

7 Steps to Wellness



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This is my wish:

*For you to be able to look in the mirror
and see healthy radiance in your face and
bright shining eyes that look back at you,
as you whisper*

That's me
and I like
what I see!

Introduction

This book has been written with you in mind. It has been written so that you can see there is a great way to health. Even if you are sick you can get well and then maintain that wellness for life. If there are no signs of illness, GREAT, you can then go on to do the best you can to stay that way. Then if you do become ill the aim is to experience that illness in the mildest form possible. The state of our health as it stands is generally a case of " We reap whatsoever we sow..." What I have to say may be brand new to you, or you may know lots of it, but just not put it into practice. I do tend to give lots of information, so your feedback would be most appreciated. Let me know what else you would like to learn about what I have expanded on too much or if you have a different opinion. Pop over to our blog and comment there: www.yourwellnesscentre.com.au or visit our facebook page: www.facebook.com/yourwellnesscentre pop in your comments and we would love you to "like" us.

" That's me and I like what I see".

When we look in the mirror are we able to say this, or think this every day?

We feel our best when we are all spruced up in our finery, when we look in the mirror and think "this is me and I like what I see". So what would it be like if we felt this way about ourselves not only when we are going to that special occasion, that wedding, that gala ball, the races, the opera. What if we could feel this way, **EVERYDAY!**

Well you can - because when you feel good on the inside - then you do not want to hide, because everyday is a good day and everyday is the best day of your life!

You see, when you have a special event planned, you have in your mind a certain image of what you would like to wear. Months before that occasion you are preparing for that event. You visit numerous shops and outlets to get the main outfit - then you plan the best accessories, you scour fashion magazines as you imagine yourself being the picture of your choice. The final you, as you head off for that special occasion is 'pleased as punch' as you take that final glance in the mirror. What you see did not happen overnight. You put a significant amount of time and effort into preparing for that day.

Now you may ask, just why am I rambling on about this in a book that is supposed to be discussing natural health? This is the point ... if you put aside some regular time to plan your health (just as you plan for that special occasion) you will soon be looking in the mirror and liking what you see.

Those vibrant eyes, that radiant skin, will soon shine back at you. And... all the world will see. All you need is just a regular 15 minutes each day doing something that is going to move you forward towards great health - this way, you could feel and look your best everyday, no matter what you wear..

You see when you are feeling good , you do not have to have all that finery - true beauty shines from within - you can be dressed in rags but if you have that spring in your step, that shine in your eye, that smile in your voice - you can look in the mirror and say: "this is me, this is who I want to be, and I like what I see."

This is really possible with great health. Just as you prepare for that special occasion, just as you chose the picture of yourself in that evening garb; so too, with a little bit of planning and knowing what to do and in what order, you can feel healthy - if you choose just 15 minutes a day!

In this book 7 Steps to Wellness, I am going to show you how you can become well after suffering an illness and how you can stay that way by adopting health and wellness strategies. You will learn how much better you will feel by adopting just one or two of the strategies I am about to outline and how you can maintain these results for a long time.



What you can experience

Here are a few of the experiences written by our clients who have undergone health reform and now embrace and embellish their new found health and live by the compliments of family and friends but they especially love what they experience each day - as it has been said: "Nothing tastes as good as feeling good feels..."

Cathy

Just wanted to let everyone know that I started using natural treatments provided by Glenda about 4 months ago due to having extremely heavy periods. They have been instrumental to making my cycle regular but also less heavy. Over the time I have been taking them I have gone from a 20 day menstrual cycle to 8 days. I have so much more energy now and it has made the cycle more regular. I know to the day when I am due. I can recommend them to everyone. They have changed my life. Many thanks to Glenda and Your Wellness Centre.

Brandon

Originally I felt bloated, gassy and had to go the toilet about 4-5 times a day. I got sick and tired of feeling how this is how I would feel for the rest of my life. My condition was progressively getting worse. When I started to go on the detox at first it was a bit tough as I wasn't used to eating gluten free products as a way of life. Over the time my body started to improve where it basically returned to full health. The improvement came quite quick and the experience has made me far more health conscious as now I know how to keep healthy and maintain it.

Emma

Hi Glenda, I just wanted you to know how happy and surprised I am with my health in only 2 weeks after my 1st visit to you. As you know I was very unwell when I first came to see you. I could hardly lift myself in and out of the chair because the amount of pain I had in my joints and muscles, my memory was poor as was my concentration, motivation and I struggled with day to day activities. In as little as two days the pain had almost left me it was miraculous, after one week the brain fog had lifted, concentration at work and day to day activities had increased by 100%. My sleeping patterns changed ie; instead of waking up all the time and waking up in the morning feeling exactly the same way I went to bed, I slept soundly and when possible 12 hours straight. My husband has even commented that I looked really good, "he meant health wise" and some friends and family have seen a difference.

Yesterday I even dared to go running again, it's been a long time between runs but I didn't feel like it, my recovery was amazing. I am 38 years old, and have 3 boys 15, 12 and 8. I can honestly say even after 2 weeks I can see the light at the end of the tunnel.

No-one should live with any physical discomfort for no reason. I still have more visits with you but I'm so looking forward to it.

I now have a clearer understanding about my body and health and I am enjoying learning more about it. Instead of feeling like a donkey I now feel more like a thoroughbred! Yours thankfully and God Bless

Jane

I had been coming to Your Wellness Centre for some time as Glenda sorted out my digestive problems. I was overweight and lazy, but secretly wishing I could lose weight and feel better about myself. I was a bit shocked when Glenda told me I was starting a weight loss program that day, but I needed someone to push me to finally make a commitment.

I started the Shake It program 3 months ago and have lost 13kgs. There are plenty of foods that you can eat, but I have found I need to be committed not to eat and drink the wrong types of food, as it slows down any weight loss. It gets easier as you can see the weight come off, and I have my goal weight that I want to come down to.

Glenda has been a great support to me. It has been quite confronting to be weighed each visit, but as I don't want to disappoint myself or Glenda by putting on weight it keeps me motivated to keep going. I would never believe those people who would say they enjoy shopping after weight loss, but I can tell you it's true. To be able to walk into a clothes shop and look at clothes a size smaller, and more fitted, is a liberating feeling. It really is true.

Glenda and the Shake It program have changed my lifestyle. I want to be healthier, and I can see changes, like my blood pressure has lowered and my husband says I no longer snore at night!

So do it today!! Everything you hear other people say once they have lost weight – it really is true.

This is how I started

I started my professional life as a pharmacist. Actually as a student it was a challenge to learn those big words that describe disease and those even bigger words that were used to treat these diseases. The Medical world is chock a bloc full of hard to understand stuff. The words are hard to pronounce and even harder to spell. After years in this field I realised that despite all the medical jargon and big words staying healthy (not including diseases that can only be medically treated; those due to bad accidents and those that are genetic) amounted to a few simple strategies. And if we followed these few principles we came out tops each time. It is as simple as using the limbs we were born with, drinking the fluids that are natural, eating the bright fruits and vegetables, nuts and seeds and topping it all with a bit of fleshy meats or other quality proteins.



That is it! Not hard is it! Even though we start life eating the good stuff, along the way, we stray! Chocolate, icecream, chips come along and then coffee - and none of these appeal at first - they neither look nor feel attractive. Icecream - a blob of something cold, chocolate a brown blob of something else, chips a mound of wood chip looking stuff - and guess what, we eat the stuff. Coke a brown and ugly dirty looking liquid! Somehow we have our first taste going well against our instincts (same with cigarettes) and then because these all have an effect on our brain chemicals, specifically the feel good hormone serotonin, we have them over and over again. And because we like to feel good we buy these pretty packaged goods from the shops. We somehow fall into the trap of believing that feeling good comes in a supermarket package (the package in most cases looks better than the product!)

As for exercise, I'll share what I do. I walk our two cute big dogs daily and then work on the muscles a bit as well. On our verandah stands a huge 'do it all' piece of gym equipment. Placed there because I would have to walk past it every day. Ok after a while I decided that I would actually not walk past it without sitting on it and moving one of its movable parts. Then if I did walking lunges instead of hurtling down the passage this would help too - my 15 minutes a day of resistance exercise.

So these are my strategies - Oh getting up earlier is another one. After all, I do have to prepare to see all my lovely clients each day and I am writing this book and I do have to make sure there is something on the table for dinner each night. This is my story,... what is yours - what tiny changes can you make.

So even if you are not at the "this is me and I like what I see" stage yet, making that extra effort makes you feel like you are doing something. Just make a small change everyday.

The 7 Steps to Wellness

The Seven simple Steps to Wellness are outlined below. I have chosen these, because clients using them get great results and to my mind they are integral to great health. How you adopt these depends on your own circumstances and does not need to be followed in the written order. I do advise you to seek the opinion of your professional health advisor as well.



- 1) Identify health interferences.
- 2) Detoxification is the key.
- 3) Aim for Your Optimal Weight
- 4) Eat for Energy. This step will allow you to feel so much bit better as you prepare for steps 5,6 and 7.
- 5) Exercise
- 6) Support the Immune System
- 7) Education is the Key

I will discuss each of these elements briefly, should you wish for more information simply contact me: glenda@yourwellnesscentre.com.au and if you are simply around the corner, do make an appointment to visit.

Step 1 : Identify the health interferences.

In order to regain health, you will need to identify and rectify your health problems. At our clinic, we find that, your health needs are most likely going to fall into three categories depending on your desired result:

- 1) Symptomatic care - where we only treat your symptoms.
- 2) Corrective care - where we treat the symptoms as well as the underlying causes.
- 3) Wellness care - Here the catch phrase "prevention is better than cure" applies and we use strategies for maintaining great health.

If your problem is a simple one, with symptoms coming on strong you may opt for Symptomatic Care whereby only your symptoms are relieved. However, this does not delve into the cause of those symptoms. Relief will be shortlived. However, it does suit those who are not yet convinced that the best thing is to deal with the cause of symptoms too.

Corrective Care is definitely the way to go for lasting benefit from our treatments. This means that you will not only be alleviating the symptoms but treating the cause as well. Once the symptoms and causes of your problems have been treated and you want to stay in your true health zone then Wellness Care is for you.

In order to present you with the best treatment plan, it is important to be thorough and so information should be gathered from as many contributing areas as possible. This will help us identify the possible causes of your problems.

We gather information from personal interviews, client's symptom history and health appraisal questionnaires. (e.g. Diet, exercise and toxicity surveys). We also use clinic tests such as live blood analysis, urine testing, body composition analysis, iridology, QXCI/ SCIO (Biofeedback equipment) and body fluid pH's (acid-alkaline balance) as well as home tests you can perform yourself such as your morning temperature, pulse rate and simple tests of your endurance, strength and flexibility. These questionnaires, in-office tests and home self tests are generally repeated every six to twelve weeks to measure your improvement. Certain tests may have to be done by external laboratories, such as salivary hormone tests, genetic profiling, digestive stool analysis or hair mineral analysis among others.

Step 2 : Detoxification is the key.

Many of our clients cannot believe that they are the victims of toxic overload and so may need to detoxify. This is when I am faced with quizzical, astounding looks. Understandably so, in my previous years as a practising pharmacist I would have been just as mystified!

'Pie in the sky' you may well be thinking too! However, if it's been a while since you jumped out of bed feeling alive and ready to go, read more about detoxification.

At Your Wellness Centre we only use scientifically validated, easy to do, results orientated methods which we have undertaken ourselves.

In order to ensure the type of detoxification that is right for you, we use a very specific questionnaire and do tests for toxicity to validate our recommendation.

However, if you experience many symptoms and you are told that nothing is wrong with you, then have a check for toxicity.

If you like contact me at glenda@yourwellnesscentre.com.au and I will send you a simple questionnaire to see if you warrant further testing.



Detoxification is the body's natural and continual process of neutralizing and eliminating toxins from the body. Simply put it is a cleansing process in which the body gets rid of waste matter and toxins. Efficient detoxification helps the body stay healthy. If not performed efficiently, the body becomes prone to illnesses or a feeling of being unwell results. Even a low level of toxicity interferes with our ability to function optimally on all levels – physically, mentally and emotionally.

What is a Toxin?

A toxin is a poison. The toxins which are present in our bodies are poisonous to the processes that maintain life: in other words, it is anything that interferes or interrupts the billions of reactions that occur throughout our body and mind to keep us alive.

It may include substances from external sources such as heavy metals, environmental pollutants (smoke, fumes, traffic smog), solvents (glue in furniture) drugs (social and medical), chemicals, alcohol, and even food and water. It can also include those which originate from your own internal physiological activities such as digestion especially if poor. They can also be generated internally by "unfriendly" bacteria, yeasts and parasites in your digestive system.

The effects of stress or other factors can produce "toxic" levels of hormonal imbalance. The digestion of protein creates nitrogen wastes that are poisonous if not excreted by the kidneys.

Toxins are able to affect every system in our bodies.

- they upset the healthy gut flora producing bowel problems (diarrhoea, flatulence or constipation)
- they upset our immune systems producing allergies, skin diseases, asthma and a tendency to immune suppression so that our defence against infections and cancer is weakened.
- they poison our hormonal systems affecting our ability to deal with stress; causing fatigue, depression and fertility problems.
- they affect our nerves causing headaches, loss of memory and dementia.

How do Toxins enter our Bodies?

- Some toxins enter the body through the skin (e.g. Heavy metals such as mercury, herbicides, pesticides, solvents, etc)
- Some enter through the lungs (e.g. cigarette smoke, exhaust fumes, paint, glue, solvents)
- Most toxins enter through the gut - in our food and water - or are generated through bad digestion.
- Our digestive systems have evolved to cope with this to a certain extent. There are a number of natural protective barriers to invasion: stomach acid, digestive enzymes and the good probiotic bacteria in the gut. Also, 70% of our immune system is associated with the gut.
- Then there is the liver, followed by the rest of the immune system which also filters out toxins.

Are Toxins Affecting Your Health ?

Toxins can make you feel sluggish, tired, irritable and generally unwell. To find out if your health is being affected by toxins, ask yourself these questions:

- Are you often tired or lethargic?

- Do you regularly suffer from bloating, diarrhoea, constipation or other digestive disturbances?
- Do you get recurrent headaches?
- Are you regularly suffering from muscle aches and pains?
- Does poor short-term memory and concentration affect your ability to function at work?
- Do you have allergies or sensitivities?
- Do you suffer from depression, anxiety and/or mood swings?



Staying Healthy in a Toxic World

Your body is an amazing machine which can eliminate all these toxins through many different pathways; however, excess toxic exposure can overburden this machine. If you are not feeling 100%, a detoxification program will help to reduce this toxic load from your body and put a spring back into your step. Ask us today about a safe and effective detoxification program which will help to remove the toxic load efficiently and effectively from your body. Ring 9879 9596 Or email: health@yourwellnesscentre.com.au

Step 3. Aim for Your Optimal Weight

Many of our clients with health problems have excess weight as a compounding factor and many are unhappy with their weight. Before they visit our clinic, they are at a loss as to what to do because whatever they have tried has not given them the results they want. Others continually sabotage their efforts or succumb to the overwhelming pressure of external influences of temptation.

Their excess weight gets blamed on will power, and they feel really guilty about it. This is the case for many until they embrace our programs and literally thousands of successful weight loss participants later, I am regarded as an expert in this field.

Before going further, lets look at some recent disturbing facts on overweight and obesity in Australia: Information is on the Australian Government Health and Ageing Website: www.health.gov.au/internet/healthyactive/publishing.nsf/Content/overweight-obesity

Adults

For the first time since 1995 the 2007-08 National Health Survey (NHS) has measured the height, weight, hip and waist circumference of respondents aged 5 years or more. Results from this survey reveal that in 2007-08, 61.4% of the Australian population are either overweight or obese.

Knowing what a huge issue this is, knowing it's dire consequences on health as well as on the self esteem of the individual, we have programs available which are designed to help you.

- They will help you get over those mental barriers to successful weight loss,



- they will identify any medical issues that may hinder your weight reduction, and
- they will help you enlist the support of those closest to you.
- You will be able to lose weight with ease,
- You will have greater energy, better health and be able to fit into clothes which have become too small for you to wear.
- Your confidence will be enhanced in all areas of your life.



Our approach ensures optimal natural weight loss.

- The consultations are individual and include tests that will show any possible impediments most people encounter in weight loss. These are clinically tested for, so that they can be addressed.
- Consultations are both face to face as well as on the phone or via skype.
- You will stay motivated and you are given the optimal balance of nutrients you need.
- You are also given the support you need while working towards losing a possible 8 to 10 kilos in 5 weeks.

During the twelve years of providing weight loss programs in our clinic, I am still so pleased with the success of our clients. They have been delighted with their outstanding weight loss as well as improved health. Our tests substantiate just how much their health improves during this time.

People from all walks of life have used the programs and their comments include:

"This is the first diet I've been on where my weight hasn't reached a plateau"

"I've tried so many other programs without success"

"I've discovered some favourite clothes I haven't been able to wear in a long time"

"I feel great!"

"I'm glad I didn't have to change my lifestyle that much in order to achieve my goal"

These people have been delighted with their achievements.

I must now stress the importance of maintaining your achieved goal weight. At this stage it is imperative that you go onto a weight maintenance program which helps you to

maintain your desired weight. Our special maintenance program addresses this. In this program you are shown how to eat well for life without putting on extra weight.

I will just repeat here that it is most important for us to identify exactly what is getting you to lose control of your weight.

- Has your metabolism slowed for some reason?
- Is it your sugar balancing hormones?
- Is it your stressed lifestyle?
- Is it underlying stress you are unaware of?
- Do we first have to balance the function of certain organs eg. the adrenals, liver, or thyroid?
- Is it physical affliction such as a sore leg, knee problem, or arthritis?
- Is it sugar craving?
- Is it simply that you may be hiding behind your weight and not allowing your inner beauty to shine through? And so you keep sabotaging your success.
- Is it simply your diet and lifestyle that are the cause?
- Is it lack of exercise?



If it is one of these reasons we are able to guide you. In the unlikely event of not being able to help you, we will let you know and so refer you to someone else who will.

OK Glenda, you may be muttering. So what should I do?

To find out which avenue of weight loss is for you, you are invited to make an appointment to see us. At this appointment we use advanced equipment to give us a Cellular Health Analysis profile which highlights how much body fat you have to lose and we can then select the most suitable program for you. It also tells us how much muscle you have and hence how strong your body is.

(We often find that men lose weight so much more efficiently than women because they normally have more muscle. The more muscle we have the easier it is to lose body fat!) The information also points to your body's toxicity level, which, if higher than expected may contribute to further health issues later. Optimal cell health is revealed as well as your *biological age*. I emphasise biological age because most people are curious to know how

old they really are on the inside. The healthier you are, the younger your body feels and is. And it's so good to witness clients becoming younger as they become healthier.

You are continually motivated by repeating your Cellular Health Test while working towards your health goal because it visually shows how well you are progressing.



Live too far, too busy? Ah ha! We have you covered too. We will send you all the information you need to get results. It will demonstrate what you need to do and tell you how we can connect via email or Skype.

Simply ring 03 9879 9596 or send your email to health@yourwellnesscentre.com.au and mention your interest. Otherwise say "hello" to us on www.facebook.com/yourwellnesscentre . Comment and of course if you want to stay in touch "like" our page and then there's our Blog:
<http://www.yourwellnesscentre.com.au/wellness-blog>

We also ask you to fill out a brief health appraisal questionnaire in order to get even more information concerning your overall health. We are then able to let you know which other precautionary methods you may need to take for ongoing good health.

So, whether your goal is to fit into the "small" clothes in your wardrobe, to participate in your favourite sport again or simply to enjoy the good health you deserve, I'm available to help you achieve those goals.

Step 4: Eat and drink for Energy

To adequately hydrate our bodies and get the most nourishment out of the food we eat, so that we have enough energy each day, take these on board:

- 1) Drink more water.



Every system and function in your body operates optimally when you are properly hydrated. Headaches, muscle ache, poor concentration, hot flushes, and fatigue can be signs of dehydration. Your brain is like a plant; if you don't water it, it withers and shrinks. Age degeneration occurs more rapidly when you are dehydrated. Do not use thirst to determine whether you need to drink more water. When you are chronically dehydrated the thirst signal gets switched off; your body has given up telling you to drink more water! Once you start to drink adequate amounts again, it will switch back on and you will suddenly realise how thirsty your body really is. A general aim is for 2 litres per day, but add

another litre if you have been exercising.

- 2) Eat small and often. Consume three meals and two snacks during the day. Many who do not eat breakfast and consume only a very light lunch are tricked into believing that they are reducing their caloric intake. In fact, they are setting themselves up for a snacking binge on high calorie food in the late afternoon, followed by an overload at dinner and into the evening. The composition of each meal is also very important. You should have protein at each meal: equivalent to the size of your palm circumference and thickness at each main meal and half this amount as a snack. Have 3 cups of good quality vegetables a day and 2 to 3 pieces of fruit. A third of a cup of nuts and seeds and a small serve of low glycemic index carbohydrate.



Your metabolism, the rate at which you burn calories for internal functions, is like an engine - the more often you give it fuel, the better it works. A slowed metabolism makes it much more difficult to lose weight and much easier to gain weight. The good news is that you can get your body to work for you instead of against you. The rule should be that you do not go any longer than four hours during the daytime without eating something. Having said that, how much food do you really need? No matter what you eat, if it is more calories than you can burn off – you will get fat. It is no good following a piece of cake with an apple to salve your conscience, you are just adding to the total number of calories you are eating.

The type of calories you consume is very important, as your body will use up different amounts of energy to break them down. It takes a lot more energy to store complex carbohydrates as fat compared to fatty foods being stored as fat. But be aware, if you sit down to big bowls of pasta, or big dollops of mashed potato most nights you will gain weight because you are probably eating too much carbohydrate. Try using a



side plate to serve up your dinner or a breakfast bowl for your pasta. You will quickly realise that is all you need to eat to feel full.

3) Aim for a balanced diet that is rich in fibre. Fibre is important for maintaining health. It can help in managing weight and cholesterol and blood glucose in diabetes. Fibre is particularly important for digestion and keeping the bowel healthy. Some types of fibre may also protect against bowel cancer. Good sources of fibre include whole meal bread and flour, fruit,

vegetables, cereals, nuts and seeds. Fibre comes from plants. There are two types of fibre: soluble and insoluble. Soluble fibre is found in oats, legumes, fruit, vegetables, seeds, cereals and fibre supplements. Insoluble fibre is found in large amounts in wheat bran and also in some vegetables and legumes. Both soluble and insoluble fibre add bulk to the bowel motions, making them easier to pass. Soluble fibre also:

- Slows the digestion and absorption of sugars which can help to control blood glucose in diabetes
- Reduces the absorption of cholesterol from the gut, helping to lower blood levels
- Helps with weight control by increasing the feeling of fullness after eating.

4) Reduce salt and sugar Reducing salt in your diet will lower your blood pressure; protect your heart and arteries from disease. There is enough salt in most of the foods we eat without adding more, so leave the salt shaker in the cupboard. Check the sugar content in all the foods you buy. Even savory foods have sugar added. Be particularly careful with the 'fat free' products, they are often full of sugar to make them taste appealing.

5) Know your fats.

Did you know the right type of fat can keep you in great shape on the inside and the

outside? The naturally occurring fats in plants and seeds are essential for good health which is why they are called essential fatty acids. Omega 3 is a particularly beneficial fat and is found in fish. These fats are essential for energy, warmth, keeping our cells young and improving brain function, but unfortunately most fats in our diets are the 'bad' fats found in cream, cheese, fried foods and cakes. Keeping these types of fats to a minimum is important for a healthy heart, healthy cells and healthy weight.



- 6) Be aware of calcium intake for strong bones Calcium is imperative for good bone strength, and as we age our bones are less protected by hormones. So a diet high in calcium containing foods is very important. Low fat (and low sugar) dairy foods are a great source of calcium, but for those of you who feel better digestively when you avoid dairy there are plenty of non dairy options. Many breakfast cereals are fortified with calcium and it is naturally occurring in nuts and seeds, green leafy vegetables, and fish with edible bones such as sardines. Calcium supplementation is also a great option if you feel your diet is not as good as you would like it to be.

The secret to ageing is in our food!

The key to feeling young, flexible and energetic is within your cells. The quicker your body can repair itself, the slower you age, and this is achieved with 'super foods'. You have probably heard of "super foods" but what makes them so super? Foods which are high in antioxidants will counteract the effects of cell damage and ageing. Oxidation is a process continually occurring in our bodies; made worse with stress, poor sleep, alcohol, cigarettes, sugars, overeating...you get the picture. We combat this process by choosing foods with lots of natural colour. Imagine a plate full of red capsicum, orange carrots, green beans, yellow squash, not to mention all the fruits and berries! These foods if consumed regularly will help to repair your cells and turn back the clock, or at least slow it down.



Some super foods to look out for:

- Wheat grass juice
- Fresh lecithin
- Garlic, leeks, shallots, red onions
- Seaweeds – arame, wakame, kombu, nori, kelp.
- Legumes – beans, peas, lentils
- Cold pressed vegetable oils - Tahini, humus and natural nut spread
- Apple cider vinegar added to dressings or water

Step 5 : Exercise regularly.

This does not mean you have to exercise strenuously everyday.

A thirty minute walk 3 times a week with some resistance training two to three times a week should be enough to keep you on track.

Resistance training is so important to supporting healthy lean muscles.

If you have never exercised before, start slowly a ten minute walk around the block to start with then slowly increase the time spent walking.

I often get told by my clients that they do not have time to exercise. In a jam packed day this is true. If this is you, try getting up 20 minutes earlier and go for a walk. Leave a good pair of runners in the car and walk after work.



Physical symptoms will improve and your emotions and moods will improve too. Metabolic changes and body shape will start to change and after a year of regular exercise coupled with "eating for energy" you will definitely notice the difference. Exercise should be fun so vary your walk route, add in some swimming, a bit of a run or a jog and add some music too! If you are goal orientated, perhaps train for a short fun run.

Talking about running, I will share my personal experience with you: Last November I decided to download C25K from the App store, (Couch to 5 Kilometres) and if you follow the steps, in 9 weeks you will be able to run 5 km. Well not being a runner at all and that means ever, I started the process. Running for a minute seemed like forever - but thankfully you had a walking break in between the running minutes. Well every week I religiously and very privately took off each morning, deciding not to share this with anyone except my encouraging athletic son. I just had the strange idea that sharing would mean diluting my focus and interfere with my progress. Well I reached the 5km running distance and I am sure I could have increased this if there was more attached to the program. Now, if I can do something I thought was out of reach, I'm sure you can too. Perhaps you are one of those who likes company, if so, why not join a walking group, or even a gym or dancing class. Whatever, you choose, remember just move!

Step 6: Support your immune system

Your Immune System: The Army Within

Inside your body there is an amazing system of immune cells and tissues whose sole purpose is to defend you against invasion by bacteria, viruses, allergens and parasites. Collectively, this is called your immune system. A healthy immune system is like having

your own private army. When the soldiers in your army are working well, you hardly even notice that they are there. You feel healthy, you have low levels of inflammation, and you are resistant to infections. However, when the army becomes disorganised, confused or overworked, then you may start to notice signs that all is not right.

Simple Ways to Keep Your Army Strong

- Eat a balanced diet high in fibre and complex carbohydrates, low in fat, with moderate amounts of protein. Eat fresh, wholesome, unprocessed foods. Eating lots of junk foods can slow your army down – especially sweet, sugary foods.
- De-stress! Enjoy plenty of rest and relaxation. Stress can actually reduce your resistance to infection.
- Exercise regularly. Regular exercise reduces inflammation and can support healthy immunity.
- Increase water intake to six to eight glasses per day. Water is essential for all aspects of good health.
- Supplement your diet with recommended nutrients and herbs to boost your immune function.

Armour for Your Army

There are some key herbs and nutrients which can help your army to fight off any potential invaders and prevent infections especially in winter.

Herbal immune booster: The following herbs have been shown to kill the pathogens which cause the common cold and the flu and are now available from us in one convenient tablet.

Andrographis paniculata is an Ayurvedic herb which has a long history of use for bacterial and viral infections. Clinical studies have shown it can reduce the severity and duration of colds and flu. Its anti-inflammatory properties contribute to its symptom-relieving properties.

Picrorrhiza kurroa has been used traditionally in Indian and Chinese medicine to help maintain a normal healthy immune system. It has been shown to exert anti-inflammatory and immune-stimulating actions. *Sambucus nigra* has traditionally been used for its anti-catarrhal and fever reducing actions to help relieve the symptoms of colds. It is indicated in cases of the common cold/flu, sinusitis and coughs.

Nutrients for immune support:

Zinc is the most important mineral for your immune function. A zinc deficiency may cause a weaker immune response, predisposing you to a more lengthy or severe cold. In fact, optimal zinc status has been found to inhibit the common cold virus.

Vitamin C is also important as it increases the activity of infection fighting white blood cells. Vitamin C may prevent the common cold as well as shorten the duration of the



symptoms. These two important nutrients for the immune system are available from us in a pleasant tasting powdered supplement.

Good bacteria for a good immune system: Lactobacillus acidophilus NCFM is a strain of beneficial bacteria that naturally occurs in the human gastrointestinal tract and is important for healthy digestive and immune function.

Bifidobacterium lactis HN019 is another good bacterium that has been shown to maintain normal immune response in healthy individuals; and Lactobacillus rhamnosus HN001 enhances cellular immune resistance through stimulation of your immune soldiers, particularly of natural killer cells. These immune-boosting good bacteria are available in one easy to take capsule – just ask us about it today.



What About the Kids? Children often get colds and flus. To help them avoid colds and flus we have a pleasant-tasting powder specially formulated for children to improve their immune response. This natural formula contains zinc and vitamin C with phytosterols, which are a mixture of plant sterols that have immune balancing effects and stimulate the immune cells to fight the virus causing the common cold and flu. It also contains andrographis and cat's claw, herbs that have anti-bacterial and

anti-viral activity. Andrographis and cat's claw can help stimulate immune cell activity and reduce the severity and duration of symptoms from viral infection.

Step 7: Education is the Key.

This word 'Education' has a strange ring to us adults! After all this is what we make sure our kids get. However, whether we are aware of it or not, we learn everyday.

And to quote Henry Ford:

"Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young."

Tom Clancy:

"Life is about learning; when you stop learning you die."

And yes, the topic of health is definitely included in this learning. In my world, where I relay the pearls of health to my clients each day, I have to stay at the forefront of techniques and tools to get the best results for clients. I also learn from clients each day :

- How they feel,
- how they suffer and grapple with their health issues each day.
- How it can sometimes be the mind that is the master of the body and
- how their thought processes do not always serve them.



-How their environment, well-meaning family and friends and stress issues hold them back.

And so I go about teaching them new ways, new strategies and techniques which allow them to keep progressing in the way they need to, to regain their health.

So to me Education and understanding why we need to adopt new habits is fundamental to maintaining health.

At Your Wellness Centre, we offer personalised programs for everyone seeking the finest natural, professional therapies available today. All have an educational component so that you know why you are prescribed certain herbal and nutritional supplements and lifestyle changes. These programs are designed to reduce pain and suffering and improve health. Importantly, they also meet the needs and concerns of those who have no current signs or symptoms, yet desire more energy and vitality.

We believe that the treated individual should also be educated. When education relating to healthcare is inadequate, people become increasingly reliant on medical intervention, asking for miracles which it cannot and was never meant to, perform.

We have found that when health education is included in our work with clients, their health improves much more rapidly and completely.

It is with this in mind that we offer "Your Personalised Wellness Program" because it is the most complete, effective and inexpensive approach to health education of which we are aware.

We have received specialized training to enable you to take better care of your health, using an array of tools such as video and audio tapes, books, handouts and workshops. So, if you want to learn how to take better care of your health, if it makes sense that your health and happiness are the product of your own actions, and if you value yourself enough to devote time to caring for your health, your "Personalised Wellness Program" is just the thing for you, and you will not be disappointed. We guarantee that what we teach will always benefit you to the exact degree that you use it.

We intend to meet you wherever you are currently in your process of health and healing. You will be provided with clear, achievable steps that you can incorporate into your current lifestyle. We will inspire and support you, not overwhelm you. We look forward to being your partner in the attainment of your health goals.



*Remember ultimately my wish for you is upon reflection
to be able to say:*

That's me and
I like what I
see!

Now that you have read all of this, the most important thing for you to do, is to Take Action. Don' be like many people : Many people 'die with the music still in them.'

Just blast it out and share your health with the world. You can be the example that shines. The example not only to yourself but to your family friends and work colleagues too. be what you want to be - no matter what your physical appearance - if you are doing those things that make you feel good on the inside, you are going to look in the mirror each day and say:

'This is me and I like what I see''

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