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The World's Happiest & Most Positive Solution  
Based Newspaper 214th Edition 21st January 2019

# Six Easy Swaps For A Healthy Life

By Tiffany, Healthy Life Southland, BHSC-NUTR & EXSC

According to a Duke University study, habits form about 45% of your total behaviour. It's easy to introduce healthier alternatives into your diet. Try these simple swaps and before you know it, you'll be on a path towards a healthier life.

## SUGAR

Swap processed sugar for coconut sugar, rice malt syrup or stevia. Love Organic Coconut Sugar is rich in vitamins and minerals, while Organic Road Rice Malt Syrup is great if you are after a completely fructose free option.

## RICE

Swap out your white rice for brown rice. Brown rice still has the husk intact, meaning you'll increase your fibre intake. Brown rice retains the B vitamins and minerals that are lost when the husk is removed, and has a lower GI than white rice.

## PASTA

Swap spaghetti for zucchini noodles. Look for high nutrient content, and be mindful of rich energy dense foods. You can make zucchini noodles with a julienne slicer and enjoy either raw or slightly cooked.

## BREAD

Swap your sandwich bread for a large iceberg lettuce leaf. Pack it with all your favourite sandwich fillings. Enjoy a serve of veg minus the mid afternoon blood sugar slump.

## FLOUR

Swap out your white rice for brown rice. Brown rice still has the husk intact, meaning you'll increase your fibre intake. Brown rice retains the B vitamins and minerals that are lost when the husk is removed, and has a lower GI than white rice.

## WATER

Swap plastic drinking bottles for stainless steel. Cheeki Stainless Steel Water Bottles don't retain or impart flavour and are better for you and the environment.



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# Weight Loss Demystified

By Derek White Editor © February 2019

## You Have To Burn 3,500 Calories To Lose 1LB Of Fat Which = 2.2 Kilos [For The Scientific Source Click Here](#)

For many years I have struggled with my weight loss. I have read so many books and articles and looked longingly at so many before and after shots.

I have bought so many recipe books, I have counted so many calories, I have survived for weeks and months at a time on 800 - 900 calories a day. I ate salads until I turned green, I doggedly wrote my food intake in many food diaries.

I have taken a plethora of pictures showing the salads and healthy food choices I have made to prove I'm on the right path.

I have drunk thousands of liters of ice cold water as I have been told it helps to burn calories.

I have had red hot curries with extra chilli because I'm told heat burns calories.

I have daily pounded my guts out on my treadmill and ended up dripping with sweat at the end of each treadmill session.

I have clocked up hundreds of thou-



sands of steps on my various different pedometers. I have walked hundreds of kilometers on the pavements around our home early in the morning and late at night over many months and years.

I have listened to advice from every man, woman, child and their pet dogs on the subject of weight loss.

I have had many mixed and varied results over the years. At one stage I lost 14 kilos and was really going for it. Then for 3 months straight after that 14 kilo loss

I continued to pound away on my treadmill, dripping with sweat, eating healthy salads, living on 600 - 800 calories a day and for 3 straight months I did not lose a single gram of weight.

After 3 months of no more results I just gave up and had a total loss and very quickly 14 kilos piled back on.

"It's no good I told everyone."

"I'm supposed to be Big Boned"

"My over 40 metabolism is working against me",

"I'm not a teenager anymore" "I don't have enough time", "I'm sick and tired of diets."

"I have no energy."

"I was tired after sleeping all night and had to go back to sleep on the couch within 15 minutes of getting up."

All through this "Giving Up Time" when it was all going wrong, I had to have many coffee and teas and sugars and sometimes cakes through each day to pep me up and give me energy. I would have endless headaches

and migrains. Then as if it was meant to be my wife came across an article on the web whilst researching for our newspaper all about doing a liver detox.

I felt the whole article was speaking directly to me. Literally every single word and symptom I had was in this article. [We ordered the Liver Detox Kit from Dr Group in America, about AUS100.](#) I did the detox, I lost 5 kilos that week, then Christmas came around. All through Christmas I was totally disinterested in all the rich foods and

hardly ate any of it. However, after slacking off somewhat, another 3-4 kilos rolled back on and New Year's Day was looming on the horizon and I said to myself

**"That's It! I'm Not Going To End Up As A Fat Old Man".**

I searched through You Tube, found my role models, Arnold Swarznegger and Sylvester Stallone.

I then typed into Google, 'How many calories do you burn when swimming'? As that is my favorite sport.

First The Harvard University website popped up and said. "To Burn 1 LB Of Body Fat You Have To Burn 3,500 calories".

Then I checked various swimming websites to find out how many calories are burnt when you swim? To my relief I found that swimming is one of the best exercises to burn calories and lose weight.

Article continued on page...21.

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**“When Health Is Absent, Wisdom Cannot Reveal Itself, Art Cannot Manifest, Strength Cannot Fight, Wealth Becomes Useless And Intelligence Cannot Be Applied.”**

Quote By Herophilus The Father Of Anatomy Who Founded The First School Of Anatomy

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# In Your Quest To Win In The Game Of Life Just Remember...

**“First They Ignore You, Then They Laugh At  
You, Then They Fight You, Then You Win”**

MAHATMA GANDHI



# Digestive Enzymes: The Answer To Gut Health & Nutrient Absorption

By Dr. Edward Group DC, NP, DACBN, DCBCN, DABFM



“You are what you eat,” has never been a more important statement, given the latest science in digestive health.

Decades of research has confirmed the role the gut plays in your health. A healthy gut can boost your mood, energize your metabolism, and support a vigorous immune system, among other things.

On the other hand, an unhealthy gut may do the opposite.[1] And yet it all comes down to this: you need an ample supply of digestive enzymes to break down food into nutrients the body can use.

Everyone produces digestive enzymes naturally, but some people’s bodies do not make enough due to poor diet, chronic conditions, stress, or age. Without enough digestive enzymes, your body can’t digest food properly, leading to bloating, gas, constipation, or diarrhea, among other symptoms.

If your body can’t digest food, you can also end up with lower nutrient absorption, which can lead to deficiencies.

In contrast, having

an ample supply of digestive enzymes keeps you feeling vibrant — and wards off health concerns.

## What Are Digestive Enzymes?

Before we talk about digestive enzymes, you need to know what the word enzyme means. An enzyme is a molecule that catalyzes — or kickstarts — a chemical reaction in the body by joining a “substrate” and making an enzyme-substrate complex; the enzyme helps the substrate break into smaller by-products.

All foods are composed of different macromolecules: carbohydrates, proteins, and fats (lipids). The body uses various types of enzymes for different purposes; digestive enzymes specifically work to break down the food you eat.

For example, lipases catalyze the breakdown of lipids while proteases catalyze the breakdown of proteins. Multiple enzymes work on carbohydrates: amylases break down starches (polysaccharides) into simpler molecules, maltase breaks down maltose (a disaccha-



ride unit of two connected sugars) into one-unit simple sugars, lactase works on the disaccharide lactose, and sucrase breaks sucrose (table sugar) into glucose and galactose. There are more, but those are some of the most important ones.

Besides the digestive enzymes your body makes, you can find them in certain foods, particularly raw fruits, vegetables, and honey.

If you eat raw pineapple, you’ll get a healthy amount of bromelain, a protease which helps break down protein.

If you eat raw papaya, it contains papain, another protease with many health benefits. Canning and cooking remove these natural enzymes from fruits.

## How Do Digestive Enzymes Work?

In the body, different parts of the digestive tract produce different

enzymes. As you start chewing, salivary amylase begins breaking down starches in your mouth. When food reaches your stomach, pepsin, a protease, continues to break proteins down into individual amino acids along with your stomach acid.

Other enzymes pitch in too. The pancreas produces many enzymes, including the proteases trypsin and chymotrypsin, cholecystokinin, pancreatic lipase, and pancreatic amylase, and delivers them to the duodenum, the upper part of the intestines.

As food transits through your small intestine, digestive enzymes break it down even further. The small intestines produce lactase, sucrase, and maltase.

Together, all of these enzymes and digestive system organs work together, allowing your body to absorb the nutrients it needs

to function properly.

[2] The rest passes out the body as waste.

Causes of Digestive Enzyme Deficiencies  
Certain health conditions may lower your body’s natural production of digestive enzymes, including:[3, 4]

- Pancreatitis
- Cancer
- Cystic fibrosis
- Crohn’s disease
- Celiac disease
- Exocrine pancreatic insufficiency
- Chronic stress
- Aging
- Personal genetic makeup.

## Popular Digestive Enzyme Supplements

Although their main job involves breaking molecules down into smaller ones, studies have found that digestive enzymes do a lot more.

If you’re searching for the benefits of digestive enzymes, you probably want to

know what taking additional ones can do for you — whether you get them from food or prefer a supplement.

You can buy dozens of over-the-counter (OTC) digestive enzymes to supplement your body’s enzymes, helping to break down the different forms of macronutrients in your food.

Common and useful digestive enzymes to look for in a supplement include protease, peptidase, cellulase, hemicellulase, lipase, lactase, pectinase, beta-glucanase, catalase, and phytase.

Reference the chart below for what these enzymes can do for you.

Article and Chart continued on page...9.

# Learn To Play Banjo The EASY Way!

By Geoffrey White

## Here Is Your First Free Lesson, Enjoy



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results to prove it.

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Karen says" "As a woman of plus 50 years with no musical ability other than a long held passion to play banjo, it was extremely difficult for me to find a teacher.

My guardian angel was guiding me the day I stumbled on Geoffrey White on the internet. Geoffrey is an amazingly patient and supportive teacher.

His method is ideal

for beginners because, while learning all the necessary basic skills, you are actually learning to play a tune and produce the wonderful banjo sounds which originally sparked our passion for this beautiful instrument...

Geoffrey is helping me to realise my dream and I highly recommend him as a teacher to banjo lovers wanting to learn or improve their skills".

Pete writes: "I started my lessons with Geoffrey not knowing very much about the banjo I received as a gift for Christmas.

Through Geoffrey's patience and exper-

tise, I learned roll patterns, finger technique and by the end of our block of lessons, a whole tune! Couldn't have done it without his patience and banjo wisdom. Thank you!"

Click on the above FREE 15-minute LESSON and experience "Pick-Hammer" and have Geoffrey show you how easy it is to learn the banjo...call him for face to face lessons on 0434 544 181 or go to his website at [www.dreamtreebanjos.com](http://www.dreamtreebanjos.com)

Cheers, Geoffrey



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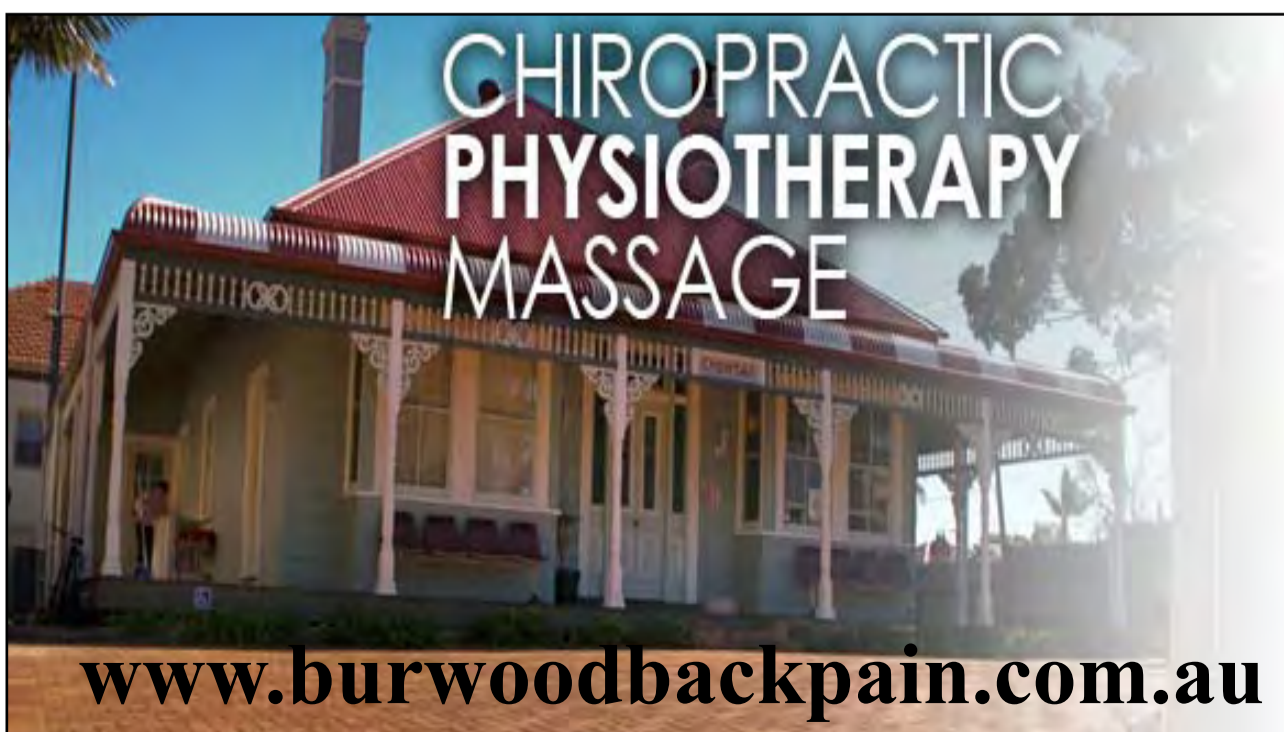
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Years ago after a very serious lower back collapse when I was bent over and doubled up in serious

pain, Nick, Chris and all the staff cared for me so well that between them they kept me from having to spend the rest of my life in a wheelchair.

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# Digestive Enzymes: The Answer To Gut Health & Nutrient Absorption

By Dr. Edward Group DC, NP, DACBN, DCBCN, DABFM



GLOBAL HEALING CENTER  
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## “You The Benefits of Digestive Enzymes.

In addition to helping the digestive process, some enzymes provide additional health benefits. When a digestive enzyme breaks down a molecule, it can prevent oxidative damage, reduce bloating, curb acid reflux, and optimize your nutrition. Here we list the top benefits of taking digestive enzymes.

### Protection From Oxidative Damage.

Catalase can help protect the body from oxidative damage by breaking hydrogen peroxide into water and hydrogen. If not broken down, peroxides accumulate in the body, and if left unchecked cause DNA damage and inflammation.[5]

Wheatgrass, sprouts, leek, onions, and broccoli are all excellent sources of catalase. Some proteases, like papain, also have similar antioxidant properties, which means it protects the body from oxidative damage.

### Relieve Constipation & Diarrhea

If you're having trouble with either constipation or diarrhea, digestive enzymes may help.

Bromelain, the enzyme from pineapples, can inhibit the adhesion of bacteria, such as *Escherichia coli* (*E. coli*), to receptors in the intestines, which normalizes digestive symptoms like diarrhea.[6]

Phytase can also help constipation, diarrhea, and other digestive issues by breaking down the indigestible form of phosphorous, called phytic acid, that's found in cereal grains and seeds.[7]

Phytic acid can hinder mineral absorption in your body if not broken down. Allowing grains to sprout before

eating them — either raw or cooked — can increase phytase activity, making the grains easier to digest.[8]

### Soothe Acid Reflux

Lipase, amylase, proteases, and peptidases can help you avoid heartburn and acid reflux. Sources of these digestive enzymes include pineapple, papayas, avocados, and fungi — like mushrooms.[9]

In one study, taking a digestive supplement that included bromelain along with sodium bicarbonate, sodium alginate, and essential oils significantly reduced acid-reflux-like indigestion. In the formulation, bromelain was

## What It Breaks Down

Enzyme	What It Breaks Down
Protease	A general category of enzymes that break down proteins
Peptidase	Converts protein subunits (polypeptides) into amino acids
Cellulase	Breaks down cellulose found in plant and fungi walls
Hemicellulase	Works on hemicellulose, a form of cellulose in plants and fungi
Lipase	Catalyzes the conversion of lipids (fats) to fatty acids
Lactase	Breaks down the milk sugar lactose (helpful for lactose-intolerance)
Pectinase	Works on pectins, a polysaccharide in plant cell walls
Beta-glucanase	Breaks down beta-glucans found in grains and fungi like <i>Candida</i>
Catalase	Helps convert hydrogen peroxide to oxygen and water
Phytase	Breaks down phytic acid, found in grains and seeds

the key source of enzymatic stimulation, researchers said.[10]

### Halt Gas & Bloating

Studies have found that taking beta-glucan, inositol, and the digestive enzymes lipase, protease, cellulase, and pectinase may help normalize digestive issues like gas, bloating, and abdominal discomfort associated with irritable bowel syndrome (IBS) — a gastrointestinal problem characterized by bloating, urgent diarrhea, constipation, and lower abdominal discomfort.[11]

### Reduce Redness & Swelling in the Body

Taking the digestive enzymes trypsin and bromelain may help

normalize symptoms of osteoarthritis, a degenerative condition where cartilage wears down, causing tenderness, stiffness, and loss of flexibility.[12]

Papain and bromelain are sometimes used by doctors to reduce swelling after minor surgeries.[13] Trypsin appears to help reduce redness and swelling by helping modulate cytokines (which rise when pain or inflammation are present).[14]

### How to Naturally Boost Your Digestive Enzymes

There are plenty of natural ways to boost your digestive enzyme production or get them from foods. Here are a few we suggest.

Chew Your Food Better.

Chewing is the initial action that kicks your digestive juice production into overdrive.[15]

The more you chew, the more digestive enzymes you produce.

In contrast, the less you chew, the fewer enzymes you produce, which can lead to a number of GI tract problems. Your body is smart and, depending on what you're eating, it produces the specific enzymes needed.

Article continued on page...12.

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# Digestive Enzymes: The Answer To Gut Health & Nutrient Absorption

By Dr. Edward Group DC, NP, DACBN, DCBCN, DABFM



GLOBAL HEALING CENTER  
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Article continued from page 9.

For example, rye grain is higher in protein than other grains, so your body releases more proteases as you chew. With wheat bread, you'll produce more carbohydrate-dissolving enzymes. [16]

## Eat Foods With Natural Digestive Enzymes

A number of foods are a great, natural source of enzymes. Some of the best options include:

- **Citric acid foods:** Foods such as berries, citrus fruits like lemon and lime, tomatoes, cayenne peppers, Jerusalem artichokes, wine (due to fermentation), and sourdough bread all contain citric acid and trigger saliva production, which, in turn, increases digestive enzymes.

- **Pineapple:**

This delicious fruit contains bromelain, a popular digestive enzyme with many known health benefits, including curbing

acid reflux and relieving constipation and diarrhea.

- **Papaya:** Also called pawpaw, this tropical fruit contains papain which can reduce swelling and heartburn.

- **Banana:** This fruit contains high levels of potassium, as many people know, and also helps digest complex carbs with the maltase and amylase it contains.

- **Raw honey:** Contains several digestive enzymes, including catalase, invertase, and glucose oxidase. Choose raw honey, as processing it removes its natural live enzymes.

- **Avocados:** These omega-3-rich fruits contain lipase, which breaks down fatty acids and other fats in the body.

- **Chewing gum:** The act of chewing, aka mastication, helps produce digestive enzymes; it also increases gastric acid production. [17]

Avoid gum that contains artificial sweet-

eners like aspartame or saccharine. Rather, select one that's sweetened with Stevia.

## Digestive Enzyme Side Effects & Safety.

For most healthy people, digestive enzymes are safe. People with specific conditions might want to consult a health care provider.

For example, people with IBS produce high levels of cysteine-protease (an enzyme that breaks down the amino acid cysteine), so you may not want to take more proteases. [18]

Research shows that plant-sources of these enzymes may be even better than animal sources because their compounds can survive the acidic stomach environment and get to where they're needed most: your colon. [19]

Pregnant or breastfeeding women should consult their doctors before taking these or any supplements.

Digestive enzymes

may interact with some medications. Trypsin and bromelain, for example, may have a moderate interaction with the antibiotics amoxicillin and oxytetracycline, respectively.

Bromelain may also interact with anticoagulant and antiplatelet drugs. [20]

If you have a digestive disorder like IBS or small-intestinal-bacterial overgrowth (SIBO), check with your healthcare provider before using supplementary digestive enzymes.

## What Are the Best Digestive Enzyme Supplements?

If you take supplementary digestive enzymes, I recommend taking a variety of different ones to provide a complete spectrum of benefits. Bromelain and papain are popular.

However, it's important to get others such as protease, amylase, lactase, beta-glucanase, and phytase.

Some digestive enzymes are derived

from cows, porcines, and other animals so avoid these. Microbe- and plant-based enzymes operate under a wider spectrum of pH levels and are effective at lower doses than animal-derived enzymes.

[19] VeganZyme® is a full-spectrum blend of digestive and systemic enzymes. I recommend it because it's vegan, toxin-free, and provides a comprehensive combination of enzymes.

## Points to Remember.

From amylase to protease, digestive enzymes make all of the natural foods of this earth available to you — one bite at a time.

Your body produces digestive enzymes to help break down the variety of foods we eat. Lipases break down fats (lipids), proteases break down proteins, and various enzymes (amylase, cellulase, lactase, and others) break down carbohydrates.

However, some people do not produce enough or otherwise

need to take supplemental enzymes to keep digestion function optimal.

Digestive enzymes offer a variety of additional benefits, in addition to breaking down your food.

Studies have found that digestive enzymes reduce redness, swelling, and irritation in the body, curb acid reflux, and normalize gut health.

Taking a variety of different enzymes can help ensure that you get the right ones for ultimate health.

For Article Source Please Click [Here](#).

# How To Make Tasty Gluten

## Free Pastries

By Richard Grubb

Why do most gluten free pastries taste so bad?

created all purpose gluten free flour recipe for you to use.

Imagine tasting the best cookie you ever had and then realizing it's gluten free. Wow, I had no idea that gluten free pastries could taste so much better after I made one change to the recipe.

### The Best Ever Gluten Free All Purpose Flour Recipe

Many gluten free pastries recipes depend on the wheat flour to complete the recipe.

The Big secret is replacing tapioca flour with arrowroot flour.

At last I after 2 years of testing I have come up with the perfect flour recipe. Here is the recipe. Wait first lets go over a few things. A blend of Brown rice flour or white rice flour depending on what you are making which adds the best flavor combine with potato starch, arrowroot flour and xanthan gum or guar gum.

Tapioca flour leaves a bad after taste in your mouth, which in turn makes any pastry taste awful. The true benefit to using arrowroot flour is that it will take away the bad after taste and complete the products structure needed in the flour.

Give it a try I promise you will not be disappointed. Just for reading this article I will include my personally

### Gluten Free Flour Recipe

2 cups brown rice flour 2/3 cup potato

starch 1/3 cup arrowroot flour 1t xanthan gum or guar gum

That is it use this recipe in any recipe that calls for wheat flour and remember you can substitute cup for cup with this.

The only thing I would not use this for is bread recipes. Gluten free bread recipes are more complex than regular bread recipes.

Please visit my webpage for more information about gluten free bread. The benefit of using this recipe is it can be used in almost any pastry recipe.

Plus arrowroot flour is easy to find and inexpensive to get. You may find it at almost any grocery store or online. This one minor change will make a major difference in

your gluten free pastries. For More insider tips and tricks please visit my website at

<http://gluten-free-pastries.blogspot.com>

Richard Grubb and his years as a professional pastry chef specializing in gluten free pastries has developed a site just for you.

Please subscribe to his feeds or follow his site

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Article Source: <http://www.articlebiz.com/article/1051354997-1-why-do-most-gluten-free-pastries-taste-so-bad/>



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# Wellbeing Starts With A Can-Do-Attitude

By Hilde Tonnevold - TEAM MEMBER AT HEALTHY LIFE KING STREET

We're told that a state of mind starts from the attitude we apply....

But how can we adopt a positive can-do attitude when we may not always feel that way!

Our environment plays a big part in the development of our attitude and how we react. For example; winter makes us crave the lightness and longing for the warmth of summer – as such this journey through the winter months gives rise to other feelings and aspects that we want to change.

**Coincidentally**, around this time, we see the release of detox programs, weight loss programs, exercise programs and rejuvenation plans to strip away the winter blues.... (hello huge discount for gym membership).

Have you also noticed an overload of information at this time of year about the importance of eating a healthy diet and keeping an exercise routine! We know that we want to lose weight, get fit, have more energy or just do the things we enjoy most, yet we still procrastinate.

So how can we develop an attitude not to stay in the comfort zone and

take steps towards a healthy lifestyle?

Let's address the REAL problem that makes us prefer to sleep-in rather than jump out of bed and get to that early morning boot camp.

Having unclear motivations: We need to ask 'why' and for whom are you doing this? You need to be honest with yourself if it's going to work.

Having an ill-thought out action plan: This initiates a negative attitude to believe that 'It won't work'.

## **Becoming Overwhelmed:**

It's when the little voice in your head says 'it's too hard' and keeps getting louder.

Being ruled by a negative self-image: Using that same old excuse each time – 'I just can't do it' or 'they're better than I am'.

A common description of a critical turning point between success and failure, is called 'reaching the plateau'.

**The advice to 'Simply push through' or 'Just do it' really does work.**

This is usually confirmed when

people get to the other end and realise that it really wasn't as difficult as it first seemed. Admittedly, this advice does not work for everyone.

Pushing implies a black and white attitude, stealth willpower and discipline. Whilst we admire these attributes, it can also be an ineffective motivator when hitting this plateau.

Here are a few tools you can use, to let that positive attitude motivate you from end to end, no matter what your goal for the spring clean:

**1. Write down 'Why' you want to do something and revisit it every day.** Your "why" is your initial inspiration and desire for starting. Revisiting it regularly acts as a motivator to keep going.

**2. Create an action plan by starting with the end in mind.**

Design a personal step by step guide that includes possible temptations, and what you can do when you feel like quitting.

Include things like shopping lists, who to call on for accountability, how to work out meals at the office, weekend babysitting



arrangements and so on.

**3. Create one new habit that supports your action plan and satisfies your 'Why'.**

This is a great tool to stay out of the 'overwhelm' mindset. In order to set yourself up for success, choose ONE new thing to change and make it a habit, before you go on to the next thing.

For example, if you're changing your diet, focus on one ingredient and action at a time. Eliminate sugar, reduce salt, walk for 15 minutes then increase to 20 mins and so on.

Find alternatives to that one ingredient or action, chase

healthier alternatives for one month and before you know it you've developed a new lifestyle and a change to your diet. You've now changed the negative attitude to become a positive attitude and the "it's too hard" won't keep you from seeing results.

**4. Be prepared with what to say when people start questioning your reasons for change.**

This incorporates your WHY, and sets up you up with a strong personal boundary for when well-meaning friends or family question your actions.

**5. Become aware of your mental chatter and change your mindset.**

Vincent Van Gough summed it up simply to say that when that inner voice tells you that it can't be done, then by all means do it and that inner voice will be silenced. This will serve as a strong motivator when you feel like quitting.

**6. Connect with your reasons for changing**, it will set you up for success... so 'Say Hello to Spring' warmer days, and a new motivation.

Use it to rejuvenate your thinking as much as rejuvenating your body and welcome the change for a happier, healthier way of eating and living.

Article and picture thanks to thanks to [www.healthylife.net](http://www.healthylife.net)

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Website: [youthjamradio.com](http://www.youthjamradio.com)



# Six Weeks To A Sexy Stomach

By Andy G



## JUMP-START YOUR FITNESS PROGRAMME WITH AN AB ROUTINE THAT'S GUARANTEED TO WORK!

Many women come up in the gym and ask about "training secrets to success." The big "secret" is that dedication to reaching a goal and self-sacrifice are the only ways to make improvements in the battle to build a better body.

With another new year coming closer comes the challenge of shedding the fat gained during the holiday season.

This is when the self-sacrifice part of getting fit comes into play in turning your fantasies of a lean, hard and sexy stomach into reality.

The truth is that you will not be able to see your ab muscles unless you clean up your diet and do enough cardio to burn off the layers of blubber.

I'm going to show you how to become jiggle free in six weeks. If you follow this program to the letter for 12 weeks,

you'll enjoy the rewards of a six-pack that will turn heads in the gym and outside of it.

## CLEAN UP YOUR DIET

Begin the makeover by cutting bread and pasta from your daily meal plan. In one week, you'll notice a significant difference.

Baked potatoes and brown rice are OK for the first two or three weeks, then limit carbs to a bowl of oatmeal at breakfast and two or three servings of a green vegetable or fresh fruit with your four or five small meals per day.

Increase protein intake to offset the calories lost with reduced carbs, but favour leaner choices such as protein shakes, chicken and fish.

Stick with this diet for the entire time you are following my ab circuit. All the crunches in the world won't help if you have a layer of fat covering your stomach. That's nothing more than common sense.

## POWER UP THE CARDIO

Shoot for 40 to 60 minutes per session, every other day. Never train more than 60 minutes in any given cardio

workout, as this leads to overtraining and fatigue. According to climate conditions, alternate outdoor cardio (running, hiking and blading) with machine cardio, such as the treadmill, stationary bike and stair climber, in the gym.

If you live in a cold-weather climate, alternate indoor cardio options to keep things fresh and fun.

Changing your workout around is healthy for your body and mind - the whole idea is to do everything possible to reduce the risk of burning out on this programme before it has worked its magic.

## MY AB CIRCUIT

Nobody wants to spend more time on abs than is absolutely necessary. On the other hand, everyone wants to have killer abs to show off by wearing skintight pants that are cut very very low to reveal as much stomach as possible.

I have designed a circuit of crunches (upper abs), twisting crunches (upper abs and obliques) and lying leg raises (lower abs) to target the abs from every angle and to get the cutting-up-to-pieces job done quickly and efficiently.

Let's get one thing straight from the start:



you need to perform exercises that develop the rectus abdominis, the long muscle that originates at the pubis and inserts into the cartilage of the fifth, sixth and seventh ribs.

Crunches hit the upper half of the rectus and leg raises hit the lower half.

Twisting crunches target both the upper rectus and the external obliques, the muscles on each side of the torso attached to the lower two-thirds of the rib cage and inserting on the

side of the pelvis.

The plan is to start with one complete ab circuit of three exercises of 15 to 20 reps per movement, with minimal or no rest between exercises. As you advance through the six-week training cycle, feel free to add a few reps to each set.

After two weeks of becoming familiar with the programme and the nuances of the exercises, try to do the circuit a second time (I mean twice).

After four weeks,

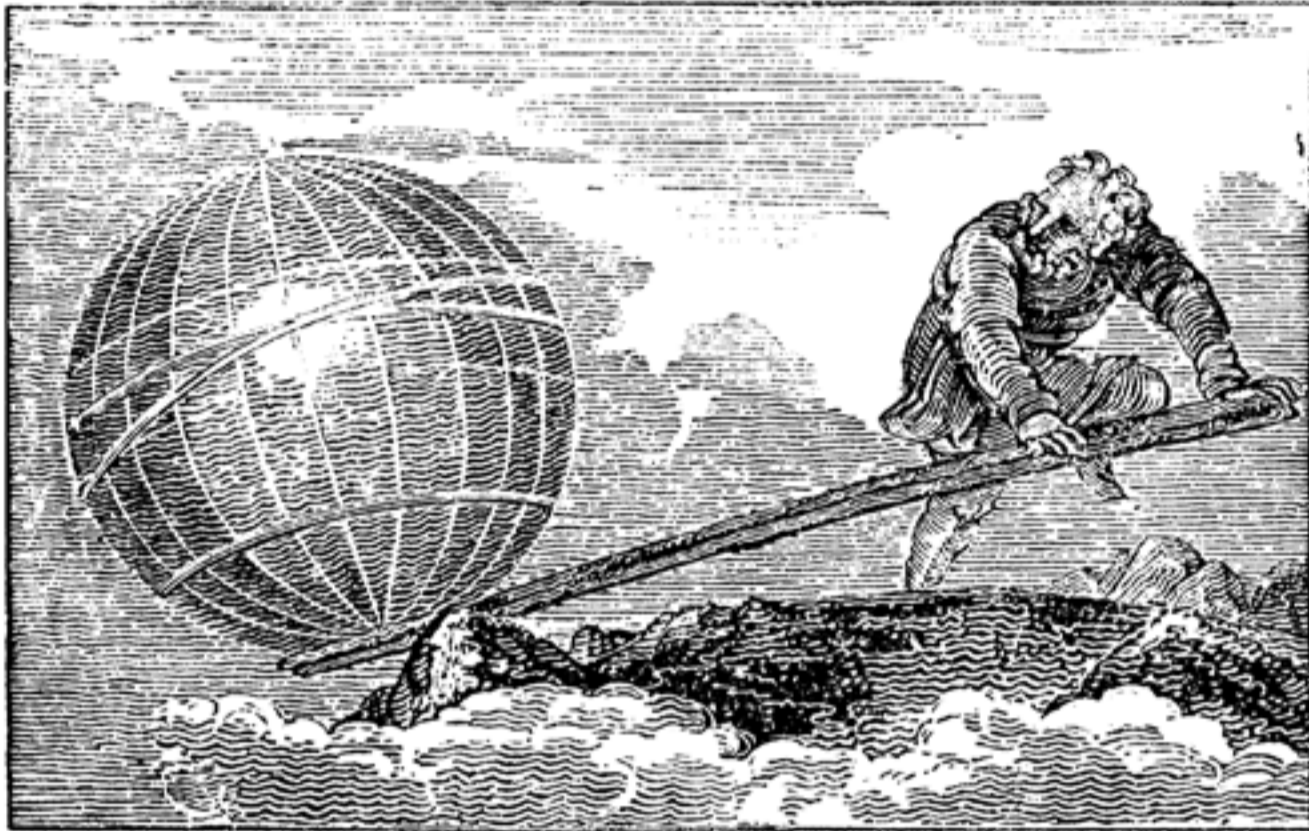
you should be ready to take three trips around the three-part circuit (thrice). The precise way you modify the programme is a personal matter and will vary depending on your fitness level.

Article continued on page...18.



# For \$3.30 A Week You Can Help Heal The World!

Many people in our world and parts of our planet are in trouble “deep”. Just by simply subscribing to our newspaper we can all work together to do our part in creating a better future.



GIVE ME A LEVER LONG ENOUGH AND A FULCRUM ON WHICH TO PLACE IT, AND I SHALL MOVE THE WORLD.

ARCHIMEDES CIRCA 287 - 212 BC

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**This is the simplicity of the plan. We use a percentage of the combined weekly subscriptions and leverage the subscriptions and money towards doing whatever things are needed whether they be local or international.**

Examples: On a beginning small scale: If we join 500 subscribers at \$3.30 per week together at the end of each month we would have approximately \$3,225. At the end of each month we take out our running costs and taxes owed and then give the remainder to the Fred Hollows Foundation to help restore sight to approximately 129 people a month. On a larger scale if we joined together 50,000 subscribers using the same percentage we would have \$322,500 at the end of the month. After taking out our running costs, wages, expenses and paying taxes etc. we give this amount to the Fred Hollows Foundation and give sight back to approx 12,900 people a month and 154,800 people per year. As the subscriptions get larger and larger by each person recommending others to take out a \$3.30

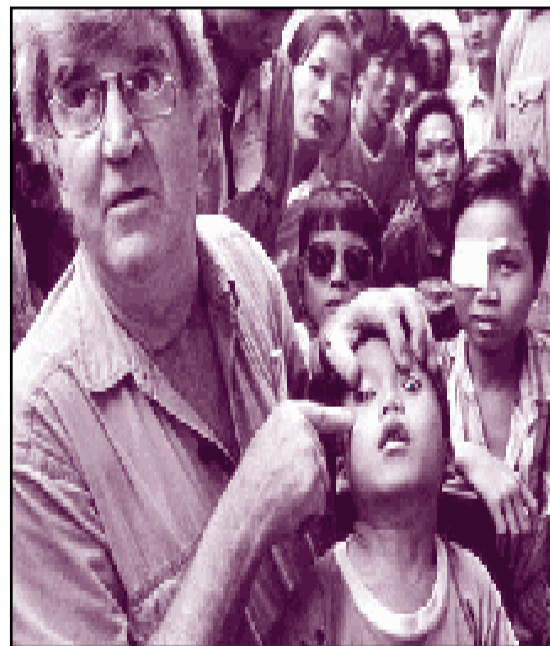
per week subscription we can take on larger and larger projects. Imagine this, with 500,000 weekly subscriptions we could donate approx. \$31 million dollars a month to worthwhile causes.

At the end of each month after taking out our running costs and paying taxes we give half of what we collect to other worthwhile projects.

This way using the idea of leverage from Archimedes where every reader in the world can be part of a massive worldwide movement to help heal the world.

All the good news stories that we all create and the donations we make will be put into the Newspaper each week and month.

How truly exciting!



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# Six Weeks To A Sexy Stomach

By Andy G



## THE ROUTINE

- Exercise
- Sets
- Reps
- Crunches\*
- 1-3
- 15-20
- Twisting crunches\*
- 1-3
- 15-20
- Lying leg raises\*
- 1-3
- 15-20
- Seated leg tucks+
- 1-2
- 10-20
- Twists+
- 1-2
- 10-20



\* Perform as a circuit with no rest between sets.

+ Add as a finishing movement once bodyfat has been reduced to reveal the abs.

### Here's How It Works:

Do one set of crunches for the desired number of reps, exhaling during the contraction as you go for an extra squeeze.

Then, without resting, do one set of twisting crunches - as you raise your rib cage toward your pubis, twist your torso so that your right elbow is directed toward your left knee, then lower and repeat on the other side (left elbow comes across toward right knee). Next is a

variation of lying leg raises, which involves more hip flexion than typical leg raises and can be performed one of two ways:

in the advanced version, bring your legs straight up in the air and don't let your butt touch the floor; in the more moderate version, don't push your butt all the way up, but pull your knees in close to your chest.

Either way you do them, go for a total burn for the final 10

reps to exhaust your lower abs.

At this stage of the workout, you will be very tired. At this point add two exercises.

For toning, perform seated leg tucks for lower abs - bringing your knees into your chest while contracting the rectus abdominis - and twists with a bar for obliques - deliberately turn your upper body and shoulders as far in one direction as possible, hold and squeeze, then turn as

far back in the other direction as possible.

These last two exercises are fine-tuning tricks to tighten the lower abs (seated leg tucks) and obliques (twists) once your bodyfat is low enough to reveal those sexy-looking muscles that have been hiding under layers of fat for so long.

One or two sets of 10-20 reps per exercise at the end of the workout are more than enough to put the

cheery on the top of the cake.

There are millions hits on the internet search drive for Wellness - from mental to physical health, cardiac fitness, cancer, yoga, how to overcome certain ailments such as diabetes, hypertension, obesity, stoke, and tips on weight loss and how to grow taller, with many other ideas getting honorable mention. It takes quite a bit of research to find any one site that

has so much to offer on all these fronts, let alone one that can combine all the needs for your innermost wellness - joy, bliss and beyond. For wellness' sake you can stop looking out there, and take some time for yourself, a sort of one-stop-shop:

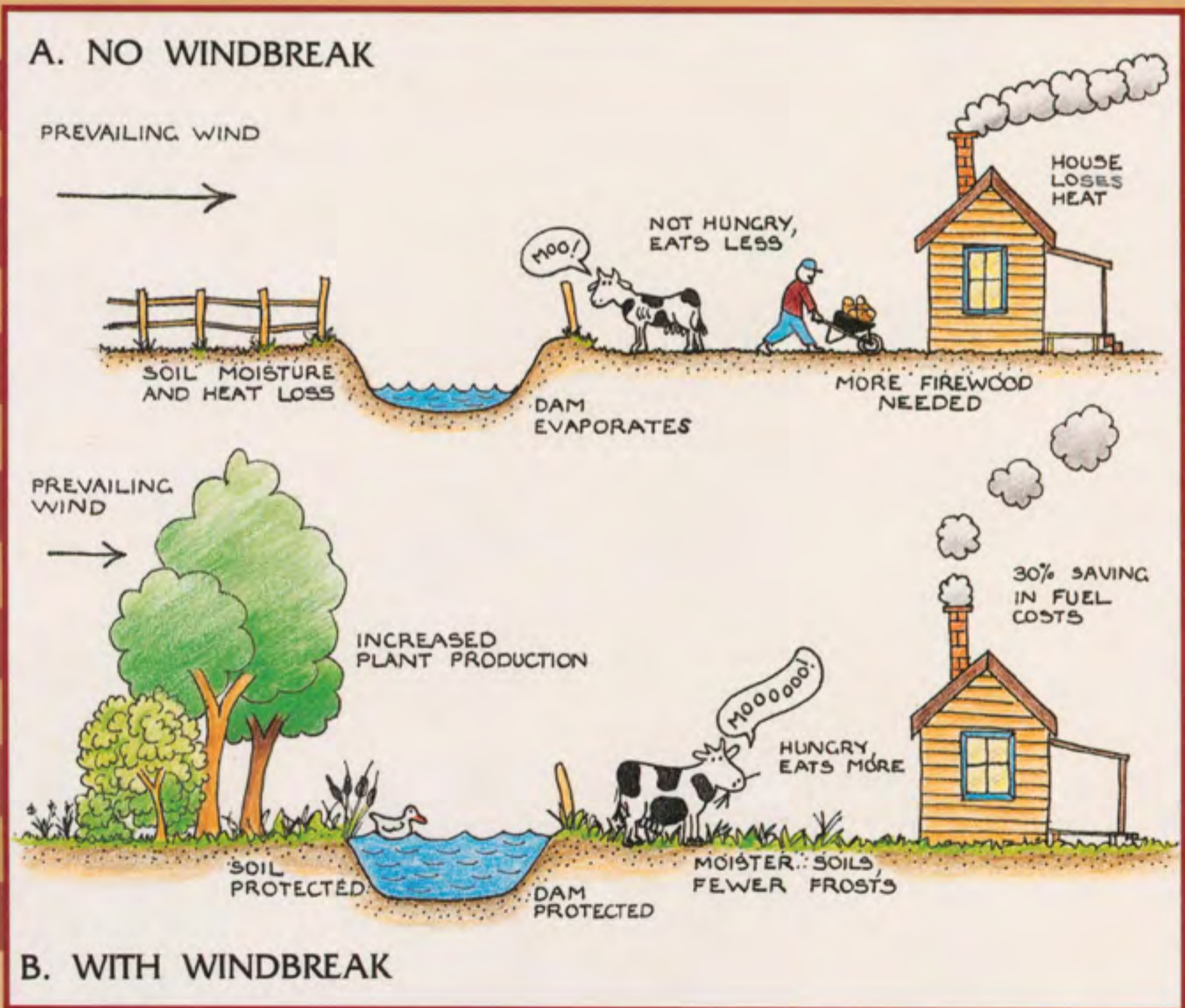
Balanced Lifestyle Wikipedia.

Also, stay informed about genuine reviews of the trendy products like LEAN BELLY BREAKTHROUGH, GROW TALLER 4 IDIOTS, BIOOPTIMIZERS MASSZYMES AND MANY MORE TO NOURISH AND TRANSFORM YOUR EVERYDAY SELF.

ARTICLE SOURCE: [HTTPS://EZINEARTICLES.COM/EXPERT/ANDY\\_G/2325820](https://ezinearticles.com/expert/andy_g/2325820)

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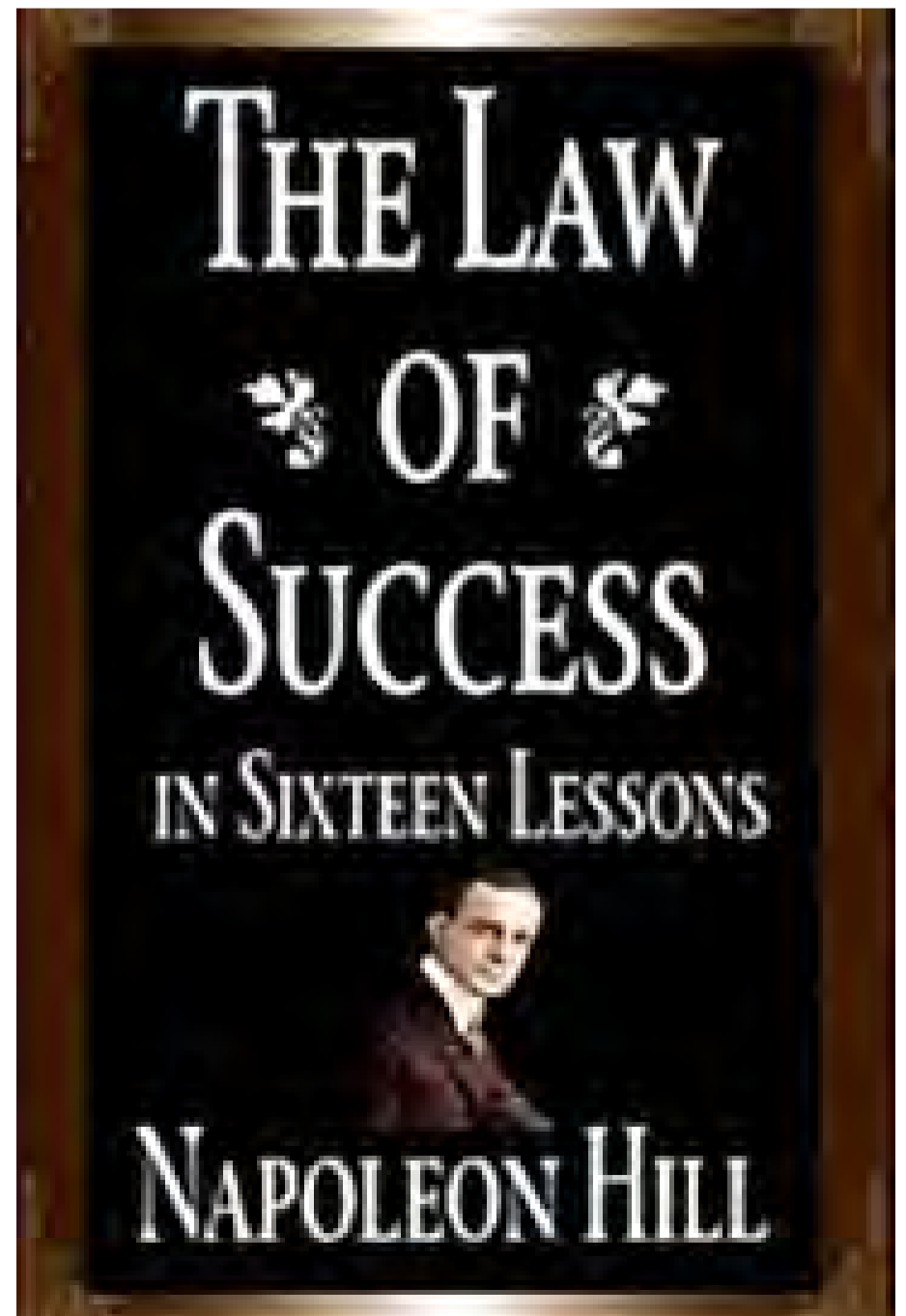
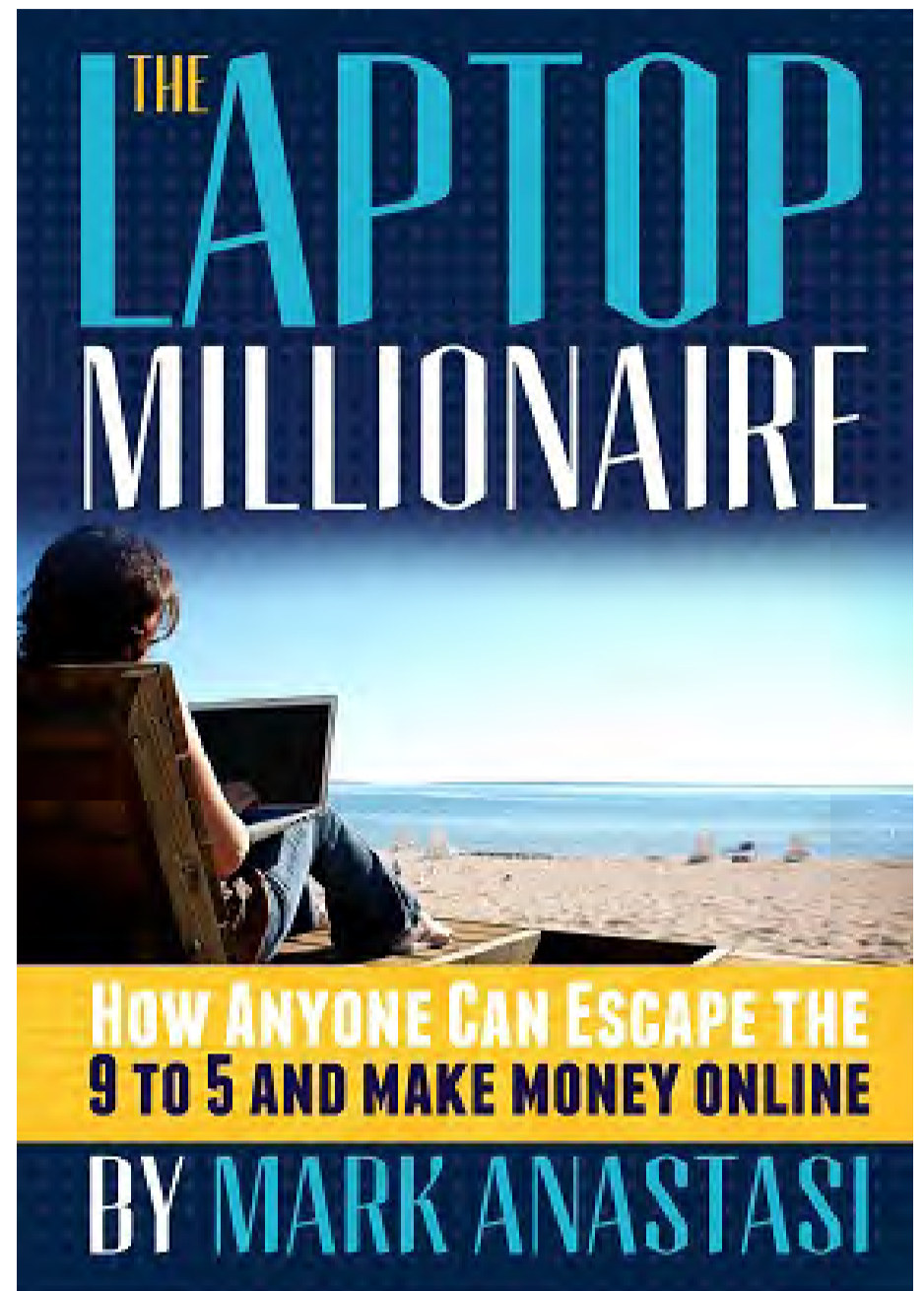
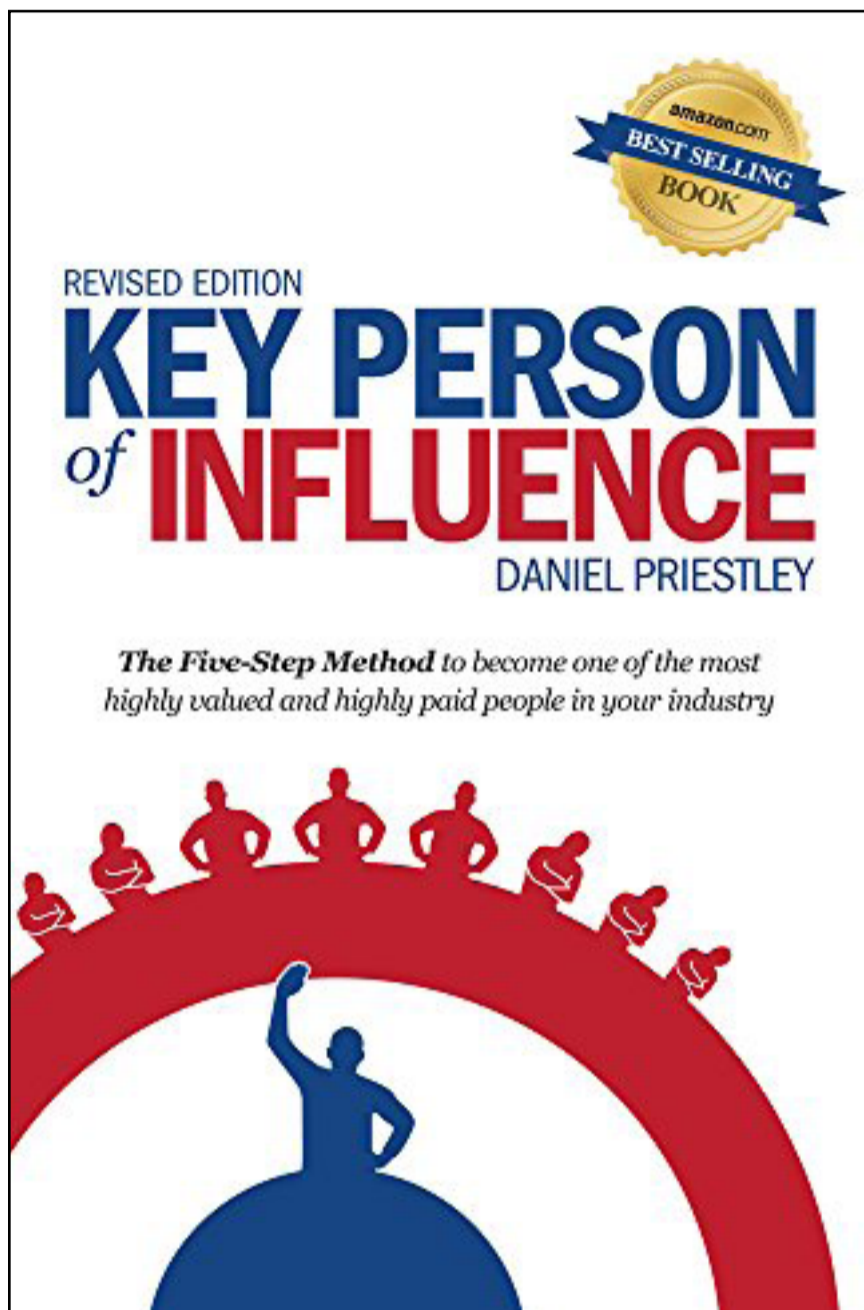
# Earth User's Guide TO PERMACULTURE



ROSEMARY MORROW

ILLUSTRATED BY ROB ALLSOP

# Highly Recommended Reads For 2019



# Weight Loss Demystified

By Derek White Editor © February 2019

## You Have To Burn 3,500 Calories To Lose 1LB Of Fat Which = 2.2 Kilos

[For The Scientific Source Click Here](#)

Article continued from page 3:

So armed with my new **"Golden Knowledge"** for the first time I could now be in control of my weightloss.

This is far better than it being just a guessing game and a battle of looking up how many calories each food is and trying to work out how many steps I should do, or how many treadmill sessions I should undertake.

Because the big thing I didn't realise and I guess many other people don't realise about weight loss is that unless you have the actual realisation in your mind that if an average person is consuming around

**8,700 kilojoules, or 2,000 calories a day,**

and many people are eating quite a bit more than that, then if you have to burn 3,500 calories to lose 1LB or 2.2 kilos of fat on your body is it any wonder that people cannot or are finding it very hard to lose weight.

Here is the simple maths: If people are consuming 2,000 - 3,000 calories a day

X 7 days a week then that is 14,000 - 21,000 calories consumed a week.

Now let's assume a normal person who is trying to lose weight and doing the right things by themselves goes to the gym for an hour a day and loses 300 - 400 calories in any type of popular 1 hour work out routine and it all depends on their age, size etc.

That equals if they do go to the gym 7 days a week and they burn 300 - 400 Calories a day that = 2,100 - 2,800 calories burnt a week. Now keeping in mind that you need to burn 3,500 calories to burn 1 LB or 2,2 kilos a person doing the above working out is still short of the 3,500 required by either 1,400 - 700 calories.

If a person is consuming 2,000 - 3,000 calories a day which equals 14,000 - 21,000 calories a week - minus their 2,100 or 2,800 calories burnt at the gym then they are still well over the requirements of being able to burn 1 LB or 2.2 Kilos.

14,000 minus 2,100 = 11,900 calories short and 21,000 minus 2,800 = 18,200 short.



Do you see the mathematical impossibility of losing weight based on these daily and weekly averages? **When I figured this out it was my Ahaa!! Moment.**

So to wrap this up quickly so you can see what you have to do to actually lose weight and keep it off, here has been my calorie burn for the last 4 weeks. In 4 weeks I have lost 7.5 Kilos. To lose 7.5 ki-

los this has been my weekly calorie burn:  $3,500 \times 4 = 14,000$ .

To achieve this, on average I got up at 5:30am 5-6 days a week and went out and did either a 4 or 8 kilometer walk followed immediately by 60 laps of my 25 meter long local swimming pool.

So the average steps I took a day were between 6,000 - 12,000 steps which burnt ap-

prox 200 - 400 calories.  $5 \times 400 = 2,000$  calories burnt. Which means the swimming has burnt off about 12,000 calories, total 14,000 calories burnt over 4 weeks. I have also reduced my calorie intake down to about 1,000 a day.

Using correct portions of healthy low GI foods and green salads, with avocados, nuts and correct portions of proteins. Tons of cold water.

I have almost totally eliminated bread and other carbs out of my diet. I still have about 25 kilos to go down to my ideal weight. I'm already feeling so much better in life. I hope that this article has helped anyone who reads it and that it has demystified the maths of weight loss. Kind regards Derek.

# Quote Of The Week!

SEE HOW YOU CAN APPLY IT TO MAKE YOUR LIFE AND  
OTHER PEOPLE'S LIVES BETTER.

**“If The People Of Earth  
Would Simply Unite To  
Help One Another No  
One Would Have To Fall”.**

Derek White © February 2019



# Crosswords + Puzzles

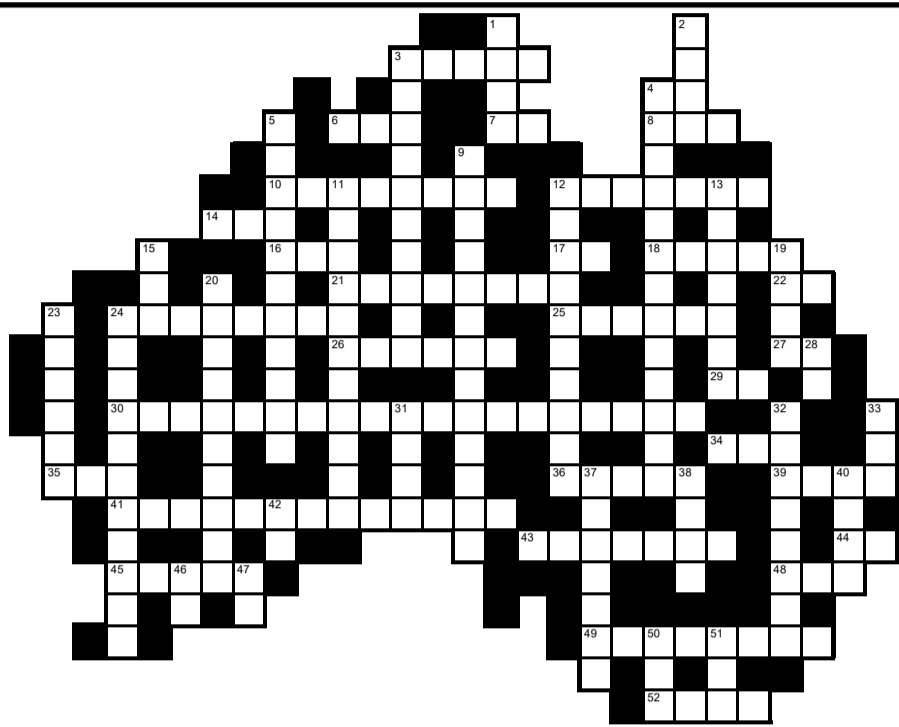
CROSSWORD AND SUDOKU PUZZLES THANKS TO CATH ED OF TGNNP

## TO KEEP YOUR MIND TUNED UP AND READY FOR ACTION.

How Tuned Up Is Your Mind? Here Is This Week's 214th Edition Crossword.

### Across

- 3 operating (5)
- 4 abbr commanding officer (2)
- 6 note book (3)
- 7 thanks (2)
- 8 liquid used for writing (3)
- 10 noted (8)
- 12 type of sport (7)
- 14 possesses (3)
- 16 have something that belongs to you (3)
- 17 abbr not applicable (2)
- 18 climb (5)



- 21 ice mountains slowly moving (pl) (8)
- 22 regarding (2)
- 24 lessen (8)
- 25 motive (6)
- 26 overrun (6)
- 27 therefore (2)
- 29 act (2)
- 30 play area for kids (2 words) (9,10)
- 34 from me to ... (3)
- 35 pat (3)
- 36 someone who jumps into water (5)
- 39 rim (4)
- 41 far beyond a normal act (13)
- 43 money tucked aside (7)
- 44 exist (2)

- 45 cook in the oven (5)
- 48 pub (3)
- 49 tells (8)
- 52 recurring noise (4)

### Down

- 1 rope tied up (4)
- 2 12 pm (4)
- 3 duplicate their meaning (10)
- 4 around the edges of a cicle (13)
- 5 character of someone (11)
- 9 cooling device (pl) (13)
- 11 type of biscuit (11)
- 12 thought about (10)
- 13 made equal (7)
- 15 seeing organ of the body (3)

- 19 throw (4)
- 20 group of people who play for operas (pl) (10)
- 23 understood through study (6)
- 24 became invisible (11)
- 28 upon (2)
- 31 no ..., no gain (4)
- 32 ask something (8)
- 33 colour something (3)
- 37 seeps throughout something and takes over (7)
- 38 huge anger (4)
- 40 name short for granny (4)
- 42 either (2)
- 46 nearby (2)
- 47 toward (2)
- 50 pastry with meat or fruit baked (3)

- 51 left after a fire (3)

## Christmas Edition Solution.



# Crosswords + Puzzles

CROSSWORD AND SUDOKU PUZZLES THANKS TO CATH ED OF TGNNP

**TO KEEP YOUR MIND TUNED UP AND READY FOR ACTION.**

## Sudoku

### Easy 214th

6			7		8		1	
	1							
	7		5	3				
		6	2			8		
				7		3		
9				1		7	5	
						5		
8					3			
	5		4	2			3	

### Medium 214th

					6			
7					8			3
9		8		1		2		
	5			3				8
		2			4	6		
8						5		9
	6						9	
4	3	9					8	
				6				

### Hard 214th

		5	7	9	4			
		3			8			5
		4						
	3		4					6
2	4			5		1		
1			2		9	7		
	7	1			5			
						5		8
			6		3		1	

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## 214th Editions Week's Sudoku Solutions

### Easy

6	9	5	7	4	8	2	1	3
3	1	8	9	6	2	4	7	5
4	7	2	5	3	1	9	8	6
7	3	6	2	9	5	8	4	1
5	2	1	8	7	4	3	6	9
9	8	4	3	1	6	7	5	2
2	6	3	1	8	7	5	9	4
8	4	9	6	5	3	1	2	7
1	5	7	4	2	9	6	3	8

### Medium

5	2	3	7	9	6	8	1	4
7	1	6	2	4	8	9	5	3
9	4	8	3	1	5	2	6	7
6	5	1	9	3	7	4	2	8
3	9	2	8	5	4	6	7	1
8	7	4	6	2	1	5	3	9
1	6	5	4	8	3	7	9	2
4	3	9	5	7	2	1	8	6
2	8	7	1	6	9	3	4	5

### Hard

6	8	5	7	9	4	3	2	1
7	2	3	1	6	8	9	4	5
9	1	4	5	3	2	8	6	7
8	3	9	4	1	7	2	5	6
2	4	7	3	5	6	1	8	9
1	5	6	2	8	9	7	3	4
4	7	1	8	2	5	6	9	3
3	6	2	9	4	1	5	7	8
5	9	8	6	7	3	4	1	2



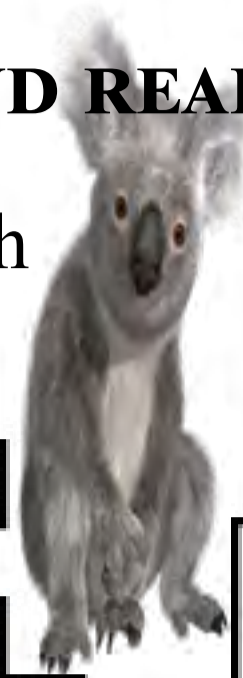
# Crosswords + Puzzles

CROSSWORD AND SUDOKU PUZZLES THANKS TO CATH ED OF TGNNP

## TO KEEP YOUR MIND TUNED UP AND READY FOR ACTION.



### Word Search 214th



### Edition:

Word search grid containing the following words:

- THY
- CANAL
- MELOF
- AIRY
- POLE
- NGHL
- LODOO
- INNER
- ILRU
- FNAIT
- FOSV
- UEAH
- NLCM
- ATAI
- WSCN
- OILSK
- LKAC
- AEAH
- RM
- WSO
- KEYES
- LEIL
- BDA
- VAL
- NR
- APT
- MAU
- ONV
- TIW
- NNSO
- SKTS
- CRIS
- AHSU
- MAIN
- LYES
- IGD
- XDEN
- ALB
- LNUI
- YERUN
- ASRA
- IOBT
- SDWS
- ETAS
- SSIE
- RMAT
- JAI
- S
- GWON
- HERD
- I
- RUSH
- BIT
- FEUB
- Y G
- PERHAPS
- SANCES
- ION
- DOOD
- HBT
- YMG
- STRIC
- SYLN
- AEERG
- GOQS
- HKB
- P

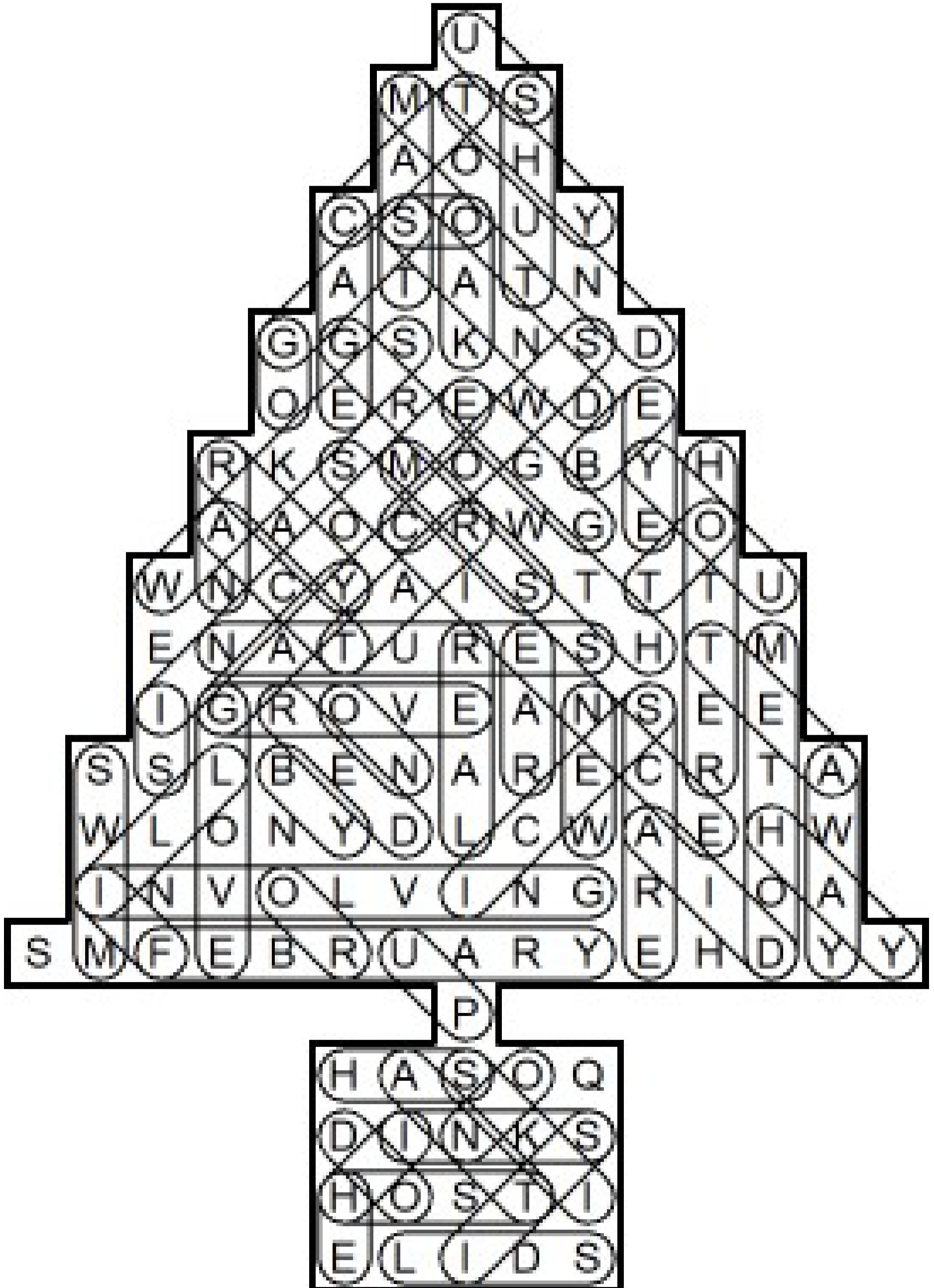


Crosswords + Puzzles

CROSSWORD AND SUDOKU PUZZLES THANKS TO CATH ED OF TGNP

To keep your mind tuned up and ready for action.

Word Search 211th Christmas Edition Solution:



# Why Suffer? Be Happy Again



Pictures thanks to www.pixabay.com



# Get

# Depression SELF HELP



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Jay Cruz  
Anchor

Weekdays 7am, 7pm PT



The News Team



South Bay Beach Talk  
Saturdays, 1 pm PT



News Straight Up With a Positive Twist

Includes: Jackie May's South Bay

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