



[In This Newsletter](#)

Quote of the Month - Dale Carnegie

Message from Cyndi - Fattest Nation

Video of the Month - http://www.youtube.com/watch?v=MdHg6_pDbSI

New Licensing - Licensing of the 21 Day Weight Loss Get Healthy E-Book

An Additional Note From Cyndi - Meat, My Dilemma

Read This To Your Children - Alcohol Consumption a strong link to Cancer

Recipe of the Month - Apple, Oat and Sultana Muffins

Seminars Coming Up - Cyndi's Public Speaking Around the Country

Quote of the Month - Dale Carnegie

'Many people think that if they were only in some other place, or had some other job, they would be happy. Well, that is doubtful. So get as much happiness out of what you are doing as you can and don't put off being happy until some future date.'

Dale Carnegie

Message from Cyndi - Fattest Nation

It's official we are the fattest nation in the world. Number 1, we have surpassed the USA, 1 in 4 Australians are now over weight or obese, officially 26% of Australians are now part of this epidemic. It's not something to be proud of, in fact I'm over hearing about the statistics. We hear statistics about depression, heart diseases, obesity, cancer, diabetes. It seems every time I read a paper I hear another statistic. It is time to stop counting and it's time for action.

What I'd like to see but I doubt it will ever happen is that the government should be taking action by taxing heavily, all processed and take away foods that do not support health and weight stability (they have done it with cigarettes and alcohol) then use the taxes to subsidise healthy food such as meat, fish, chicken, fruit, vegetables, nuts, seeds, eggs, grains and dairy. Food prices are escalating, and more and more financially disadvantaged families are finding it harder to buy the basic foods for good health because of cost, so they are turning more to fast, processed, takeaway food items that are cheaper. But the economy stops there, as these

people in turn are gaining weight as well as increasing the likelihood of heart disease, cancer, depression and diabetes which in turn overburdens an otherwise failing health system.

The government and food science research are being ransomed by the big food producers of Australia. All too often foods that are not healthy and conducive to weight management are being marketed as healthy and endorsed with bogus claims by government officials and trusted associations like the Heart Foundation and Diabetes Australia. Is the government and these associations blind to what the real solution is or does money speak louder than real solutions?

I've been writing about good nutrition and the benefits of real food, and using food as our medicine since 1990 and back then I was a heretic and a minority, but in the last 18 years times have changed, there are more people talking about it the benefits of healthy eating and preventative health care,(thank goodness), in fact I received a link to a video recently where a talk show host in the US with tongue in cheek managed to succinctly say many things I've been talking about. His name is Bill Maher and following is a link to watch the 5 minute presentation.

Video of the Month - http://www.youtube.com/watch?v=MdHg6_pDbSI

Don't wait for the government to change they are a huge bureaucracy and its not going to happen. Don't wait for your doctor to change, find a new one that talks lifestyle and nutrition. The answer is up to you. It is about becoming educated and then acting on that knowledge. This is what I do, I spend the time reading and researching, watching, listening and then I put it into easy to understand terms and teach people and prompt them to act. This is my sole purpose is to educate so that those with knowledge can make informed choices. My aim is to then have that knowledge passed on!!! Pay it forward, because the more people we teach about healthy eating and using food as medicine, the more healthy we will become and the less we will need drugs, operations and sickness care. It's simple, it's not hard! And if you pass this knowledge on you could benefit financially. Let me explain.

New Licensing - Licensing of the 21 Day Weight Loss Get Healthy E-Book

My 21 day Weight Loss, Get Healthy E-Book teaches people how easy it is to eat healthy without fad dieting without anything low fat, and without any calorie counting or weighing of foods. This is a way of eating that is sustainable and this is a diet that thousands have gone on and the results are phenomenal both with weight loss and increased health and energy. In order to spread the word and stop the obesity epidemic and sickness culture, I've decided to License the 21 Day Weight Loss Get Healthy E-Book.

What Does This Mean?

Licensing of the 21 Day Weight Loss, Get Healthy E-Book means that as a health professional, individual who wants to help others, personal trainer, life coach or anyone in the business of educating and helping people can purchase the license and then on sell it to their clients either as an e-book or as a hard copy.

I've mentioned this as an idea to a few health food store owners, naturopaths, chiropractors, personal trainers and the like and the response has been overwhelming. So at present I'm putting together the final steps in order to license the program and in the next couple of weeks the first of the licenses will be available.

This can become a whole new income stream for individuals and health professional providers as well as a way to spread the word about healthy eating and to get people in Australia and the world out of the main stream health and sickness statistics and into being healthy, energetic, full of vitality and happy.

But the benefits don't just stop at the license, so if you're interested in spreading the word about healthy eating and making some money as well, register your interest with my new licensing department info@changinghabits.com.au. The first 10 people to show their interest and then go onto buy the license for the 21 Day Weight Loss Get Healthy E-Book will be able to purchase it for \$500.00. Which means you will only have to sell 25 copies before you start making a 100% profit. But just think that is 25 more people who will get the big idea and that you will be able to help achieve better health and energy. After the first 10 licenses are gone the price will be \$750.00. So let my licensing department know if you're interested and we will get back to you with details.

I look forward to seeing how many people are really committed to change the health and obesity rate of this nation.

Happy Changing Habits

Cyndi O'Meara

An Additional Note From Cyndi - Meat, My Dilemma

For the past year my husband Howard has complained that there was not enough meat in the house. I was in a real dilemma. I was buying organic lamb, beef and chicken for many years but then the prices just became prohibitive, so I started to decrease the amount of meat I was buying and using. Then in the interim I found a wonderful butcher who was selling meat and chicken wholesale and kept me happy for about a year. After a year he closed up shop because he said the regulation with the organic food and meat was becoming cumbersome and bureaucratic. I was back into my dilemma again.

Just recently I was asked to speak at the Muttaborra Sheep Show which is about 1 hour north of Longreach. Sheep and cattle country. While I was there I met a lot of livestock farmers. One in particular I had a very long conversation with about the husbandry of livestock farming. I could tell immediately that he was the farmer I was looking for in order to supply my beef and lamb at a very competitive price and I knew that the meat was chemical free and farmed the way I endorsed. And it just so happens that he was supplying direct from his farm; lamb and beef. While I was in Muttaborra I tried his meat at three meals and I was most impressed, so when I got home I ordered my first lot from this wonderful farmer which arrived fresh and safely on Saturday.

If you're interested in finding a farmer to supply good quality, chemical free, well farmed meat go to George and Anna Hetherington's website and look at their farming practices and their ethics. You will be very happy with their philosophy of chemical free, 100% grass fed, natural pasture meat at a competitive price. www.mitchellgrassmeats.com.au

Read This To Your Children - Alcohol Consumption a strong link to Cancer

The Cancer Institute of NSW has released findings which establish that there is no safe level of alcohol consumption.

The Institute yesterday released its report which reveals there is a strong link between alcohol consumption and cancer with high rates of risk from just two drinks a day.

The Alcohol As A Cause Of Cancer report says the risk of cancer in the upper digestive tract is increased by 40% (voicebox) and 75% (mouth and throat) from consuming two drinks a day. The risk of breast cancer is 11% to 22% higher in women that drink than in non-drinkers.

The Institute said there was evidence that heavy consumption increased the risk of liver cancer, starting at about 17% from two drinks a day. There was a smaller increase of 7% in the risk of stomach cancer from two drinks daily. Four drinks daily increased a man's risk of bowel cancer by 64%.

High alcohol consumption - about eight drinks a day - increased the risk at any site by 90%.

Recently, the NSW Government announced an anti-alcohol program for students in year 3 to year 6.

The National Health and Medical Research Council is reviewing its guidelines on alcohol consumption, with a draft recommendation that men and women not consume more than two drinks a day.

Recipe of the Month - Apple, Oat and Sultana Muffins

3 small apples washed and grated (thermomix, wash, quarter and chop in machine for about 2-3 seconds)

1 cup rolled oats

1/2 cup of natural sultanas without oil

1 1/2 cups of SR organic flour

1 tsp baking powder

1/4 cup of rapadura sugar

1 tsp sea salt

2 eggs

1 cup milk

1/4 cup melted butter

Mix all the dry ingredients including sultanas

Mix all the wet ingredients

Combine wet and dry until just mixed

Add the grated apple and mix until combined

Place the mixture into greased muffin trays and cook at 180C for 20 minutes or until golden on top.

HINT: Make up the mixture the night before, as when the sultanas and the oats have had time to soak the muffins taste so much better.

Seminars Coming Up - Cyndi's Public Speaking Around the Country

Neways - Brisbane QLD

Tuesday 22nd July

Revive Pilates - Brisbane QLD

Tuesday 5th August

7:00 - 8:30pm

Level 2, 21 Mary Street Brisbane

Phone for bookings: (07) 3012 7007

Brisbane Public Health Seminar - Carindale, QLD

Tuesday 12th August

Life Chiropractic Carindale

Meadowlands Road Carindale

(07) 3843 4300

Tickets: \$20, Available Online: www.changinghabits.com.au

North Shore Temple Emanuel's Women 4 Women Group on Health and Wellbeing - Chatswood, NSW

Monday 25th August

7:00pm – 9:00pm

North Shore Temple Emanuel

28 Chatswood Ave, Chatswood 2067

Visitors are welcome, but must register at (02) 9419-7011

\$10 per ticket

Joshua Wellness Practice - Telopea, NSW

Tuesday 26th August

7:00pm – 9:00pm

Telopea Christian Centre

16 Shortland St, Telopea (Sydney)

Tickets: \$20, Available Online: www.changinghabits.com.au or through Joshua Wellness Practice (02) 9631-0411

Changing Habits Changing Lives Combating Stress, Anxiety and Depression with Food - New Lambton, NSW

Wednesday 27th August

7:00pm – 9:00pm

West Leagues Club – Convention Centre

88 Hobart Road,
New Lambton
Waratah Room A
Tickets: \$20.00, Available Online: www.changinghabits.com.au

QLD Health - Brisbane - QLD

Friday 29th August

National Builders Group - Perth,WA

Tuesday 16th September 2008

Thermomix - Perth, WA

Tuesday 16th and Wednesday 17th September

Time and Place TBA

Seventh Day Adventist Conference - Grassy Head, NSW

Monday 6th - Thursday 9th October 2008

National Association of Prospective Student Advisors 10th Biennial Conference - Twin Waters,
QLD Thursday 13th November 2008

Regional Women Leaders Convention 2008 - Melbourne, VIC

Monday 17th - Wednesday 19th November 2008

The Melbourne Town Hall

Stay Safe, Stay Well and Happy Changing Habits

Cyndi O'Meara

Changing Habits

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