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Before I begin December's newsletter I must apologise for not having a newsletter out over the past two months. My beautiful, amazing, energetic Mother passed away 27th October 2006. She is one of the major reasons why I love food and healthy eating. She was an amazing cook and advocate of healthy food and eating. She had a keen interest in health and her knowledge and inspiration lives on through me. The next newsletter will be in February 2007.

Quote for December

“The exponential changes caused by technology will challenge human life within a generation”.

“We tend to overestimate the effect of technology in the short run and underestimate the effect in the long run”.

I heard these two quotes at an IT conference I was speaking at, but I feel that they are also very pertinent to food changed by technology and how it is affecting our health.

What we ate in the 60's and 70's

I went to school in the 60's and 70's to an all girl's school. There were around 600 students at the school and I only remember one girl being overweight. For tuck shop during recess and lunch we were able to buy meat pies, chocolate éclairs, vanilla slices, donuts, hot chips etc. On our way home from school we would sometimes walk to the local fish and chip shop and buy 20 cents worth of hot chips and sprinkle them with salt and vinegar. No one seemed to have a weight problem.

Why is it that we could do that then but now the children of this decade eat these similar foods and there is an obesity epidemic? Inactivity is not the culprit; it is the fundamental ingredients of the food that we eat now which were not in our foods then that has created an epidemic of lifestyle diseases.

Changing Habits Changing Lives has been instrumental in teaching people about food and the changes that have occurred in the last 30 years to the fundamental ingredients of the food we eat. The food may look the same but the ingredients have been technological changed. Instead of butter we have hydrogenated vegetable oil with trans fats, instead of cocoa there is cocoa

flavouring and brown colouring, instead of real cream it's fake, instead of real eggs in the custard of a vanilla slice it is a powder, meat pies are no longer all meat, pastry is no longer made with just a few ingredients. To understand the phenomenal change is to understand the path back to real food and good health.

Every year the food industry and science comes up with more new technology foods and it is important that the consumer is informed as to the ill affects of these foods. Since the first edition of *Changing Habits Changing Lives* in 1998, many of the foods I was writing about were not readily available, but now people are realizing that foods from nature rather than technology are the key to health and wellbeing, and as a result the demand for these foods have made them available in many grocery and specialty stores; foods like unadulterated real milk and cream, organic flour, rapadura sugar, organic free range eggs, real juices and many more. There is a plethora of healthy foods and there are no more excuses.

Even Christmas can be a healthy time, make your Christmas treats with healthy ingredients.

Happy Changing Habits

Cyndi O'Meara

DVD of the Month - Peaceful Warrior

www.thepeacefulwariormovie.com

This movie is based on the book; *The Way of The Peaceful Warrior* by Dan Millman. I saw this movie on a plane recently but I can't see that it is playing here in Australia yet, but please watch out for it when it does arrive it is an amazing movie. It is a movie for teenagers and adults, it is life changing.

A beautifully crafted and enormously entertaining film that speaks to the strength and resiliency of the human spirit. Peaceful Warrior offers a powerful, yet rare glimpse, into the human soul. It reminds us what we are made of, reconnecting us to the power that lies within so that we feel and embrace it. See this film and it will impact the course of your life forever."

- Tony Robbins
(Author, Motivational Speaker)

Flourless Chocolate Cake

This cake is so easy to make and so very moist and so very delicious.

250gms almonds
250gms dark chocolate
150gms rapadura sugar

200gms butter
6 eggs
1 TBS baking powder
1 TBS cocoa

1. Set oven to 160C fan forced
2. Prepare 24cm tin, by greasing and lining the bottom with baking paper
3. Grind the almonds set aside
4. Grate the dark chocolate set aside
5. Mix sugar, butter, eggs, baking powder and cocoa and beat for two minutes
6. Add the almond and chocolate to the mixture and beat another 2 minutes.

Pour into prepared tin and bake in oven for one hour.

Enjoy!