

Carmajé – Living Well Series

Part 2- Eating Well



Welcome to Part 2 of our informative series on Living Well.
 “Knowledge is Power”

Part 2 – Eating Well : Health vs Weight – which side are you on?

“Let thy food be thy medicine” Hippocrates

“Healthy eating” is not a new fad and it’s definitely not rocket science – good health results from good eating. We’ve all heard the old age sayings – “you are what you eat” and “you get out what you put in”. Well I’m here to say it’s true! It’s been around since the beginning of modern civilization and Hippocrates – the so-called father of modern medicine would be turning in his grave if he knew what “modern medicine” is doing to our health!

We are so conditioned to demanding the medical world to “fix us up” that we have forgotten to take control of our own health and actually allow our body to heal itself. Really, that is all our bodies *want* to do – maintain a sense of balance and equilibrium – it is what our marvellous body strives to do every day. The only problem is that we self-sabotage our bodies brilliant efforts by putting so much “junk” in, that our bodies spend all of their time getting rid of the “junk”, and it never gets the time to **heal**. It is like constantly emptying more water into a bathtub that has never had time to empty properly – how can we expect to be running at optimum health?

Why are doctors not really open to the notion of “nutritional medicine”?

The reality is that they are not taught the importance of nutrition and how it relates to disease at University. The average Medical student will spend about a total of 2-4 weeks on the subject of Nutrition during their 6 year university degree. (We have to hope that they actually attended these lectures and were not sleeping in or at the rec club...) Nutrition is offered as an elective subject and it is estimated about 6% of graduating doctors possess this knowledge. Dr Ray Strand in his book “*What your doctor doesn’t know about nutritional medicine may be killing you*” writes -



“the education of most physicians is disease-orientated with a heavy emphasis on pharmaceuticals – we learn about drugs and why and when to use them” (1) Why? Well as Dr Ray again points out, there “definitely is no money in (advising people of nutritional supplements) for the pharmaceutical industry... As I have become more and more knowledgeable of the benefits of nutritional supplements I have become aware that economics is the driving force behind medicine... Maybe physicians need to reassess their total reliance on ... drugs and the information physicians receive from drug companies and begin to look at our own medical literature.” (2)

You can have your cake and eat it too!



The other end of Healthcare Professionals are Nutritionists, Naturopaths, and other Integrated Healthcare Professionals who spend between 2- 4 years studying the relationship between health and nutrition and it's **absolute** importance in our health and wellbeing. They know how the body works and what nutrients the body needs to overcome many common ailments. ***Nutritional Medicine = Health***

If you are suffering from an illness that requires your body to heal – then what you eat will take on a whole new meaning and level of commitment. You may not want to consume some of what I have outlined here. If you have cancer or know someone who does, I would recommend a wonderful book by Kris Matheson - *“From Cancer to Wellness – the forgotten secrets”*. This book gives you a step by step guide on how to heal your body with nutrition. Kris had a stage IV tumours and was told to go away and “get her affairs in order”. She instead took control of her own body and healed her body from within without the use of drugs or chemo. She has done it and is now passionately sharing her secrets with others. <http://www.cancertowellness.com>

There are so many schools of thoughts when it comes to what you should eat – no carbs, low carbs, raw foods, vegan, vegetarian, high protein, no protein, low GI ... – it can be so confusing. I come from a whole-foods background which essentially means eating foods as close as possible to their natural form wherever possible and avoiding as many additives as I can (and after reading Part 1 – why would you knowingly and willing consume (or feed your loved ones) something on a regular basis which you know is harmful to you (and their) wellbeing and health?).

I recommend to everyone a wonderful book written by Nutritionist Cyndi O'Meara called *“Changing Habits, Changing Lives.”* There is also a companion cookbook that goes with this which has wonderful recipes including chocolate cakes and biscuits. This book is a vital tool to show you how you can improve your health and not “miss out” on anything. This book breaks down a lot of the myths associated with many of the foods we eat and is closely aligned with my way of thinking –

Life is meant to be enjoyed, so there is no need to “deprive” yourself of occasional treats.

This is the good news. What you need to know about the information in this series –

- There is no diet – just a way of life.
- You do not have to “deprive” yourself of the “good things in life” to be healthy
- Take back control of your health. Know what is in the food you consume – read labels and you will automatically change what you eat. “Knowledge is power”.
- Go back to basics with whole foods as close as possible to nature.
- Everything in moderation!

Again, you may want to print this out and read it over breakfast for a few mornings. I have outlined under each heading a (hopefully) simple list and points for you to follow and implement today without too much trouble.

X = things to avoid

✓ = things to include

So, let's get started with my top 7 tips for healthy eating.

Fats & Oils



Despite our obsession with low fat, low carb, no fat, low sugar, no sugar – we are now the fattest nation in the world with rising obesity, diabetes and cancer rates. Clearly this obsession is not doing us any good – both in weight but more importantly in health.

The truth –

Our bodies need good fats – both unsaturated and saturated to be healthy. Fats and oils consumed in their natural form together with a balanced diet of fruit and veges will not cause you to get fat!

Fats are essential for “healthy nervous systems, a healthy liver, enhanced immune system, depression of tumour growth, hormone production, transport of essential fatty acids, and satiety” (the signal to let you know you’re full) (5). Have you ever wondered why you are so hungry when you go “on a diet”. There are no fats in your diet that actually make you feel full!

Look at both the French and the Italian diets which are full of high levels of saturated and non-saturated fats and look at their health – among the lowest in the world for heart disease, and obesity.



Oils

- **Hydrogenated or partially-hydrogenated oils – trans fats.** This a process by which oils and fats that are liquid at room temperature are made to be solid. The fat molecule must be changed to a completely unnatural state. For more on this process, check out Cyndi O’Meara’s book – *Changing Habits, Changing Lives* – you will never touch the stuff again! These trans-fats inhibit cell membrane function; suppress the immune system, interfere with the enzyme systems in the body that help eliminate carcinogens and toxins; inhibit insulin receptors contributing to the cause of type 2 diabetes; and decrease hormone production, leading to infertility. Recent studies show that “hydrogenated fats are more likely to cause weight gain than any other fat” (3) ** Note that most fried foods, fast foods, pies and bakery goods, packaged biscuits, cakes and muffins can contain high quantities of trans fats.
- **Margarine or “dairy spread”** which is full of hydrogenated oils, trans fats, colours, flavours and other additives. In some countries including Denmark and Holland many of the margarine brands on our shelves would be banned. (4) Butter is natural food, made with natural ingredients, no colours, flavour enhancers, and other chemicals and is better for you in every way.
- **Generic “vegetable oils”** – you don’t know what is in them. They usually contain a myriad of oils (some hydrogenated) and almost always harmful antioxidants as additives. I usually look for chips and snacks that state Sunflower Oil over the generic “vegetable oil”. (Red Rock Deli & Kettle Chips use sunflower oil – plain only no flavoured ones as these have all the flavours and colours!) I look for supermarket biscuits that are made with real butter or a named oil not margarine or better still I make my own – then I know exactly what’s in them! Just know that even when the oil is named, there may still be present anti-oxidants which do not have to be labelled.
- **Canola Oil.** What is canola? It is actually an oil produced from the Rapeseed plant that has been genetically modified so that it is no longer toxic. I’m not a fan of this oil. Go to the “articles” section of the website www.carmaje.com.au to find out why. There are so many other good oils to use.

Fats

- Fat substitutes such as Olestra®. This is a synthetic fat substitute. Instead of being absorbed by your body, it passes straight through and takes vital vitamins such as vitamins A, D, E and K with it. Unlike other additives, it does not come in small amounts, but will make up a large percentage of the food. A potato chip can contain about 1/3 Olestra®. (5) Avoid fat substitutes if you want a long and healthy life.
- Avoid anything “low fat” or “diet”. You can be sure that it is packed full of lots of additives and harmful chemical substances to take the place of a little bit of fat from a natural source.



Oils

- Avocado, Olive, Macadamia, Peanut, Sunflower, Sesame, Coconut (yes coconut) oil etc. ** Always buy cold-pressed, extra virgin and preferable organic oils wherever possible. This means it has been extracted not using heat (as this destroys valuable nutrients) and extra virgin means it is the first pressing which has the highest amount of nutrients. The level of nutrients reduces with each subsequent pressing and heat is often applied to get better yields. Coconut oil and coconut milk are great for you. They have received lots of bad press, but are in fact extremely good for you. They actually help lower cholesterol and are high in many vital nutrients. Coconut oil has even been shown to reduce tumours. (6) Choose from a reliable fair trade source, and forget about the saturated fat content – you are not eating it every day!

For Eating – Extra Virgin Olive Oil is my favourite – great taste and full of healthy fats and antioxidants. Great for salads and on food.

For cooking – Macadamia and Coconut are much more stable than olive oil at higher temperatures and therefore much better for cooking at high temperatures. Always buy organic macadamia due to high levels of pesticides used in cultivation.

Fats

- Butter. I have already outlined why you should avoid margarine. Although high in saturated fats, butter is a natural product and used in small amounts is beneficial to your health. If you want to avoid butter, then use avocado as a spread on toast. I use avocado on my toast with a poached egg for a scrumptious breakfast!

Nuts & Seeds

- Almonds, brazil nuts, macadamia nuts, hazelnuts, peanuts, pistachios, sunflower seeds, sesame seeds...
** Many nuts are sprayed with quite toxic pesticides – macadamias among the worst, so choose organic raw nuts. Even better, buy a nutcracker with raw nuts and crack them yourselves – your own multi-vitamin pill.

Meats

- Seafood. Salmon and other oily fish are especially very high in Omega 3's and are extremely beneficial to our diets. Avoid tuna, swordfish and flake due to high levels of mercury contamination. Try to buy only local produce as our seas are relatively un-contaminated.



- Get rid of the margarine today! Use butter instead
- Buy scoops of organic raw nuts, seeds and sultanas and mix everything together. Keep these in a container next to your computer or in your bag and make these your mid-afternoon snack instead of reaching for the coffee and sugar-laden snack. The sultanas and cranberries will satisfy the sweet craving that you may have, and the nuts will provide you with all the essential nutrients to stabilise your blood-sugar levels and keep you going through to dinner. My favourite Mix – organic oil free sultanas, organic cranberries & goji berries (high in anti-oxidants), organic pepitas (pumpkin seeds), organic sunflower seeds, organic almonds & brazil nuts.

Eggs



Eggs have copped such a bad rap over the year because of their relationship to so called “bad cholesterol”. Dr William Kannel who is the director of the long term US Framingham Study into heart disease found that there is “no discernable association between the amount of cholesterol in the diet and the level of cholesterol in the blood, regardless of how much or how little animal fat in the diet.” (7)

The truth –

Our bodies need both HDL and LDL (known as good and bad) cholesterol to form basic operations in our bodies. Apart from the cholesterol we consume, our liver and adrenal glands also produce cholesterol enabling our body to make many of the vital hormones that we need to achieve balance in our bodies such as oestrogen (female hormone), cortisone (stress hormone), and testosterone (male hormone). (8) Every cell in our body needs cholesterol.

Eggs are very rich in the B Vitamin group including vitamin B2 & B12, as well as A, D, protein, selenium, iodine, and tryptophan – which is an important building block for serotonin (our happy hormone). Respected Nutritionist Cyndi O’Meara outlines that “the protein in eggs is 90% available to the body compared to 65% in most meats”.

Eggs are great for you! They are a vitamin pill in a calcium-rich shell!



- Quality of Eggs – Most eggs today are laid by very unhappy chickens. Hormones as such are not “added” to chickens anymore in Australia, although there are many other issues to consider when choosing eggs – no wonder the isle is so large! “Cage laid” eggs come from chooks raised in extremely cramped cages, often living amongst the ones who didn’t make it, standing in their own excrement and fed a concoction of colourings (to make the yolks a nice colour), growth-promoting antibiotics and feed that has unknown quantities of additives and pesticide residue in. They are often de-beaked to avoid any pecking of others in their cramped cages. It is inhumane and these unhappy chooks lay unhappy eggs.
- Watch out for the some “Free Range” eggs. They may seem to be a healthier option, but largely this can mean that instead of cages, the chickens are in cramped conditions on the floor of a barn with little or no access to daylight or to run around – ensure that the “free range” eggs you buy are certified – which means they must adhere to strict standards such as being allowed to roam free, are fed no antibiotics and are raised in a more humane way.



- Always buy Certified Organic and Certified Free Range eggs & Chicken. You can be sure that these chooks have been free to roam about outdoors in their natural habitat, scratching for bugs, and generally doing what chooks do. Looking for the Certified Organic logo ensures that these chooks have been fed Certified Organic feed without the use of pesticides, growth promoting antibiotics and other nasties.

Sugar



Wow – there is a lot of info out there about how bad sugar is for us. Yes, sugar is a refined carbohydrate, and can suppress your immune system, so if you are fighting a serious illness, then it is best to steer clear of it and if you are getting over a flu, partake in fresh fruit and vegetables rather than sweet food.

But for most of us – we love sweet treats! And I am not about the denial of treats – on the contrary – everything in moderation!

The truth –

Sugar in its rawest and most un-refined states is really not that bad.

We have already shown that all this obsession with “low sugar”, “no sugar” and “diet” foods has in fact increased the rates of obesity, heart disease and cancer. Foods that contain artificial sweeteners are just bad for us. I have already outlined in Part 1 – why we should avoid artificial sweeteners. Just to recap.

Aspartame is toxic artificial sweetener found in more and more of our everyday foods – especially those claiming to be “diet” and “low / no sugar”. Aspartame like MSG is an Excitotoxins, meaning that it changes when it enters the body and excessive exposure can cause damage to the brain cells. Animal studies have found it to cause brain tumours in rats and a recent study have found that Aspartame caused lymphomas and leukaemia in animals that were fed intakes very close to those that humans. It has been linked to many adverse health effects such as – headaches, dizziness, depression, irritability, heart palpitations, vertigo, memory loss and joint pain.



- **Artificial sweeteners.** Aspartame, Saccharin, Sucralose, and Cyclamates – all of which have been shown in studies with animals to be either carcinogens (cancer causing) or have serious other adverse health effects. All of these sweeteners cannot be metabolised by your body which is why they have a nil calorie / kilojoule value.

** These are often labelled by their trademarked names – Nutrasweet® (Aspartame), Equal® (Aspartame), Splenda® (Sucralose) etc.

- **Corn Syrup – High Fructose Corn Syrup (HFCS).** It is found in many packaged and pre-prepared foods. There is a complicated chemical process for making HFCS. Studies have shown that the livers of rats on a high fructose diet are similar to the livers of alcoholics. Unlike glucose which can be metabolised by every cell of the body, fructose cannot. Fructose must be metabolised in the liver. There are a number studies that point to HFCS being a major player in the obesity epidemic in Australia. (9)
- **Glucose Syrup.** Glucose syrup is never found on its own in nature. As Cyndi O'Meara explains, “there’s a good reason for that: glucose enters the bloodstream very quickly, giving you a fast energy boost, with the fructose following behind to maintain your energy levels. Without fructose, you’ll fall flat on your face with no energy once the glucose is used up”. This explains the ups and downs you feel from eating snacks laden with *glucose syrup* or *maltose*.
- **Refined white sugar.** This sugar has undergone a myriad of processes including high heating and bleaching, so that there is really no nutritional value left whatsoever. See below for better choices.



- **Honey, Maple syrup, Molasses, and Fruit Juice** are all natural sweeteners and can be used in cooking and everyday recipes. They contain just the right amounts of glucose and fructose – naturally. These are great substitute sweeteners for those wanting to limit their intake of sugar.
- **Rapadura sugar** is sugar in its most natural form. It is sugar cane juice that has been simply dehydrated. Available from most good health food stores, grocers and some supermarkets. It is yummy and still has nutritional benefits.
- **Organic raw sugar.** This is probably the most known type of sugar. Although it has still undergone a degree of processing, it still retains some benefits.
- **Xylitol.** Xylitol is a natural sweetener, occurring in many fruits. It is extracted from birch trees and corn cobs and has a very low Glycemic Index (GI). It supports intestinal flora (thereby not compromising your immune systems as much as sugar can), helps maintain bone density and stabilises blood sugar and insulin levels – so it able to be used by diabetics. Xylitol looks like white sugar and can be uses spoon for spoon in most recipes. In Australia, one of the names it goes by the name of “Sweetlife” or “naturallysweet”. It can be found in most supermarkets now. It is a great alternative for people who have a “sweet tooth” but are worried about the amount of sugar they consume. <http://www.sweetlife.com.au> or <http://www.naturallysweet.com.au> for more information.
- **Stevia.** Stevia is a member of the chrysanthemum family and is found mostly in South America and China. Stevia is very sweet so you need to be careful with the amounts that you use. It can be purchased in liquid and granule form and is also able to be used by diabetics. It is a great natural alternative to sugar. You can purchase Stevia from some supermarkets now and from all good health food stores.
- **Raw Agave syrup.** Agave syrup comes from the juice of the Wild Maguey species of plant (a cactus) found in Mexico. It is a natural syrup which can be substituted for sugar. I use a brand called Loving Earth, which is available from all good organic and whole food grocers. <http://www.raw-chocolate.net/>
- Loving Earth make the best raw chocolate so you can enjoy chocolate – guilt free!

So, you see – you can have your cake and eat it too!

Salt



Cyndi O'Meara asks the question – “how many times have you been told to reduce your salt intake? If you're eating too much of it – fair enough. But if you're only using a little salt as a condiment, then don't change the amount you're using – change the kind of salt you're using.” (10)



- Get rid of refined white salt and “table” salt. These are devoid of all nutrition and are filled with additives, bleaches and anti-caking agents.



- Get a salt grinder and some Unrefined Sea Salt from your health food shop. This salt is not pure white (as it is not bleached). It tastes great is high in nutrients.
- Pink Himalayan Salt is full of lots of great minerals such as calcium, magnesium, potassium and is available from many health food shops.

Wheat & other grains

Wheat is another food that we constantly hear about in the media. So is wheat bad for us?

The truth –

It's not that wheat is bad for us, it is that –

1. The wheat we eat is so refined and usually gone through numerous processes including bleaching, before we eat it, that it is often devoid of any nutritional benefit – again, a refined carbohydrate.
2. It is used in everything! The western world is suffering from a total wheat overload! There are more grains than just wheat.

Do you suffer from bloating, fatigue, flatulence, constipation or diarrhoea? This could be put down to a wheat intolerance or sensitivity – which is very different to a wheat allergy (celiac) – which is quite a serious issue. If you sit and write what you ate yesterday, you may have consumed about 6 serves of wheat without even thinking about it – cereal, toast, muffin, sandwich, biscuits, and pasta for dinner. Would it be healthy to eat 6 eggs or 6 pieces of meat a day? Just monitor your intake of wheat and see where you can begin to make a change.

Most other grains have not undergone the amount of refined processing that wheat has and so are still full of essential vitamins and nutrients. Look for – Spelt, Kamut, Buckwheat, Millet, Oats, Rice, Maize, Barley, Amaranth, Rye and Quinoa (Keen-wah), just to name a few.

I love carbs! I was born to eat them! They don't necessarily love me though. I know that my sinus flares up when I eat too many and I feel sluggish. So, I still eat wheat and love a bickie or piece of cake, but I manage the amount of wheat and grains I consume in a day.



- Try not to eat wheat for breakfast. Choose another grain such as corn, rice, oats (porridge) or better still go for fruit and yoghurt. You will feel full of energy and not “full” and sluggish! There are plenty of other options for the kids.
- Change the bread you buy – if not for every meal then at least substitute your bread for either breakfast or lunch to another grain. Opt for Organic Spelt or Kamut bread (available from good whole food and organic grocers). This bread is just like normal bread, so the kids don't even notice.
- For lunches, try salads and rice/corn cakes instead of sandwiches. You will feel so much lighter after eating. I often do a “ploughmans” lunch for the kids with rice crackers (plain of course!), cheese, fruit and sultanas as a way of restricting the amount of wheat in their diets. This works great for school lunches as well. Add some popcorn (homemade of course) and the kids think every snack is a treat!
- Change your pasta to organic Spelt or Kamut (available from good whole food and organic grocers). Again, you won't even notice the difference. Try wholemeal as an even better option.
- Eat brown rice at least once a week! This is one of nature's super foods! I cannot tell you enough of the health benefits of this! High in B Vitamins, manganese, selenium and magnesium and again tryptophan for our happy hormones.
- Bake cakes and biscuits with unbleached organic spelt flour instead of bleached white wheat flour. It tastes the same and can be substituted in any recipe.
- **Try to limit wheat to one meal a day and notice the difference!**

Alcohol & Caffeine



I am not even really going to say too much here, except that we all know that we shouldn't have too much of either of these for obvious reasons. I love a drop of wine as much as anyone so I *try* to at least limit the amount I consume.



- Try to avoid alcohol at least 3-4 nights a week. Try to buy organic / preservative free wine if you can.
- Limit your intake of coffee – it plays havoc with our health. Throw away the instant stuff – it is just not good for us. If you must have coffee, drink freshly ground “real” coffee.
- Opt for green tea or herbal teas instead of tea / coffee with milk and sugar. Once you start, they become addictive. These are my faves... <http://www.byronbayteacompany.com>

Water



It is estimated that water can cure about 70% of common ailments...

Really, I hear you say. Increased consumption of water can greatly benefit a range of symptoms including depression, back pain, arthritis, heart disease, hypertension, fatigue, osteoporosis, high cholesterol and even cancer! (11) Your body is made up of about 70% water. If you weigh about 65kg - that's about **45 kilos of water**.

We need be consuming about a litre per every 22 kg of body weight – about 3 litres a day for optimum health. Do you do this? I know even I struggle with 3 litres a day, and when I am properly hydrated, I am amazed at how much better I feel.

So let's look at what constitutes as healthy water.



- Avoid teas and coffees. These both contain substances that cause the body to lose water – not to mention all the chemical processes and additives.
- Avoid soft-drinks, fruit juices and cordials as this is not healthy water.
- Avoid non-filtered water as it contains many additives and chemicals such as fluoride and chlorine as well as pesticide residue from the run-offs from farms near water supplies. Beware of many bottled water supplies as they are simply bottled filtered tap water. We are killing our planet with the amount of bottles. 8 out of 10 bottles become landfill and take 700 years to break down! See below.



- Try to consume foods that are water based such as fruit and vegetables, salads, porridge etc. Aim for about 70% water-based meals – Fruit for brekkie and a salad for lunch is a great start! Fruit and vegetables contain lots of healthy water in them.
- Freshly squeezed juices from home or a juice bar – consumed as soon as they're squeezed – not store bought juices full of colours, flavours and preservatives.
- For younger looking skin. Drinking lots of water will also help in the hydration of the skin. The lowest layers of the skin, the Germinative layer holds the highest amounts of water. These layers get their water from the inside rather than the outside (through a moisturiser). The skin's capacity to retain water decreases with age, therefore making you more susceptible to wrinkles as you get older.
- Get a good quality water filter for drinking and cooking. Ask your filter company what it does and does not filter. *This will do the filtering of your water rather than your kidneys.* This way, you save money and the planet by reducing the amounts of plastic bottles.

Some Healthy options to try

I am no nutritionist, nor am I “good” all the time. I love a coffee and cake out like everyone else. I do know that if I eat well most of the time, then I eat what I want to when I am out – guilt free! Everything in moderation. Another way to look at it is – eat well Monday – Friday and eat what you want on the weekends. Remember to enjoy your food and try different things until you find something that works for you.

- A glass of warm water with a slice of lemon 20 mins before breakfast will aid digestion and help nutrient absorption. Your natural weight-loss friend.
- Try fruit and natural yoghurt for breakfast with a handful of nuts or homemade muesli over the top. Yum.
- Or even Birchir muesli with yoghurt and grated apple. My favourite is to soak organic oats and a handful of organic sultanas in apple juice overnight. Add some organic plain yoghurt and a grated apple to the top! What a fab start to the day.
- Try a slice of sourdough or organic spelt bread spread with some avocado and top with wilted organic spinach and a poached egg.
- Drink a cup of green tea or a fresh juice instead of conventional tea and coffee. You will feel the difference immediately.

Eat
breakfast
like
a
King

- Have an apple / other fruit for morning tea instead of something store-bought.
- Make your own biscuits and cakes – you know what is in them and you can control the portion.

- Try corn/ rice cakes with avocado and your choice of salad toppings – even cottage cheese, tin salmon, whatever you like.
- Salads are great! You can vary what you put in them so they never get boring – I like to add a tin of salmon or roast a heap of pumpkin on Sunday night to add. Adding nuts and seeds adds another dimension to salads to keep them interesting.
- Soups! Make up a heap on the weekend and freeze them in individual containers for lunches during the week. Try to stove heat and avoid the microwave. Add a piece of sourdough or spelt bread to mop up the bits of the bottom.
- If you are going out to lunch – opt for an entree size or smaller portion. This is generally enough.
- Drink water or freshly squeezed juices instead of soft drinks or coffee.

Eat
lunch
like
a
Prince

- Have a handful of your seed & nut mix and lots of water. You will feel full and not tempted to reach for the sweet snack.
- Have a home-made biscuit and a cup of green or herbal tea.

- Try corn/ rice cakes with avocado and your choice of salad toppings – even cottage cheese, tin salmon, tomato... whatever you like.
- Salads are great! You can vary what you put in them so they never get boring – I like to add a tin of salmon or roast a heap of pumpkin on Sunday night to add. Adding nuts and seeds adds another dimension to salads to keep them interesting.
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- If you are going out to lunch – opt for an entree size or smaller portion. This is generally enough.
- Drink water or freshly squeezed juices instead of soft drinks or coffee.

Eat
dinner
like
a
Pauper

Take control of your health and don't become a statistic.

I aim to get lots of recipes and companion articles up on the website in the next few months – so stay tuned. Join our “facebook” page for lots of insights and special features and offers.

I hope you find this as interesting as I do.

Until next time – Live Well!

Please pass this onto anyone who you may feel is interested.
They can join up to our newsletter via our website or facebook to receive this
amazing new series on Living Well –
I look forward to sharing Part 3 with you in the coming weeks.

Carmajé – where Living Well is second nature

Cara Phillips

Director & Founder

Carmajé – pure botanical skincare

www.carmaje.com.au

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Recommended Resources:

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