

"Do not wish to be anything but what you are and try to do that perfectly."

Anonymous

#### Don't Forget:

It's not glamorous stuff, but you just could save your life.

Once a month do a skin and breast or testicular self check.

Always have a quick look to see if there is any blood in the stool.

If relevant, make sure PAP test and mammograms are scheduled on time.

If you have a family history of bowel cancer or other significant condition -- ask your GP if there are relevant screening procedures.



## Welcome

Most healthy people are that way because they do the little things -- often. After twenty years in health promotion, if there was one magical thing I could do it would be to click my fingers and everyone would suddenly realize how much of a difference can be achieved by doing small things for a long time.

Eating a couple of pieces of fruit each day, putting some more vegetables on the plate, switch to wholemeal bread, cutting the fat off the meat, a walk each day, self checking for cancers, using sun block, 5 min. of back care exercises each day and other small actions.

Yet many people, when they decide to make healthy changes, do so with a bang -- "I'll go to the gym every day", "I'll give up red meat", "I'll never use margarine again", "I'll stop drinking", bla, bla, bla. The fact is that most of these people make a lot of fuss initially and the 'health kick' soon fades into history.

Those small actions mentioned above don't sound all that grand -- yet we are really talking about avoiding bowel cancer, heart attacks, stroke, diabetes and many other conditions. For most of us it is not huge life decisions nor fantastic medical advances that make the difference to our future quality of life. It is the small things we do, day in day out. Like saving -- small sustained investments produce solid long term returns.

With this in mind I have devoted the feature page of this newsletter to simple "Good Eating Guidelines". Print the page and rate yourself from zero to three for each guideline (e.g. "trim fat from meat before cooking" -- score 0 if you cook the fat and discard the meat, score 3 if you remove most of the visible fat). Identify areas where you can make sustained small changes. When making change consider the SELF test.

We are offering a special low cost package for business (click [THP Program](#)). Please pass it on to managers and business owners who may be interested for their staff. May I mention all income to date from the Health Presenter services has been devoted to [Its Time Foundation](#).

Wishing you the best of health.

**Rob Edwards**

## The SELF test

**Specific:** Be clear about what you want to achieve -- writing it down is a good idea. You will know, right from the start, exactly where you are going. In the future, with that clear picture, you can look back and see your progress. If you did not achieve your goal you are able to easily identify where you went wrong and work on it.

**Easy:** I'm not making the naive suggestion that all lifestyle change is easy. For some people there are some very tough issues to deal with. Although, I do suggest that many people take an unnecessarily complex path to achieve their goals -- they make the job tougher than it needs to be. Whatever the change you intend, give some objective thought to "what's the easiest way to achieve this goal?"

**Lasting Forever:** If you start exercising, but stop when it gets cold or lose weight only to put it back on in three months -- that will make no difference to whether or not you have a heart attack in 2015, it won't even make any difference to your quality of life this time next year. When it comes to your health and well being the changes need to last for a long time to bring you the genuine benefits you are seeking. So take time to structure the changes so they are enjoyable and sustainable -- in the context of your situation and needs.

When you have a treat -- love it! Don't feel guilty. Guilt is the great enemy of sustainable lifestyle change. So have treats and really enjoy them .

*"It's not how much  
you know that  
matters.*

*It's how much you  
care."*

Anonymous

## Backing up

Well over half the people I meet in our programs report that they have at least some level of lower back pain. This ranges from a "bit of a niggle now and then" to more serious conditions. The majority of those people do not do regular preventive back care exercises.

Yet by devoting five to ten minutes each day they may significantly reduce the chances of the back problem getting worse as they grow older. In some cases it may improve. It makes just as much, if not more, sense for people without back pain to invest the same five to ten minutes each day -- to 'keep a good thing'.

Some of you would have received a laminated chart of back care exercises. Anyone is welcome to a .pdf version of the chart by emailing [backcare@thehealthpresenter.com](mailto:backcare@thehealthpresenter.com) with the subject "Back Care" and we will email you a copy (at no cost).

I suggest you print the chart (perhaps laminate it) then hang it on the bedroom wall as a reminder to do the exercise set everyday -- be sure to take care and follow the instructions.

## Chilli chicken

### Ingredients:

2-3 teaspoons sambal olek (chilli paste)  
1 teaspoon crushed garlic  
2 teaspoons crushed ginger  
1 tablespoon brown sugar  
2 tablespoons lemon juice or wine vinegar  
2 tablespoons reduced-salt soy sauce  
6 chicken breast or thigh pieces (750 g)

### Method:

Place sambal olek, garlic, ginger, sugar, lemon juice and soy sauce in a small bowl and mix well. Spray or brush a baking dish with a little oil. Arrange the chicken pieces and brush each piece generously with the chilli mixture. Bake for 20 -25 minutes at 220 C (440 F) or until chicken is just cooked and no longer pink in the centre. Do not overcook as it will turn out too dry.

You can vary the degree of heat by altering the amount of sambal olek you add.

Serve with rice along with cucumber and yoghurt. To make cucumber with yoghurt, peel and slice cucumber finely into a small bowl. Add yoghurt and stir to combine. Refrigerate.

*Reproduced from [www.foodwatch.com.au](http://www.foodwatch.com.au)*

## Healthy weight loss creed

- My past efforts to lose weight are history. I am making a fresh start.
- I will ignore quick fix diets. Counting every calorie and expensive programs with the fat before and skinny after pictures -- are out!
- I will lose weight by following good eating guidelines and increasing activity -- without ever forgetting that "I am running the show!"
- I will be patient because I know slow, steady and forever is best.
- I am realistic and expect to have some bumpy patches as I change my old habits. If I slip up and put a couple of kilos back on -- so what! It's just a minor detour on my road to success.
- I will have occasional treats and enjoy them without a remote thought of feeling guilty.
- I genuinely believe in myself and my ability to lose weight and keep it off.
- I will enjoy the new healthy me and I will enjoy the journey getting there.

*Convince yourself – read it out loud.*

## The Golden Rule of Weight Loss

*Aim to lose weight in  
roughly the same way  
you intend to  
maintain it for the  
rest of your life.*

## GOOD EATING GUIDELINES

You are what you eat! As simple as it sounds, what you put in your mouth makes all the difference to how efficiently you function, how long you live and how much fun you have along the way.

Modern eating has strayed considerably from that of our ancestors - more refined foods, more saturated fats, less fruit and vegetables, more sugars and more volume.

And, on average we are not burning it off. So give yourself a rating for each of the guidelines and, if necessary, make some gradual changes to achieve long-term healthy eating.

### Please note:

These lists are brief. For more detailed information visit:

[nutritionaustralia.com.au](http://nutritionaustralia.com.au)  
and  
[foodwatch.com.au](http://foodwatch.com.au)

\*refined foods - white bread, white sugar, white flour and polished white rice are examples of refined food products that during processing have had many nutrients such as fibre & vitamins removed.

### More Fibre:

- Bread- whole grain, rye, soy & linseed
- Vegetables
- Fruits & dried fruits
- Nuts & seeds
- Wholemeal pasta & brown rice
- Legumes - beans, lentils, chick peas, baked beans
- Raw bran -wheat, oat, barley, or rice, psyllium
- Cereals - e.g.. weet bix, sultana bran, all bran, rolled oats, fibre plus, muesli (untoasted)

### More Good Fats:

- Olive & canola oil
- Avocado, most raw nuts (including almonds, cashews, hazelnuts, macadamias)
- Oily fish: salmon, tuna sardines, trout
- Linseeds, legumes, dark green leafy vegetables

### More iron:

- Lean red meat, fish, chicken
- Cereal, grains, legumes, nuts
- Vegetables

### More calcium:

- Low fat dairy - milk, cheese, yoghurt
- Almonds, brazil & hazelnuts, sesame seeds, tahini
- Salmon, sardines, prawns

### More Fluid:

- Aim to drink two litres of fluid per day

### Less refined/energy dense carbohydrates and sugars\*:

- Choose "no added sugar" products
- Limit soft drink, flavoured mineral water, flavoured milk
- Limit lollies, chocolates, sweet biscuits, cakes, desserts as snacks
- Limit the addition of sugar to foods like tea, coffee, cereals and fruit
- Limit white bread, pasta, rice, sweet cereals
- Limit juice to one or two glasses per day

### Less Bad Fats:

- Limit full cream dairy products
- Limit skin on chicken and fat on meat
- Limit palm, coconut, safflower, corn, cottonseed, peanut, sunflower oils and margarine
- Limit fatty meats, processed meats, bacon and sausages
- Limit processed commercial foods - cakes, donuts, biscuits, pastries and muesli bars

### Less Salt:

- Choose "no added salt" or "reduced salt" products
- Limit adding cooking salt, sea salt or vegetable salts to food
- Limit meat tenderisers, MSG, olives, dried kelp, gravy powder, stock cubes
- Limit salami, ham, corned beef, devon, chicken loaf
- Limit bottled sauces, soy sauce, salted pretzels, nuts and biscuits, canned & packet soups, takeaway, pies, sausage rolls, pasties

### Less Alcohol:

- See range of resources in your login program or "Rule of Twos" in previous newsletter

### How Do You Rate Yourself?

	Rating	Goals and Actions
<b>Make a contribution</b>		
<b>Body Weight</b>		
<b>Alcohol</b>		
<b>Cigarettes</b>		
<b>Dietary Fibre Intake</b>		
<b>Dietary Fat Intake</b>		
<b>Sugar Intake</b>		
<b>Fluid Intake</b>		
<b>Stress Management</b>		
<b>Time to Relax</b>		
<b>Back Care Exercises</b>		
<b>Cholesterol/Triglyceride</b>		
<b>Skin Self Checking</b>		
<b>Check Stools for Blood</b>		
<b>Breast/Testicular Self Check</b>		
<b>PAP Test</b>		
<b>Mammogram</b>		
<b>Prostate</b>		
<b>Dental Check Up</b>		

Print this page, then enter a "Rating" from 1 to 5 as to how well you take care of yourself in that particular area. 5 means that you are very proactive in managing that particular aspect of your lifestyle; 3 means there is room for improvement, 1 means it is in a pretty bad way.

This is not designed as a detailed analysis. Just approximate how you are going for each point, for example: "Dietary Fibre Intake" ask yourself: do I eat whole meal bread, include plenty of vegetables, have a couple of pieces of fruit each day, choose whole grain cereals and so on?

Use the low ratings to identify areas that may be improved -- opportunities to invest in your future health and well being.

Enter "Goals and Actions" in the space provided. Make a diary note to revisit the table two monthly.

Don't do this in a hurry (it's far too important), take some time to ponder where you are at and how you can make positive change in the context of the other demands on your energy and time.

*have a great day*



I developed Its Time Foundation over the past two years -- my way of giving something back. All Health Presenter income to date from live seminars and the DVD based program is directed to the Foundation.

We create new education opportunities for children in remote low income communities. At the same time taking a stand against global warming. Please visit [www.itstime.org](http://www.itstime.org) or if you are a rugby fan visit [www.rugbythanks.org](http://www.rugbythanks.org) and win a trip to Hong Kong.