

The Motivation to Lose Weight!

I need motivation to iron my husband's shirts. My husband needs motivation to do the dishes. My dog needs motivation to do anything. We all need motivation in some form or another, the trouble is no one else can really help us. We have to find the motivation from within ourselves. We have to want to lose weight; we have to get fired up. It is no good sitting down and squeaking 'I need to lose weight'. We have to stand up and SHOUT IT! We have to say: I'm FED UP of being fat. I'm FED UP of feeling bad about myself. I'm FED UP of covering up my thighs. I'm FED UP of being laughed at. I'm FED UP of being ignored. I WANT MY LIFE BACK! I want to LOOK GOOD! I want to FEEL GOOD! I want OTHER PEOPLE to feel good about me! I want to have FUN!

But shouting it is not enough either. We have to start acting as though we mean it. We have to get off our butts and start making plans. We have to stand tall and take ourselves seriously. No one else can do this for us. So get going! Stand tall and start taking yourself seriously. NO MORE excuses. NO MORE junk food. NO MORE fad diets. NO MORE fat person.

You have to stand up and BELIEVE IN YOURSELF. Because once you believe in yourself, nothing will stop you. Not cookies, not burgers, not even your mother-in-law. First, get an attitude. Then get slim... and enjoy it!

Cuppa Calm

We all know tea is rich in stress-busting compounds, but the simple act of making a cuppa may be calming according to a UK study. Volunteers were asked to complete a complicated maths test before being given either water or tea to drink. Water drinkers were 25% more anxious at the end than at the start, while tea drinkers were actually calmer than when they started.

Omega 3

A new reason to increase your intake of Omega 3 fatty acids:

Their anti-inflammatory effects can reduce your risk of gum disease.

Japanese researchers found people with low levels of the omega 3 fatty acid DHA were one and a half times more likely to develop gum diseases.

Up your omega 3 intake with a daily fish oil capsule and by enjoying two or three serves of seafood a week.

Nature's Multivitamin - Kiwifruit

Kiwifruit is one of nature's most nutrient dense fruits. In a study that analysed 27 most popular fruits for their ability to provide the recommended amounts of nine essential nutrients - Protein, Vitamin A, Thiamin, Riboflavin, Niacin, Folate, Vitamin C, Calcium, Iron - Kiwifruit won!

Perfect with yoghurt for breakfast or a snack on the run, simply cut a kiwifruit in half and scoop out the delicious flesh for a power hit of nutrients. Eating kiwifruit each day will improve heart health, can work to thin the blood, reduce clotting and lower blockage causing fat in the blood.

Green Goodness at a Glance:

- More Vitamin C than an orange
- Powerful Antioxidants
- A healthy Sodium/Potassium ratio
- A good source of fibre and folate
- A low fat source of Vitamin E
- Zinc and Magnesium

Vitamin C and E in kiwifruit are essential during the winter months as they assist your immune system and protect against ills, chills, viruses and bacteria. So, as the body's natural defense mechanism, give your immune system a friendly boost with kiwifruit!

Healing Herbs

Thyme can help to ease dry coughs and sore throats. When growing, it is happiest when it is in free-draining soil, otherwise the flavour is impaired. Trim back after flowering to promote shape and growth.

Rosemary can improve memory and concentration, clear skin impurities and stuffy noses. When growing, rosemary likes full sun and does well in pots. It is good for improving blood circulation throughout the body, including the brain. For tension headaches, rub rosemary over the temples and inhale slowly to soothe and relax. To clear a stuffy nose - add rosemary leaves to a bowl of hot water, place your face well over it, then inhale deeply with a towel over your head.

Basil can restore concentration, calm nerves and also help relieve tension. When growing, it likes a sunny position and by regularly nipping out the flower buds it will produce for longer and also make the plant bushier. As a focus booster - Snap off a leaf, pinch between your fingers and slowly inhale the reviving aroma.

Recipe

Stuffed Chicken

Chicken steak (allowance)
Mushrooms (20g from allowance)
Garlic granules
Basil
Salt and pepper to taste
1 crispbread (allowance)

Set chicken aside and finely chop mushrooms. In a shallow pan put in water and garlic granules and cook mushrooms. Add salt, pepper and basil and then blitz. Form into a ball/roll and put in the middle of the chicken. Wrap chicken around it and secure with string or skewer and then cook in a preheated oven on about 180C for 15 minutes. Enjoy with the remainder of your vegetable allowance.



The answer to weight loss
is within you



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