

# EAT CHOCOLATE, DRINK ALCOHOL AND BE LEAN & HEALTHY!

Let's face it, we all want our cake and eat it too!

## No Pain, No Gain



I came from a professional sporting background and an attitude of 'No Pain, No Gain' and give it 'All or Nothing'. In my world if you were serious about achieving anything, sacrifice was the only way to go! As a personal trainer, I would train my clients to an 'inch of their lives' and berate them for even looking at a chocolate bar or glass of wine!

They would tell me to *"get a life"* and I would make them run up the stairs another 10 times - *"ha, that'll show 'em!"* For some unexplainable reason, they stopped coming, they cancelled regularly and got injured frequently. I would think to myself; *"how could so many people be so soft?"* Boy, was I a moron!

Whilst it is true that if you are to achieve anything worthwhile in this world it will take consistent effort over a period of time and an attitude that *'I will dance until it rains'*. I have learned that it is also very true that you don't have to be a professional athlete nor give up all the things you love to get what you want - you just need to subscribe to that scary **'m'** word - mmmmmmoderation... aaaaggh!!

## You Can Eat Chocolate Drink Alcohol and be Lean & Healthy!

Most people say that the only reason my book was a best seller is because I sucked them in with the title! I don't get what their issue is!! Only kidding! Do you believe that it is true for you that you can eat chocolate (or other indulgence), drink alcohol (or other beverage) and be lean and healthy? Many people don't believe that they can, so let's do a little survey...could you please answer these two questions:

1. Do you know anyone who is lean and healthy?
2. Have you ever seen them or heard that they eat chocolate (or other indulgence) and drink alcohol (or other beverage)?

I rest my case! If other people can do it then surely so can you.

## All Food is Great

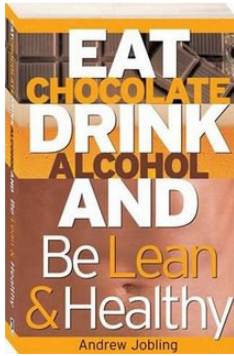


I am a true believer that all food is great. Of course some foods we should eat more of and some foods less, but all play an important part in a healthy, long term eating plan (the key phrase here is *'long term'*). You may be asking; "So, are you saying that ice cream, chips, pizza and coca cola is great?" Yes, I am! "Then are you saying that Big Macs and chickens nuggets are also great?" Yes, I am. "Surely, you are not saying that brussell sprouts are great!?" Yes, I am!! I am saying that all foods are great. The problem that comes with labelling food is that we also label ourselves if we eat that food. For example; if you say that dim sims are 'junk' and you then proceed to eat them, then you are also labelling yourself as 'junk'.

This is just not true. At the end of the day, the moderate amount of indulgence you eat will have minimal impact on your long term health unless you make it an issue. How much time do we invest in berating ourselves because we ate a bit of chocolate, or ice cream or maybe we drank a bit too much? We spend countless hours feeling guilty about 'so-called' small indiscretions and then either cleanse ourselves with a 50 km run and no food for 3 days or we respond by going on to eat another 3 cheese cakes, 5 litres of ice cream and 14 pizzas!!!

Cut it out!! Stop punishing yourself! Cease the self destruction! Understand that you like every other person on this planet is human and none of us are perfect. Enjoy indulgence! Enjoy the taste, the sensation, the freedom and the choice. Then enjoy the choice of getting back to your healthy eating plan - the one that you love, the one that you can maintain and the one that supplies you with all the energy and nutrients you need for good health. The one, by the way, that includes eating stuff you really enjoy! Doesn't that sound better than sacrifice, starvation and nutritional suicide?

If you are still in the starvation and deprivation mindset about being lean and healthy then you will need to change the way you think or you will ride that rollercoaster of frustration and suffering for the rest of your life! Does this sound full on? Good! The sooner you are open to a different way of thinking the sooner you will have the health, happiness and prosperity you have always wanted.



This is just the reason why I wrote "Eat Chocolate, Drink Alcohol and be Lean & Healthy". I wanted to help people see that creating enjoyable, healthy and maintainable long term eating habits is not as hard as everybody makes it out to be. **Yes** it will take some time, **yes** it will also take creating some simple habits and **yes** it will take a slight shift in thinking. Would it be worth it if it could change your life for the better forever?

Below is an email I received from someone I have never met:

*"Andrew,  
I googled your name wondering if you have written another book and discovered your email address. Your book has had a profound effect on my life. My 14 year old son bought the book for me for Christmas as he was concerned about my weight. Ironically he bought it from the Margaret River Chocolate Factory while we were on holiday. It has changed my life - I stopped weighing myself after I had lost 25 kg from 110kg and use my belt and watch band to gauge my progress. My whole family has embraced GI and your holistic approach towards life - exercise, nutrition etc. I push your book to everyone who asks how I did it. Thank you."*  
**Greg**

What if the ideas and concepts I am talking about could do the same for you?

This book is available through my website

**Go out and eat some chocolate NOW.**