



“He who is of calm and happy nature will hardly feel the pressure of age, but to him who is of an opposite disposition youth and age are equally a burden.”

Plato



March - April - May 2006

## Eat, Move and Breathe Your Way to a Happier, Healthier Life

What triggers the experience of stress in you? Is it the red traffic light when you're running late? The ticking clock as the deadline approaches? The mountain of dirty clothes that need to be washed? The thought of that big presentation you'll be making next week?

The way we respond to the events in our life plays a key role in the quest for optimal health. On a practical level, it is helpful to understand that stress is not a “thing” outside of us, but rather *our reaction* to external pressure. With the weight of modern science now well and truly confirming the negative effects of stress on our health, the question is, how do we go about reducing it in our lives?

To answer this, let's take a look at some different levels on which we experience stress.

- (1) Visceral stress such as gastro intestinal inflammation can be caused by a poor diet made up of processed and packaged foods. Eating a rainbow coloured mix of fresh, whole foods, should be your first step towards easing the stress in your life.
- (2) Musculoskeletal stress in the form of muscle tension and joint pain can be alleviated by improving posture and bringing the body into balance. The regular practice of yoga postures, which have been used for thousands of years to achieve a state of balanced health, will allow you to flow with freedom through your day. Interestingly, most people only notice their body in the place where they feel some restriction or tension.
- (3) Emotional / Psychological stress is triggered by the way in which we view the world. It is the result of other concepts

bumping up against *our story*, or the agreements we have made with ourselves about how the world should be. In this case, the practice of conscious breathing and meditation can provide a method in which you begin to observe your thoughts and emotions, thus accepting “other concepts” in a more harmonious way.



## Power

Are you as fit as you'd like to be? Would you like more cardiovascular power? Try this...

Just for a moment, close your eyes and visualize your heart beating in the center of your chest. Feel the warm blood pumping around your body. Then open your eyes, hold your right hand up above your head and make a really tight fist. Squeeze the blood out of your hand until it goes white and then let it go... How quickly does full colour come back into your hand?

A strong heart and efficient circulation is fundamental to good health. So, if you exercise regularly but repeat the same routine more than twice a week, it's time to shake things up by trying something new this week. If you are not exercising at the moment, then set your alarm 20 minutes earlier, get up and get moving! Do it every day this week and just see how much better you feel.

There's only one way to increase your inner power and that is to TAKE ACTION... RIGHT NOW!

## Success Story

### Lighter, brighter and a new lease on life!

Ann Bouchard-Long has been training twice a week with RISE since October 2005 and we're proud to say she's a shining example of what happens when sound health and fitness information meets good old fashioned dedication and a desire to make a change.

Right from the start Ann has risen to the challenge and done everything we've asked of her and subsequently she is looking and feeling fantastic.



After a recent session, we put these questions to her.

#### What are your goals?

Originally my goal was to lose weight (and a lot of it) and to make that loss permanent. About a month into my program I realised I wanted more ....health, fitness and to feel that zest for life.

#### What have you achieved so far?

I've lost 18 kg and found lots of new muscles. I've cleared the junk food from the house and moved a new wardrobe in. Energy up, stress levels down. I'm fitter, stronger, happier and healthier than I've been in a long time.

#### Has this surprised you?

The weight loss is an achievement but not a surprise. What's surprising is the other aspects of my life that have changed. Having suffered with depression for many years, the change in my outlook on life, from "something to endure" to "something to embrace" is the single most surprising, unexpected and welcome outcome.

#### What do you like about training with RISE?

They live and breathe what they believe! Right from the start I found the holistic approach inspirational. I also love that they come to you. I like training outdoors, and the fact that we can vary the location, park, home, cycle track, keeps it interesting.

#### What is your favourite type of session?

One that's finished!

#### Least favourite?

Running up hills and I'm not that keen on cycling up them either....oh, and anything that finds those new muscles for the first time!!!!

Congratulations Ann on your fantastic results so far. Your energy and commitment are an inspiration to us all. Keep up the great work!

## Shape

How much unnecessary physical stress are you feeling right now, as a result of faulty biomechanics or poor posture. How tense are your shoulders, neck and jaw?

Enduring your day through the fog of chronic pain or muscle tension can drain your energy and sap your will. Very often, people become so used to *cop*ing with their imbalances that "the afternoon headache" or "stiffness in the back" become an accepted part of living... BUT IT DOESN'T HAVE TO BE THIS WAY! It's actually hard to imagine just how much better you'll feel until you go through the process yourself because these imbalances commonly operate below the level of conscious awareness.

So discovering more about your body is the first step. Then, a specifically *targeted* stretching and strengthening program will begin to free up your movements and produce the feeling of a lighter, stronger frame. And most importantly, it will leave you with more energy for productivity, creativity and fun!

## Energy

Autumn is a great time to establish a routine of healthy eating habits that will support you through a fantastic 2006.

Eating behaviour is commonly based around habit patterns. Why not challenge yourself this week and make a diary of **what** you eat, **when** you eat it and your physical/emotional **energy level** at the time.

Chances are, you'll learn some interesting facts about your eating behaviour. At the end of the week, write down 5 things you can improve on. Then commit yourself to stick to them for a month. Your body will thank you for it!



Autumn offers a fresh bounty of fruits and vegetables at the peak of their flavour, ripeness, quality and value.

**Fruits** to enjoy include - apples, oranges, cumquat, custard apple, figs, grapes, lemons, limes, mandarins, sultanas...just to name a few!

**Vegetables** to enjoy include - Asian greens, avocado, beans, beetroot, broccoli, brussels sprout, cabbage, carrots, chili, cucumber, fennel, garlic, mushrooms, potato, pumpkin, silver beet and zucchini.

## Breath

Consciously lengthening your exhalation and the pause after the exhalation is a wonderful way to slow your heart rate and control stress levels. Try this simple technique every day this week as you travel to and from work or school. If you do it for at least 5 minutes, you'll establish a rhythm that feels great and you may not want to stop!

Imagine your breath has three components. (1) The inhalation. (2) The exhalation. (3) A pause after the exhalation.

Begin by breathing out all of your air. Then breathe in as you mentally count 1, 2, 3. Then breathe out as you mentally count 1, 2, 3. Then pause as you mentally count 1, 2, 3.

Continue this cycle of breathing, extending the length of each side of the "triangle" as much as is comfortable for you.

## Presence

There is an aspect of your awareness that is unchanging, regardless of what happens in your life. It is the part of you that recognized when you were 10 years old that your body was young and growing. It is the same, unchanged part of you today, that recognizes your body is older and more mature.

It is the slate on which you paint the story of your life.

If there is anything from your past that is holding you back or impinging on this moment in any way, you may find it useful to visualize cleaning that part of your slate, with a wet cloth. Notice the slate is still there, unchanged.

Don't let the negative parts of your story bring you down. Life is too precious to waste that kind of energy!

## Research Review

### Atkins diet safety questioned

The high-protein Atkins diet has caused a "life-threatening complication" for a woman who strictly followed the diet, say US doctors.

The Atkins diet stresses lashings of meat, butter and other dairy products - high-fat foods typically limited in classic diets - but cuts potatoes, rice and pasta to negligible levels and greatly limits intake of fruit and vegetables.

The diet's premise is that a carbohydrate-starved body will start to burn up stored fat cells, a process called ketosis.

Dr Tsuh-Yin Chen of [Lenox Hill Hospital](#) in New York and team report seeing a 40-year-old obese woman a month after starting the Atkins diet.

She reported losing 9 kilograms after eating only meat, cheese and salads, supplemented by minerals and vitamins sold by Atkins Nutritionals Inc., the company founded by diet pioneer Robert Atkins in 1989.

The woman was admitted for emergency treatment, complaining of a shortness of breath, nausea and repeated vomiting that had lasted several days, as well as mild gastric pains.

Urine and blood analysis showed she had severe ketoacidosis, a condition in which dangerously high levels of ketone acids build up in the liver as a result of a depletion of the hormone insulin.

Ketoacidosis, which is more usually seen among diabetics and victims of starvation, can lead to a coma.

The patient responded well to rehydration and glucose infusion and left hospital after four days.

"Our patient had an underlying ketosis caused by the Atkins diet and developed severe ketoacidosis," say the researchers, adding that mild pancreatitis or stomach infection may have contributed to the problem.

Source: [www.abc.net.au/science/news/health](http://www.abc.net.au/science/news/health) 17th Mar 2006

## What's New?

### Corporate Conference and Seminar Packages



Inspired by a recent trip to Uluru as the health experts for the St George Bank Margin Lending Conference, we've put together an exciting new product designed to increase productivity, participation and overall enjoyment at corporate events.

If you are organising a conference or seminar, then consider adding the fun, colour and enjoyment of:

- An inspirational health component
- Providing a balance to the heavy meals and alcohol
- Engaging the delegates' attention in fresh, empowering ways
- Motivating and educating the delegates about how to reduce stress and improve concentration with fun, participatory sessions

Whether it's a half day seminar or a week long conference, we tailor our involvement to reinforce the key messages you want your delegates to take away from the experience.

[Contact us](#) for more information.



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