



ultimateyou Magazine

September - October 2013

## RUNNERS PROBLEMS

Are they common?  
Find out if you have it

**Fitness Enthusiasts**  
BEWARE OF  
RHABDOMYOLYSIS

How to have  
A BETTER  
SEX LIFE  
THROUGH  
COMMUNICATION



EDITORIAL INTERVIEWS WITH WEALTH  
**COACH PAT MESITI** AND  
INSPIRATIONAL SPEAKER  
**DR. JOHN DEMARTINI**

INTERNATIONAL  
MINDSET EXPERT  
Talks About  
Starting Fresh

WORLD CHAMPION PRO  
FITNESS MODEL  
**JUSTIN  
GONZALES**

TALKS ABOUT OVERCOMING  
OBSTACLES TO BECOME A CHAMPION.

GET YOUR **SUMMER** PREP  
TIPS FROM JUSTIN'S  
FITNESS ROUTINE!

Does the weather  
**Affect Your  
MOOD?**

Are you guilty of  
**PROCRASTINATION?**

**QUICK AND  
HEALTHY  
RECIPES  
TO TRY!**

# EDITORIAL

## ABOUT



Andy Anderson is the founder and CEO of Ultimate You Fitness - Melbourne's latest revolutionary health club facility. As the creator and editor of Ultimate You Magazine, an all-in-one source for how-to information on achieving a better, healthier, more celebrated life, Andy's mission is to lead and guide the general public towards a dynamic change of view on health and wellness. He aims to spread awareness and to start new trends in Australia about the importance of developing a healthy lifestyle through his groundbreaking philosophy '3 Pillars of Health System'.

His philosophy encompasses the belief that a long lasting change in life can only be attained when the 3 Pillars of Health are realized. This revolutionary belief starts from the power of the human mind, through to the importance of natural and holistic nutrition, completed with proper effective training that yields the ultimate state of health. Besides being a fitness specialist and business entrepreneur, Andy Anderson is also a speaker on Mindset, Nutrition, Health & Fitness. His favourite quote is 'Do what others don't, to get what others won't'.

## MESSAGE

Hi I'm Andy Anderson, CEO of Ultimate You and Editor in Chief of Ultimate You Magazine.

Ultimate You Magazine entertains and inspires by introducing an adventurous world through the Ultimate You lifestyle, at the same time helping you avert from your daily life stresses. With zest, relevance and extraordinary content, Ultimate You Magazine captures a broad aspect of life from getaway adventures, healthy delicious foods and recipes to fit fashion and intimate sex.

Ultimate You Magazine is a bucketful of wisdom with practical tips & advice based around our unique 3 Pillars of Health System that when applied consistently, creates a turnaround change in your life. With all its indulgence of tips and video demos, you need not look for anything else. It promotes true wellness holistically. It dares you to focus on health issues that are unique to men and women.

Get expert interviews with millionaires to sports models, sexperts to doctors all aimed at helping you design your Ultimate Lifestyle & live your ultimate dream life!

Ultimate You Magazine is for both men & women who truly want next-level information but more than that, who want to continually improve all aspects of their life through self development, healthy living and a fit body!

So if you're ready to achieve all this + get the latest & greatest workouts, recipes & strategies to get the Ultimate You Lifestyle then find us on the iTunes News-stand.

We are here to serve you in the best way that we can so leave your comments on our Facebook page and get involved in our community!

ENJOY!

*Andy Anderson*  
CEO, ULTIMATE YOU



# INTERVIEW WITH WBFF FITNESS MODEL WORLD CHAMPION JUSTIN GONZALES

p.5



*MIND and BODY*

## SUN Salutations p.13

*HEALTH and NUTRITION*

## Hidden Sugars in Our Diet p.27



*SUCCESS and MOTIVATION*

## How to stop **PROCRASTINATION** **NOW** p.29

*MIND and BODY*

## Ending the War With Your Body p.38

*SPORTS*

## Runners Rushing into Running: Common Problems p.40

*SUCCESS and MOTIVATION*

## HOW TO START FRESH AGAIN p.32



## Top 10 Workout Essentials for Summer

*LIFESTYLE*

p.42



*MIND and BODY*

## Does Weather Affect Your Mood? p.46

LIFESTYLE

TWO SIMPLE, NATURAL TIPS TO  
GEAR UP FOR SUMMER

p.49

FITNESS

PROTECTING FITNESS  
ENTHUSIASTS FROM  
**RHABDOMYOLYSIS**

p.50

SEX

COMMUNICATION  
&  
**SEX**

p.52



FITNESS

GETTING  
INTO SHAPE  
FOR  
SUMMER

p.54

**SPEEDMINTON:**  
A NEW  
DIMENSION  
IN RACQUET SPORTS

p.56




INTERVIEW WITH  
**DR. JOHN DEMARTINI**

p.58



**RECIPES**

p.60

A bodybuilder, Justin Gonzales, is posing on a stage. He is wearing white briefs with a red star on the left and two blue stars on the right. A circular badge with the number '316' is pinned to his waistband. He has a very muscular physique, with his abdominal muscles and pectorals clearly defined. He is looking down and to his left, with his hands held out in a classic bodybuilding pose. The background is a blurred stage with other competitors and bright lights.

**Age: 28**  
**Height: 6' 1"**  
**Weight: 190**

## **INTERVIEW WITH WBFF FITNESS MODEL WORLD CHAMPION JUSTIN GONZALES**

**Justin congratulations on an amazing Victory, what does it feel like to be world champion?**

Thank you so much. First of all it's an amazing honor just to have been on stage with all of those beautiful people at one time. To be World Champ I am truly blessed and grateful for this accomplishment. I'm still the same person as I was going into the show, just with a new higher title to obtain.



## How did you start your fitness & bodybuilding journey?

I started off as a trainer in 2006. In 2003 I played division 1 soccer at Georgia Southern University straight from high school. Played 2 years but had no direction with my degree, so I quit school after the 2nd year. While deciding what I wanted to do with myself since I was known as a college dropout, I decided to take better care of myself in the gym and started training and less of going out and partying. I became a trainer in 2006 and in 2008 I was given a 2nd chance with my assistant coach from GSU who had become head coach at North Georgia College & State University who had offered me a full ride to come back to play soccer and finish off my degree. I did so, and to repay him (Pat Parris) I was given the Captain role where I helped train my fellow teammates in the gym and was able to be a leader and role model for each and everyone on and off the pitch. Getting that second chance is what helped me guide my way in fitness and living the [OneEightyLifestyle.com](http://OneEightyLifestyle.com)

## Tell me about your mindset towards training, nutrition and healthy living and how do you get through the challenging times?

My mindset is easy, I never give up. Training is my favorite because I train the old school way. I go until my muscles can't go anymore. I enjoy hitting every body part with at least one set every day even if I'm dedicating that day to a particular muscle group. I grew up 5 miles from the beach so I'm use to maintaining that beach body look. Nutrition wise, I put all the pressure on my sister-in-law Chelcea Gonzales who is my nutritionist who is also a WBFF PRO. She is absolutely amazing at what she does. Check her out at [OneEightyLady.com](http://OneEightyLady.com). My WBFF Family helps those challenging times for we inspire and motivate one another which is amazing because at the end of the day we are more like a family than competitors against one another. I love my team for we are all supportive of one another and we are able to turn to each other if it's toward prep, competition or just life itself.



**What was your nutrition like preparing for the worlds? (Diet example)**

- Meal 1 – cream of rice, egg whites, bell pepper*
- Meal 2 – ground turkey, brown rice, broccoli*
- Meal 3 – chicken breast, brown rice, green beans*
- Meal 4 – protein shake*
- Meal 5 – chicken breast, turkey bacon, quinoa, brussel sprouts*
- Meal 6 – protein shake, egg whites, oatmeal*

**What supplements do you take & why? (Example)**

Lean Protein- fast-absorbing to support lean muscle! Great for anytime of the day and a great meal replacement

CLA-(Conjugated linoleic acid) not only reduces body fat but also increases muscle strength and exercise endurance.

PreWorkout- Any and all types. Gives me energy and helps me.

**Justin what was the biggest challenge you faced going after the world title?**

My biggest challenge going after the world title would have to be staying disciplined on my nutrition plan. Being Italian and Philippino, I crave rice, pastas, and bread. On my diet plan, none were to follow. Which made me a sad guy at times but I stuck with it and look where it placed me. Had me competition with the Best of the Best and landed me first place. Discipline is key to success.

**What drives you to do what you do day in & day out?**

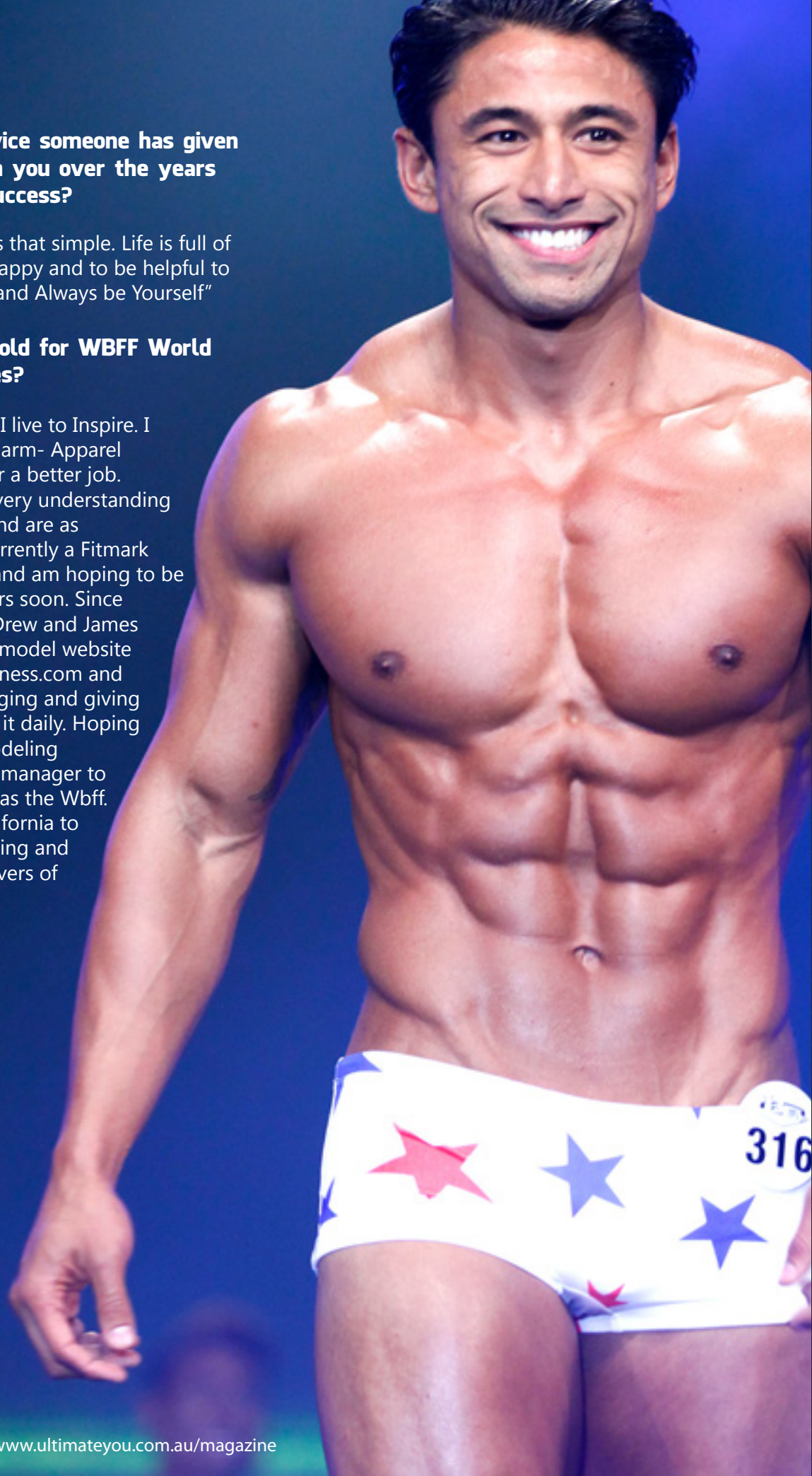
I feel like my demeanor in life is to inspire and to motivate and to give back to others. Most of it is for the way my mother raised me since she taught me to always be respectful and to never be greedy or needy. I love giving an ear when it's needed and helping people through hard times and with day to day decisions. I've always put people first and me last. I wouldn't have it any other way. What motivates me is the people that I see busting their ass to get what they want whether it's in the gym or if it's working to put groceries on the table to feed their families.

**What's one piece of advice someone has given you that has stuck with you over the years and helped with your success?**

"Live Life", "Live Inspired" it's that simple. Life is full of surprises so just live to be happy and to be helpful to others. "Always be Humble and Always be Yourself"

**What does the future hold for WBFF World champion Justin Gonzales?**

The future for me is simple. I live to Inspire. I currently work for MusclePharm- Apparel Division and couldn't ask for a better job. The people I work with are very understanding with my lifestyle in fitness and are as supportive as can be. I'm currently a Fitmark Athlete (FitMarkBags.com) and am hoping to be picked up by others sponsors soon. Since the show my good friends Drew and James have put together a fitness/model website for myself JustinGonzalesFitness.com and I'm looking forward to blogging and giving fitness and nutrition tips on it daily. Hoping to get signed with a few modeling agencies and have myself a manager to help grow my name as well as the Wbff. I would love to move to California to pursue in Modeling and Acting and I'm hoping to land some covers of magazines real soon.





# DAY 1

Arnold Press		4	12-15
Barbell Curl Wide Grip		4	12-15
Box Jumps		4	10
Hands on Floor Feet on Ball crunches, knees to chest		4	15
Pull Ups Wide Grip		4	10
Tricep Cable Kick Back (pause and squeeze/flex each rep)		4	12-15
Box Jumps		4	10
Plank		4	30 sec
Calf Raises (smith machine) up and squeeze		4	15
Lower Back Higher Extension		4	10
Box Jumps		4	10
Side Plank, alternate each side		8	30 sec
Cable Row One Arm		4	12-15
Side Lat Raise with Barbell		4	10
Box Jumps		4	10
Hands on floor feet on ball pikes		4	10
<b>Cardio</b>			
Incline Treadmill (no holding on)	Level 3-4	Incline 12	25 min

## DAY 2

Lat Pull Down Wide Grip, Pause at neck		4	12-15
Reverse Pec Dec		4	12-15
Dumbbell Raises Palms down Straight ahead		4	10
Forward Lunges		4	20 each leg
Pull Ups using close grip V handle on pull up bar		4	10
Dips		4	15
Close Grip Row w cable		4	10
Reverse Lunges		4	20 each leg
Incline Bench		4	15
Wide Grip Barbell Up right row, not traps for rear delt		4	10
Standing Scull Crushers		4	10
Forward Lunges		4	20 each leg
T-Bar Row		4	12-15
Single Arm DB raise Palms up		4	10
Single Arm Concentration Curls		4	10
Reverse Lunges		4	20 each leg
<b>Cardio</b>			
Incline Treadmill			
Start at incline 10, speed 7 (soon you'll do incline 12-15)			
Run for 10 sec, rest for 50			
You will start at like 1:05 and jump off at 1:15, then jump back on at 1:25			
After every sprint increase speed by .3			
Finish when you get into speed of 12+			

## DAY 3

Tabata Squat (air squat as fast as you can)		4	15 sec
Calf Raises (smith machine) up and squeeze		4	12-15
Leg Extensions single leg		4	20
Hanging Toes to Bar		4	10
Squat		4	10
Box Step up Single Leg with 135lbs		4	10
Reverse Lunges with 135lbs		4	10
Hanging Toes to Bar		4	10
Lying Leg Curls two legs (squeeze each rep)		4	12
Lay on back feet on ball, hips in air and roll ball back and curl legs		4	15
Bulgarian Lunges (1 ft on bench or seat holding dumbbells)		4	10
Hanging Toes to Bar		4	10
Sumo Dead lift		4	10
Seated Calf Raises (single leg)		4	12-15
Leg Press toes high up and out		4	10
Hanging Toes to Bar		8	10
<b>Cardio</b>			
Eliptical			25 min
1 min regular speed, 20 sec full sprint, repeat			

In 2005 Justin started his fitness career by becoming a personal trainer. Since then he has held a variety of positions in the fitness and nutrition industry steadily improving his knowledge and shape.

In 2010 he decided to use his understanding and experience to inspire and motivate others to start their own journey to lifelong fitness. He then founded **OneEightyLife-style**, an online community and apparel company.

In 2012 he challenged himself to compete in his first fitness model show in Kansas City where he earned first place and the title of WBFF Professional Fitness Model. MusclePharm took notice and began sponsoring Justin.

In 2013, he took stage at the WBFF Pro Show in Las Vegas against the "Best of The Best" and again took the top title: Professional Fitness Model World Champion. After the show he added Fitmark as a sponsor and is looking forward to building more such relationships.

His personal motto is "Never give up. Giving up is too easy. Setting goals and reaching them is the best feeling one can have."

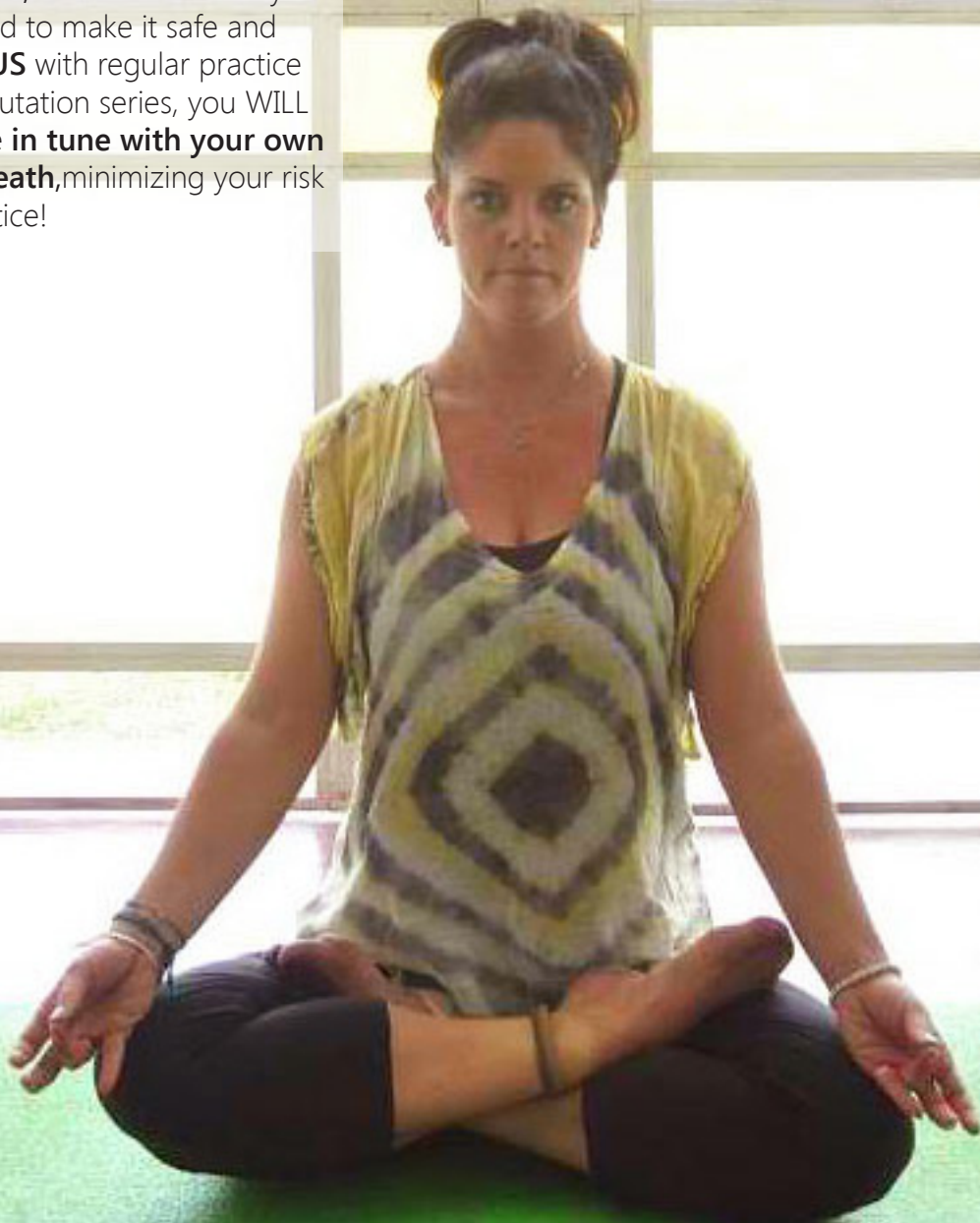


# SUN Salutations

**A** long awaited, kickstart to your very own yoga practice on or off the road! That's right, no more excuses, just a few rounds of the below Sun Salutation series each morning will have you feeling fabulous! Perhaps the best part; it will hardly cut into your already busy morning routine, AND it will absolutely set you up for the day physically and mentally!

A bit concerned about performing the series correctly? NO STRESS...


Have **NO FEAR**, I've included everything you need to make it safe and simple! **BONUS** with regular practice of the Sun Salutation series, you **WILL** become more **in tune with your own body and breath**, minimizing your risk in future practice!




### Let's get into it! The Set Up and Preparation:

Stand tall at the top of your mat space, eyes closed, focusing on the breath. Notice your feet planted firmly, muscles of the legs engaged, feeling the knee caps lifting upward not backward. Engage the glutes, feeling the pelvic floor muscles contract and lift as the navel draws into the spine. Shoulders roll back and down away from the ears, crown of the head floating upward, muscles of the face relax. **Deep inhalations** through nose filling the abdomen with fresh breath, life force energy. Exhale completely through the nose as the navel draws back in. Remain here with the breath, quieting the mind, opening the heart. (at least 10 full breaths)





**Salute to the Sun:** Inhale, reach the arms wide to the side and up pressing the palms, Here, a baby backward bend is optional.



Exhale, bow forward hinging from the hips, soften the knees bringing the palms flat to floor (bend the knees as much as required.)




Inhale, look forward and lengthen the back of the legs as you come to the finger tips.



Exhale, step the right foot back into a long low lunge, 10 toes facing forward, hips level with the front left knee.



A woman is shown in profile, performing a yoga lunge on a green mat. She is in a low lunge with her right leg forward and her left leg extended back. Her arms are raised straight up, with her hands interlaced and pointing towards the ceiling. She is wearing a light-colored, patterned t-shirt and dark leggings. The background is a large window with a grid pattern and yellow and white stained glass panes. The floor is a polished wooden surface.

Inhale, upper body rises up, arms lift in-line with the ears, locking the elbows, interlacing the fingers, (releasing the index fingers, crossing the thumbs) pressing the palms firmly.

Exhale, hinge forward, hands flat to the floor.  
Inhale, stepping the left foot back to a high plank  
(push up position).



Exhale, elbows turn inward pressing to the ribs as you lower the chest toward the floor (chaturanga.)  
\*I recommend for MOST people to lower the knees maintaining a long neutral spine.



Lower the chest toward the floor without touching, then in order lower the thighs, hips, belly, ribs and finally the chest. Elbows still with the ribs, draw the shoulders down. Inhale lifting the chest, ribs and belly (leaving the hips on the floor) into a cobra OR hips and legs off the floor into upward face dog (as shown.)



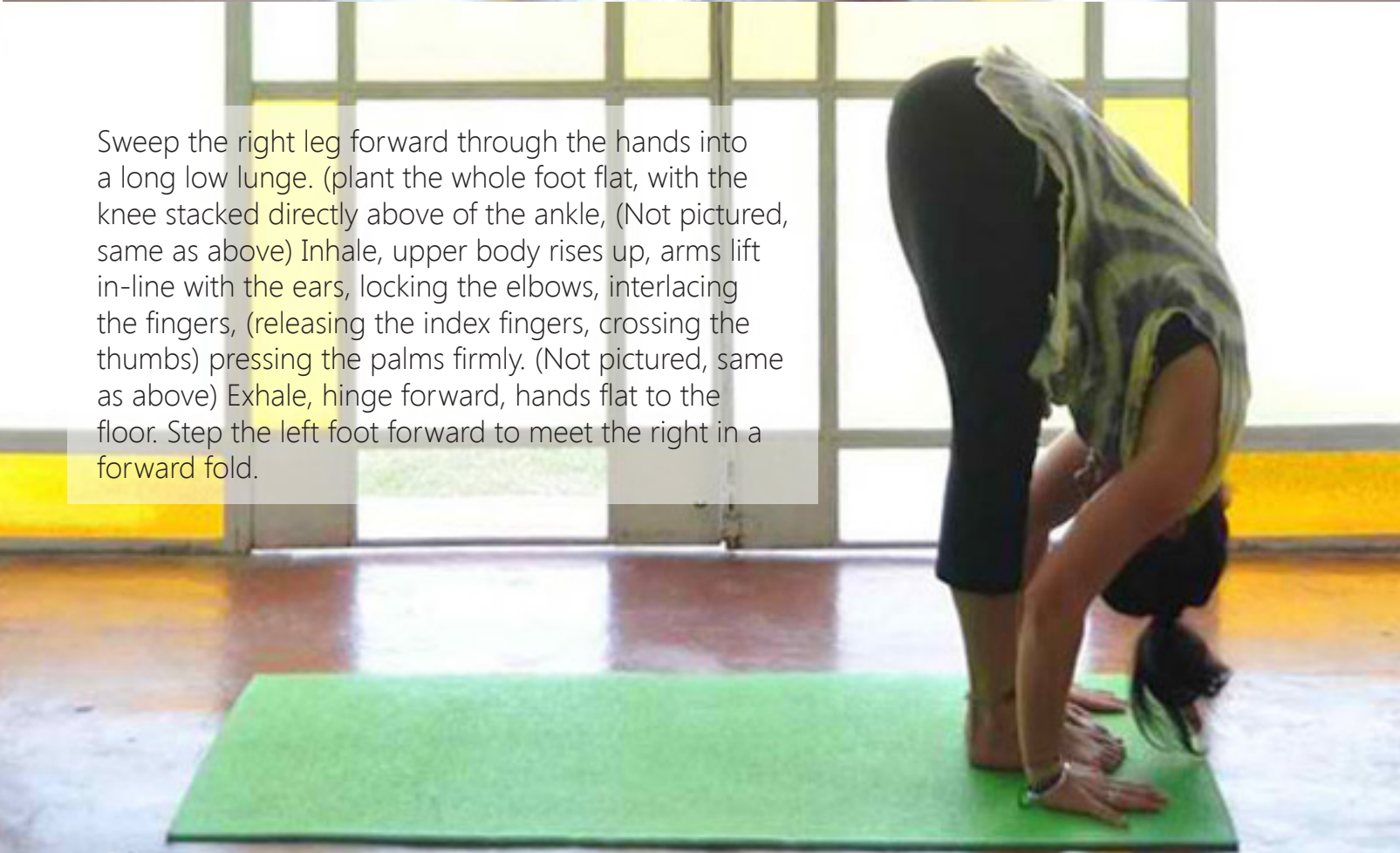
Exhale, lowering and pressing up to a downward dog!



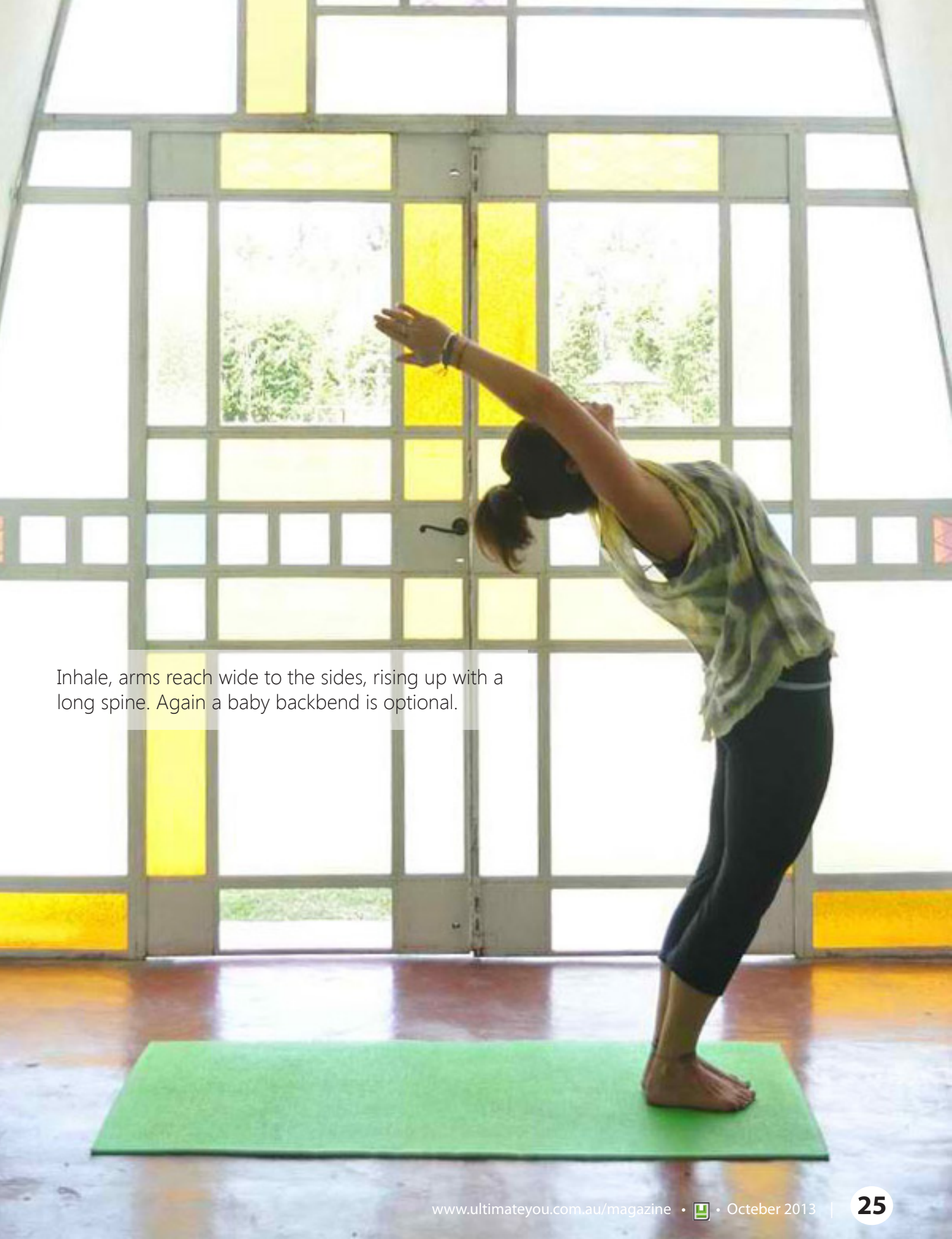
Inhale, extend the straight right leg up toward the ceiling (keep the hips square to the mat, NOT rotated.)



Sweep the right leg forward through the hands into a long low lunge. (plant the whole foot flat, with the knee stacked directly above of the ankle, (Not pictured, same as above) Inhale, upper body rises up, arms lift in-line with the ears, locking the elbows, interlacing the fingers, (releasing the index fingers, crossing the thumbs) pressing the palms firmly. (Not pictured, same as above) Exhale, hinge forward, hands flat to the floor. Step the left foot forward to meet the right in a forward fold.





A woman is performing a standing backbend yoga pose (Urdhva Dhanurasana) in a room with large windows. She is standing on a green mat, with her feet together and arms extended upwards, reaching towards the ceiling. Her back is arched, and her head is tilted back. The room has a wooden floor and a large window with a grid pattern and yellow-tinted glass panes. The text "Inhale, arms reach wide to the sides, rising up with a long spine. Again a baby backbend is optional." is overlaid on the left side of the image.

Inhale, arms reach wide to the sides, rising up with a long spine. Again a baby backbend is optional.



Return to *tadasana*, standing tall, aware of the breath.

REPEAT ENTIRE SERIES WITH LEFT LEG STEPPING BACK FIRST! (Note: one round equals once with the right side leading, and once with the left leading.) Complete as many rounds as desired, remaining mindful of the breath, working towards 15-20 minutes daily. BUT if you only have 5 minutes...take advantage of it! YOU deserve it! When you've completed your sun salutations take a moment to breathe long, slow, deep breaths acknowledging your quiet mind, calm breath and open heart. Also a beautiful opportunity to consider all the things you are grateful for in your life, today, in this moment. Daily expression of gratitude is proven to DRASTICALLY improve your quality of life, happiness, energy, AND bring more wonderful things your way to be grateful for!

NAMASTE

### **ABOUT THE WRITER:**

Jess Jones combines her love of travel and passion for health/fitness with beautiful photography to inspire people around the world to begin their own journey through her website *Journey with Jess Jones*. Follow along with her wild adventures one laugh, story and photo at a time and become inspired today at [www.journeywithjessjones.com](http://www.journeywithjessjones.com) ...because life is a journey, not a destination.

# HIDDEN SUGARS IN OUR DIET

We all know that too much sugar in our diet is not healthy. But what many people are not aware of is the amount of sugar in so-called healthy foods. Let's take a look at some so-called "healthy" foods and the amount of sugar they contain:



$\frac{3}{4}$  cup of a leading healthy breakfast cereal ----- 5  $\frac{1}{3}$ rd tspn sugar

A glass of no added-sugar orange juice (200ml) ----- 4  $\frac{1}{2}$  tspns sugar.

A healthy snack twist bar ----- 3  $\frac{1}{2}$  tspns.

An Iced Coffee Mocha (500ml) ----- 13 tspns sugar  
(equivalent sugar to a coke)

A medium low fat banana smoothie (450ml) ----- 13  $\frac{1}{4}$  tspns sugar  
(slightly more sugar than a coke)

A 98% fat free strawberry yoghurt (170g) ----- 6  $\frac{1}{3}$  tspns.

**Total = more than 30 teaspoons of sugar**

## Effects of Too Much Sugar

Sugar and carbohydrate create glucose when digested. Too much glucose when circulating through your bloodstream acts like sandpaper. This can damage blood vessels, arteries and nerves and result in inflammation. Inflammation interferes with hormone and neurotransmitter balance, all of which lead to rapid degeneration of your brain. Eating a high carbohydrate/sugar diet puts you on a roller-coaster of high and low blood sugar levels, creating big energy dips (think 3pm itis) and causing big sugar cravings.

Eating too much sugar also drives disease such as type 2 diabetes, kidney disease, fatty liver, heart attack, stroke, dementia and impotence. It also potentially causes cancer - as high blood-sugar stimulates tumour growth.

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## So where does sugar come from?

Sugar comes from obvious places like: refined sugar, sweets, sweet drinks, flavoured milk, and sweetened yoghurt.

It also comes from starchy carbohydrates including: cereal, bread, pasta, rice and starchy vegetables like potatoes and legumes (like lentils, chickpeas and peanuts).

Fruit is also fructose, a type of sugar. Fruit juices in general are best avoided. When you eat an orange, you are likely to eat only one orange, including the fibre – as nature intended it. When you drink orange juice, you may be drinking the concentrated fructose or sugar of between 4 and 8 oranges.

---

## How is insulin related to sugar?

The pancreas produces insulin to take the glucose from the blood and store it in the liver and muscles as ready energy. But if stores are full, it converts the glucose into fat, the kind that drives heart disease. High levels of insulin (which are produced in response to high glucose levels) drive fat gain and inflammatory disease.

## So what about everything in moderation?

A recent study of about 28,500 people, over the age of 15, published in *Diabetologia*, found that all it takes is one can of sugar sweetened soda/soft drink per day to increase your risk of type 2 diabetes by 22%. In my experience, most people would consider drinking one soft drink to be moderate.

Don't think diet soft drinks are any better; the chemicals in those can have many side-effects one of which is cravings for more sugar!

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## The total amount of carbohydrates we eat per day is what matters

If you're eating 100g of carbohydrate, it is still 100g of carbohydrate, whether or not it is coming from bread, pasta or the sugar bowl itself!

I recommend going back to real foods. Anything that comes straight from the farm to you without processing is recommended, such as seasonal vegetables, meat, fish, eggs, nuts and seeds (not grains).

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## What about fruit?

If you are healthy and not overweight, a piece of seasonal fruit per day is fine. An orange, mandarin or berries in season are good choices. If you are battling health issues, weight problems, diabetes or have digestive problems, fruit is best avoided.

## ABOUT THE WRITER:

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# How to stop PROCRASTINATION NOW

I've always liked to think of myself as a "do it now" sort of person. But sometimes I use my "busy-ness" as an excuse not to do the things I know I really should.

Of I know I'm not alone. We all procrastinate from time to time. Sometimes it's mundane stuff like filing taxes or cleaning the kitchen drawers. But more often it's the bigger stuff. Like ending a relationship that's dragging us down, beginning the process of pursuing a more rewarding career path, getting back into shape, or to pursuing a long held dream.

Philosopher William James once wrote, "Nothing is so fatiguing as the eternal hanging on of an unfulfilled goal." Of course people come up with all sorts of creative reasons why now just isn't the right time. Too busy. Too broke. Too stressed. Economy too unstable. Too risky. Too inexperienced. Too old. Too young. Too disruptive. Sometimes those reasons are valid. But more often, they are simply excuses for avoiding the discomfort inherent in creating change in our lives, even change for the better, and confronting our fear of failing in the process.

Delay is increasingly expensive. While at the surface procrastination often looks like laziness, at the heart of it lies fear. Fear of failing, fear of success, fear of rejection or fear of our inability to have what we truly want. And so our fear's drive us to hang on to the hope that if we procrastinate long enough, our misgivings about our ability to achieve what we want will magically evaporate to be replaced with a newfound sense of clarity about the steps we need to take, courage to take them, and confidence in our ability to overcome any obstacles we may meet along the way.

Unfortunately, the reverse is generally true. As the days roll steadily by, our fears grow larger, not smaller until they eventually lead to a burial ground for unfulfilled dreams and untapped potential. All the time, the knowledge that we are whiling away our precious life waiting for the planets to perfectly align before we take our first step forward pulls heavier on our hearts and minds. We are loath to admit it, but in putting off until tomorrow what we can do today (the word procrastinate come from the Latin pro, meaning "forward," and cras, meaning "tomorrow") we are selling out on ourselves and all that we can be. And one way or another, it is costing us. Not only can it cost us in our finances, careers, relationships and physical health, but it costs us our peace of mind and the opportunity of experiencing a far deeper sense of personal fulfillment.

Life rewards action. Nothing great has ever been accomplished without it. Nothing ever will be. So if you are tired of procrastinating, make the decision to choose at least one of the 7 strategies below (the more the better!) to help you step forward in action and making tomorrow one that is even more rewarding than today. Delay is increasingly expensive.

# 7 Keys To Stop Procrastination...

## NOW!

Before you go further, first determine whether what you are procrastinating about is something that is actually aligned with your most important values. If you decide it's actually not that important to you (i.e. the consequences of doing it are low), then do yourself a favor and take it off your list.



**Know Your Why.** *The reason we often procrastinate about something is because we haven't prioritized it as being important enough to us to take action on. To really get into action you have to align the task at hand with your core values. For instance, we all want to look better or get richer, but your goals have to go beyond superficial desires and connect with what truly matters most to you. In other words, you have to "Know your why." If you don't, then when the going gets tough or your alarm goes off at 5:30am, you won't have the resolve to stick to your plan. So write down – what is it about this that aligns with what you value most.*

**Don't just think it, INK IT!** *A Stanford University study found that when people wrote down their goal, it increased the probability of them achieving it by over 70%. Include a timeframe for when you want to have achieved it. A goal without a deadline can be put off indefinitely. "Someday" is not a day of the week.*

**See yourself having it done.** *Cast yourself ahead one year from now and imagine how you will feel about yourself. What will be different than it is now? How will you feel about that? What emotions of accomplishment and pride and satisfaction will you be enjoying?*

**Harness Fear.** *Fear is a powerful emotion that often keeps us from doing the very things we know we should do in our lives. Indeed, left unchecked it can keep people stuck in situations that leave them miserable for years. So harness that energy by imagining how you will feel a year (or even a month) from now if you continue to procrastinate and stick with the status quo. Remember, if nothing changes, nothing changes and no-one is responsible for making the changes you want except you!*

**Identify first steps.** *Making meaningful changes and taking on big goals can quickly bring on a case of overwhelm. If that's you, then break your goal/challenge down into smaller, bite-size pieces and assign deadlines within the next week against the next five steps. Remember that you don't have to know every step of the way to what you want to achieve; just the next few steps immediately ahead.*

**Enlist support.** *Having people around you holding us accountable can make an enormous difference. So enlist the support of someone to hold your feet to the fire if you don't stay in action. Better still, enlist an entire support team! Ask them to check in on you every week (or perhaps every day as you start out) to make sure staying on track and to give you a hard time if you have veered off the rails.*

**Stay in action.** *No matter what! It's easy to get caught up in an initial wave of enthusiasm, only to come crashing down when your initial efforts don't produce immediate and amazing results. For instance, if you want to become more fit, focus on being able to jog a little bit further every time you go for a walk, rather than being able to run 5 k's within a week.*

*If you happen to mess up, lose your resolve or fall back into the well-practiced procrastination, don't beat up on yourself. It happens to the best of us (I promise!) Don't interpret your setbacks as signs of permanent inadequacy on your part. Rather reflect on the lessons they hold, make adjustments accordingly, then tap your inner John Wayne and get back in the saddle. **Life rewards those who work at it.***

So take the first step forward today. Yes, do something as soon as you can (before you come up with another excuse!) It won't be any easier tomorrow, so do yourself a huge favor and do **ONE SMALL THING TODAY...** however seemingly insignificant. As Chinese proverb goes "A journey of a thousand miles begins with a single step." So just take it... go on, you know you want to. After all, the best way to enjoy the future you want is by creating it.

## ABOUT THE WRITER:



### Margie Warrell

is a bestselling author of *Stop Playing Safe* (Wiley) and *Find Your Courage* (McGraw-Hill), Forbes columnist, and internationally recognized "Courage Coach" who has run 'courage-building' leadership programs with organizations globally

including NASA and the UN Foundation. A mother of four untidy children, Margie is a regular contributor on Sunrise who does her best to walk her talk. Most days. She can sometimes procrastinate, particularly when it comes to cleaning her kitchen draws. Connect with her on Facebook and Twitter or access lots of great 'courage-building' resources at [www.margiewarrell.com](http://www.margiewarrell.com),

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# HOW TO START FRESH AGAIN

By Pat Mesiti



Life is full of unexpected ups and downs. Starting over again is one of the toughest things a person can be asked to do. But for most of us, at one point in our lives, we are forced to do exactly that. Whether you're reeling from the estrangement of a partner, employment uncertainty, or transitioning from one area of life from a teenager to an adult or from a married couple to parents. Taking control of your new circumstances is an important part of turning around your life.

There's no quick fix to getting out of a rut, but there are definitely practical tools to help you navigate life's personal challenges.

## IDENTIFY THE PROBLEM

You need to identify the cause of the problem before you can fix it. It may sound simple, but it's a step that's often avoided and underestimated. If you are unable to put your finger on what's bothering you, try writing down your thoughts. The simple act of transferring your feelings to paper can help translate your emotions into concrete examples of what is lacking in your life.

## WHAT CAN YOU CONTROL?

Fearlessly and honestly ask yourself the following question. What is it that I can control? There are some things that are totally beyond our control. You can't control the weather or the economy. However, you can control yourself. What is it that you have to address or change to get your emotions, circumstances or finances in order?

## WHERE DO YOU WANT TO GO?

You need to have a clear vision and direction. Someone once said that he who is everywhere actually goes nowhere. So it's important to get a clear image in your life of what you want to achieve, whether it is a new relationship, coming back from travesty, or redefining your new career role.

## GET TO KNOW YOURSELF

It's very important if we are starting fresh that we begin to really understand ourselves. The key is to be completely honest with yourself and to be fearless about also uncovering those elements in your life that you'd rather not address. What makes you tick? We often try to understand the circumstances that brought us to where we are, whether it be a divorce, a change of career or having to redefine our life after a job loss. Once you understand yourself, you can begin to make decisions on how you will react and how you will respond to certain situations. All these things are very important parts of life, if you want to redefine and start again.

## CHOOSE WISE ASSOCIATIONS

When we go through challenges, difficulties, struggles, pains or loss, we often get the people who just want to cater to our negative emotions. You know the type of people who encourage a victim mentality. That won't help you one bit. Surround yourself with people who will inspire you to achieve. Sure, it is important that once we've gone through loss and pain, to grieve. But for

## **ABOUT THE AUTHOR**

**Pat Mesiti** knows how to get out of a rut, he grew up in a volatile home riddled with alcoholism, battled with depression in adulthood and his marriage broke down. After starting fresh again, he has become an internationally celebrated speaker, seasoned business executive, entrepreneur, mindset growth strategist, and author of eight best selling books, his latest being *Pathway to Prosperity*.  
<http://mesiti.com/>

# PAT MESITI CREATING 10,000 MILLIONAIRES IN 12 STEPS

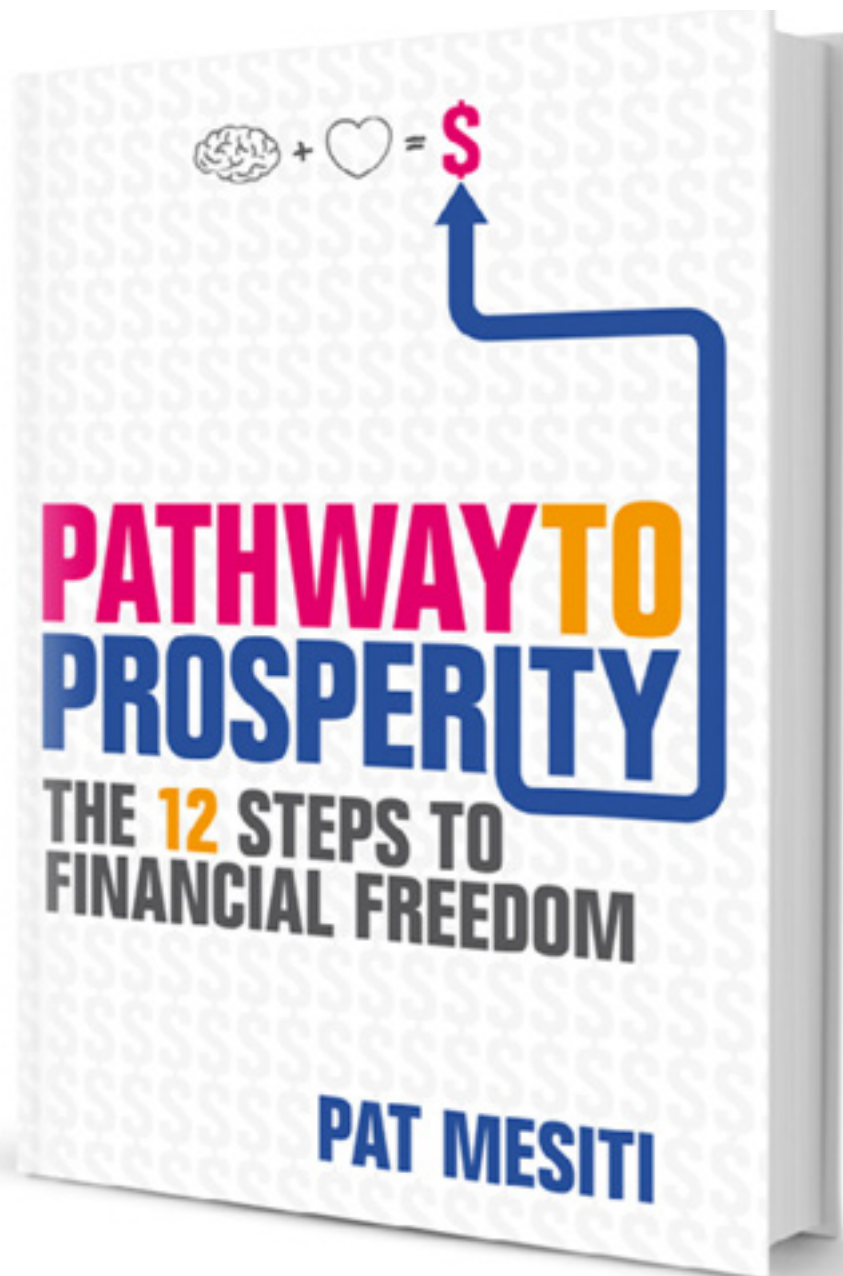
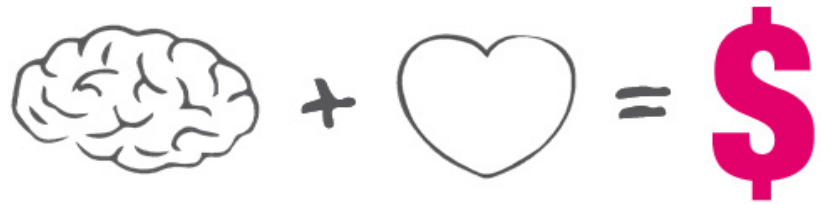
Pat Mesiti is a self-made multi-millionaire whose dynamic leadership style has not only made him money, but also helped 400 young drug addicted men into recovery (86% success rate); and raised more than \$500,000 for charity.

Now, Pat is committed to raising 10,000 millionaires through his works for the betterment of humanity. "There is nothing more empowering for an individual, than choosing to create wealth by design – not by chance. I see too many people searching for a solution rather than deciding to change their direction, long-term."

Pat is the author of nine best-selling books including, *The \$1 Million Reason to Change Your Mind*; *Pathway to Prosperity*; and *How to Have a Millionaire Mindset*. His books and course materials have sold more than 2 million copies.

A celebrated international speaker, he has shared the stage with Robert Kiyosaki, Donald Trump, Denis Waitley, Dr John Demartini, Sir Richard Branson, Mark Victor Hansen, Robert Allen, Bob Proctor, Allan Pease, Zig Ziglar and more.

Pat is passionate about helping people and businesses to experience business growth and financial prosperity. Here are his 12 steps to creating wealth, with his inside out approach:



**1 RECOGNISE AND ADMIT YOU HAVE A MONEY PROBLEM**

You can't fix your unmanageable finances if you are constantly tolerating the pain of them.

**2 BE PREPARED TO DO WHATEVER IT TAKES TO MAKE (NOT LOSE) MONEY**

Maybe you need get rid of your Foxtel subscription, your gym membership or run instead of drive to the gym?

**3 BE WILLING TO ASK FOR HELP**

Just like an addict doesn't get drug free by themselves, most people won't become financially free without proper guidance and advice.

**4 TURN YOUR FINANCIAL MESS OVER TO SOMEONE WHO KNOWS BETTER**

People hear advice and say, "I know about that," but knowing isn't enough. "If you've got bad financial results in your life then you're doing the wrong thing. Let someone who has applied the knowledge before you, help you."

**5 MAKE FEARLESS INVENTORY OF PAST BAD DECISIONS**

Ask yourself what mistakes you have made and what lessons you have learnt from them. "People often feel just shame and disappointment from their mistakes, but if that's all you're left with, you are not going to grow. What did you learn?" Pat asks.

**6 ADMIT YOU'VE MADE MISTAKES**

You must admit and confront your mistakes.

**7 COMMIT TO LEARNING ALL YOU CAN ABOUT BETTER MONEY MANAGEMENT**

Learn better behaviours and start putting them into place. "Making money isn't the problem, it's managing it for most people that is tricky," Pat says.

**8 SPEND MORE TIME WITH PEOPLE WHO HAVE HEALTHY FINANCIAL HABITS**

"If I'm overweight and I hang with overweight people, I won't get healthy, and the same goes for wealth" Pat says: "Your friendships affect your income. If you lay down with dogs, you're going to get fleas."

**9 BE READY AND WILLING TO CAST OFF WRONG MINDSET ABOUT MONEY**

Identify where you learnt your thought and behaviour patterns around money... then unlearn what you know. Pat says: "We struggle with undoing old thought patterns because they're comfortable."

**10 RENOUNCE WRONG MONEY BEHAVIOURS**

You must get emotionally repulsed by what you have done. If you're not repulsed by your past behaviours, you won't change.

**11 FORGIVE PEOPLE WHO HAVE HARMED YOU FINANCIALLY, AND ASK FOR FORGIVENESS FROM THOSE WHO HAVE HARMED YOU**

The term forgiveness itself is a financial term that means to cancel debt. Pat says, "So many people have been wronged in life and if you can't forgive them, why would others forgive you?"

**12 COMMIT TO BUILDING WEALTH AS A LONG TERM**

Wealth is a long term goal. Pat says, "There are seven days in a week, but someday isn't one of them," He adds. "If you're waiting for some day, you will always have the want for money and experience the lack of money."

For an interview and further information contact:

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 Email: justine@justinemckellmedia.com

# Pat Mesiti – Creating Millionaires from the Inside Out

## Entrepreneur, International Bestselling Author, Speaker and Mindset Expert

Pat is a self-made multi-millionaire and is an internationally celebrated and gifted speaker, seasoned business executive, entrepreneur, mindset growth strategist, bestselling author and consultant.

Pat's passion is to EQUIP and EMPOWER individuals and businesses to experience growth and prosperity to their fullest potential. His expertise is to SHIFT MINDSETS AND TO BUILD BIGGER PEOPLE to produce results.

His dynamic leadership and business skills have allowed him to build the largest and most successful youth organisation in the southern hemisphere, "Youth Alive" having over 15,000 teens in regular attendance.

Pat also graduated over 400 young Men with drug addictions into a recovery program with a staggering 86% success rate.

Pat's books have sold in excess of 700,000 copies worldwide and his motivational programs have sold over 2 million copies internationally — transforming the lives of all it touches.

He is recognised as an expert in the field of motivation and creating a Millionaire Mindset, business development, executive mentoring, international speaking, self-development, relationships and accelerated mental and emotional transformation. He is also the International chairman of the Mesiti group of companies.

He is the author of 8 best-selling books such as "The \$1 Million Reason to Change Your Mind" "How to Have a Millionaire Mindset", "Soaring

Higher", "Dreamers Never Sleep", and "Staying Together Without Falling Apart" just to name a few.

Pat's appearances on many television programs has seen him televised into 14 million homes plus articles published in newspapers and magazines nationally and internationally, has made him a sought-after speaker and consultant on the international stage.

Pat's enthusiasm combined with his great sense of humor gives him the ability to move an audience into action as well as give them practical resources to help them achieve their goals.

For the past 3 decades Pat has worked, travelled, consulted and spoken to hundreds of thousands of people in over 39 countries from CEO's of Fortune 500 Companies, to celebrities, actors and sporting personalities. For more than 35 years Pat has worked, shared the stage with and trained with other world class speakers such as Robert Kiyosaki, Jim Rohn, Donald Trump, Denis Waitley, Dr

John Demartini, Sir Richard Branson, Mark Victor Hansen, Robert Allen, Bob Proctor, Allan Pease, Zig Ziglar, Charlie 'Tremendous' Jones, Willie Jolley, Morris Goodman 'The Miracle Man' and Captain Jerry Cofee just to name a few.

Pat is committed to helping raise 10,000 millionaires through his works. He will shift your mindset, touch your heart and increase your wealth.

EDITOR-IN-CHIEF  
**ANDY ANDERSON**  
Chats With Millionaire  
Wealth Coach  
**PAT MESITI**



# ENDING THE WAR WITH YOUR BODY

I remember sitting in a doctor's office with tears streaming down my face before the doctor even walked in. I dreaded the words I knew would be coming.

"We still don't know what's wrong with you," or "We'd like to try another test."

I had developed a strange disorder with my digestion. One that no one could figure out. That piled on top of a thyroid condition diagnosed at age 18 and a handful of repeating knee surgeries and I felt like my body and I were at war. IT would not get better. IT would not do what I wanted. IT had let me down.

Now I could add doctors to the list. THEY could not help me. THEY did not care. THEY had let me down too.

I started seeking alternative healers. I started juicing, doing cleanses, meditation, every kind of diet, became a yoga junkie, even started gazing at the sun (don't ask).

Then one day, while out in the world fervently seeking answers, my path took an unexpected turn. I quite mistakenly bumped into some questions.

What if you are the only one who knows what your body requires?

What if your body can actually tell you what it needs?

What if nothing is WRONG with you and your body is actually attempting to communicate?

I found these questions irritating. What was I supposed to do first? What should I eat? How should I sit?

Yet exhausted by what I saw as the alternatives (and hungry from 14 days of drinking nothing more substantial than kale and cucumber juice) I chose to surrender and just try asking.

Questions not answers ended up being my journey to health. The more I asked, the more information my body gave me. It was amazing! Today my body is both healthy and happy. I still consult experts, yet when it comes to making choices about my body I get really quiet and ask myself "what do I know?"

What if you could learn to communicate with your body?

Here are 5 tips to play with to start getting you in touch with your sweet body today.

**1 Start asking your body questions:** Think of your body like a friend. Before you eat something, ask "Body, do you desire this?" Before you exercise "Body, how would you like to move today?" You may not get answers right away, however just get in the habit of considering your body may have its own point of view

**2 Stop forcing change:** How many diets have you been on where your body wants to spit out the food? If you are going to increase the communication between you and your body, you will have to stop forcing it to do things it doesn't want to do

**3 Give up the Healthy Game:** We have compiled so many points of view about what is healthy and not, that we start judging food before we get a chance to see if our body might like it or not. Kale is healthy right? Well not if you have low thyroid. Tomatoes are healthy right? Not if you have acid reflux. Ask yourself in each moment what your body desires.

**4 Stop the judgment:** How many judgments do you impel on your body every day? If you treated your dog the way most people treat their body it would run away! Is it any surprise body is not working with you with ease?

**5 Ramp up the gratitude:** Rather than dwelling on the things you would like to change, start being grateful for the things that ARE working.

## ABOUT THE AUTHOR



**Blossom Benedict** is an international speaker, facilitator and transformation coach who has facilitated workshops in 12 different countries and touched thousands of lives with her dynamic presentation of life changing tools on how to end the war with your body. She has a regular radio show called Lightness

of Change on the Puja Network across America.  
<http://www.blossoming.com/>

# Runners Rushing into Running: Common Problems

No one, from well-known politicians including Tony Abbott to senior citizens, men and women in wheel chairs, blind people and kids in prams, could resist the urge to get up early on Sunday morning and run 14 km from the City to the beach.

City2Surf can be a lot of fun for anyone no matter what they are looking for in the race. For some, it is a fitness challenge and a next level step - Ben Moreau, 31, from Woolloomooloo, beat 85,000 competitors finishing the race first in just 41:47. For many others, City2Surf is another opportunity to get a fancy outfit and have some fun under the Sun. Hundreds of people were dressed up as supermen, animals, tea cups, fairies and much more. It is a parade of imagination and fitness challenges.



However, how can all the 85,000 people be able to last such an impressive distance under the scorching Australian Sun? Well, not everyone completed the course, many walked it and some changed or short cut the course or were even taken to the hospital.

People often have different levels of fitness: some have been training all year long whereas others jumped into the race as a result of their last minute decision. Some people treat City2Surf as their annual fitness test whereas others just want to have fun.

Many athletes as well as people in wheel chairs or families with babies and teenagers love taking part in one of the most famous races in Sydney. Clearly, some participants are pushing their hardest during the race whereas others do not find it necessarily.

I have been waiting for the best time in my life to enter the race for several years. When I finally decided to run it and spend some quality time training I ended up going overseas for holidays. Moreover, I

spent another week with nasty flu straight after getting back. Evidently, my fitness level dropped dramatically. The lack of training for almost a month followed by a week of viruses and infections attacking my immunity system was a game changer. I did not walk away though. I firmly decided to run the race no matter what. Well, it is not always the best decision.

“memory” your muscles have left. Do not demand your legs to be as fast and strong as they were - give them some time and gradually improve your fitness. If you have little time left before the run, use it wisely. Do not over train. You cannot fit all these years of preparation in one week or couple of days. Resting can be in fact more beneficial rather than training, in this case. However if you decide to go for a run, you

## Getting Back on The Horse's Rules:

Coming back to exercising after a long holiday is always not easy. It is even harder to resume training after a long cold and flu or any other sickness or injury. Therefore if you are getting ready for a long distance run after a long lasting break, be prepared not to be at your best. Never punish yourself for it and take it easy.

As I have advised earlier (in my blog), be nice to yourself – starting something is always harder and sometimes it appears to be impossible for. Take it easy! Stressing out and punishing yourself will worsen your health and decrease your chances to run better.

Similarly to planning your training on holidays, when you are back and want to start running preparation, re-evaluate your old approaches and listen to your body. Plan your new program! Sometimes your old training plan is no longer valid depending on your goals, how long you were on a break and how tough is the upcoming run you are training for.

Starting over might hit you with occasional disappointments. Although human muscles remember the training you performed before, they gradually degrade with time. The longer your break – the less



better make it a jog and do not over use your legs. Leave about 24 hour gap between your last run and the race. It will allow enough time for your muscle to recover hence get stronger.

### Risk Involved:

Runners often suffer from a lot of different legs issues. Jumping into a long distance running without your legs being ready can be a very bad idea. Push



ing yourself to the limits without mno longer knowing the limits can result in injuries.

*Patellofemoral pain syndrome*, or so known "runner's knee" which is basically the irritation of the cartilage on the underside of the patella (kneecap). About 40 percent of running injuries are knee injuries. You are increasing the chance of having knee problems if your race is your first run in several weeks.

Achilles tendinitis is another danger you put yourself in by not having enough running preparation. The Achilles tendon connects the two major calf muscles to the back of the heel. Under too much stress, the tendon tightens and becomes irritated (tendinitis). It makes up 11 percent of all running injuries. Do not become this statistics!

Hamstrings often get runners in trouble too. Hamstrings are the muscles that run down the back of our thighs bend our knees, extend our legs, drive us up hills, and power finish-line kicks. So when our hamstrings are too tight or weak it affects our performance and might cause pain. There are about 7 percent of runners who mention that their hamstrings are bugging them.

I am sure it would not appear as a surprise that our feet are highly affected by our running. Plantar fasciitis is the name for the pain runners often feel in the foot arch, it is basically small tears or inflammation of the tendons and ligaments that run from our heel to the toes.

Shin splits are probably one of the most known problems many runners struggle with. In fact, about 15 percent of them complain about achy pain that results when small tears occur in the muscles around their tibia, or shin bone.

The iliotibial band is other very common problem runners suffer from. It lies along the outside of the thigh from the hip to the knee. During running knees flex and extend causing iliotibial band to rub on the side of the femur. Clearly it can cause a lot of irritation especially if you are a running downhill.

Not only legs can cause a lot of problems when attempting a big run with no prior preparation. Dehydration, a meltdown or a severe exhaustion are your enemies. Sudden return into running will most likely

make you overestimate your overall fitness, tricking you into pushing too hard.

I strongly recommend staying away from a half marathons or a marathon without at least some light preparation. Getting an injury will push your running achievements back at the pack, casing more frustration and disappointment. Thankfully, this year City2Surf started and finished relatively well with very few injuries and melt downs. Although I was struggling from flu and a minor knee injury I also managed to finish the race without major health issues. I am taking another week off training now in order to fully recover and tackle my running training with refreshed and stronger body and soul. Always remember that your resting is as important as your training.

## ABOUT THE AUTHOR



**Anna Kochetkova** is a freelance writer and a research enthusiast interested in a wide range of topics including several areas of psychology and psychotherapy. Anna also writes about fitness and sports science, keeping up to date

with business, marketing and international studies' topics. Anna is a Russian decadency living in Australia author whose cultural difference inspires her to investigate more into different cultures, traditions, believes and behavioral types. Feel free to say hi to Anna on Facebook or visit her personal blog. Speak up and share your story & opinion. In difference is our greatness as a kind.



# Top 10 Workout Essentials for Summer

Working out during the heat of the summer is well, hot! But finding the right gear and other essentials that men and women will keep comfortable while having fun outdoor, is the best opportunity to prolong workout routine and stay fit and healthy all summer long.



## Hydration Pack

Dehydration is a serious risk when you work out during the heat of the sun. Avoid it by carrying water bottles with you. But there's nothing much comfortable when it comes in pack! As you go out for a walk or run, the hydration pack is the most essential kit to help you stay hydrated as possible. It comes in 2 water bottles and you can refill the bottle to any water station on your way.



## Sunblock or sunscreen

Our skin should be protected from the sun's UV rays that can cause serious problems in the future. So it's very important to wear a sunscreen that isn't greasy and won't sting our eyes as we sweat. Men who usually loathe wearing one should keep in mind that you need this not just for the sake of vanity but for your protection from harmful rays of the sun. We're not made of rock guys!



### Arm Band or Arm Sleeve

Listening to energetic music will definitely get you movin' and stay motivated. So why hold your iPod or MP3's while out on biking or running indoors if you can slip it to a comfortable, extremely lightweight and breathable arm sleeve that allows active individuals like you to enjoy your devices or any sound pod while getting fit during summer.



### Shorts and skorts

Shorts are for men and skorts (combination of skirt and shorts) are for women. This is a must have for active guys who wants a breezy, comfortable running shorts while the skorts to give the ladies the freedom and flattery of skirt while working out on a hot, humid day. These clothing are comfortable and very lightweight, an easy on the go workout shorts for the summer season.



### Shirt and tank tops

Not all the clothing in your wardrobe has the same comfort for outdoor activities especially during hot weather. You will need a light clothing and loose fitting garment that are lightly coloured and not absorbing the sunlight. Well, if you can afford one, why not invest on especially designed clothing to absorb or repel sweat from the body to keep you dry, examples are vapour-wick or dri-fit clothing that will surely give you comfort on your everyday workout. A running tank top is also a favourite among ladies who goes outdoorsy. It comes in different colours to choose from that will keep you cool and dry.



### Cap or hat

One of the most essential things to bring with you is a head covering, cap or a hat especially contoured to bring shade to your face. When you walk outside or run, this is a must have. There are varieties like the mesh hat which is more comfortable to use as it allows your head to breathe and circulates the air to keep your head dry and cool. Also look for the one with reflective features at the back side if you plan to go out running during an early morning or at night to stay visible and safe on the road as well.



### Towelette (small towel)

A small sized towel is another must have to wipe off sweat all over your face, neck and arms. Choose to buy a germ-shielding, cotton fabric towelettes that are that are very handy and free from bulking on your gym bag or on a belt bag while you go out on a run and socialize during a humid weather. Facial wipes will also help as it refreshes and soothes your skin after a sweaty outdoor activity.



### Hydration tablets

Replace those electrolytes that have been lost on sweat during hot weather workout. These naturally flavoured tablets are prepared to satisfy your taste buds that you'll surely love. Just dissolve in 16 oz. water and voila! Instant electrolytes so you may now have the energy on the go even in less than a minute on a summer, sweaty days!



### Deodorant or Anti-Perspirant

Everybody loves to smell good even on a sweaty and humid season. You have to consider this as a must have summer toiletry, as it soothes your underarms and kept it dry for longer periods. A good and clean hygiene is always an impressive trait that will surely last.



### Insulated Water Bottle

Nothing beats refreshing, ice cold water during a humid day workout. No need to worry if you have this insulated bottles that keep your drinking water cooler for up to 24 hours while you exercise under the heat of the sun! Comes in variety of summer colors to choose from that's perfect for you.

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# Does Weather Affect Your Mood?

"It has been proven that the weather does not affect our mood" my lecturer claimed. He also added that his statement was not just a bold guessing but someone's research's outcomes.

Well, I could not just leave it like that. I am a proud and stubborn creature so I had to find the truth out myself (giggling loud). The truth is out there, they say (X files style lol) **The research** my lecturer was referring to was written by Denissen, Jaap J. A.; Butalid, Ligaya; Penke, Lars; van Aken, Marcel A. G. "The effects of weather on daily mood: A multilevel approach."

"You can't get mad at weather because weather's not about you.

Apply that lesson to most other aspects of life" **Doug Coupland**

## **The Nerdy Stuff: RESEARCH**

Now, the research considers several weather conditions including temperature, wind power, sunlight, precipitation, air pressure, and photo period AND several displays of mood including positive affect, negative affect, and tiredness. Before you start yawning I will quickly outline what the has research found:

Accordingly, sunshine and lollipops do not increase our already good mood; however rain and overcast can increase our already established unhappiness. Apparently

there were even two other works on the topic researching correlation between weather and mood

"It has been proven that the weather does not affect our mood" my lecturer claimed. He also added that his statement was not just a bold guessing but someone's research's outcomes.

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G. "The effects of weather on daily mood: A multilevel approach." including "A Warm Heart and a Clear Head: The Contingent Effects of Weather on Mood and Cognition" and "Mood and Temperament" (you can Google either if you want to read more).

On other hand, there were other studies conducted claiming pretty much the opposite. **Howard and Hoffman** claim that "humidity, temperature, and hours of sunshine had the greatest effect on mood. High levels of humidity lowered scores on concentration while increasing reports of sleepiness. Rising temperatures lowered anxiety and skepticism mood scores". The entire **research** is published and easily accessible. If / when you feel especially nerdy, go and have a look, it is fairly curious.

There are more studies proving that weather generally does not affect humans' mood in any way. At the same time, there are respectively a lot of academic researches conducted disproving it, showing the opposite. See for yourself

"Bad weather always looks worse through a window" **Tom Lehrer**

### Personal Input: A WEATHER GIRL

I have been seasonal all my life. I have also been looked after by an almost personal neurologist weather changes especially air pressure, sunshine or the lack of it and thunder storm. When I was little I could foresee a storm about since I was 4 years old. In brief, I used to have severe migraines as well as night horrors, often sleep walking and all of the rest. Although I have not been having any of the described problems since I was about 10 years old, I was "diagnosed" with being highly sensitive to three days in advance suffering from awful headaches.

**Winter depression** is a common affliction for those who live in our northern climate. Its clinical name is Seasonal Affective Disorder (or SAD) and up to 5% of the population (especially in northern states) may suffer from it. well, back than I had something much scarier than just winter depression. I must add I was "surviving" winters pretty bad regardless. Although it is not a disease, in my opinion, it is a very unpleasant state of **mind and body**.

### SUNSHINE IS AWESOME

In addition to just loving the sunshine, we also need it to absorb calcium and phosphorus from our diet. People lacking vitamin D (and I mean in serious dosage of course) often suffer from bones deformities. Although vitamin D can be found in foods, not only sunlight, it is really important to expose to some sun now and than. Okay I cannot hold it any longer – SUNSHINE IS AWESOME!!!

I, on other hand, know people who find sunshine disturbing and almost unbearable. Nope, I am not talking about vampires However, I have not worked this one out yet. Firstly, I've tried to research it, attempting to find any mentioning anywhere about the people who love gloomy sad weather. Well, nothing really. Maybe they are vampires, in fact

"I'm leaving because the weather is too good. I hate London when it's not raining" **Groucho Marx**

My best friend who was also born in Russia, like myself, visited me in Sydney in around March (several years ago) when it was hot most of the time. She spent about a month with me not getting out to the beach much. I did not pay much attention to it till the moment she moved to London. Many people fly across to Australia to get away from the UK weather whereas my good friend absolutely loves colder climate. There are many mysteries in the world "Who cares about the clouds when we're together? Just sing a song and bring the sunny weather" **Dale Evans**



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## THUS,

I am not convinced that weather does not affect our mood. Nope, not at all! I absolutely adore Sydney for its sunny weather most days of the year. I also feel pretty angry when winter strikes. Although winter in Sydney means sunny and around 20 degrees of warmth, I still miss hot sunny days. I was born in Moscow, Russia, which has four full on seasons: summer is unbearably hot, winter is scary freezing, autumn is incredibly wet and windy and spring spells like happiness. The temperature varies from plus 35 to minus 30 from summer to winter which makes a lot of people very depressed and unstable. The country where gloomy weather nestles about 350 days a year, depression, gloominess and anger are the attributes, not the rudeness of the culture. Therefore telling me that the weather does not affect mood is like telling Albert Einstein that general theory of relativity is bullshit.

Article from <http://annablogia.wordpress.com> by Anna Kochetkova

## ABOUT THE WRITER:

Anna Kochetkova is a freelance writer and a research enthusiast interested in a wide range of topics including several areas of psychology and psychotherapy. Anna also writes about fitness and sports science, keeping up to date with business, marketing and international studies' topics. Anna is a Russian decadency living in Australia author whose cultural difference inspires her to investigate more into different cultures, traditions, beliefs and behavioral types. Feel free to say hi to Anna on Facebook or visit her personal blog. Speak up and share your story & opinion. In difference is our greatness as a kind.



# TWO SIMPLE, NATURAL TIPS TO GEAR UP FOR SUMMER

Has winter left you feeling sluggish and lethargic? Perhaps you're feeling softer or your clothes aren't fitting quite right. This is common since your body tends to slow down with the seasonal change and the cooler temps; think of it as a sort of hibernation. Looking back, you may have found yourself indulging more often in comfort foods without the adequate exercise to burn off the extra calories and that's okay, forgive yourself and move on!

There are plenty of ways to implement a healthy routine without going into withdrawal to get you geared up for summer.

## 1. Rid your body of cellulite with this simple yet very effective technique that boosts circulation and your lymphatic system: dry skin brushing.

Firstly, what's your lymphatic system? Simply put, it helps rid your body of toxins and excess waste. There are herbs that promote the functioning of this system such as echinacea, cleavers, nettle, dandelion, which are popularly used in detox teas.

Dry skin brushing stimulates blood flow to organs and tissues, opens your pores, and allows your body to breathe. Cellulite is fat deposited just below the skin's surface, so you can understand why this is a highly effective treatment.

**Technique:** *use a dry, natural bristle brush gently over the skin in small circular motions starting at the extremities towards your torso encouraging the flow of blood back towards the heart. Avoid your face! Adopt this ritual daily before bathing/showering; you'll feel a tingling, invigorating sensation. It may take your skin a little getting used to, but a result of dry brushing is soft, supple, glowing skin!*

**2. Add this to your diet for increased energy and weight loss:** fresh produce! You were hoping for a magical plant or tablet you could take, right? Well it's not rocket science but instead of focusing on foods you are meant to avoid for weight loss and health, focus on what you should include.

In this case aim for 2 cups of veggies daily in the first week until you've established a routine, then increase it to 3 cups daily or more. If this seems ludicrous to you, I'd highly recommend investing in a blender so you can create delicious smoothies; they are the easiest and most enjoyable way to get on the band wagon and you can get your daily dose in one go!

You can also start adding more vegetables to your standard dishes, meals like curries, casseroles, soups, risottos, even pasta dishes. Stir through spinach, toss in some broccoli, grab a handful of peas, slice up some mushrooms, grate a zucchini or carrot, make a cauliflower puree (or cauliflower rice!), your options are endless, get creative!

Once you start consuming a higher amount of vegetables, you'll notice cravings will diminish and you're not as hungry, which means less chance of reaching for those nutrient poor, quick fixes. Veggies provide fibre, which fills you up, often replacing dense carbohydrates. The weight will magically start to drop off and you'll notice your energy levels improve because you're not struggling to digest such heavy meals.

Implementing these 2 tips will improve the way you look and feel in a short period of time. Give them a go, what have you got to lose (other than love-handles and cellulite); you'll be amazed at how quickly your body can change!

## ABOUT THE WRITER:

Erica Lawrence would like to live in a world without diets, margarine, and corporate monopolies. Where laughter takes centre stage, chronic stress is obsolete, and everyone has time to watch the sun set. A naturopath helping you become your most youthful, radiant self; in her free time you can find her making a mess in the kitchen, on her yoga mat, or planning an adventure (usually camping, backpacking or food-based).

You can subscribe to her weekly posts at [www.ericlawrencenaturopathy.com](http://www.ericlawrencenaturopathy.com) and receive her free wellness guide to easily start becoming your healthiest self!

The intense fitness regime CrossFit has been in the media spotlight recently, after being accused of causing too many Fitness enthusiasts to suffer from the dangerous condition of Exertional Rhabdomyolysis, caused by the cells within your muscles exploding under duress.

**UKSCA Accredited strength coach and former British and European powerlifting champion, Lawrence Farncombe, shares his experience of the condition and how athletes and fitness enthusiasts can protect themselves from it.**

## What is CrossFit?

“Crossfit is high volume resistance training in one form or another, and is generally performed in groups. It combines exercises such as weightlifting, kettle bells, body weight exercise and strong man lifts.”

## What is Rhabdo (Exertional Rhabdomyolysis)?

“Rhabdo is a condition where muscle cells literally explode under duress and over exertion, usually by exercising, releasing toxic myoglobin into the bloodstream.”

# PROTECTING FITNESS ENTHUSIASTS FROM RHABDOMYOLYSIS

## What can happen to the body once Rhabdo occurs?

“Once myoglobin has entered the bloodstream the kidneys cannot filter out the dangerous protein which inevitably leads to impaired renal function or worse complete failure of the kidney. Other extreme side effects include compartment syndrome which can lead to loss of limbs and could even cause death if not treated.”

## Have you ever experienced it or know someone who has suffered from Rhabdo?

“I first came across the condition 12 years ago in the gym and a couple of young personal trainers put the receptionist in hospital after giving him an extremely aggressive training session. The receptionist was a complete novice and so was more at risk

because his body was unaccustomed to intensive training. The trainers should have been more responsible and prescribed a workout that was more suitable allowing his body to have a normal physiological response to training. The receptionist got off lightly compared to others, but he still spent a day in hospital on a dialysis machine.”

## There’s been a lot of blame on CrossFit as a key cause recently – do you think this is to blame?

“Although there has been a lot of media attention around CrossFit recently, my own experience with Rhabdo was in a commercial gym, not a CrossFit club. This shows that anyone who has an over aggressive attitude towards training novices and who does not understand basic program principles could be at risk.

“While there are cases where the training is inappropriate and performed badly, it is likely that trainers at CrossFit gyms are more aware of the risks associated with excessive training and are therefore more observant and clued up about Rhabdo, then other trainers and coaches. “It is not only the responsibility of the trainers and coaches, but also of

## What advice would you give to prevent trainees from getting this condition?

the participant, who need to be aware of their limits and their body's needs."

"Firstly always stay hydrated! If you are a beginner to training then gradually ease yourself in, steadily increasing time and the number of sets so your body has a normal physiological response - 'no pain no gain' isn't actually the best approach!

"Even at intermediate level you must be careful to not over-focus on one muscle group, without building up any previous foundation. If you're trying to get back to the same level you were previously, after a long lay-off, don't attempt to start at the same level as you left.

"Always know your limits and set realistic goals. If your muscles are burning and hurting more than normal, or once you have stopped the exercise you can barely move, then this is a sign you are over exerting your muscles and could be at risk of Rhabdo.

"If you do experience swelling in your arms or legs following a workout, or suffer from vomiting or nausea then please seek medical attention immediately. You may be asked to have a kidney test, to check for signs of Rhabdo."

### ABOUT THE AUTHOR



**Lawrence Farncombe** is a former British and European powerlifting champion who has since trained many elite level athletes, helping them win numerous national and international competitions.

For more information on Lawrence Farncombe, visit <http://strengthcoachfarncombe.com/>

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**"IF YOU HAVE NO CRITICS YOU'LL LIKELY HAVE NO SUCCESS"**



# COMMUNICATION & SEX

Statistics show that people who communicate about sex have better sex lives. So if something is not working for you in the bedroom it's so important to talk about it. Firstly it is empowering to yourself to speak up about what you like and don't like because ultimately it is about you. If you continue to allow sexual behaviour to unfold that you don't enjoy then you are disempowering yourself and that will create a whole series of complications that will show up in other areas of your relationship and life.



Good clear communication with your partner can be tricky at times and then when you want to add in discussion around sex it can get even trickier. Yet it doesn't have to be this way.

The ideal way in any relationship is to make agreements with your partner that you will have clear communication at all times no matter what. Otherwise when you don't, any problems, including any sexual challenges get stored up into a back log of things that aren't working for you and then something pushes your button and the dam bursts. Most sexual relationships no matter how fantastic they are in the beginning, unless you work at them, explore & discuss, things can fairly easily fall into a rut and you stick to the same moves and patterns and then you start to wonder why sex has become boring.

## SO WHAT ARE THE APPROACHES?

The first one is when you are actually having sex. This has to be done in a sensitive and empowering way. For example a specific move may be happening where fingers are touching you in a certain way that are really pushing your buttons

& making you feel super turned on, so you can voice that by saying "oh wow, that feels fantastic, don't stop" or "I love it when you do that" & you can add to that to now rub me here, yeah" and guide their hand. They won't be offended because you are obviously enjoying it and moving your body and making appropriate yummy sounds. If you are not enjoying something, you need to tell them gently by saying "a little softer right now" or tell them "that it's hurting a little bit or you're not comfortable" Another way around that is to just gently take their hand and guide them where you want to be touched.

If you find that your partner is not pressing the right buttons for you, you can't really say I don't like that or that's not working for me as you have to be mindful of their feelings. The best way to communicate with sex is to show them what you like as well as expanding the different approaches and techniques that you use.

A fantastic way for gathering insight into your partner is to watch them self pleasure. That doesn't mean jumping in and joining them when you get turned on, it's about holding space for them. From watching your partner self pleasure I guarantee it will open you up to new ways of turning them on and you will find moves they do that you haven't even considered doing before.

## MAKE A DATE TO TALK

How often when you hear your partner say, “we need to talk” do you cringe or go into a panic of “what’s wrong”. So it’s important to pick the right time, not straight after sex and one where you can have no interruptions and have focused conversation.

Again, it’s how you communicate, so it’s very important to watch your language and ensure you are coming from a place of love, respect and kindness. So if you start off with “our sex life is boring”, well I can guarantee you that will put your partner off side and hurt them. However if you say “I love you and I love our sex life, however I would really like to experience a little more excitement in our sex life”. Then that opens communication as to what that could look like

and how that could be played out.

You could get into some role playing which can be very good for a healthy sex life or you

could learn how to massage each other erotically and learn some new moves to turn each other on.

The bottom line is once the communication is open, anything is possible including a brilliant, hot, juicy sex life!

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# GETTING INTO SHAPE FOR SUMMER

Did you know that Australians spend more than 700 million dollars per year on weight loss? I find this truly amazing because if you look at statistics we seem to be increasing in size every year too. It was not that long ago that clothing manufacturers decided to change the basic sizing that all companies adhere to so that a size 12 became a size 10, a size 10 an 8 etc. It was to literally keep the truth from consumers and allow them to continue shopping believing they were the same size as 10 years ago. The theory being if you fit into a small size you are more likely to buy it.

So why is it that the majority of us are unable to maintain our weight? Well firstly the giant hamburger and mammoth pizza that is on "special" distorts our perception of what is a normal size serving for us. A lean protein portion should be the same size and thickness as our palm. We also seem to be time poor when it comes to cooking nutritious meals filled with protein, vitamins and minerals. Especially at breakfast; which as our Grandmothers told us, needs to be the most important meal of the day.

Regular exercise has also slowed down. I find there are two main groups – the Gym junkie that goes every day first thing in the morning before breakfast. Sadly all they do is lose muscle mass. Then we have the no time, too cold, cannot be bothered type who considers a

brisk walk something that is only important for some-one else to do. Thankfully there are still quite a few who are happy to gently exercise regularly and seem to be the ones that reap the most benefits. So what about those people that do all the right things i.e. protein breakfast and lunch, regularly protein snacks, a light evening meal, exercise and still are unable to lose the kilos. Generally this is because they are not burning their fat stores effectively. This can be caused by high free fatty acids, inflammation and/or oxidative stress. In other words something else may be going on that is not allowing you to lose weight – your body's way of protecting you.

Metabolic rates and energy levels are governed by mitochondrial production and can become compromised if not supported with the correct B vitamins, magnesium, calcium and carnitine. Get these nutrients right and there will be an improvement. Then we have thermogenesis which is the increase in fat burning which may also promote abdominal fat loss. However living in warm climates, heated offices, homes and cars suppress our thermogenic ability.

When you eat a large meal, you often start to feel warm. This is called diet-induced thermogenesis. It means that we are going to need more energy to digest this food than the energy it contains. Responsibility for this is brown fat tissue. As we grow older, this system tends to slow down. There are plenty of products around that claim they can promote this action but beware of any product containing whey as these may actually block lymph nodes and create another set of problems. Simply things like green tea, cocoa, calcium, sweet pepper, bitter orange all assist with thermogenesis.

Anti-appetite medication targets neurotransmitters which may decrease carbohydrate cravings but can upset our brain's natural ability to respond as needed in other areas. What we can use is will power and that has absolutely no cost or side effects.

Over the years I have discovered that each person is an individual with differing needs. Often it is a sluggish thyroid, sleep deprivation, emotional baggage, a lack of self esteem or their subconscious providing self protection. These issues slowly allow them to become tired and over weight. It is also important to remember that the body has a memory and just because it is summer does not necessarily mean it wants to be lured from its safety zone. Plan your meals in advance and never go shopping when you are hungry. Clean out your pantry – if it is not there you won't want it. Instead of meeting friends for coffee and cake meet for a walk. When eating out order an entrée size meal and use lemon juice and oil as a substituted for many sauces especially the creamy ones.

## ABOUT THE AUTHOR

Deborah Rugari N.D Naturopath has practiced as a Naturopath and Reiki Master Teacher since 1989. Her comprehensive training and attention to detail provides her patients with the potential to achieve total health, harmony and balance; however required.

Using Vega diagnostics and guidance; a consideration of nutritional, emotional, metaphysical and spiritual, as well as environmental factors; combines with Deborah's clinical specialities, to allow for wholistic healing on all levels.

Deborah is the State Coordinator for Health Schools Australia, a Natural Therapies College affiliated with the Charles Sturt University and University of New England. She is also the founder of The House of Healing Humanitarian Foundation.

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# SPEEDMINTON: a New Dimension in Racquet Sports





When German Bill Brandes designed radical shuttles for a badminton type game outdoors, he could not have foreseen that 10 years later over 600 players would contest the world championships of an entirely new racquet sport.

Berlin hosted the second World Speed Badminton Championships last June with 32 nations represented, including Australia. The 'Goannas' had 3 male competitors and 34 year old Emma Booth flying the flag.

'I used to play a lot of tennis and badminton, but once I tried Speedminton, I never really went back. It is faster and easier to have rallies and I love being able to set up down the beach and have a hit with the hubby.'

Emma became the first Australian to win a Speed Badminton match at World Championship level. Her husband Tim, who also played in Berlin, is a dual international that represents Australia in Ultimate Frisbee. 'Speedminton keeps the reflexes sharp and is just a lot of fun to play,' says Tim.

With the 'Speeders' being clocked at 300km/hr, Speedminton easily holds the mantle of world's fastest racquet sport. The flat, fast nature of the Speeder's flight meant the traditional net was dispensed with and play is between two squares. The distance between the squares acts as the net and makes the rallies fast and furious.

Perfect for the beach, park or back-yard, the Easy Courts go down quickly on grass or sand.

One tennis court splits exactly down the centre to become two Speedminton courts. The World Championships were held on clay courts at the Steffi Graf Tennis Stadium.

Glow sticks in the Night Speeders even allow play in complete darkness.

'Some nights you can't even see your racquet, but your hand and eye adjust to the glowing Speeder and it's like playing against the invisible man,' explains Tim.

'We always take the gear camping and many barbeques end up with Night Speeders flying everywhere'.

Speedminton Australia's Nicole Weber is delighted with the four member team for Germany. Tournaments and clubs have taken a back seat to developing Speedminton in Australian schools.

'Our main market so far has been the schools. Whole classes can go out on the oval and play a fun racquet game with very little set up. The big racquets and the Speeders allow kids of all ages to enjoy games in a sporting area that is traditionally difficult for them.'

'We do want to develop clubs and competitions, but when people ask me "where can I play Speedminton?", the answer really is anywhere; anytime,' she explains.

With over 800 schools playing Speedminton nationally, the investment in youth appears to be paying dividends. 'Hopefully we are making racquet sports enjoyable for a whole new generation', says Nicole Weber. 'Maybe some of our kids will also pick up tennis racquets and our next Wimbledon champ might get their start belting a Speeder around the back-yard'.

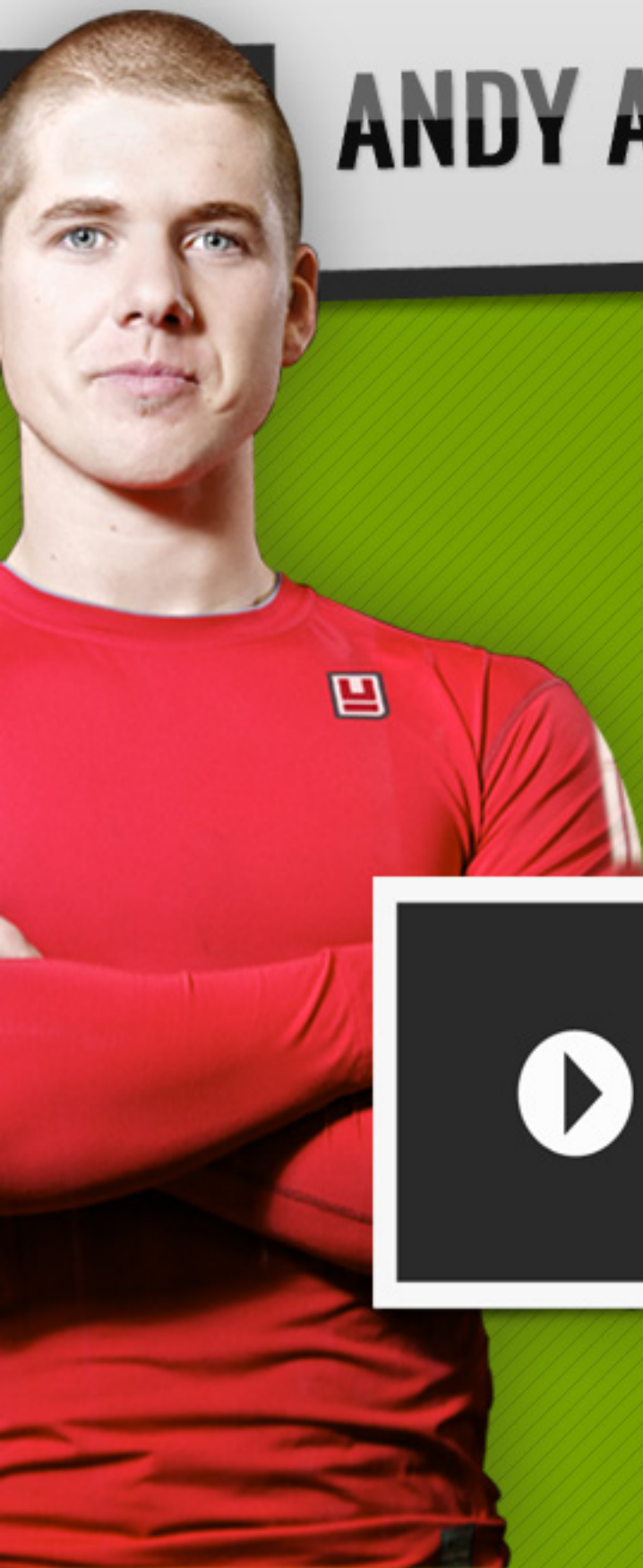
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# DR. JOHN DEMARTINI

with

## ANDY ANDERSON



# EDITORIAL VIDEOS

## TRAINING AND WORKOUT



Super Sets Back Day



Barbell Complex



## BREAKFAST / SNACKS

# Lemon-Dill Chicken Salad-Stuffed Eggs



**Serves: 2 - 3**

*Grilling the chicken adds a nice smoky flavor to such a simple recipe; however, 5 cups shredded cooked chicken can be substituted. Lemon-Dill Chicken Salad can be stored in the refrigerator in an airtight container for up to three days.*

## HOW TO PREPARE:

Sprinkle chicken evenly with 1 tsp. salt and 1/2 tsp. pepper. Grill, covered with grill lid, over high heat (400° to 500°) 6 to 8 minutes on each side or until done. Let stand 15 minutes; cover and chill at least 30 minutes.

Slice hard-cooked eggs in half lengthwise; carefully remove yolks, keeping egg white halves intact. Reserve yolks for another use.

Stir together mayonnaise, next 4 ingredients, and remaining 1/2 tsp. salt in a large bowl.

Pulse cooled chicken, in batches, in a food processor 3 to 4 times or until shredded; stir into mayonnaise mixture until blended. Spoon chicken mixture evenly into egg white halves. Cover and chill at least 1 hour.

## INGREDIENTS:

2 1/4 pounds skinned and boned chicken breasts  
1 1/2 teaspoons salt, divided  
1/2 teaspoon freshly ground pepper  
24 large hard-cooked eggs, peeled  
1 cup paleo mayonnaise  
2 green onions, finely chopped  
1 tablespoon chopped fresh parsley  
1 tablespoon chopped fresh dill  
2 tablespoons fresh lemon juice  
2 1/4 pounds skinned and boned chicken breasts  
1 1/2 teaspoons salt, divided  
1/2 teaspoon freshly ground pepper  
24 large hard-cooked eggs, peeled  
1 cup mayonnaise  
2 green onions, finely chopped  
1 tablespoon chopped fresh parsley  
1 tablespoon chopped fresh dill  
2 tablespoons fresh lemon juice

**ACCREDITATION: RECIPE and PHOTO FROM paleofood.com**

*Southern Living. April 2007. Found at MyRecipes  
Photo: Beth Dreiling; Styling: Lisa Powell Bailey*



# Shrimp Stuffed Eggs



## HOW TO PREPARE:

In a medium bowl, mix shrimp, mayonnaise, celery seed, salt and chives.

Halve eggs lengthwise; scoop out yolks (save for another use\*).

Fill whites with shrimp mixture.

Refrigerate before serving.

## INGREDIENTS:

- 1/2 lb baby shrimp, boiled, peeled, chopped fine (can buy already cooked)
- 1/8 cup paleo mayonnaise
- 1 dash celery seed
- 1 dash kosher salt
- 1/2 tablespoon snipped chives
- 6 hard-boiled eggs, peeled

ACCREDITATION: RECIPE and PHOTO FROM [paleofood.com](http://paleofood.com) BY: GinnyP.



## VEGETABLE

# Egg Salad Stuffed Tomatoes

Serves: 2 - 3

*A Spanish tapa. It is essentially egg salad in a tomato. Tuna or chicken salad would also be delicious here. Really nice accompaniment to a green salad or any sandwich or just by itself for lunch.*

### HOW TO PREPARE:

First core and skin the tomatoes; cut out the core with a knife, then score the other end with an "X". Drop each tomato in a pan of boiling water for about 10 seconds, then place in an ice water bath to stop cooking. The skin should now remove easily.

Slice the tops off the tomatoes, reserve. Scoop out any seeds that remain. Season with a little salt and pepper. If any of the tomatoes won't stand up nice, just slice a bit off the bottom to make them stable.

Chop the eggs and combine with the aioli or mayonnaise. Season with salt, pepper, and parsley. Stuff into the tomatoes, then cover with reserved tops.

If prepared ahead, brush lightly with olive oil and cover with plastic wrap.

### INGREDIENTS:

- 8 small tomatoes
- 4 hard-boiled eggs, cooled and peeled
- 6 tablespoons aioli or 6 tablespoons paleo mayonnaise
- salt & freshly ground black pepper
- 1 tablespoon fresh parsley, chopped
- olive oil (optional)

**ACCREDITATION: RECIPE and PHOTO FROM [paleofood.com](http://paleofood.com)**

*By threeovens. From: Food.com*

*Photo by: Sarah\_Jayne*



## VEGETABLE

# Spicy Kale Chips



Serves: 2 - 3

## HOW TO PREPARE:

Pre-heat oven to 300° and spray two baking sheets with oil.

Thoroughly wash kale and tear into bite sized pieces while discarding stems. Place in a salad spinner and dry well.

Combine olive oil, coriander, cayenne, and curry powder into a small dish and whisk together.

Transfer kale to a large bowl and drizzle the olive oil mixture over it.  
Toss with your hands until all the leaves are evenly coated.

Spread the kale in a single layer onto the baking sheets and place in the oven for 18-20 min, turning once halfway through baking. The kale is done with it is crispy and slightly brown around the edges.

Lightly sprinkle with salt and begin to devour.

## INGREDIENTS:

- 1 bunch of green kale (you can use purple, but we prefer green)
- 1 TBS of extra-virgin olive oil [or coconut oil]
- 1/2 tsp ground coriander
- 1/4 tsp cayenne pepper
- 1/4 tsp curry powder
- fine grain sea salt to taste

ACCREDITATION: RECIPE and PHOTO FROM *paleofood.com*  
From: *Today's Letters*



## SEAFOOD

# Mussels Vinaigrette



**Serves: 2 - 3**

### HOW TO PREPARE:

Scrub mussels well and remove the beards.

Discard any that do not close tightly, set aside.

Whisk the oil and vinegar together in a bowl, then add capers, onion, pimiento, parsley, salt and pepper to taste.

Place one cup water in a frypan with the lemon slice.

Add the mussels and bring to a boil.

Remove the mussels as they open; cool.

Remove the mussel meat from the shells, reserving half the shells, and mix it into the vinaigrette.

Cover and refrigerate overnight.

Clean the reserved mussel shells well and place them in a plastic bag in the refrigerator.

Before serving, replace the mussels in the shells and spoon a small amount of the vinaigrette over.

### INGREDIENTS:

- 24 medium mussels
- 1/2 cup olive oil
- 3 tablespoons red wine vinegar or lemon juice
- 1 teaspoon capers, chopped if large
- 1 tablespoon minced onion
- 1 tablespoon minced pimiento
- 1 tablespoon minced parsley
- salt
- fresh ground pepper
- 1 slice lemon

**ACCREDITATION: RECIPE and PHOTO FROM *paleofood.com***

*By Derf at Food.com*

*Photo by: Thorste*





## SEAFOOD

# Cilantro Pesto Shrimp



Serves: 2 - 3

## HOW TO PREPARE:

Soak the wooden skewers for at least 2 hours. This will help prevent them from going up in flames when they hit the grill.

I prefer to marinate the shrimp first before skewering to keep the skewers nice n clean.

Marinate the shrimp for at least 2 hours up to 6.

Once marinated, with clean hands skewer 3 shrimp on each skewer. You can of course use larger metal skewers if you prefer.

The skewers are really only for cooking purposes so you don't end up losing some shrimp on the grill.

On a preheated hot grill, sear each skewer for 2 minutes each side until shrimp turn opaque and are firm to the touch.

## INGREDIENTS:

1 lb local or wild medium shrimp  
Peeled and De-veined  
1/2 cup cilantro pesto  
7 x 8" wooden skewers

**ACCREDITATION: RECIPE and PHOTO FROM [paleofood.com](http://paleofood.com)**  
From: Gavan Murphy



## BEEF

# Moroccan Lamb or Beef Kebabs (Brochettes)



Serves: 3 - 4

### HOW TO PREPARE:

Combine all ingredients in a bowl.

Cover with plastic, and leave the lamb or beef to marinate for several hours in the refrigerator.

Transfer the meat to skewers and grill or broil on medium-high heat about 6 or 7 minutes on each side, or until the meat tests done to your preference.

Serve immediately.

Yields 10 to 15 large skewers.

### INGREDIENTS:

Tender, flavorful cuts of meat work best for these easy, tasty kebabs. Try using leg of lamb or beef steak fillets.

- 1 kg (2 lb. 3 oz.) leg of lamb or beef fillet, cut into 3/4" cubes
- 1 medium onion, finely chopped
- 3 tablespoons chopped fresh parsley
- 3 tablespoons chopped fresh cilantro
- 2 teaspoons paprika
- 1 teaspoon cumin
- 1 teaspoon pepper
- 2 teaspoons salt
- 1 tablespoon paleo oil

ACCREDITATION: RECIPE and PHOTO FROM [paleofood.com](http://paleofood.com)

From: [About.com](http://About.com): Moroccan Food



## CHICKEN

# Chicken Satay

Serves: 2 - 3

### HOW TO PREPARE:

Combine cumin, salt, 2 tbs oil, 2 tbs lemon juice, add chicken and marinate 10 minutes.

Broil chicken until tender, flipping when halfway done.

For the sauce: Heat 1 tbs oil over medium heat and saute the onion until golden, stir in water, garlic powder, and 1 tbs lemon juice.

Bring to a boil.

Remove pan from heat and beat in almond butter until melted.

Serve warm. 4 servings.

### INGREDIENTS:

- 1/2 tsp ground cumin
- 1/4 tsp salt
- 3 tbs olive oil, divided
- 3 tbs lemon juice, divided
- 4 large boneless, skinless chicken-breasts (about 1 1/2 bs)
- 1 medium-size onion
- 1/2 cup water
- 1/4 tsp garlic powder
- 1/3 cup almond butter

ACCREDITATION: RECIPE and PHOTO FROM [paleofood.com](http://paleofood.com)  
From: Gavan Murphy



**PORK**

# Prosciutto and Carrot Bundles



## HOW TO PREPARE:

In a medium bowl, toss together the carrots, lemon juice, olive oil, salt, and pepper.

Lay out the 4 slices of prosciutto. Top each with 1/4 of the carrot mixture.

Place a basil leaf on top of each and roll the prosciutto up and around the basil and carrots.

Secure the bundles with toothpicks and serve.

Better if made ahead and chilled in the refrigerator.

## INGREDIENTS:

- 2 carrots, shredded, about 1/2 cup
- 1 tablespoon lemon juice
- 2 tablespoons extra-virgin olive oil
- Pinch salt (none really needed)
- Pinch freshly ground black pepper
- 4 slices prosciutto
- 4 whole fresh basil leaves

**ACCREDITATION: RECIPE and PHOTO FROM *paleofood.com***

*Adapted. Recipe courtesy Giada De Laurentiis*

*Show: Everyday Italian. Episode: Cooking for One Found at: Food Network*



## PORK

# Spicy Bacon-Wrapped Scallops

Serves: 2 - 3

### HOW TO PREPARE:

Arrange bacon in a large skillet and cook over medium-high heat, turning occasionally, until lightly browned but still pliable, about 5 minutes.

Drain the bacon slices on paper towels.

Wrap each slice of bacon around one sea scallop and secure with a toothpick.

Season with Cajun seasoning.

Heat olive oil in a clean skillet over medium-high heat; sear scallops until golden and bacon is crisp, 3 to 4 minutes on each side.

Squeeze lemon over scallops.

Serve immediately.

### INGREDIENTS:

- 10 slices bacon
- 10 sea scallops
- 1 teaspoon Cajun seasoning
- 1 tablespoon olive oil
- 1 lemon, cut into wedges

**ACCREDITATION: RECIPE and PHOTO FROM paleofood**

*From: AllRecipes*

*Photo by: Baking Nana*



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