

Encouragement

So often, we look at others and compare ourselves to them, and we come up short. We look and say, "Oh that person is 25 years old and they have done this and that". We watch people who "have it all together" and we begin to get down on ourselves. We find any number of ways to compare ourselves to the next person - and come up short... STOP!

There is a saying that the grass is always greener on the other side. Well, their water bill is higher too. And guess what? You can have green grass also IF you seed, water and fertilise your lawn.

You can not have what somebody else has if you are not willing to go through what they went through. But, that is another matter. Stop comparing yourself to others. Love YOU!

Each of us has our own thorns. Be it weight, single parenting, job dissatisfaction, husband/ wife problems, financial stress, children woes, over worked/underpaid issues, loneliness, confusion, self-doubt, etc. You have got to love you, and if you can not do that right now, at least quit comparing yourself to others, because you do not know what they are going through. Someone will always be prettier. They will always be smarter. Their house will be bigger. They will drive a better car. Their children will do better in school or at sport. And their husband will fix more things around the house.

So let it go, and love you and your circumstances. Think about it. The most beautiful person in the world can have hell all up in their heart. And the most highly favoured person on your job may be unable to have children. And the richest person you know - might have the car, the house and the clothes - but might also be very lonely.

And the world says if I have not Love, I am nothing. So, again, love you. Love who you are right now.

Amino Acids

What exactly are amino acids? Amino acids are the chemical units or the 'building blocks' that make up proteins. Protein could not exist without the proper combination of amino acids. To understand how vital amino acids are, you must understand how essential proteins are to life. It is proteins that provide the structure to all living things. Each organism from the largest animal to the tiniest microbe is composed of protein. And in its various forms, it is protein that participates in the vital chemical processes that enable us to sustain life.

In the human body, protein substances make up the muscles, ligaments, tendons, organs, glands, nails, hair and some body fluids. Proteins are essential for the growth of bones. Enzymes, hormones and genes are also comprised of various proteins. Next to water, protein makes up the greatest portion of our body weight. Consequently it is easy to see why meeting our daily protein requirements is so important to good health.

A protein shortage could easily lead to any number of disorders. If the diet is improperly balanced, that is, contains inadequate amounts of the essential amino acids, physical disorders will arise. In addition to their other vital functions, amino acids enable vitamins and minerals to perform their jobs properly. Even if the vitamins and minerals are absorbed and assimilated rapidly, they will not be effective unless amino acids are present.

Hence, the vitality and health that you experience while following your program: Each and every meal is balanced and contains just the right amount of protein

that your body needs as your biochemistry indicated.

Our greatest glory is not in never falling, but in rising every time we fall.

- Confucius

Sugars and Skin

A diet rich in sugars will affect the skin tone in a negative way. Sugar causes a chemical reaction in the body and makes it less elastic. We have already established the harm that too much carbohydrates can do to the body in terms of forming fat - now research has shown that it can age your skin prematurely as well!

Research has shown that the skin of diabetics ages three times faster than that of people with normal glucose levels. But even if you are not a diabetic, the intake of too much sugar can damage your structural proteins - the skin's building blocks.

Recipe

Nachos

Ingredients:

Tomato (allowance), Zucchini (allowance), Green Capsicum (allowance), Onion (allowance), Cheese (allowance), 2 crispbreads and Chilli Powder

Method:

Place onion, zucchini and capsicum in a saucepan with a small amount of water and cook until soft. Next, add tomato and cook until they too are soft. Add chilli powder to taste. Transfer the mixture into a bowl and sprinkle with cheese. Place the salsa/cheese mixture under a grill and melt cheese. Break up the crackers and place on top of the salsa/cheese mixture. Enjoy!



The answer to weight loss
is within you



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