



Be Fearlessly You

Simple Ideas
to Live A Long, Healthy
and Happy Life!

Crystal Flaman

Please share this book with your loved ones.

May these simple ideas remind you of what you already know,
teach you something new and offer insights into how to live a
longer, healthier and happier life.

This book is dedicated to **you**...and your health.

For more information, please contact Crystal at
www.crystalflaman.com or 250-215-2903

Thank you.



Be Fearlessly You

Simple Ideas
to Live A Long, Healthy
and Happy Life!

Crystal Flaman

*The world needs
YOU...and is waiting!*

Dear Friends,

The three most valuable things in life, to me, are:

1. the people we love
2. our health
3. the difference we can make in the world

May this book bring you closer to the aspects of your life that you most value and cherish.

With greater health, I believe we are in a better position to experience more love, passion and happiness in our lives. With greater health, I also believe that we are more capable of reaching our potential and making an incredible difference in the world!

This book is dedicated to you, to living a long, healthy and happy life with those you love and to the difference you can make in the world!

With love and gratitude,

Crystal Flaman

Be Fearlessly You

Be Fearlessly You is a collection of simple concepts and ideas compiled from the following list of resources. Please consider adding some of these books to your own library if you enjoy what you read in these pages, for they have been invaluable to me in my journey towards living a long, healthy and happy life. I am confident they will be of great value for you as well.

1. **150 Healthiest Foods On Earth**, by Jonny Bowden, Ph.D
2. **All I Really Needed To Know I Learned In Kindergarten**, by Robert Fulghum
3. **The Art of Raw Living Food**, by D. Virtue & Jenny Ross
4. **The Biology of Belief**, by Dr. Bruce Lipton
5. **The Blue Zones**, by Dan Buettner
6. **Clean ~ The Revolutionary Program to Restore The Body's Natural Ability to Heal Itself**, by Dr. A. Junger
7. **Cruise Ship or Nursing Home ~ The 5 essentials of a maximized life**, by Dr. Lerner, Dr. Loman, Dr. Majors, Dr. Pellow and Dr. Shuemaker
8. **The Divine Matrix**, by Gregg Braden
9. **Fit For Life**, by Bill Phillips
10. **The Food Revolution - How Your Diet Can Help Save Your Life & The World**, by John Robbins
11. **Food Rules - An Eater's Manual**, by Michael Pollan
12. **Maximized Living**, by Dr. Hardick, Kimberly Roberto and Dr. Ben Lerner
13. **The New Complete Guide to Nutritional Health**, by Pierre Jean Cousin and Kirsten Hartvig
14. **Peak Performance - Training and Nutritional Strategies For Sport**, by John Hawley and Louise Burke
15. **Restart The Exercise Habit**, by Scott Young
16. **Spark - The Revolutionary Science of Exercise and The Brain**, by John J. Ratey, MD
17. **Start Fresh - Your Complete Guide To Midlifestyle Food and Fitness**, by Diane Clement and Dr. Doug Clement
18. **Thrive~Finding Happiness The Blue Zones Way**, by Dr. A. Junger
19. **The Thrive Diet~The Whole Foods Way To Losing Weight, Reducing Stress & Staying Healthy For Life**, by Brendan Brazier
20. **Ubuntu**, by Stephen Lundin and Bob Nelson
21. **Why We Get Fat**, by Gary Taubes
22. **Women, Food and God**, by Geneen Roth
23. **You Are What You Eat**, by Dr. Gillian McKeith

~1~

Aging happens.
There's nothing you can do
about the *why*, but you can
definitely do something about
the *how* and the *when*.

The average 75 year old suffers from three chronic medical conditions and takes 5 prescription drugs, in America, according to the Center for Disease Control. Among those over 65, most suffer from hypertension, obesity, diabetes, heart disease, cancer and stroke.

Smoking, inactivity and eating poorly are the root causes of these bodily diseases. And it's become understood that whatever kills the body also kills the brain.

If the brain is not actively growing, it is dying.

Exercise is one of the few ways to counter the process of aging because it slows down the natural decline of the stress threshold. (Mild stress that occurs during exercise actually strengthens neuron communication in the brain and prevents degeneration and disease.)

(Spark)

~2~

You Will Be Very Glad To Read The Following:

Exercise does many things for the body and mind!
Here's how it can help to keep us going, towards a
long, healthy and happy life:

1. It strengthens the cardiovascular system, reducing heart and stroke maladies.
2. It regulates fuel and glucose levels which can prevent diabetes and Alzheimer's.
3. It reduces obesity. Aside from the physical ramifications, fat affects the brain! Being overweight doubles the chances of developing dementia and if high blood pressure and cholesterol are also a factor, the risk of dementia is not double, it's 6x more likely.
4. It elevates your stress threshold, combating the corrosive effects of too much cortisol, which can cause depression and dementia.
5. It lifts your mood. More neurotransmitters, neurotrophins and connectivity strengthen brain communication (on a cellular level) and reduce depression and anxiety. Being in a good mood also helps reduce dementia.
6. It boosts the immune system. Stress and age depress the immune system, whereas exercise strengthen it, reducing illness and disease, including cancer. The most consistent risk factor for cancer is lack of activity. For example, those that are physically active have a 50% lower chance of developing colon cancer.

7. It fortifies your bones. Osteoporosis is largely a preventable disease, which is good, because more women die every year from hip fractures (a vulnerability of osteoporosis) than from breast cancer. If women were to take calcium and vitamin D (or spend 10 minutes in the morning sun) and do some form of exercise or strength training to strengthen the bones, they can reverse osteoporosis.

8. It boosts motivation. Exercise counteracts the natural decline of dopamine as we age, the key neurotransmitter in motivation. When you move, you boost motivation by strengthening the connections between dopamine neurons, while guarding against Parkinson's.

9. It fosters neuroplasticity. The best way to guard against neurodegenerative diseases is to build a strong brain. Aerobic exercise accomplishes this by strengthening connections between brain cells, creating more synapses to expand the web of connections and growing newly born stem cells to divide and become functional neurons in the brain. Moving the body keeps the brain growing by elevating the supply of neurotropic factors (protein molecules) necessary.

If you're not busy living, your body's busy dying.
(Spark)

~3~

Just show up!

Does action follow motivation...or does motivation follow action? Are we motivated to exercise first, and then we exercise? Or do we show up and exercise and then the motivation follows? Something to think about.

(Anonymous)

~4~

A Few Thoughts...

*"The best six doctors anywhere
and no one can deny it are sunshine, water,
rest and air, exercise and diet."*

(Nursery rhyme quoted by Wayne Fields
in What The River Knows, 1990)

I have two doctors. My left leg and my right leg.

G.M.Trevelyan

*Let food be your medicine and
medicine be your food.*

Hippocrates

Tell me what you eat...and I'll tell you who you are.

Brillat-Savarin

*Your body needs no help
to heal you; it just needs no interference.*

(Lerner, Loman, Majors, Pellow & Shuemaker)

*Exercise not only keeps our bodies healthy,
it keeps the brain from rotting.*

John Ratey, MD

Just do it! Nike

Quit counting calories. Start counting chemicals.

Maximized Living

*Out beyond the fields of wrongdoing and
rightdoing, there is a field. I'll meet you there.*

Rumi

~5~

Sweating can make you smarter!

A study in Naperville, Illinois, has transformed the student body of 19,000 into some of the fittest students in the nation, over the past 15 years. Only 3% were overweight, compared to the USA average of 30%, with another 30% on the cusp of being overweight. (In Canada, we're not far behind.)

Even more surprising, is that the program has also turned those students into some of the smartest in the country. In 1999, Naperville's students were among 230,000 students from around the world who took an international standards test, which evaluates knowledge of math and science. In recent years, students in China and Japan have outperformed America on these tests, however, the Naperville students placed 6th in math and 1st in the world in science, well ahead of America's standings!

These findings have continued over the past decade! It's become apparent that **"If it's good for the body, it's good for the mind!"**

Exercise not only helps muscles grow, but also enables the brain to develop new pathways, to become more powerful and get stronger when doing cognitive work like thinking, paying attention & problem-solving. EEG results indicate more neurons are being recruited in fit kids brains. When more neurons are firing, brains function at a higher level.

Exercise influences learning directly, at the cellular level, improving brain potential and capacity to log in and process new information. The benefits of exercise on the brains of students work this way for all children...and for adults too.
(Spark)

~6~

Getting younger... as we get older?

Perhaps not in actual biological age, but, yes, it is possible for our bodies to actually get younger, as we get older!

A recent study with older adults found that lifting weights twice a week for six months made participants stronger and actually reversed aspects of the aging process at a genetic level, meaning that, on a genetic level, genes responsible for brain growth acted as if they were 35 years old, not 65.

(Spark)

~7~

If proper lifestyle were a pill, then we would pay plenty for a prescription. Why would we not do it when the tools are available at no cost?

(Dr. Doug Clement)

~8~

Your body is talking to you.

We just need to figure out what it is saying!

Take a look at your tongue. It is a window to the organs. The tip correlates to the heart. The lungs right behind. The right side shows the gallbladder and the left side is the liver. The middle shows the condition of the stomach and spleen. The back correlates to the kidneys, intestines, bladder and womb.

- Crack down middle: Digestion and stomach function can be improved. Bloating and energy slumps result.
- Teeth marks on sides: Indicates nutritional deficiency.
- Sore tongue: Definite sign of nutritional deficiency, specifically vitamin B6 or niacin.
- Burning tongue: Stomach is lacking in digestive juices.
- Thick coating on tongue: Indicates too much mucus in the body and possibly too much yeast in body as well.
- Horizontal cracks/grooves: Indicates malabsorption of vitamins, especially Vitamin B.
- Red tip: indicates heat in the gut; elevated stress.

The body is talking. If we can listen to what it is saying and respond, we're on our way to better health!

(You Are What You Eat)

~9~

If exercise came in a pill form...

it would be plastered across the front page,

hailed as the block-buster drug of the century!

Exercise is proven to reduce the risk of cancer, heartdisease and stroke, the 3 leading causes of death in Canada today. Less than thirty minutes of moderate exercise per day can substantially add many healthy years to your life.

(Spark)

~10~

The better your fitness level,
the better your brain works.

If you didn't read the fine print on the previous page: Fit children score better than unfit children on cognitive tests. Adult brains work the same way. The fitter we are as adults, the better our brains function and remain healthy.
(Spark)

~11~

The secret is simple...
10,000 steps a day.

10,000 steps. Every day. Forever! If you do this, you are almost guaranteed to live longer, be healthier and probably experience more happiness (as a result of being fit and healthy) than you ever thought possible.

How far is 10,000 steps? It's probably no more than your typical walking throughout your day, plus a brisk walk through your neighborhood for approximately 30 minutes. The exponential value of reaching 10,000 steps, on your body and brain's health is simply off the charts!

(Source: Documented in almost every health book ever written.)

~12~

Just 30 seconds...

One particular study from the University of Bath, in England, found that if the body is pushed, for even just 30 seconds, during a walk, run or bike ride, it generated and releases 6 times more 'human growth hormone' (HGH) into the blood!

HGH is the body's master craftsman, burning belly fat, layering on muscle fiber and pumping up brain volume. As you get closer to your maximum exertion and into the anaerobic range, the pituitary gland in the brain unleashes HGH in abundance.

When the body is pushed, for a few short bursts, during a walk, jog or bike ride, it can have a life-changing effect on the body and brain!

(Spark)

~13~

If you give a rat or a mouse access to a running wheel, every single one of them will run. That's not true of humans. A lot of them buy treadmills that become coat racks.

(Spark)

~14~

Exercise regulates the brain.

Exercise plays a key role in regulating brain function by positively impacting the neurotransmitters serotonin, norepinephrine and dopamine by fine-tuning the balance of neurochemicals in the brain.

Serotonin acts like a policeman of the brain, keeping brain activity under control. It influences mood, impulsivity, anger and aggressiveness. If serotonin were out of balance, it can lead to depression, anxiety and obsessive-compulsiveness.

Norepinephrine amplifies signals that influence attention, perception, motivation and arousal.

Dopamine influences learning, satisfaction, attention and movement. It calms the mind.

Most drugs (Ritalin, Prozac, etc.) used to treat various disorders attempt to balance out or regulate the brain's neurochemicals, however the brain is so complex, that this is difficult to do since each person's brain responds differently.

Simply going for a brisk walk or jog may work far better than taking synthetic drugs because exercise elevates the neurotransmitters naturally, with precision.

(Spark)

~15~
If you're feeling
anxious...exercise!

Exercise reduces anxiety, helping the body and brain to cope better.

1. It provides distraction, putting our mind on something else.
2. It reduces muscle tension that is often experienced when anxious.
3. It builds brain resources, increasing serotonin and norepinephrine levels which enable the brain to become stronger.
4. It teaches a different outcome. When the body is anxious, the symptoms are similar to when we exercise: elevated heart rate, faster breathing, etc. and through exercising, the brain learns that these symptoms can be positive.
5. It reroutes circuits in the brain and body, activating the sympathetic nervous system, breaking free from passively waiting and worrying.
6. It improves resilience, a very valuable trait for dealing with anxiety and every aspect of life.
7. It sets you free. By taking action and exercising, the body and mind are set free from anxiety that may feel like a trap.

(Spark)

~16~

Women, hormones and restoring balance.

Menstruation:

The average woman has 400-500 menstrual cycles in her lifetime, lasting 4-7 days. If you add them all up, it comes to more than 9 years! That's a long time if you're a woman suffering from PMS.

Approximately 75% of women suffer from symptoms of PMS: physical and/or emotional symptoms including bloating, cravings, moodiness, depression, sensitivity, anxiety, aggressiveness, agitation and impatience, just to name a few.

Aerobic exercise can help reduce these symptoms by assisting to balance the brain's chemistry naturally.

Menopause

A long list of symptoms are associated with menopause: hot flashes, irritability, mood instability, weight gain and more.

Exercise serves to provide protection from these symptoms by helping to balance the effects of diminished hormones and it continues to protect the body and brain against other chronic diseases associated with reduced hormone levels: heart disease, breast cancer, stroke, obesity, diabetes, osteoporosis and depression.

Hormone Replacement Therapy

Hormone Replacement Therapy is an avenue many women look towards as they battle symptoms of menopause. However, the side-effects are many, including a higher risk of breast cancer, stroke and heart attack in addition to an increased risk of developing dementia.

In studies conducted with hundreds of menopausal women, exercise (2-4x/week) served to provide relief from symptoms of menopause at a rate of 84%.

Further studies indicate that women who reported higher levels of physical activity were 50% less likely than their inactive peers, to develop any type of dementia.

(Spark)

~17~

Interval Training

If you've hit a fitness or weight management plateau, and want to get to the next level, try interval training.

Instead of just 'putting in time', going slow and steady when you exercise, try to do some interval training, which are short bursts of high-intensity activity, mixed in with slower intensity exercise.

Even 30 seconds of high intensity exercise, repeated 4 or 5 times, over a 30 minute run, will provide greater health and fitness benefits overall, compared to simply running at a moderate pace for a longer time-period.

(Peak Performance)

~18~

Feeling depressed? Instead of Prozac, put on your running shoes!

Exercise really is a 'miracle drug' for most of what ails us, including depression.

Aside from elevating endorphins, exercise regulates all of the neurotransmitters targeted by antidepressant drugs.

Exercise elevates norepinephrine, waking up the brain and improving self-esteem. It boosts dopamine, which improves mood and feelings of wellness, enhancing attention and increasing motivation and feelings of satisfaction. Exercise also impacts serotonin, which further enhances mood, self-esteem and reducing stress.

In studies, researchers found that exercise worked better than medicine, over the long-term and avoided the many known side-effects from taking drugs.

The only known side-effects of exercise: stiff muscles and clothes that fit a little better.

(Spark)

~19~

A drug-free way to mitigate and medicate ADHD

Children and adults with ADHD might want to look at alternative forms of therapy, considering the many side-effects of commonly prescribed drugs for this disorder.

In case study after study, for both children and adults with hyperactivity, attention deficit and/or compulsive behavior, exercise is proving to be even more effective than drugs when:

- the exercise is complex, focus-intensive and structured as in martial arts and gymnastics
- the exercise is performed at a rate of 65-70% effort for at least 20-30 minutes
- the exercise is consistent, at least 5x/week

Exercising first thing in the morning is beneficial as it has a direct impact on attention, focus and behavior for the rest of the day.

Reasons why exercise works to mitigate and medicate is that it works to regulate brain chemistry, just as drugs do, only it does it better, naturally, with no negative side effects.

(Spark)

~20~

What are you addicted to?
Smoking? Over-eating?
Other substances?

A remedy is just around the
corner...if you want it.

Addiction (to anything) cuts into every aspect of life, from family to mood to work. Addiction pertains to an uncontrollable 'want' for something. The addicted person doesn't even have to like whatever it is they are addicted to.

Exercise serves to blunt the urge or want (for the addiction) by engaging the more primitive elements of the brain, building synaptic detours around the well-worn connections in the brain created by the addiction.

Addiction satisfies the 'wanting' pleasure center of the brain, increasing dopamine levels. Exercise does the same thing; increasing dopamine levels of the brain. If exercise can be consistently implemented, it can control and eliminate many addictions.

(Spark)

~21~ Dementia.

It's not as genetic as you think.

The biggest risk factor for dementia is the set of genes we're born with. There are a number of genes related to Alzheimer's but having a certain gene does not necessarily predetermine our fate.

Genes determine our risk for a disease, but our lifestyle and environment (the environment of the body and mind in conjunction with our physical environment) can either trigger or suppress those risks.

For example; the gene, ApoE4, is present in 40% of all Alzheimer's patients, but it's also present in 30% of the general population, unaffected by the disease.

Another astounding example: Alzheimer's drops 17% for every year of education we have beyond high school.

Exercise appears to help reduce the incidence of Alzheimer's by boosting brain activity, strengthening brain receptors, regulating chemicals and so much more.

(Spark)

~22~

Brain Science 101

Neurotransmitters carry out signaling in the brain. Neurotrophins maintain cell circuitry and are the actual infrastructure of the brain. Both are vital to healthy brain functioning and, ultimately, living a healthy life.

The most noticeable neurotrophins are brain-derived neurotrophic factor (BDNF), a family of protein molecules, because they act as a fertilizer, nourishing neurons, helping them to actually grow new pathways in the brain, like branches in a tree.

More branches = more leaves in the tree.
More BDNF = Miracle Gro for the brain,
increasing overall functioning and longevity.

Exercise stimulates the brain to generate more BDNF (Miracle Gro for the brain), which then serves to strengthen and actually grow more brain cells, thereby enhancing and increasing learning ability.

(Spark)

~23~ Huh?

What did all that mean?

Simply put, if we exercise (Ie: brisk walking or jogging for 30 minutes, just 2 or 3 times/week, for 3 months), studies have indicated a dramatic increase in brain functioning (caused by an increased level of BDNF, which literally made the brain grow)!

It's a good idea to do some cardio-vascular activity that requires thinking, though, because benefits are greater when doing exercises like dancing, tennis or even playing the Wii Fit game, compared to simply putting one foot in front of the other.

Pushing the brain to learn something new, or at least pay attention, when exercising creates better results. However, simply walking/jogging on a treadmill at a rate of 60% effort, just a couple times per week will provide astounding brain benefits, too...and probably add years to your life!

(Greenough)

~24~

An interesting (and alarming) fact about our generation:

Statistics Canada reports the following information
regarding weight for adults in 2009:

~ 61% overweight or obese

~38% maintain a healthy weight

~ 1% underweight

Obesity is a leading cause of disease and illness. However,
we can do something about it. Just 10 minutes a day can get
us on the right foot towards better health!

(Statistics Canada Survey Results)

~25~

Don't ingest your fuel from the same place your car does.

Most gas stations now make more money from selling food
and cigarettes inside, than they do outside selling gasoline.
Yes, bread, milk and water are sold inside, but the majority
of snack foods are highly processed, imperishable and
loaded with sugar.

(Food Rules)

~26~ Rituals

When starting (or re-starting) a fitness regime, think of daily exercise as more of a 'ritual' than an activity we need to check off our 'to do list' or a habit we need to develop.

A ritual is something we do, without question, like brushing our teeth or taking a shower every day. It's just something we do, daily. We don't question it. We just do it.

Consider looking at exercise and fitness the same way; something you include in your day, without question. No need to carve out 90 minutes every day. Start with just 15 minutes and get comfortable with that.

Rituals are what we build our day around, not things we try to squeeze in. Try it and see how you do.

(Common Sense)

~27~ Don't eat anything your great-grandmother wouldn't recognize as food.

Even 50 years ago, we ate 'real' food; food that came from our own garden or local butcher, baker or grocery store. It was rarely pre-packaged or processed. And if it was packaged, we would have understood every word on the ingredient list. What about now?

(Food Rules)

~28~

15 Tips To Restart The Exercise Habit

1. Don't break the habit in the first place if you can help it.
2. Reward showing up. Getting to the gym is half the battle.
3. Commit for thirty days.
4. Make it fun.
5. Schedule exercise during your quiet hours.
6. Get a buddy.
7. X your calendar. Keep track of your work-outs to build momentum.
8. Focus on the enjoyable parts of your work-out.
9. Create a ritual.
10. Link exercise to stress relief.
11. Measure your fitness, not just your weight.
12. Habits first, equipment later. Keep it simple.
13. Isolate your weakness. Identify what holds you back from exercising. Awareness is the key.
14. Start small.
15. Exercise for yourself. You're worth it.

(Restart the Exercise Habit, Scott Young)

~29~

Eat only foods that will eventually rot.

The more processed food is, the longer the shelf life and generally, the less nutritious it is. If it doesn't rot, it is not fit for human consumption. Don't eat it.

(Food Rules)

~30~

Go Gluten-Free.

Dr. Bill Code, a medical doctor, pharmacologist and expert in gluten intolerance, explains that "Gluten makes some people sick by leaking from the intestine into the bloodstream where white blood cells attack the foreign protein, and in some cases, attack the person's own body. This causes health problems including migraines, arthritis, diabetes, depression, epilepsy, schizophrenia and can complicate other diseases including multiple sclerosis."

Going gluten-free may be difficult, since gluten is in everything from non-wheat cereals, chocolate bars, sausage, prepared meats, soya sauce, beer, potato chips and so much more.

If these products 'don't agree' with you, try going gluten-free for a short period of time to test your gluten intolerance.

(Dr. Bill Code)

~31~

Eat Alkaline-forming foods to pH balance the body.

The balance of acid and alkaline within the body is referred to as pH (meaning 'potential of hydrogen'). The pH scale measures from a range of pH 1 (most acidic) to pH 14 (most alkaline). A neutral pH balance is 7.35. Maintaining a proper pH balance is essential to good health. If the pH level of our bodies drop, we are too acidic, which leads to fatigue, disease, obesity, cancer and illness.

The primary cause of acidosis (a highly acidic pH level in the body) is over-consumption of acid-forming foods.

It is impossible for cancer to develop in an alkaline environment, indicating the importance of alkalinity in disease prevention.

What is the answer?

Consume more alkaline-forming foods and fewer acid-forming ones. It's that simple!

You can buy pH strips to test your body's pH levels from most drug stores or health food stores.

On the following page you will find a list of highly alkaline-forming foods (upon digestion) that can radically help in creating a more alkaline balance in our diet. It might not be possible to eliminate all acid-forming foods from our diet but we can likely enhance our health by adding just a few more alkaline-forming foods to our diet

Highly Alkaline Vegetables

Asparagus, beets, bell peppers, broccoli, carrots, cauliflower, celery, chicory, cucumbers, dill, dulse, green beans, leeks, all leafy greens, onion, parsley, parsnips, peas, sprouts, zucchini.

Moderately Alkaline Vegetables

Squash, sweet potatoes, yams.

Highly Alkaline Fruits

Grapefruit, lemons, limes, mangos, papayas.

Moderately Alkaline Fruits

Apples, avocados, bananas, berries, cantaloupe, cherries, dates, figs, grapes, nectarines, oranges, peaches, pears, pineapple, pomegranates.

Other Highly Alkaline Foods

Ginger root, green tea, fresh herbs.

Other Moderately Alkaline Forming Foods

Amaranth, buckwheat, millet, quinoa, wild rice, hemp, pumpkin seeds, almonds, apple cider vinegar, balsamic vinegar, garlic.

Now, lets take a look at acid-forming foods, very typical of the North-American diet, which has been a major cause of disease, illness, fatigue and weight-gain over the past century.

Highly Acid-forming Foods

Commercial breakfast cereals, pasta, refined wheat flour, white flour, beef, pork, poultry, shellfish, butter, cheese (all types), cream, milk, artificial sweeteners, white sugar, candy, coffee, margarine, roasted peanuts, prescription drugs, soft drinks, soy protein isolate, whey protein isolate most processed foods (that contain chemicals and preservatives).

(The Thrive Diet)

~32~

Eat A Rainbow of Colours.

Each colour found in fruits and vegetables focus on building the immune system in its own way. It is important to get a variety of colours, so that you will get a full range of phytochemicals in your diet.

Green Foods

Broccoli, kale, leaf and romaine lettuce, spinach, cabbage and brussels sprouts.

- good for the circulatory system
- contain minerals and B-complex vitamins

Red Foods

Tomatoes, watermelon, and red cabbage.

- contain phytochemicals that reduce free radical damage
- helpful in prevention of prostate problems

Orange Foods

Carrots, pumpkin, squash, sweet potatoes, apricots and cantaloupe.

- contain carotenoids that help prevent cancer
- good for eyesight and contain vitamin A

Green/Yellow Foods

Yellow corn, green peas, avocado, honeydew melon.

- Contain other carotenoids that help reduce the risk of cataracts and osteoporosis

Orange/Yellow Food

Oranges, pineapple, peaches, papaya, nectarines.

- high in antioxidants, especially vitamin C
- help to prevent heart disease by improving circulation and preventing inflammation

White/Green Food

Onions, garlic, celery, pears and chives.

- contain anti-viral, anti-bacterial and anti-fungal phytochemicals and are natural antibiotics

Red/Blue/Purple Foods

Red apples, beets, blueberries, strawberries, cranberries, prunes, concord grapes and blackberries.

- dark colored foods are very rich in antioxidants that protect against heart disease by improving circulation and preventing blood clots

(Dr. Jane Oelke, N.D, PH.D)

~33~

**A Simple Way To Lose Weight:
Proper Food Combining!**

Proper food combining will:

- help your body to burn fat more efficiently
- ensure maximum absorption of nutrients
- prevent burping, gas and indigestion
- correct or prevent most issues connected with obesity

Follow this plan:

- Group 1: Proteins (meat, poultry, dairy, cheese, fish, eggs, milk, nuts) digest slowly and produce acid for digestion.
- Group 2: Carbohydrates (grains, breads, cereals, pasta, starchy vegetables) produce alkaline juices and digest quickly

Do NOT eat group 1 and 2 together because the body does not digest them properly together.

- Group 3: Salad, roots, seeds, herbs can be eaten with group 1 or 2.
- Group 4: Fruit. Must be eaten alone and digests quickly.

(You Are What You Eat)

~34~

If you can't lose the weight...read this.

One key reason many people are weight-loss resistant is because of an imbalance in the hormone, leptin.

Leptin tells your body to burn fat. If you're weight loss resistant, you have too much leptin in your body.

Think of leptin as your mother-in-law. If she's constantly yelling at you, you tune her out. The same thing happens when your leptin is constantly in your system. It's screaming, "Burn Fat! Burn Fat!" to your brain all day, and eventually, your brain tunes it out.

To address this, stop eating too many grains and sugars and lower the cellular toxicity levels in your body by moving towards a more alkaline, less toxic diet.

(Cruise Ship or Nursing Home)

~35~

Another simple weight-loss idea:

Want to lose a few pounds? Try this: Eliminate sugars, cut out grains, remove bad fats and add good fats, don't consume too much fruit and avoid toxins. Drink lots of water. It's that simple! (Much easier said than done!)

(Cruise Ship or Nursing Home)

~36~ Think RAW!

Here are just a few beneficial properties of raw food:

~ **Enzymes:** Uncooked foods contain enzymes, which are proteins that are catalysts for digestion, immune-system functioning, energy production and brain activity. Heat used in cooking destroys certain enzymes and changes all enzymes' structure, diminishing the vital nutrients in food. Raw food digests in less than half the time of cooked food.

~ **Protein:** Cooking destroys at least one-half of food's available protein, the building block of muscular growth and regeneration. Vegetables, fruits, nuts and legumes contain more than enough protein to fuel healthy bodies.

~ **pH Balance:** Raw living foods also help maintain balance between alkaline and acid in our bodies, which prevents disease and degeneration.

~ **Vitamins and Minerals:** Cooking destroys 50-80% of vitamins and minerals in foods and half of the antioxidants and carotenoids, thereby reducing the nutritional value of your food. For example, cooking destroys 50-97% of B vitamins, 97% of folic acid and up to 80% of vitamin C.

~ **Water:** Our bodies are 60-70% water. Cooking dehydrates food through the heating process.

~ **Oils:** Natural oils in food are denatured, modifying their molecular structure, through the cooking process, making these oils literally a poison to the body upon digestion.

(The Art Of Raw Living Food)

~37~

The Power of Vegetables.

Beets (the leaves and root): excellent source of iron, betaine, folate, potassium, calcium, and vitamin A and C.

Broccoli: loaded with cancer-fighting isothiocyanates. Just one cup of broccoli contains 2g of protein, 2g of fiber, 288mg of potassium, 43mg of calcium, 81mg of vitamin C plus folate, magnesium, beta-carotene and vitamin A.

Brussels Sprouts (actually a member of the cabbage family): have been proven to fight cancer by inhibiting cell proliferation, suppressing the development of precancerous cells by persuading these cells to actually commit suicide (a natural process called apoptosis).

Cabbage: another cancer-fighting vegetable, containing phytochemicals called indoles, which alter estrogen metabolism in a favourable way, reducing the incidence of breast cancer. Cabbage also contains calcium, magnesium, potassium, vitamin C and K, beta-carotene, and fiber.

Carrots: considered the 'king' of vegetables for a reason, carrots are high in carotenoids which serve to reduce bladder, cervix, prostate, colon and esophageal cancers by up to 50%. Cooking carrots slightly changes the nutritional content and makes some of the nutrients more bioavailable and eaten with a small amount of fat, the carotenoids and vitamin A are absorbed more easily.

Dandelion: translated from latin (*taraxacum officinale*) as the 'official remedy for the disorders'. It is an excellent liver detoxifier and is considered one of the top 4 all-green vegetables on the planet for it's nutritional value. According to the USDA, one cup of dandelion contains

147mg of calcium, 244mg of potassium, 203mg of bone-building vitamin K, 3g of fiber and a very rich source of beta-carotene and vitamin A!

Kale: another nutritional powerhouse, containing cancer-fighting antioxidants and loaded with calcium, iron, vitamins A, C and K. It also contains seven times the beta-carotene of broccoli and ten times the carotenoids.

Mushrooms (Maitake, Shitake, Reishi and Cremini): loaded with vitamins, these mushrooms are used in cancer treatments throughout Asia and contain powerful antioxidants.

Onions: powerful in protecting the body against many cancers including stomach and prostate, and also help build strong bones. Onions also assist in reducing coronary heart disease, along with broccoli, tea and apples.

Spinach: provides more nutrients than almost any other food on the planet, loaded with vitamin K (which helps build bone density) and just one cup of fresh spinach leaves provides 200% of the daily vitamin K requirement. Spinach is also very high in vitamin A, manganese, folic acid, magnesium, iron, vitamin C, and has strong anti-inflammatory qualities. Spinach is also strong in flavonoids, which function as antioxidants and anticancer agents.

Swiss Chard: delivers so much nutritional value for next to zero calories. One cup of cooked chard (at 35 calories) gives almost 4g of fiber, more than 100mg of calcium, 961mg of potassium and more than 30mg of vitamin C on top of over 10,000 IUs of vitamin A, over 6000 of beta-carotene and other carotenoids that protect the eyes and guard against vision problems.

(The 150 Healthiest Foods On Earth)

~38~

The Power of Fruit.

Avocados: Avocados are very good for you, high in monounsaturated fat, specifically oleic acid, lowering cholesterol and reducing heart disease. They are also a good source of fiber, folate, vitamin A and potassium.

Cherries: Cherries are loaded with anti-inflammatory, anti-aging and anti-cancer compounds including ellagic acid and perillyl alcohol. Cherries top the list and daily consumption will have a positive effect on health.

Coconut: Coconut and coconut oil are super-foods! They are one of the most healthy food items you can eat on the planet. Much of the fat in coconut is lauric acid, which is formed into monolaurin, in the body, which serves to be an antiviral, antibacterial agent for the body.

Guava: Guava is an excellent antioxidant, beating strawberries, spinach and broccoli. But the greatest reason why guava is a superstar is because it contains lycopene, which protects against prostate and breast cancer.

Kiwifruit: Kiwifruit has twice the vitamin C of oranges. It is the most nutrient dense fruit. Papaya is 2nd and a tie for 3rd are mangos and oranges. Kiwifruit contains magnesium, fiber and potassium and thins the blood.

Raspberries: Raspberries have more fiber than black beans and contain calcium, magnesium, vitamin C and K.

Strawberries: Strawberries, like all berries, contain chemicals found to protect cells against cervical and breast cancer and can improve short-term memory.

Blueberries: Blueberries have anti-cancer and antibacterial properties, and compared to other fruits, blueberries are among the top sources of antioxidants.

Lemons: Lemons are a natural disinfectant, rich in vitamin C and flavonoids. They are good for strengthening the immune system and preventing infection and disease.

(150 Healthiest Foods On Earth & The New Complete Guide to Nutritional Health)

~39~

Nothing will benefit human health and increase the chances for survival of life on earth as much as the evolution to a vegetarian diet.

(Albert Einstein)

~40~

Avoid foods that have some form of sugar (or sweetener) listed among the top three ingredients.

Labels list ingredients by weight and any product that has more sugar in it, than other ingredients, simply has too much sugar. There are more than 40 types of sugar used in processed foods, including barley malt, beet sugar, brown rice syrup, cane juice, corn sweetener, dextrin, dextrose, fructo-oligosaccharides, fruit juice concentrate, glucose, sucrose, invert sugar, polydextrose, and the list goes on.

Sugar is sugar. Organic sugar is still sugar.

Aspartame, Splenda and other sweeteners are relatively new to our world and not enough research has been done at this point to understand the impact of these items on the body. Besides, your great-grandmother would not recognize what these things are, so we probably shouldn't be eating them.

(Food Rules)

~41~

Other Amazing Foods

Almonds: Almonds can actually reduce cholesterol, help in weight reduction & promote healthy heart functioning.

Pecans: Like almonds, pecans contain monounsaturated fat, which reduces heart disease! They also contain lots of fiber and many other nutrients.

Butter, raw organic milk and yogurt: These dairy items are rich in good fat, omega 3, and serve to promote a healthy gut with probiotics and even boost the immune system.

Eggs: Eggs are considered one of nature's most perfect food. They are loaded with vitamins, protein and nutrients that are good for the brain and body.

Salmon: Wild salmon is loaded with Omega 3s, which promote heart and brain health as well as assist with inflammation, digestion, circulation, blood sugar control and so much more!

Bee Pollen: Bee pollen is another nature's perfect foods, loaded with vitamins, minerals, enzymes and amino acids.

Sauerkraut: Sauerkraut combines one of the healthiest foods on the planet (cabbage) with one of the healthiest forms of processing (fermentation), reducing breast cancer, other cancers & improving digestion.

Garlic: Garlic is an anticoagulant and helps reduce cholesterol levels in the blood. It also has antibacterial and antifungal properties. Known to be one of nature's best healers, garlic is said to prevent and cure illness.

(150 Healthiest Foods On Earth)

~42~

The Power of Grains & Beans.

Oatmeal: Oats are high in fiber and contain a good blend of soluble and insoluble fiber. Oats help reduce the risk of heart disease and have a low glycemic index, meaning that they do not spike blood sugar.

Quinoa: Quinoa is actually a seed but is almost always categorized as a grain. It is as versatile as rice and can be cooked as a side-dish, like rice, or mixed with most any vegetable in a salad. It is high in protein, fiber and iron.

Beans: Beans are one of the best sources of (non-animal) protein and fiber on the planet. Fiber protects against cancer, heart disease, obesity and diabetes. Beans regulate blood sugar. Consuming beans 2x/week lowers the risk of breast cancer by 24%.

Lentils: There are over 50 varieties of lentils and are an excellent source of soluble fiber (without the gas-causing sulfur that beans possess). Lentils help control blood sugar. Lentils contain protein, folate, iron and manganese, which is a trace mineral that is essential for growth, reproduction, healing, brain function and metabolism of sugars, insulin and cholesterol.

(150 Healthiest Foods On Earth)

~43~

The Calcium Conspiracy.

The media promotes cow's milk as the best source of calcium. However, milk is difficult for the body to absorb (beyond infancy).

The calcium absorption rates, according to the American Journal of Clinical Nutrition, are:

- Brussels sprouts: 63.8%
- Mustard greens: 57.8%
- Broccoli: 52.6%
- Turnip greens: 51.6%
- Kale: 50%
- Cow's milk: 32%

(The Food Revolution)

~44~

Calcium Factoid

~ Foods that when eaten produce calcium loss (through urinary excretion): animal protein, salt and coffee.

~ Amount of calcium lost in the urine of a woman after eating a hamburger: 28mg

~ Amount of calcium lost in the urine of a woman after drinking a cup of coffee: 2mg

~ Countries with the highest consumption of dairy products: Finland, Sweden, USA, England.

~ Countries with the highest rates of osteoporosis: Finland, Sweden, USA, England.

(The Food Revolution)

~45~

Avoid foods that are pretending to be something they are not.

Imitation butter - aka margarine - is the most common example. Margarine is not butter. It is made from cheap, poor quality and harmful vegetable oils such as corn, cottonseed, soybeans, safflower seeds and canola. These oils have already turned rancid from being extracted from the oil seeds using high temperature and pressure. Rancid oils are full of free radicals that cause cell damage, mutation and cancer.

The last bit of oil is removed with hexane, a solvent known to cause cancer. Hexane is then removed, but traces are inevitably still present.

These oils are not fit for consumption.

Most oils used for making margarine come from the 4 major genetically modified crops - soy, corn, rapeseed/canola and cotton.

The process for making margarine is lengthy and involves many harmful chemicals that have been linked to disease and cancer.

(Food Rules and www.stop-trans-fat.com)

~46~

Try some fresh squeezed juice.

Cold Fighters: carrot, lemon, radish, ginger, garlic

Immune booster: carrot, celery, parsley, garlic

Stress reliever; carrot, celery, kale, parsley,
broccoli, tomato

Detoxifier: apple, beet, cucumber, ginger

Antioxidant boost: carrot, orange, green pepper,
ginger

Liver cleaner: wheatgrass

Digestive aids: pineapple, papaya

(The Art of Raw Living Food)

~47~

It's not food
if it arrived through
the window of your car.

It might be fast, cheap and taste really, really good,
but it is not real food.

(Food Rules)

~48~

Where are YOU?

Take this quiz to see where you currently stand in terms of your diet and eating habits.

- ___ Do you eat out more than 3x/week?
- ___ Do you eat boxed foods more than 2x/week?
- ___ Do you drink any type of soda?
- ___ Do you eat less than 5 servings of vegetables per day?
- ___ Do you drink less than 4 glasses of water per day?
- ___ Do you feel "addicted" to certain foods?
- ___ Do you typically opt for lower-fat and lower-calorie foods when given the choice?
- ___ Do you eat white flour, white rice or white bread?
- ___ Do you use artificial sweeteners such as Aspartame, Splenda and NutraSweet or consume foods that contain them?
- ___ Do you eat fried foods more than once per week?
- ___ Do you eat processed "deli" meat, bacon, sausage or hot dogs?
- ___ Do you think that you get all your needed nutrients from food and therefore pass on supplements, including multi-vitamins and fish oil?
- ___ Do you use canola oil or vegetable oils in cooking or in salad dressings?
- ___ Do you use margarine?
- ___ Are most fruits and vegetables you eat non-organic?
- ___ Do you consume milk and dairy products that are purchased from the grocery store?
- ___ Are the majority of your meat products purchased from the meet counter or frozen section of the grocery store?

Be Fearlessly You

- ___ Do you consider price and convenience of food to be more important than quality?
- ___ Do you eat sweets or candy more than 3x/week?
- ___ Do you drink more than 3 alcoholic beverages per week?
- ___ Do you eat while rushed or under stress?
- ___ Do you, your doctor, or family think you need to lose some body fat?
- ___ Do you have irregular blood sugar or diabetes?
- ___ Do you have blood pressure 120/80?
- ___ Do you suffer from sinus conditions, asthma, or allergies?
- ___ Do you have gastrointestinal concerns?
- ___ Do you frequently experience fatigue or insomnia?
- ___ Do you have emotional or mental challenges or trouble concentrating?
- ___ Do you suffer from joint pain or muscle aches?
- ___ Do you have hormonal imbalances?

Total the number of items you checked off.

Results:

0-5: great!

6-10: good

11-15: improvement needed

16-20: pre-disease state

21 or over: crisis

For more information, please refer to the book, *Maximized Living*, by Hardick, Roberto and Lerner or go to their website: www.maximizedliving.com.

(Maximized Living)

~49~

Pay the farmer now, instead of
the doctor later.

You get the point. This is common sense. But then again, as Voltaire said, "Common sense is not so common."

(Unknown)

~50~

Eat when you are hungry,
not when you are bored.

For most of us, eating has little to do with hunger and a whole lot to do with boredom. We eat out of boredom, for entertainment and to satisfy emotional needs. In our society, many of us don't even know what hunger feels like.

Try to go without food long enough to feel hungry and then listen to your body, when eating, to know when the hunger disappears. At that exact moment, stop eating.

(Food Rules)

~51~ Try This...

Eating Guidelines from the book; Women, Food and God

1. Eat when you are hungry.
2. Eat sitting down in a calm environment. This does not include the car.
3. Eat without distractions. Distractions include radio, TV, books, intense conversation and your computer.
4. Eat what your body wants.
5. Eat until you are satisfied.
6. Eat (with the intention of being) in full view of others.
7. Eat with enjoyment, gusto and pleasure.
(Women, Food and God)

~52~ Knowledge IS Power!

Did you know that if you eat a Big Mac, French fries and a large milkshake for lunch, you would consume 2,200 calories? You would then have to walk almost a marathon (22 miles or 35km) to burn off those calories. Or, if you didn't burn it off, these calories would be stored as fat, over 1/2 pound of fat, on your body.

Knowledge is power. Pay attention to the foods you eat and know the consequences. "A moment on the lips, a month on the hips".

(Start Fresh)

~53~

Add these items to your shopping list:

Vegetables: asparagus, avocado, beets, carrots, celery, cucumber, garlic, ginger, jalapeno pepper, kale, mixed greens, onions, red bell peppers, scallions, spinach, swiss chard, sun-dried tomatoes, zucchini, squash, sweet potatoes, yams, dulse, kelp, nori sheets.

Legumes (raw and dried or cooked and canned): adzuki beans, black beans, black-eyed peas, chickpeas, lentils, peas.

Seeds: Flaxseed, hemp, pumpkin, sesame, sunflower.

Pseudograins: amaranth, buckwheat, quinoa, wild rice.

Fruit: apples, bananas, blueberries, dates, grapefruit, lemons, limes, mangos, oranges, papaya, pears, pineapple, plantain, pomegranates.

Oils: coconut, extra-virgin olive, flaxseed, hemp, pumpkin.

Nuts: Almonds, macadamia, walnuts.

Grains: brown rice, oats.

Flour: chickpea, hemp, spelt.

Sweeteners: agave nectar, blackstrap molasses, stevia.

Vinegars: apple cider, balsamic

Herbs & spices: basil, chilies, cilantro, dill, mint, oregano, parsley, thyme, black pepper, cardamom, cayenne, cinnamon, cloves, coriander, cumin, curry powder, nutmeg, paprika, turmeric.

Extras: brown rice, miso paste, green tea, matcha powder, nutritional yeast, roasted carob powder, sea salt, shredded coconut, tahini, tea.

(The Thrive Diet)

~54~

Eat all the junk food you want as long as you cook it yourself.

There is nothing wrong with eating sweets, fried foods, pastries and even drinking a soda pop now and then, just not every day.

By cooking and preparing treats and junk food at home (home-made french fries or yam fries, cookies, cakes and pastries), we consume less of these items and when we do eat our own prepared tasty treats, we're eating fewer chemicals that often go into store-bought junk food.

(Food Rules)

~55~

Low Fat...Leave it on the shelf!

Be cautious of 'low fat' products because makers of these items may take out the fat but, they often replace much of the fat with high calorie sugar, fructose and carbohydrates. We think we are making healthy choices by choosing low-fat snacks and foods that will lead to weight loss. Instead, we get fatter because of the added carbohydrates and sugar.

(Why We Get Fat)

~56~

Minerals are vital to our health.

Here are just a few notable minerals and their function in our health:

~ **Calcium** - strong bones and teeth

~ **Phosphorus** - strong bones and teeth

~ **Sodium** - maintains balance for water flow in and out of cell

~ **Potassium** - crucial in regulating heartbeat

~ **Iron** - lets red blood cells carry oxygen, prevents anemia

~ **Zinc** - involved in acid-base balance, liver function, digestion, and bone maintenance, prevents loss of sense of taste, growth failure, delayed healing of wounds and reproduction problems

~ **Fluorine** - produces tooth structure that resists acids, prevents tooth decay

~ **Copper** - used in breathing, energy release, production of red blood cells

~ **Iodine** - important component of thyroid hormones for metabolism

Most nutritionists agree that humans need seven trace elements including iron, iodine, cobalt, manganese, copper, zinc and selenium, however, there are over 100 minerals on earth and much research needs to be done to fully understand the role these minerals have on the body.

(The Thrive Diet)

~57~

Breathe!

~58~

One way to live longer - eat fewer calories.

You might not be a lab rat...but experiments in which rodents ate 30% fewer calories, lived up to 40% longer than those that ate as much as the wanted.

(Spark)

~59~

Good Fats ~ Bad Fats!

The brain is made up
of more than 50% fat.

The right kind of fat is very good for the brain. Omega 3, often found in fish, is very good for the brain. According to one study, people who ate fish 1x/week reduced dementia by 10%. Another study found that those who ate 3 meals with fish oil per week were 50% less likely to develop dementia.

(Spark)

~60~

Top 10 Reasons to Avoid Sugar & Refined Grains.

1. Sugar is the primary dietary cause of the obesity epidemic.
2. Sugar causes hormonal and metabolic imbalance.
3. Sugar is your fast track to diabetes.
4. Sugar increases acidity in the body.
5. Sugar causes inflammation.
6. Sugar is the primary reason for high cholesterol.
7. Sugar leads to heart disease.
8. Sugar is an anti-nutrient.
9. Sugar is a known toxin.
10. Sugar promotes cancer.

(Maximized Living)

~61~

Chocolate IS good for you!

A nibble a day of dark chocolate helps lower blood pressure without packing on the pounds. Chocolate with 62-72% cacao offers heart protective benefits! Enjoy!

(Fresh Start)

~62~

Eat for The Planet!

Follow these tips for earth-saving eating:

1. **Reach for real food.** Stay away from processed foods. Choose real, natural foods instead.
2. **Look local.** Eat local produce and support your community.
3. **Send packaging packing.** Be conscious of how much your diet's packaging contributes to the world's waste crisis. Use reusable mugs, bottles, to-go containers, etc.
4. **Waste not.** Pay attention to how much you waste. Compost food scraps rather than sending them to the landfill.
5. **Put plants on your plate.** A plant based diet is better for your health and for the planet.
6. **Eat organic.** Choose foods that have been produced without chemical fertilizers and pesticides, and animals raised without artificial growth hormones and other drugs.
7. **Do it yourself.** Grow your own food. Plant a garden or join a community garden.

(Yoga Journal)

~63~

Those last few pounds...

- 1. Drink more water.** Drink a minimum of 3 litres of water per day and you might find that you not only feel better, but your body functions better and will have the ability to cleanse and itself better, helping to lose weight and heal your body.
- 2. Track your steps.** Try to get to 10,000 steps every day. Simply having a goal and measuring your steps will help you become more active and, thereby, lose weight and get more fit.
- 3. Keep a food journal.** Awareness is the key. By being aware, we become more intentional and if we have to write everything down that we eat, we might skip that 2nd or 3rd or 4th cookie, helping to keep our food consumption in check.
- 4. Find a friend.** Work together to encourage one another to reach your fitness and health goals.
- 5. Have a goal.** Develop a clear, concise, tangible health or fitness goal that you can work towards. Measure your progress, track your results and reward yourself. Remember to measure your fitness level, not just your weight.
- 6. Balance.** If you've tried everything and nothing's working, there is likely an imbalance in your body somewhere. Keep searching for help!
(Common Sense)

~64~

The most important health question you will ever answer:

Where do you want to be when you are sixty, seventy, eighty or ninety?

Intentions don't determine where you end up. Actions do. Change your actions today so that you end up where you want to be tomorrow.

(Cruise Ship or Nursing Home)

~65~

The 5 Essentials For Life

- #1: A sound mind
- #2: Nerve Support and Alignment
- #3: Quality Nutrition
- #4: Oxygen & Lean Muscle
- #5: Minimized Toxins

If we want to end up on the cruise ship, we've got to take care of these essentials for life...or we'll end up in the nursing home.

(Cruise Ship or Nursing Home)

~66~

Facts about Breast Cancer

What we know:

- Death rate from breast cancer in USA: 22.4 / 100,000
 - Death rate from breast cancer in Japan: 6.3 / 100,000
 - Death rate from breast cancer in China: 4.6 / 100,000
- Primary reasons for this difference: people in China and Japan eat more fruits and vegetables and less animal product, weigh less, drink less alcohol and get more exercise than people in USA.

(The Food Revolution)

~67~

Facts about Prostate Cancer

What we know:

- Most common cancer among American men: prostate cancer.
- Risk of prostate cancer for men who consume high amounts of dairy products: 70% increase.
- Risk of prostate cancer for men who consume soy milk: 70% reduction.
- Risk of prostate cancer with low levels of beta-carotene: 45% increase. (To increase your beta-carotene levels, eat carrots, yams, sweet potatoes.)
- Risk of prostate cancer for men whose diet is abundant with lycopene-rich foods: 45% reduction. (Best sources of lycopene: tomatoes.)
- Risk of prostate cancer for men who eat vegetables including: broccoli, brussels sprouts, cabbage, cauliflower, collards, kale and turnips: 41% reduction.

(The Food Revolution)

~68~

Almost every major illness
that people acquire has been
linked to chronic stress.

(Segerstrom and Miller, 2004)

~69~

Get a little sun!

Just 10 to 15 minutes of sunshine, twice a week, is
enough to increase levels of vitamin D in the body.
Adequate levels of Vitamin D are now being linked
to maintaining healthy weight, reduction of cancer
and diseases including diabetes, MS and depression.

Vitamin D boosts the immune system and
increases overall health.

(Dr. Oz)

~70~

Getting older is unavoidable.
Falling apart is not.

The choice is yours.

(Spark)

~71~

Live and eat more like the French. Or the Japanese. Or the Italians. Or the Greeks.

People who eat according to the rules of a traditional food culture are generally healthier than those eating a modern Western diet of processed foods.

Any traditional diet will die, although some are better than others. If it were not a healthy diet, those people who ate it would no longer be around.

Pay attention to food combinations and lifestyle of traditional cultures. For example, the French diet might contain more saturated fats and white bread, but they typically eat in smaller portions and don't often engage in second helpings or snacking. Another example is the Latin American diet, rich with corn, beans and lime. This food combination works because the beans supply amino acids lacking in the corn and the lime makes niacin available. Cultures that took corn but don't continue to eat it with lime and beans end up with serious nutritional deficiencies.

(Food Rules)

~72~

For best health, eat breakfast
like a king, lunch like a prince
and dinner like a peasant.

(Food Rules)

~73~

Plant a vegetable garden.

Reconnect with the food you eat. Growing a garden seems to create a ripple effect in people's lives, causing them to eat better, feel better, have improved physical and emotional health and be good for the planet!

If you are unable to plant a garden, plant vegetables in pots or window boxes.

Benefits: Live a longer, healthier life and save the planet at the same time.

(The Food Revolution)

~74~

When the WHY becomes
big enough,
the HOW becomes easy!

What are some reasons why you want to increase your level of health and fitness? The bigger you make your 'why', the easier it will be to get there.

Take some time to think and write about your 'why'. What's most important to you? How do you see your future? How could improved health and longevity help you achieve your dreams?

(You)

~75~

Men occasionally stumble
over the truth, but most
of them pick themselves up
and hurry off as if nothing
ever happened.

(Sir Winston Churchill)

~76~

Drink more Water.

If you do one thing, and only one thing differently, after reading this book, simply drink more water, on a daily basis. This will help your body cleanse itself and get rid of disease and cancer-causing toxins, along with providing you with more energy, vitality and an overall increase in health.

(Your mother)

~77~

Give of yourself and live a long, happy life.

Volunteer. Share your time and talents with an organization or your church. Results indicate an astounding 63% lower likelihood of dying (during a 5 year period where a group of 2000 seniors were studied).

Studies also show that those who help others are likely to focus less on their own anxieties, thereby increasing one's mood and feeling of happiness.

According to other studies, giving is being shown to have a number of health benefits as well; fewer aches and pains, better mental health, lower stress and improved protection against illness.

(The Edmonton Journal)

~78~
Ubuntu!

In Africa, there is a concept known as 'ubuntu', which literally translates into "**I am because we are.**". It is the profound sense that we are human only through the humanity of others; that if we are to accomplish anything in this world, it will in equal measure be due to the work and achievements of others.

(Nelson Mandela)

~79~
No matter who you are, no
matter what you do, you
absolutely, positively do have
the power to change.

A step-by-step plan:

1. Make a decision to change.
2. Identify your reasons to change and write them down.
3. Focus on your future vision.
4. Dream of what you would like to achieve or accomplish within the next 12 weeks.
5. Transform five of your dreams into goals by giving them a deadline, a way to measure them, writing them down.
6. Identify three unauthorized patterns or action that may hold you back and write those down.
7. Read what you've written first thing in the morning and again each night and every day for the next 12 weeks.

(Fit For Life)

~80~

Mind over body.

Research suggests the average person has between 12,000 & 60,000 thoughts per day and of these more than 80% are negative.

This has a huge negative impact on the body and on our health. The body does not distinguish between real and imaginary. It responds to whatever the mind is thinking, feeling and experiencing, regardless of truth.

Studies have shown that the 'placebo effect' (the positive effects of beliefs) often works more effectively than medical intervention or pharmaceutical drugs, illustrating the power of the mind.

"Nocebos", which is a term for the power of negative beliefs, can be as powerful as the placebo effect.

"Your beliefs act like filters on a camera, changing how you see the world. Your biology (body) adapts to those beliefs. You can filter your life with rose-coloured beliefs that will help your body grow or you can use a dark filter that turns everything black and makes your body/mind more susceptible to disease. You can choose to live a life of fear or live a life of love. You have the choice! But I can tell you that if you choose to see a world full of love, your body will respond by growing in health. If you believe that you live in a dark world full of fear, your body's health will be compromised as you physiologically close yourself down in a protection response."

(Dr. Bruce Lipton)

(The Biology of Belief)

~81~

Ho'oponopono

Practice the Hawaiian tradition of forgiveness:

**I'm sorry.
Please forgive me.
Thank you.
I love you.**

(Hawaiian Tradition)

~82~

Fostering an attitude of gratitude is probably one of the most powerful and easiest ways to increased physical and emotional health.

Every night before you go to bed, think of three things you are grateful for. When you wake up each morning, remind yourself of those three things.

(Anonymous)

~83~

It starts with your beliefs.

Your beliefs become your thoughts.
Your thoughts become your words.
Your words become your actions.
Your actions become your habits.
Your habits become your values.
Your values become your destiny.

(Mahatma Gandhi)

~84~

Live with intention.

Live with intention. Walk to the edge.
Listen hard. Practice wellness.
Play with abandon. Laugh.
Choose with no regret. Continue to learn.
Appreciate you friends.
Do what you love.
Live as if this is all there is no end.

(Mary Anne Radmacher)

~85~

The Key To Greatness...
in your business, in your finances,
in your relationships and in life...
is to find a way to serve or help others.

(Jim Rohn)

~86~

The World Is Not Flat!

Up until 350 years ago, it was commonly **believed** that the world was flat. We now know differently. The world is round and everything in it is intimately **connected** and must work together. The clouds, oceans, mountains, volcanoes, plants, bacteria, animals and humans all play important roles in how our planet works (or doesn't).

As we strive to live healthier, happier and longer lives, examining our beliefs and paying attention to the interconnected nature of our world will enable us to not only survive, but thrive.

(The Food Revolution)

~87~

The meaning of life is to find
your gift. The purpose of life
is to give it away.

(Pablo Picasso)

~88~

Try a 5 Minute Meditation!

May meditation be your medication.

Research has proven that 'mental health' is a key factor in overall health. Meditation is a way to quiet the mind, reduce stress and improve mental health.

Take 5 minutes today to stop, breathe, clear your mind and bring yourself back to your 'center'. When a thought enters your mind, don't worry. Just let it go and bring your focus back to your breathing.

On a daily basis, become more aware of your thoughts. Ask yourself if you are intentionally, consciously, thinking your thoughts, or if they are unconsciously being played in your mind, like a tape recorder.

Start with a 5 Minute Meditation today to improve your mental health!

(Clean ~ The Revolutionary Program to Restore The Body's
Natural Ability to Heal Itself)

~89~

Thoughts Worth Thinking

*Things do not change;
we change.*

(Henry David Thoreau)

We are what we repeatedly do.
(Aristotle)

*There is no greater time than right now,
to become the person
you always wanted to be.*
(Anonymous)

*A journey of a thousand miles
begins with a single step.*
(Confucius)

*Courage doesn't always roar.
Sometimes courage is the little voice
at the end of the day that says,
"I will try again tomorrow".*
(Mary Anne Radmacher)

*The curious paradox is that when I accept
myself just as I am, then I can change.*
Carl Rogers

~90~

Your Life Matters!

Far too often, we hear that, as individuals, we can't make a difference unless we are either rich or famous. This is not true. Your life does matter. You do make a difference. It matters what you do. It matters what you say. And it always matters what you eat. It matters to you and to the planet.

When you choose to support the living Earth, something happens. It happens whether or not anyone else recognizes your efforts. Your life is an instrument through which a healthier, more compassionate and more sustainable future will come to be.

(The Food Revolution)

~91~

The Power Of Your Mind!

The **subconscious** mind is actually the one in charge. What is it thinking? Is it supporting or sabotaging your conscious life? What are your conscious or subconscious beliefs? Check out a few books by Gregg Braden to discover just how powerful your beliefs and subconscious mind truly are!

(*The Spontaneous Healing of Belief* and *The Divine Matrix* are two of his incredible books.)

~92~

Create Your Own "Blue Zone"!

Research has found that with the right lifestyle, it is very possible that you may live up to a decade longer. National Geographic Explorer Dan Buettner traveled the globe to uncover the best strategies for longevity found in the *Blue Zones*: places in the world where higher percentages of people enjoy remarkably long, full lives.

He discovered 9 commonalities in these Blue Zones, which are located in Okinawa (Japan), Sardinia (Italy), Loma Linda (California), Nicoya (Costa Rica) and Ikaria (Greece).

1. Move Naturally

Americans burn fewer than 100 calories a day engaged in “exercise”. We can get more physical activity naturally if we live in walkable communities, de-convenience our homes by getting rid of power tools and grow gardens. Walking is the best activity for longevity.

2. Know your Purpose

People who know why they wake up in the morning live up to seven years longer than those who don't. Know your values, passions and talents—and how to share them on a regular basis.

3. Down Shift

Chronic inflammation caused by stress is related to every major, age-related disease. To reverse inflammation, find time each day to meditate, nap, pray or enjoy a happy hour.

4. 80% Rule

Cut 20% of your calories with evidence based practices: eat a big breakfast, eat with your family, remove the TV from your dining area and say pre-meal expressions of appreciation.

5. Plant Slant

Eat mostly a plant-based diet heavy on beans, nuts and green plants. Eat meat in small portions (the size of a deck of cards) fewer than twice weekly.

6. Wine at 5

Drinkers out-live non-drinkers. Two glasses of wine daily will add years to your life, especially when consumed during a plant-based meal.

7. Family First

Living in a thriving family is worth a half a dozen extra years of life expectancy. Invest time in your kids, nurture a monogamous relationship and keep your aging parents nearby.

8. Belong

Recommit, reconnect or explore a new faith-based community. It doesn't matter if you're Christian, Jewish, Muslim or Buddhist. People who show up to their faith community four times a week live an extra 4-14 years.

9. Right Tribe

Your friends have a long-term and measure impact on your health and longevity. Taking stock in who your friends are and expanding your social circle to include healthy-minded, supportive people might be the most powerful thing you can do to add years to your life.

(The Blue Zones)

~93~

Creating Happiness...

The author of *The Blue Zones* went on to do additional research and discovered some simple, yet not so easy, factors that create and determine our level of happiness.

1. Community

Surveys from 146 countries, representing most of the world's population, show that the top factors promoting happiness are: economic freedom, low unemployment rate, tolerance, and quality of government. The biggest determinant of our personal happiness is where we live.

2. Workplace

Most of us spend more than half our waking hours at work. Having a short commute, a job that engages our talents and a best friend at work are three of the biggest determinants of a happy work-life.

3. Social Life

The happiest Americans report 7-8 hours of social interaction a day—face time, not Facebook. Joining a club that meets just once per month can have an effect on your happiness equivalent to doubling your salary.

4. Financial Life

Money buys happiness but only to a certain point. We need food, shelter, education, mobility and healthcare. After we have those things, money should be spent on experiences and financial security.

5. Home

Setting up science-backed nudges can subtly lead us to behaviors that favor happiness. Adopting a dog, for example, will dependably lower stress hormones daily. The happiest people only watch a half hour of TV a day, so reducing screens in your home will help you to watch less.

6. Self

People who can articulate their life purpose in one sentence are 20% happier than those who can't. Take time to know your values, strengths, talents, passions – and how to share those gifts – and you will raise your well-being.

And now the question becomes...How can we integrate these concepts and ideas into our own lives a little more?

(Thrive ~ Finding Happiness The Blue Zones Way)

~94~

Live From The Answer.

There is a subtle yet powerful difference between working toward a result and thinking and feeling from it. When we work toward something, we embark on a journey. While we may identify milestones and set goals to get us closer to our accomplishment, in our minds we're always 'on our way' to the goal, rather than 'in' the experience of achieving it. When we think and feel from the answer or result, as if it we are already there, it creates a radical shift and actually moves towards the results we are seeking.

(The Divine Matrix)

~95~

The miracle isn't that I finished.
The miracle is that I had the courage to start.

George Sheehan

~96~

All I really need to know...
I learned in kindergarten.

Share everything. Play fair. Don't hit people.

Put things back where you found them.

Clean up your own mess. Don't take things that aren't yours.

Say you're sorry when you hurt somebody.

Wash your hands before you eat. Flush.

Warm cookies and cold milk are good for you.

Live a balanced life - learn some and think some
and draw and paint and sing and dance

and play and work every day some. Take a nap every
afternoon. When you go out into the world, watch out for
traffic, hold hands and stick together. Be aware of wonder.

(Robert Fulghum)

~97~

Our deepest fear.

Our deepest fear is not that we are inadequate. Our deepest
fear is that we are powerful beyond measure.

It is our light, not our darkness that most frightens us.

We ask ourselves, Who am I to be brilliant, gorgeous,
talented, fabulous? Actually, who are you *not* to be? Your
playing small does not serve the world. There is nothing
enlightened about shrinking so that other people won't feel
insecure around you. We are all meant to shine, as children
do. We were born to manifest the glory of God that is within
us. It's not just in some of us; it's in everyone. And as we let
our own light shine, we unconsciously give other people
permission to do the same. As we are liberated from our
own fear, our presence automatically liberates others.

(Marianne Williamson)

~98~

The real answers are not in this book.

Every page in this book can help us if we read them. However, the real answers, the answers that will inspire and motivate each of us towards action and change, are within us, hidden in our intuition and common sense.

It's time to listen to our intuition and follow our own common sense. Most of what we already know can be summarized in the following quotes that really seemed to resonate with me as I researched countless books for this project.

If these simple reminders are all we take away from this book, they would be more than enough to inspire movement towards living a longer, healthier, and probably, a happier life.

**I have two doctors.
My left leg and my right leg.**
G.M.Trevelyan

**Let food be your medicine
and medicine be your food.**
Hippocrates

**The best six doctors anywhere
and no one can deny it
are sunshine, water,
rest and air, exercise and diet.**
(Nursery rhyme quoted by Wayne Fields
in What The River Knows, 1990)

~99~
From Crystal...

What I know for sure, as I wake up every day and my feet touch the floor, the steps to living a long, healthy and happy life, are found, for me, in the following:

- *Find something to be grateful for every day.*
- *Focus and remind myself of all the abundance in life and what I have, instead of what's missing.*
- *Have an open heart, an open mind and a willing spirit.*
- *Hold a positive vision for myself and others to strive for and aspire towards.*
- *Have patience.*
- *Try to see the spirit of those around me; all their gifts, talents and potential.*
- *Try to see the spirit of myself and discover my own gifts and talents...and then share those gifts and talents and all that I am called to become with this world.*
- *Commit to my dreams and hold them in sight, even when the feeling (when I made the commitment in) has left me.*
- *Think only positive thoughts.*
- *Remind myself that I am good enough and that I don't have to be anything but 'me'.*
- *Surround myself with loved ones and tell them every day, how much I love and appreciate them, through my words and actions.*
- *Be gentle with myself and others...and remember to forgive and love both.*
- *Every day, eat well, exercise and make the world a little better in some way, because I am alive.*

Crystal Flaman

...about Crystal Flaman

Crystal Flaman is a Social Entrepreneur, 273km ultra-marathoner and 11x Ironman Triathlete. As a business consultant and professional speaker, Crystal works with organizations to help their teams realize their potential and create the results they are looking for. In her programs, Crystal inspires her audiences:

- to discover their innate gifts, talents and purpose
- to put themselves first in their lives so that they may live the life they dream of and desire
- to experience greater joy, happiness, fulfillment and gratitude on a daily basis

Over the past 15 years, Crystal has traveled the world, working with organizations, competing in some of the worlds most challenging multi-day endurance races and triathlons. She also leads humanitarian excursions where participants travel to make a difference and help those in need. Crystal has personally raised over 1.4 million dollars for various charities through cycling across Canada on the first tandem bike to cross the country, by competing in 11 Ironman triathlons, several endurance races along with various other adventures and crazy projects.

Crystal is the creator of The Ripple Effect (www.rippleeffectmovement.com) She is also the founder of D.I.V.A. Retreats (www.divaretreats.com) and owner of Inspiring Success Inc. (www.crystalflaman.com)

Crystal is profoundly grateful for her parents, family and friends. She believes that our innate talents and dreams are meant to be realized and that every day offers *defining moments* where we can choose to create the life we dream of and deserve!

For more information, please contact Crystal at Crystal@crystalflaman.com Thank you.



Things do not change;
we change.

Henry David Thoreau

www.crystalflaman.com
Crystal@crystalflaman.com

