

Don't Inflict Emotional Torture

Change your Eating Habits

And Live a Healthy Lifestyle



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Medical Disclaimer

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Medical Disclaimer:

The information in this eBook is not intended to replace a 1-on-1 relationship with a qualified medical professional, and it is not intended as medical advice. It is designed to be a sharing of knowledge and information. I encourage you to make your own health core decisions based upon your research and in partnership with your doctor. Self-diagnose, is the first step, know thy self. You can become a healthier, happier and more successful person by making a few simple changes to your lifestyle and eating habits.

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Introduction – My story

I have been a Nutritionist since 1998 and been interested in health issues all my life. I believe that we need to take extra vitamins and minerals supplements, as the fresh food we eat today is not as healthy as in our grandparents' days; our soil has been depleted of minerals from mass production.

I have to say this: that it is your body and if something does not feel right get to the bottom of it - go for blood tests or even x-rays to get answers. General Practitioners, GP's, only study about 3 to 5% of the nutrition in all the years they study to become doctors. You can become a healthier, happier and more successful person by making a few simple changes to your eating habits and lifestyle.

Do not be the person who misses out on the opportunities in life because you do not understand the necessary principles of healthy living. Be the kind of person others marvel at. Be the kind of person other people see and say, "I don't know how you stay and look so good". Be the kind of person who acts.

The information in this eBook is intended as a sharing of knowledge and information. I encourage you to make your own health core decisions.

My health has been a consistent feature of my life. Since I was a kid, what I remember is that my father was ill for most of my childhood. I used to nurse him and help whenever I could. He was in and out of hospital, so I never knew if he would be home when I got back from school.

To cut a long story short, he suffered from diabetics, heart problems (9 coronaries) and high cholesterol, ate lots of extraordinarily rich and unhealthy foods and smoked like a trouper.

He ended up getting gangrene on his toes and had to have his legs, from his knees down, amputated. At the time of the first operation, the surgeon started on his better leg, but my dad had a heart attack on the operation table, so they did not amputate both legs.

They had to stop and send him home with only completing half of the removal. He lived another 4 years with his lousy leg then went for the second operation and died on the table. I was 11 years old!

I also had a sister who lives with a weight problem, and since she was six months old, she was put on a diet. I vowed as a kid that I would never be fat, and I have lived my whole life, making sure mentally and physically that I would be slim and trim. My entire family is on the larger side of their ideal weight, but not me.

So, I decided to study as much as possible about health. Then in 1998, I completed a course in a creditable manner and furnished satisfactory evidence of proficiency in Nutritional Therapy and have been entered upon the Register of the Complementary Health Studies Centre.

I am hence writing this book to share what I know with others so that they can become better and healthier and live a happy lifestyle.

Chapter 1

Changing Your Eating Habits

Changing is not about going on a 'diet' to lose a few kilos or pounds, which I am sure you have tried in the past. You decide on a diet plan, stick with it for a couple of weeks or a month, and maybe get to your goal weight.

Then you go back to your 'normal eating habits'. So, what happens then – wham, bang, and crash you are back to where you were before, or even bigger! Many have called this 'The Yo-Yo diet'!

Therefore, do not go on a Diet – change your mindset and eating habits!

Think of the word 'Diet' as:

**Don't Inflict Emotional Torture and
don't DIE for it**

Don't inflict emotional torture on your body and mind trying to get it healthy, as soon as you think or someone says you need to go on a 'diet' your mind rebels and all of a sudden you are craving (a killer crave like an addiction) for everything that you are *not supposed* to eat.

Therefore, ***don't die for it.*** Simply change to a healthy eating plan. Notice what you eat because 'you are what you eat'.

Remember this: - "If you always do what you always did, you'll always get what you always got".

Typically, when a person thinks of changing their eating habits, they reflect on being obsessive with food. The reality is that the two could be opposite. Provided you are trying to live a healthy lifestyle, and there are a few measures you must make to reach your objectives.