



[A Note From Cyndi](#)

I had intended on getting the March newsletter out on time, but last week my amazing, courageous sister passed away unexpectedly (I thought she'd live forever). She was an inspirational and influential part of my life. She was a Chiropractor and teacher within the profession and when news spread about her passing there were e-mails, letters, cards and flowers which came through in the hundreds. She will be missed not only by my family but the wider chiropractic and health community. Lisa was ahead of her time, 20 years ago she wrote the book *Immunity Why Not Keep It*, she influenced me to write my first book and I hope I can pass on the legacy that she has left me with. My sister Lisa Lovett lived and worked on Bribie Island Qld. In the last 12 months I have lost my Grandmother, Mother and Sister (three generations of amazing women who loved and lived their lives with passion for what they believed in).

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Quote of the month - Aging Gracefully

Message from Cyndi - Nutritionism - The Loss of the Art of Eating

Book of the month - About Face by Kim Morrison and Fleur Whelligan

Recipe of the month - The Best Toasted Muesli You Will Have Taste

Seminar Coming Up - Inspire Your Life with Cyndi O'Meara 23rd April 2007 Mooloolaba Outrigger Resort 7 - 9pm. For where to get tickets please see at the bottom of this newsletter.

Quote For March: Youth is a gift from nature, but age is a work of art. Garson Kanin

I read an article the other night called 'Unhappy Meals' by Michael Polan, it was published in the New York times January 28th 2007. I nodded and agreed through the whole 27 pages. My father often says "I like that man he thinks as I do". Well I like Michael Polan as he thinks as I do. As I was reading the article I realized he was saying exactly the same thing as I have said for years but in a very different way. He summed up the sentiment of my book *Changing Habits Changing Lives* in one word - "Nutritionism".

Nutritionism is how we have got so twisted up about nourishing ourselves with macro nutrients (carbohydrates, protein and fats) and micro nutrients (vitamins and minerals), that we've forgotten the real art of eating. It is an ideology that has replaced food and the social and physical reasons why we eat.

Let me explain;

Looking for the magic silver bullet (vitamin A, lycopene, tocopherol, protein) that will cure cancer, save the planet from obesity, stop heart disease and prevent diabetes is an on going pursuit by many scientists. So much so that we've forgotten the art of eating we now follow the ideology of Nutritionism.

No longer are we interested in what the food is, but rather what it has in it. When most people look at a food label, they are more interested in the amount of macro nutrients (carbohydrates, fats and proteins) rather than looking at what the actual ingredients are. People select foods on micro (vitamins and minerals) and macro nutrient status even if the food does not resemble real food. Protein bars, breakfast cereals, margarine, diet foods and muesli bars are prime examples. These foods look good in the nutrient department, but when you look at the actual ingredients you find that there are a bunch of numbers, soy protein isolates, hydrogenated vegetable oils and other non-real food items.

This not only is the case with packaged foods but other foods as well. Tomatoes are now being eaten for their lycopenes rather than a food that tastes good, and goes well with many other foods. Carrots are known for the b-carotene status. Even wine is being drunk for the antioxidants. Meat for Protein, bread for carbohydrates and oils for fats. Nutritionism has taken over our way of thinking. To quote a well used phrase; "If it's something your great-grandmother wouldn't recognize as food, don't eat it".

I've always lived my life with a vitalistic health point of view, which is the power that made the body will heal the body as long as there is no interference and the right resources are given (good food, exercise, rest, clean air and sunlight). Health these days is practised more in a mechanistic point of view, where the body is made up of the sum of all its parts and if a part goes wrong then get rid of it, believing the body will be better or treat the part that has gone wrong, rather than the whole person.

It seems now that this view point can be stretched towards food. Real food from nature is vitalistic it is healthy and there is a symbiotic relationship between all the parts of the food that are perfect, as long as it has not been interfered with and been given the right resources (water, nutrient soil and sunlight). If we look at food in a mechanistic way then food is made up of parts, carbohydrates, proteins, fats, vitamins and minerals and if we can twist them to be what science deems to be right then we can make the food better, so science thinks. This is called Nutritionism.

The question you have to ask is; if Nutritionism was working would we still have obesity, heart disease, cancer and diabetes as our biggest killers?

Live a vitalistic life. A life where you know that the power that made the body can heal the body and the power that made real nature based foods is the perfect food for your body.

The new edition of my book Changing Habits Changing Lives 2007 Edition addresses the reading of food labels and how it is important to read the ingredients and not the nutritional panel.

Book of the month - About Face by Kim Morrison and Fleur Whelligan

About a year ago the authors of About Face asked me if I would contribute to their book. They wanted me to do the Nutrition part of the book. In About Face Kim and Fleur provide a wealth of advice on skin care and self-care for today's busy women of all ages. Their emphasis is on holistic health and the use of natural skin care products, while you age naturally and gracefully. What was so exciting was the Kim and Fleur have the same philosophy about skin care as I do about food. Basically if you can't eat it or pronounce it don't put it on your skin or in your mouth.

There is a 28 day About Face Program - to really turn your life around! I was instrumental in designing this program. After we completed the program we asked a group of women to work through the 28 days, and the results were stunning, you'll read about them in the book. The book is a beautiful coffee table book, filled with inspirational photos and words that you can pick up at any time and learn a new tip about natural skin care and self care. This is a book that has come right when people are confused about natural skin care products. This will leave you in no doubt as to what is the best for your skin. The book will not be available until May in the book shops but the authors have given me permission to allow it to my data base. At the bottom of the following there is an e-mail and phone number that you can call to purchase your copy.



INCLUDES 28-DAY PROGRAMME

*Do you want to make a positive change to your wellbeing and appearance?
Did you know that we can expose ourselves to over 200 chemicals each day in our daily skin-care regime?*

Do you want to know about healthy natural alternatives for your diet and skin-care? Then this is the book for you...

about face

look and feel 10 years younger — naturally

by KIM MORRISON & FLEUR WHELLIGAN

Kim Morrison and Fleur Whelligan are the well-known authors of two highly successful books — *Like Chocolate for Woman* and *Like an Apple a Day* — on holistic health and aromatherapy.

Their new book, *About Face*, is a beautiful contemporary title on skin care, and how to age beautifully, with an emphasis on holistic health and the use of natural products.

Aimed at modern busy woman of all ages *About Face* appeals to a wide audience. Topics covered include: Ageing Gracefully; Handling Stress; Exercise and Nutrition for Good Skin; Green Alternatives to Cosmetic Surgery; Aromatherapy; Herbal Therapy; the Home Spa for Busy Bodies; among other topics.

Treatments are also suggested — these range from a 5-minute emergency repair, to a full 28-day skin makeover.

"Trust the material in this book because it's written by people who walk their talk. Believing in what's truly natural is great, doing it is even better. Kim and Fleur's book will make beautiful changes in your life"

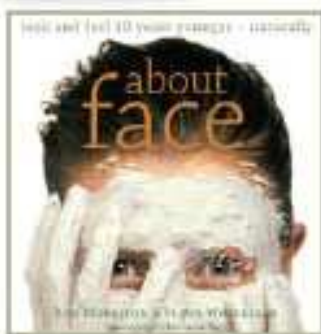
— Lynn Kirkland, Herbalist

"Essential reading for Kiwi's seeking natural health... Beautiful skin is your birthright, find out how in this book"

— Malcolm Randi, Founder Ecotone

"Working with Kim and Fleur is wonderful as their passion and persistence create a friendly and truthful perspective for every woman to read" — Dr. Kathrina B Davis

Kim Morrison is a qualified aromatherapist. She has represented a leading aromatherapy company in Australia, Singapore and New Zealand, presenting workshops and lectures for the last decade. She is also a sportswoman and health and fitness consultant. Fleur Whelligan is a qualified beauty therapist. She has worked as a therapist in Australia and has been a trainer and workshop presenter. She also provides beauty therapy and grooming training for international cabin crew and other corporate clients. Kim lives on the Gold Coast & Fleur lives in Auckland. For further information see www.creativewellbeing.com



"Our vision is to educate and empower people to make positive choices regarding their health and wellbeing; to inspire people to acknowledge that health is their greatest asset" — Kim & Fleur

**KIM MORRISON & FLEUR WHELLIGAN
ARE AVAILABLE FOR INTERVIEW & SPEAKING EVENTS**

Changing Habits

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