



# HEALTHY, HAPPY AND HOT FOR 2008

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HOW MANY TIMES HAVE YOU SAID TO YOURSELF: "I HAVE TO LOSE WEIGHT"... "I HAVE TO GO TO THE GYM MORE OFTEN"... "I HAVE TO EAT HEALTHIER", ETC. WE TEND TO DO THE SAME RESOLUTIONS EVERY YEAR, BUT NOTHING HAPPENS BECAUSE WE ARE SIMPLY NOT READY. WE KNOW THAT AT SOME POINT WE WILL HAVE TO DECIDE WHAT WE REALLY WANT.

WHAT WE THINK, BELIEVE AND DO IS A REFLECTION OF OUR INTERNAL BALANCE AND HARMONY WITH US. WHEN WE BECOME CONSCIOUS OF THAT IT BECOMES EASIER TO MAKE PROPER FOOD CHOICES.

THE APPROACH TO HEALTHY EATING IS A SLOW TRANSITION.

**1 LOVE YOURSELF** Find a quiet, peaceful moment in your busy schedule. Create a personal space using candles, incense, flowers and stones in your favourite room. Think about all the good things that happened to you lately – especially when you feel down or caught in negative feelings. Be grateful for everything you have: health, people that you love and that love you, your parents, your spouse, friends etc. Write down your affirmations. Visualize what you would like to create in your life and sense it as it is happening right now (health, slender body, happiness, harmony), and practice love, peace and compassion.

**2 LOVE YOUR FOOD** Listen to your Body. How do you feel emotionally, physically and spiritually after ingesting certain foods? What are your cravings? Incorporate one food at a time and experiment with it. Prepare your food with love, it will aid in digestion. Create your own recipes in order to develop a relationship with food.



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## 4 FOOD RESOLUTIONS

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**3 LET IT GO** Our body needs natural food, rich in nutrients and enzymes, without pesticides, herbicides, fungicides; food that has not been irradiated, packaged, processed and genetically modified. Eliminate them! Remember, what you put in your body is what you become...If you put junk in your body, your body becomes a junk yard, and if you put super foods in your body you become healthy, happy, and beautiful in body, mind and spirit. A work of art!

**4 EAT SUPER FOODS:** Super foods will detoxify your body and nourish and rejuvenate the cells. These life-force foods include fruits, vegetables, and raw or sprouted seeds and nuts. Think about live, organic food taken from the garden and solar-powered with the sun's energy. When we eat this food, this energy is transferred into our body and gives us energy, youthfulness, and well-being.

**SEA VEGETABLES:** Eat spirulina, dulse, wakame, arame, kombu, or chlorella on a daily basis. They are packed with trace minerals, and they remove toxic chemicals and metals from the body. Toss them on salads or use in soups.

**VEGETABLES:** Make your own salad with radicchio, green leafy lettuce, arugula, and dandelion. You can add beans or radishes and sprinkle on some ground flaxseeds, pumpkin seeds, or dulse.

Eat fibre such as basmati brown rice, amaranth hemp seeds,

kamut breads and Quinoa. They are important for digestive health and efficient bowel movements.

**GOJI BERRIES:** Packed with nutrients and fiber, eat this fruit at least ½ hour before your meal. Have a bowl of fruit in the morning. Mix apples, papayas, mangoes, pineapples, bananas, pears and sprinkle with Goji berries.

**SEEDS AND NUTS:** Eat almonds, sunflower seeds, pumpkin seeds, and brazil nuts. For better digestion soak seeds and nuts overnight.

**SMOOTHIES:** Mix hemp or rice protein with almond or soy milk in a blender. Add some macabee pollen, as well as frozen bananas. It is so yummy and filling.

**WATER:** Drink water that has gone through reverse osmosis. Make sure that you get at least two litres of water a day to help your body remove toxic waste, especially if you drink coffee and alcohol which are diuretics and promote fluid loss.

**GREEN TEA:** Drink this instead of coffee. It is a potent antioxidant, contains flavonoids, helps regulate blood sugar, and is anti-inflammatory.

**LEAN PROTEIN:** Fish, eggs and chicken are very good for non-vegetarians.



## EXERCISE

There is no weight loss and fit body without exercise. Adding 30 to 45 minutes of gentle physical exercise such as walking, cycling, and dancing will promote cleansing of the blood by stimulating circulation and perspiration. It will increase strength and well-being and will reduce stress. Be around people that exercise regularly and eat healthy!

Treat your body, your temple, the house of your soul with care and respect. You want to make the best choices for your body; you want to eat the best food available on the planet.