungry – you might be pushing the trolley, but your hunger will decide on the foods that go into it!

Beverages:

Water www.apostle.com.au, herbal teas, green tea, fresh lemon in water, Rooibos, Peppermint, Be Calm, Sleepy time, Chamomile, Hilde Hemmes, Cocoa etc
Freshly squeezed juices

Fruit:

All varieties and colours:

2+ pieces per day = 14+ pieces per week
Fresh and frozen berries

Vegetables/salads:

5 cups per day. All varieties and colours. =
35 cups per week

Fresh, raw, steamed, baked, stir fried.
Spinach, sprouts, carrot, broccoli, cabbage, cauliflower, brussel sprouts, kale, capsicum, onion, coz lettuce etc
[Isagenix Greens](#): 30+ vegetables and plants in convenient sachet

Protein:

- Animal Proteins

Fish: fresh, tinned, frozen.
Chicken: fresh, skinless (range free)
Red meats: fresh, lean cuts
Eggs: Free range
Milk: only if tolerated
Plain Yoghurt
Low or no fat cottage, ricotta, feta cheese
[Isa Lean](#) or [Isalean Pro](#) Protein Shake

- Vegetable Proteins

Tofu, tempeh
Soy milk (malt free), rice, oat or almond milk
Raw Nuts: almonds, walnuts, brazil etc
Raw Seeds: pepitas, sunflower, LSA, Chia

Hemp etc

Legumes/Beans: chick pea, lima, kidney, lentil etc

Carbohydrates: whole grains

Oats: rolled, Quinoa, amaranth
Rice: wild or brown
Breads, rolls, pita: wholemeal, rye, gluten free
Mountain Breads: wholemeal
Flour and Pastas: wholemeal
Crackers: eg Ryvita, Vitawheat, rice crackers/cakes (additive free)

Fats and Oils:

Avocado
Virgin, Cold pressed Oils – Olive, rice bran oil, coconut etc
Nuts: raw almonds, walnuts, brazil etc
Seeds: raw pepitas, sunflower, LSA, chia, hemp
Oily Fish: salmon, tuna, sardines etc

Condiments

Fresh and dried herbs and spices, Sea salt, herbal sprinkles, balsamic vinegar, seeded mustard, low sodium soy, ground pepper

Natural Sweetener

Stevia
Unprocessed honey

Reading Labels: What should you look for?

Almost all packaged food products have nutrition information on their label, for example:

NUTRITION INFORMATION		
Servings per package: 3 Serving Size: 150g		
	Quantity per Serving	Quantity per 100g
Energy	608kJ	405kJ
Protein	4.2g	2.8g
Fat, total	7.4g	4.9g
– Saturated	4.5g	3.0g
Carbohydrate, total	18.6g	12.4g
– Sugars	18.6g	12.4g
Sodium	90mg	60mg
*Percentage of recommended dietary intake		
Ingredients: Whole milk, concentrated skim milk, sugar, banana (8%), strawberry (6%), grape (4%), peach (2%), pineapple (2%), gelatine, culture, thickener (1442).		
All quantities above are averages		

Useful information:

Serving Size: This is the average size of the product, but this may not be the same as the serving you have. Use the 100g column when comparing products.

Per 100g: is a useful standard to compare products, for example to check which product is lower in fat, salt or sugar.

Fat: use the 100g and pick the one with less fat. Rule of thumb for fat is less than 5g per 100gm.

Carbohydrate/Sugar:

- Total – this includes all the sugars and the starches in food.
- Sugars – this tells how much of the total carbohydrate is sugar and includes natural and added sugar. Use the figure per 100g and pick the product with less sugar. Rule of thumb for fat is less than 10g per 100gm.

Dietary Fibre: Children need “age plus 5” grams of fibre per day. E.g. a 3 year old child needs 8 grams per day.

Adults should eat 30-40 grams of total fibre per day. Use the figure per serve and pick the product with the most fibre. Rule of thumb is more than 3 grams per serve.

NB: fibre is the only nutrient for which “per serve” information is used when comparing food item, instead of “per 100g”

Sodium(salt): Choose foods with reduced or no added salt. Use the figure per 100g. A low salt food has less than 120mg sodium per 100g. The only but not recommended exception is cereals, where less than 350mg per 100g is considered low in salt.

Ingredient list: This lists a food’s ingredients in order of quantity, from the most to the least, and is useful for identifying sources of added fat, sugar and salt. The percentage of the characterizing ingredients are also listed.

Artificial Additives: these are usually listed in the ingredient list and represented by a number or a name. Although there are safe flavours, preservatives, colours, emulsifiers etc many are unsafe and banned in many other countries.

Additive Reference Recommendation: use Additive Alert: Your Guide the Safer Shopping by Julie Eady, when assessing the safety of food additives for you and your family. www.additivealert.com.au

The longer the use by date the Deader the food and the shorter the human life due to the extreme lack of nutrition and the often toxic ingredients.

Health Claims: What they really mean?

Worth looking for:

Low Fat: this means the food must contain no more than 3g of fat per 100gm

Low joule or diet: usually artificially sweetened (with aspartame which has 92 side affects and is not recommended) and low fat

No added salt or reduced salt: salt has not been added or the normal quantity has been reduced (does not necessarily mean it is at the recommended level per 100g).

High fibre: means the food must contain at least 6g of fibre per average serve.

Very high fibre: means the food must contain at least 6g of fibre per average serve.

Misleading:

No added sugar: means no added refined sugars eg fructose, honey, glucose. However this does not mean it is lower in energy than a product with added sugar. Some products eg fruit juice contain high amounts of concentrated natural sugars even though they say no added sugar.

Lite or light: refers to reduced fat content but may also describe taste, texture or colour. Check for the explanation on the label.

Cholesterol free or low cholesterol: cholesterol is only found in animal foods because it is produced in the liver of animals. Therefore it will not be found in plant foods such as avocado. Remember “cholesterol free” does not mean “fat free”.

Always double check ingredient list and nutrition information to back up any nutrition claim.

Nutrient Support Suggestions: This is only a general guide. Please consult a health professional who specializes in nutrition for advice on your individual needs.

NUTRIENTS	M	N	How Long	Key Action and Benefit
Isagenix Greens 30+ vegetables, herbs, sea plants, fruits fungi in sachet	2	2	Long Term	Natural Antioxidants, vitamins, minerals, enzymes, Phyto Nutrients for DNA protection, immunity, reduce heart and disease risk, skin and gum health, anti-inflammatory, improve children’s health.
Inner Health Plus+ or Quality Probiotic	1-2		2+ times per year	Use after antibiotics, gut health, wind, bloating, constipation, and any other bowel issue
Isagenix Isalean Protein/Sakes	1	1 _{M/N}	On going	To assist in stabilizing daily protein and nutrient density. See Power of Protein Page 29 -30
Oil Capsule eg Krill, Omega, Emu, EPO etc	2	2	On going	For Brain, nerves, balance, hormones, anti inflammatory, cholesterol reduction, heart and skin health
Isagenix Cleanse and Replenishing Program Others may be needed for specific goals			Daily	Whole Body Health Program assists in the removal of toxins, fat loss, energy and performance and youthful aging. 0428612212 for details E.g. for joint support, cramps, thyroid, hormones, heart, depression, digestion etc. Ring 0428612212 to discuss individual needs or for a personal consultation.

Extra BREAKFAST Ideas: This is the meal that will make or break your day.

Make sure you take the time to have a substantial, balanced start to your day. This is your energy, craving, weight, mood, concentration and metabolism control.

Always remember, have the right amount of protein at each meal for your height and ideal weight.

If you can't eat the full serve of protein at breakfast make sure you have a protein snack mid morning to balance up.

Mix and match - be creative - have variety - enjoy

	EXAMPLE 1	EXAMPLE 2	EXAMPLE 3	EXAMPLE 4	EXAMPLE 5	EXAMPLE 6	EXAMPLE 7
WATER 8 glasses/2litres+ per day	Lemon Juice In Water	Apple Cider Vinegar In Water	Water	Herbal, Green Tea	Water	Water	Water
FRUIT 2-3+ per day	Fresh Squeezed Juice	Banana Apple Orange Kiwi etc	Banana or Frozen Berries etc	Seasonal Fruits	ANY	ANY	ANY
VEGETABLE 5+ cups per day	Tomato Mushroom Onion Carrot	Fresh Veggie Juice	ANY	ANY	ANY	ANY	ANY
PROTEINgms Refer to Protein Food Amount Chart Page 30	Eggs Scrabbled, Omelette, Boiled, Poached	Shake Almond, oat, rice milk, Low Fat Milk/Soy, Yoghurt, Egg, Isa Pro Protein Powder	Shake Isa Lean Shake with Water/ Soy/ almond milk etc, Isa Pro Protein Powder	Chicken or Fish Sardines Etc	Baked Beans + Eggs or Low fat Cottage Cheese	Low Fat Milk/Soy/ Yoghurt, Protein Powder	Low Fat Yoghurt & or Milk/Soy
CARBS 2+ serves per day	Wholemeal or rye Toast or Gluten Free	Can add Oats Chickpeas, Brown Rice etc (Blend)	Can add Oats or Brown Rice (Blend)	Brown Rice Wholemeal Pancakes/ WM Toast	Wholemeal/ Rye/ Sour Dough Toast	Porridge Oats or Chia Other Whole Grain Cereals	Muesli, Wholemeal Muffin
FATS and OILS	Tahini or Avocado Spread	Nuts & or Seeds	LSA Linseed, almond and sunflower seed blend	Olive oil or coconut oil	Avocado Spread	LSA Chia seed Hemp seed	Nuts and or Seeds

LUNCH and DINNER IDEAS:

Eat enough from each Food Group at each meal for your age, weight control goal activity level

	A	B	C
WATER: Drink up to 15 minutes before meals and leave for an hour after meals to maximize digestion.	Use your imagination for variety Mix and Match A, B or C		
SALAD OR VEGETABLES 5+ cups raw or lightly steamed, baked or stir fried. or freshly squeezed juice <u>NO micro wave</u>	2 - 3+ CUPS Lots of variety and colour	2 - 3+ CUPS Lots of variety and colour	2 - 3+ CUPS Lots of variety and colour
FRUIT Fresh is best, 2 – 3+ pieces per day, depends on activity level	1 Piece	1 Piece	Fruit Salad
PROTEIN Lean and Low Fatgm Refer to Protein Food Amount Chart. Page 30 NB: Essential with every meal	Chicken or Fish or Lean Meat or Eggs, Tinned tuna, salmon or sardines	Tofu or Lentils or Beans/Legumes (refer to Power of Protein Chart for vegetable protein combinations)	Shake Isagenix Isa Lean Shake or Isa Lean Pro (water or soy, almond) or Natural Yoghurt or Cottage, Feta or Ricotta Cheese
CARBOHYDRATES Whole Grains only NB: Avoid or reduce at night if you are trying to lose weight	Whole Meal/Rye Bread as sandwich or Baked Potato (Sweet Potato preferred)	Brown Rice or Whole Meal Pasta, quinoa or Whole Meal Spaghetti	Whole Meal/Rye Bread or Whole Meal Crackers
FATS and OILS NB: Essential every day	Olive Oil or other Cold Pressed or Virgin Oil, coconut oil (in cooking or salad dressings)	Tahini or Avocado (as light spreads)	Nuts and or Seeds (as sprinkles)

Eating Out Tips:

Always make sure you never go out hungry. It's always best if you're not sure what the food is going to be like, to have a snack of something healthy before you leave home. This way you are not starving hungry and if the food is fatty or sweet you will be less likely to binge. Have a little bit of the best choices you can make without overdoing it. Always choose grills, baked or barbecued meats, fish or chicken with salad or vegetables. When ordering a salad, always ask for the dressing on the side so it's not drowned in fat and calories.

Other Eating Out Tips for Weight Control:

- Don't have the bread or garlic bread unless it's whole meal and only have 1 piece. Best to have none
- Have two healthy entrees, instead of an entree and main
- Ask for no gravy and dressings on the side
- Avoid cheesy, oily, deep-fried or rice or pasta based dishes They are great fat attacks
- Choose tomato-based rather than cream-based sauces
- Don't order dishes wrapped in pastry
- Have fish or meats of the day, grilled **not** fried or deep-fried. NO chips!
- Stir fries with lots of veggies and low oil. Ask for no MSG at Asian places
- Fruit salad or platter to share rather than sugary and fatty desserts

Common **POO** Types and helpful strategies:

1. Separate hard lumps like nuts or rabbit droppings. Hard to pass



This shows a lack of fibre, insufficient fluid intake and a slow transit time. Increase your intake of water, herbal teas, raw fruit and vegetables, cooked grains such as brown rice, quinoa and millet, sprouted pulses, flax seeds and olive oil. Avoid meat, dairy, wheat, refined carbohydrates and sugar.

2. Sausage shape but lumpy



This shows the stool has spent too long in the colon. More water and fibre are needed. Increase your intake of water, herbal teas, fruit and vegetables, cooked grains such as brown rice, quinoa and millet, sprouted pulses, flax seeds and olive oil. Avoid meat, dairy, wheat, refined carbohydrates and sugar.

3. Like a sausage but with cracks on the surface



The cracks on the surface indicate that the stool may be a bit dry. Increase water intake.

4. Like a sausage or snake, smooth and soft, S or banana shape



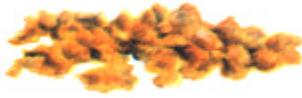
This is a healthy bowel movement that shows good fibre and water intake and is easy to pass - well done!

5. Soft blobs with clear cut edges which pass easily



This may show that your bowels are moving a bit too fast. This can lead to nutrient deficiencies and dehydration. Increase your fibre especially from cooked whole grains such as brown rice, millet and quinoa. Supplementing with a good probiotic capsule or powder to repopulate the gut with good bacteria may help to improve digestion and absorption. Psyllium husks which are a good fibre source can also improve bowel movements.

6. Fluffy pieces with ragged edges, a mushy stool



The mushiness shows that insufficient water has been re-absorbed from the stool, indicating a rapid transit time and poor absorption of nutrients. It can indicate irritable bowel. This may be caused by poor diet, food intolerances and/or an imbalance in gut bacteria. Eat whole grains as indicated above. Avoid having **too much** fruit, raw vegetables and juices for a while till it settles and address any food intolerances. Supplement with probiotic capsules or powder to repopulate the gut with good bacteria.

7. Watery, no solid pieces. Entirely liquid



This is not good and can show an infection of some kind. It can also indicate an irritable bowel caused by food intolerances and a poor quality processed diet. Wheat, gluten and dairy are common intolerances that can create an irritable bowel. Get checked for food intolerances. Eat well cooked brown rice and home made vegetable soups to replace lost electrolytes. Make sure you replace lost fluids with water or herbal teas. Probiotics can help to repopulate the gut with good bacteria.

8. Bright red blood or black and tarry or excessive mucus

All of these need to be assessed immediately. It may be a bleeding hemorrhoid or old blood caused by bleeding in the upper digestive tract. The combination of mucus and blood can be an indication of severe inflammation of the intestinal wall.

9. Pain, Strain or other unusual signs

Get checked out. It could be polyps, diverticulitis, Chrons Disease or ulcerative colitis or even bowel cancer.

Reference: Stool analysis chart produced by Dr K W Heaton, University of Bristol

Recommendation: If you have tried the suggested strategies and had little success, then please consult with a natural health practitioner that specializes in digestive problems or your Doctor.

Disease only occurs when our internal environment is favourable for disease growth.

What is happening in your digestive system?

Your digestive system absorbs the antioxidants, vitamins, minerals and other useful substances from the foods you eat. The bloodstream transports these vital nutrients and proteins for cellular protection and survival. If your colon is overloaded, your body's immune system becomes sluggish, encouraging disease and an increase in bad bacteria such as candida overgrowth. Toxic residue from Dead foods and drinks, alcohol, medications and recreational drugs store in the gut and liver and are distributed throughout the rest of the body through the blood, also suppressing the immune system and setting you up for sickness and disease.

Colonic Therapy can help to cleanse and hydrate your colon and body to improve your digestive system and your general energy and health.

Remember: It is the measurements and how your clothes fit that counts.
Always take your measurements when starting a new eating and exercise program.

Height-Weight Table for Ideal lean Body Weight Range				
Ages 25-59; In light indoor clothing (2kg for men; 1kg for women)				
For Women 18-25 Subtract 1/2 kg for each year under 25.				
WOMEN		SMALL FRAME	MEDIUM FRAME	LARGE FRAME
HEIGHT (No Shoes)		kg	kg	kg
143cm	(4' 8")	42-44	44-49	47-53
145	(4' 9")	43-46	45-50	48-55
148	(4' 10")	44-48	46-51	49-57
150	(4' 11")	45-49	47-53	51-58
153	(5' 0")	46-50	49-54	52-59
155	(5' 1")	48-51	50-55	53-61
158	(5' 2")	49-53	51-57	55-63
160	(5' 3")	50-54	53-59	57-63
163	(5' 4")	52-56	54-61	59-66
165	(5' 5")	54-58	56-63	60-68
168	(5' 6")	55-59	58-65	62-70
170	(5' 7")	57-61	60-67	64-72
173	(5' 8")	59-63	62-69	66-74
175	(5' 9")	61-65	63-70	68-76
178	(5' 10")	63-67	65-72	69-79
180	(5' 11")	65-69	67-74	70-81
183	(6' 0")	67-71	69-76	72-83
MEN		SMALL FRAME	MEDIUM FRAME	LARGE FRAME
HEIGHT (No Shoes)		kg	kg	kg
155cm	(5' 1")	51-54	54-59	57-64
158	(5' 2")	52-56	55-60	59-65
160	(5' 3")	53-57	56-62	60-67
163	(5' 4")	55-58	58-63	61-69
165	(5' 5")	56-60	59-65	63-71
168	(5' 6")	58-62	61-67	64-73
170	(5' 7")	60-64	63-69	67-75
173	(5' 8")	62-66	64-71	68-77
175	(5' 9")	64-68	66-73	70-79
178	(5' 10")	65-70	68-75	72-81
180	(5' 11")	67-72	70-77	74-84
183	(6' 0")	69-74	72-79	76-86
185	(6' 1")	71-76	74-82	78-88
188	(6' 2")	73-78	76-84	81-90
190	(6' 3")	74-79	78-86	83-93
193	(6' 4")	76-81	80-88	85-95
195	(6' 5")	78-82	82-90	87-97
198	(6' 6")	80-85	84-92	89-99

Frame Determination by Wrist Measurement			
WRIST MEASUREMENT	SMALL FRAME	MEDIUM FRAME	LARGE FRAME
WOMEN Wrist	Under 13.5cm	13.5-15.5cm	Over 15.5cm
MEN Wrist	Under 16cm	16-18 cm	Over 18cm

You want muscle on and fat off...a lean body burns food and fat faster with a faster metabolism.

- Muscle weighs 2 - 3 times its equivalent in fat
- Fat occupies approx 60% more space than the equivalent in muscle
- Muscle gain can cancel out the fat loss on the scales
- Keep off the scales as they are only a guide

The 1st fat spot on is the last fat spot off...Be Patient. Stay with your plan to look and feel full of energy.

Energy Affirmations for Success

"Energy is the power that drives every human being. It is not lost by exertion, but maintained by it." -
Germaine Greer

What we think automatically affects how we feel. It is impossible to feel energetic if we exercise tired thinking. When we dwell on those things in life that drain us – trying relationships, boring work, mounting bills, and negative people – we not only spend an immense amount of mental energy, but we also feel it physically.

We say, or think to ourselves:

I don't have the energy... I'm too tired... I'm exhausted... I'm over-worked... I need a break... I can't handle all this stress... I should have stayed in bed... I'm sick and tired of... Life's a drag!

Try saying "I'm exhausted" and imagine a scenario that has caused you to say this. Where is your energy level? Now move your thoughts to something that you really enjoy doing. Imagine doing it right now. Where has your energy level gone now?

The secret to abundant energy is simply this:

Focus your mind on energizing thoughts, and invigorate your body with Live food and regular exercise. Put the 3 together on a daily basis, and you will become a human dynamo in no time!

Pick any of these energy affirmations and say it as often as you can through out the day.

- All the energy I require is mine for the asking.
- All the positive energies of the universe are flowing through me.
- As I breathe slowly and deeply, I become more relaxed and energized.
- Being energized is easy when I am living my purpose.
- Boundless energy infuses my body and soul.
- Divine energy is flowing through me with every breath I take.
- Each day I wake up with more energy than the day before.
- Endless energy is always available to me when I am working towards my dream.
- Even at the end of the day, I feel energized and alive.
- Every day my body is recharged and empowered with increased energy.
- Every day my energy levels increase dramatically.
- Every day, I gain more energy and vitality.
- Every moment of every day I am becoming more and more energized.
- Everyone I meet is refreshed by my positive energy and drive.
- Everything I do increases my energy.
- Exercise provides me with endless amounts of energy and stamina.

Have fun boosting your energy and sharing your HOTBody success and these RedHOT Tips with your family and friends.

Please recommend RedHOT Health to anyone you think could benefit from more energy and vibrant health.

Love getting healthy and enjoy your HOTBody,

Helen

"Your energy and health success is my passion"