

How to Maintain Your Routine Under Pressure!

We have never been more informed about good nutrition and how food affects our health. The perils of obesity and its associated health problems are continuing to rise but a lot of people continue to lead unhealthy lifestyles. They behave the same way around food that they always have, struggling to break a cycle that they have been caught up in for many years.



Dodging bad food in social situations can be hard at the best of times, especially when there is always someone in the crowd trying to persuade us to perhaps 'lash out a little', and eat something unhealthy! Often people justify eating anything that is put in front of them because of the social situation they have found themselves in. They don't want to appear rude and definitely don't want to feel 'left out'. So they eat and drink without discrimination.

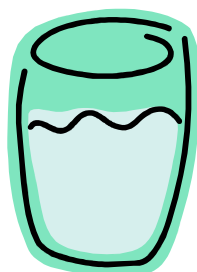


Here are some ideas which might help you through these tough situations:

- If you are concerned about the foods you may be faced with you could eat something light before you go, and drink lots of water. You will be less likely to make bad choices if you're not hungry.



- If appropriate take along a healthy plate of food to share with others. The host may appreciate a hand with the preparations and your healthy options will probably be very welcome.
- When eating out, place everything you are going to eat on your plate at the same time before you start eating. It's easier to judge how much you're eating when you measure the portions together.



- Limit your alcohol by drinking water in between each drink. You can cut your intake in half by doing this.

- It's good to occasionally plan a cheat meal so use a social situation as one of those, not an extra one for the week. Planned cheat meals are great. If you are too strict for too long you can set yourself up for some crazy cravings and binge eating. Be sensible though with your cheat meals, particularly with portion sizes. A wedding, Christmas or the Easter break is not a free ticket to put on 3kg!



- If you do slip up and over indulge then just pick yourself up at the next meal. Don't wait for the next day or the start of the next week.
- It's common for most people to plan to go totally off the rails. They set themselves up to fail by eating anything they want and stopping they're usual exercise routine. Stay strong and try and maintain at least 80% of your usual routine.
- Plan or timetable when you will exercise and eat, just like you would with any other appointment. When you allocate time to do something it is more likely to be done.

Remember, you don't need copious amounts of food and alcohol to enjoy yourself.

Kylie

A Second on the Lips.....

We've heard it all before... Stress, anxiety, depression, and frustration are all emotions that lead us towards the chocolate ice cream or the packet of Twisties, or whatever you're into.



Unfortunately for some - happiness, celebration, enjoyment and festivities are also things that make us turn to food. The reality is that the pleasure we get from these moments of indulgence can be very short lived, especially if you've eaten them really quickly!



The physical consequence of eating this way stays with us for much longer. The most obvious of course is weight gain. It's amazing how quickly our body fat levels can go up when we don't exercise and if we eat far too many 'bad' calories. If you actually worked out how many extra calories you consumed at these times you'd be amazed! Simply cutting out these dead foods can dramatically lower your calorie intake and can have a tremendously positive effect on your health, energy and waistline. Once you start feeding your body food which is full of nutrients it often responds quite quickly.



It really can take a lot of discipline and hard work to work it off again, it just doesn't seem worth it! The not so instant but long term health problems that bad dietary habits and obesity may lead to are diabetes, heart disease, varicose veins, polycystic ovarian syndrome, menstrual disorders, infertility, gallstones, hernia, incontinence, stretch marks, immobility, osteoarthritis, lower back pain, stroke, carpal tunnel syndrome, dementia, obstructive sleep apnea, asthma and depression. Reference: www.wikipedia.org



My best advice to you is to try and focus on the healthy body you live in, or want to live in, for the rest of your life. The 5 minutes of pleasure you can get from eating junk food simply can't be compared to the feeling of living in a body which is healthy, strong, full of energy and pain free. Not to mention a mind which is clear, happy and sharp.

Kylie

Why Go Organic?

- Compared to conventional produce, organic foods contain substantially more nutrients – vitamins & minerals.
- Organic meats are produced from animals that are treated humanely and reared on certified organic feeds and land.
- Organic farming and production is designed to work in harmony with nature and the seasons. They are sustainable and independent of harmful chemicals, pesticides and fertilizers. Buying organic supports the future of our precious environment.
- Organic foods may cost you more at the checkout but long term the costs balance out as you will spend less on health care.

* For more information visit our website & go to the 'We recommend section' *

Fish Curry

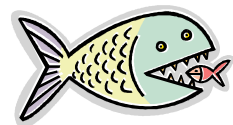
Ingredients: (serves 4)

- 800 g fresh fish, chopped
- 500g mixed veggies, any sort
- 2 Tablespoons olive oil
- 1 large onion, chopped
- 2 garlic cloves, chopped
- 2 bay leaves
- 4 cloves
- 1 Tablespoons garam masala
- 1 tsp ground coriander
- 1 tsp turmeric
- 1 tsp cumin
- 1 chopped chilli
- 1 organic chicken stock cube
- 1 small can coconut milk
- Water, amount varies.

Method:

Heat oil in a heavy based saucepan. Gently sauté onion, garlic, chilli, bay leaves and cloves. Add garam masala, coriander, turmeric, cumin and stir fry gently aromatic. Crush chicken stock cube and add to mixture. Add coconut milk, fish, veggies and water to cover. Bring to simmer, then leave on very low heat for 15 minutes stirring frequently.

Happy Eating, Paul.



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