

GETTING THE WELLNESS EDGE

It is one of my greatest passions in life to try to empower people to take better care of their most important asset...themselves! After watching my mum go through 15 years of cancer which ultimately took her life, I am on a crusade to help as many people as possible avoid what she and we (as her family) went through. I really believe that we all know what we need to do on a regular basis to look, feel and function optimally. So this weeks article is not to insult your intelligence by telling you more stuff you already know and make you feel even guiltier for the fact that you maybe aren't doing it. This week's article is about sharing; some simple stuff that you may not know or give a different perspective to provide you a wellness edge...

What we already know...

In this article I am assuming we all know we need to do the following (*if that is not the case please let me know asap!*):

- Eat breakfast within 30 minutes of getting up daily
- Eat small regular natural snacks to keep the metabolic fire burning
- Eat more fruit and vegetables
- Eat more natural and quality proteins
- Eat more whole grains, nuts and seeds
- Eat more fish and foods high in omega 3 fats
- Drink more water
- Consume take away, sugary, packaged and processed foods and drinks moderately
- Exercise regularly



What we may not know will give us the wellness edge



There are some subtle things that will make all the difference when it comes to your wellbeing. These are things you probably know, but then again you may not know, or at least need reminding of. My whole intention in this weeks article to not just to give you **five** tips to get the wellness edge, but to actually motivate you to do something with them to make optimal wellbeing a reality for you and your family.

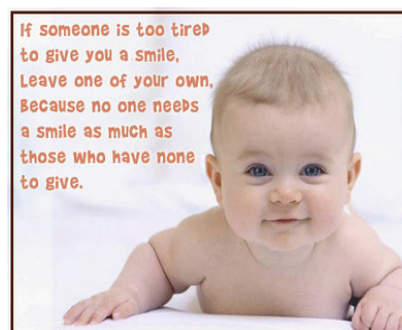
The following five things are steps that most people don't know and/or aren't doing and so if you can take them on board and implement them into your life you will most definitely get the wellness edge...

The Edge One - Do what you know to do.

Yes, it is true that we all know what we should be doing (refer to list on page one). What we may not know is that only about 5% of the population are actually doing these things on a regular and consistent basis to create significant wellbeing in their lives. The first wellness edge is to invest some valuable time to work out what is important enough for you to **actually do** what you know to do.

The Edge Two – A Great Attitude.

Studies have show that the key to a long, active and fulfilling life is less about healthy eating and regular exercise and much more about attitude. 45 out of 50 people surveyed who lived actively and happily beyond 100 years of age said the key to their longevity was an attitude of gratitude for every new day. They didn't blame others, they let go of resentment, they forgave easily and they looked at the positive side of life – WOW! This most certainly gave me fuel for introspection. Imagine how much happier we would be. Imagine how peaceful and less stressed we would be. Imagine how we would just do things and take responsibility for our results rather than blame other people and circumstances. Imagine how much more motivated we would be to do the things we need to do. Just imagine how amazing life will be. This edge will most definitely determine how you will respond to this article and the things suggested on it. How is your attitude?



The Edge Three – Start the fire.

I have spoken ad nauseum about the vital importance of eating breakfast within 30 minutes of getting out of bed. Something that I talk about in my book ***'Eat Chocolate, Drink Alcohol and be Lean & Healthy'*** is the little trick to get the metabolic fire burning and the blood sugar levels up straight out of bed. Try this - as soon as you get up, go straight to the fridge (even before going to the toilet!!) and have a small piece (palm size) of watermelon, canteloupe or pineapple. After that 10-20 minutes later eat your healthy and natural breakfast! The fruit I mentioned is high GI so it not only gets your metabolism started, add vital nutrients and water to your body but it will get your blood sugars rising. The timing of the next step is crucial because if you leave breakfast or the next snack longer than 20 minutes your blood sugars will go too high and then drop again. This one little trick will have an incredible impact on your energy levels, your moods, your food choices and consequently your bodies ability to burn fat. For more information please refer to my book. Try this for one week and let me know how you go...

The Edge Four – Insure yourself.

Now that we have decided to do more of the things to get ourselves into the 'Wellness Zone' I would strongly recommend that we all supplement our eating with a quality multi vitamin/mineral, anti-oxidant and omega 3 supplement to really give us the wellness edge. I would love to go into more detail about this because I truly believe that if more people would be willing to invest in good quality supplementation I don't think we would have anywhere near the rate of disease that we have at the moment. I know we would love to think that we get all the nutrients we need from the food we eat – but do we? Only we can answer that question for ourselves. What if we are deficient in some critical nutrient? What if we didn't place enough emphasis on this wellness edge, because we thought we would be okay and we end up in a undesirable situation we could have avoided? A small investment now could prevent a much larger cost in the future. If you wish to take my advice here; look for vitamins, minerals and anti-oxidants that are natural, organic and plant based. The omega 3 needs to be made from wild fish that have been tested for heavy metals with an anti-oxidant to prevent the oil from damage. Please consider this and do your research to get the best quality products you can.

The Edge Five – Purify your water and the environment.

I am on a crusade at the moment when it comes to water. If we are really drinking the quantity of water we need to drink for optimal wellbeing (as a minimum we should drink our weight in kg divided by 30) then tap water needs to be avoided. I understand this is a controversial statement but if I can at least get you thinking about it then I am happy. I am not going to say anymore about tap water, rather suggest you watch 1:45 minutes of the following YouTube; <http://www.youtube.com/watch?v=iie858QArkw>

Yuck!! The next thing I would urge you to do is stop buying bottled water! Firstly, it is ridiculously expensive. Secondly, there are no standards on bottled water and so there is no guarantee of the quality. Thirdly, the plastic waste is having a devastating impact on our environment.

The only solution I see is to invest in a good quality water purification unit that purifies the water at the source and will not only provide us with better quality water but at the fraction of the price of bottled water and a massive benefit to our health and environment.

The rest is up to you

Choose one, choose all or totally disregard what I have suggested it is up to you. The opportunity is there for us all to, not only get the wellness edge, but create optimal wellness. I often say and try to live my life by;

'I will do today what other won't, so I can live tomorrow like other can't'

Get out there and get the wellness edge!