

## Contents

- III. ACKNOWLEDGEMENTS
- IX. FOREWORD
- X. INTRODUCTION
- XII. DEEPER INSIGHTS ABOUT THE AUTHOR
  
- 1. EVERY WOMAN HAS A GEE SPOT®
- 2. WHY MY INSIGHTS MIGHT CONNECT WITH YOU
- 3. WHY I CHOSE HEALTH
- 4. MAKING THE 'SOUL' CONNECTION
- 5. ALIGNMENT OF THE MIND, BODY AND SOUL
- 6. OUR ENEMIES OF TODAY
- 7. KEEPING THE ODDS IN YOUR FAVOUR
- 8. LIVING LIFE ON PURPOSE
- 9. WHO AM I WITHOUT MY JOB?
  
- 10. WHERE I GET MY ENERGY FROM
- 11. QI LATES THE GATEWAY TO YOUR GEE SPOT®
- 12. IF YOU HAD A BOWL OF APPLES
- 13. THE PROS AND CONS OF LIVING LIFE WEARING ROSE TINTED GLASSES
- 14. TAKING CARE OF YOURSELF IS NOT BEING SELFISH
- 15. MINDFUL VERSUS MINDLESS
- 16. WHERE CONFIDENCE COMES FROM?
- 17. HOPES AND DREAMS AS A CHILD
- 18. ARE YOU LIVING YOUR DESTINY?
- 19. NOURISH AND FLOURISH
- 20. NO WILL POWER REQUIRED
- 21. BEING CRUEL TO BE KIND
- 22. DELIVERING A 2.6 POUND BABY

23. WHY I SAID YES WHEN I MEANT NO
24. CONVERSATION OR CONFLICT?
25. ARE YOU ENTITLED TO YOUR FEELINGS?
26. YOU CAN'T CHANGE WHAT HAPPENS BUT YOU CAN CHANGE THE WAY YOU RESPOND TO IT
27. WHEN SHOUTING IS THE MORE ATTRACTIVE OPTION
28. SHOULD YOU BE A GRACIOUS GUEST?
29. MY FIRST REAL PITY PARTY
30. HOW ELECTRICITY WORKS
31. THE POWER OF H2O
32. HAVING "CHUTZPAH"
33. IT'S TIME TO MOVE ON WHEN...
34. CARRYING AN UMBRELLA
35. WHY SPEND YOUR LIFE FOCUSING ON WHAT YOU CAN'T HAVE?
36. IT'S ABOUT DISCIPLINE
37. ONE OF THE REASONS I HAVE A COACH
38. JUST BECAUSE YOU CAN DOESN'T MEAN YOU SHOULD
39. USING YOUR NATURAL TALENTS
40. WHO IS RESPONSIBLE FOR YOUR HEALTH AND HAPPINESS?
41. CHOOSE TO LIVE ABOVE THE LINE
42. WHEN ENTHUSIASM DIES
43. E IS FOR EMPOWER
44. THE GREATEST GIFT TO YOURSELF
45. OUR DEEPEST REGRETS
46. LIVING LIFE WITH STRESSSSSS
47. HUG YOURSELF FROM THE INSIDE
48. IT'S THE THOUGHT THAT COUNTS
49. NOBODY TOLD ME TO TAKE A DAY OFF
50. WHAT MEDITATING MEANS
51. THE RELATIONSHIPS BETWEEN MEN AND WOMEN
52. MEN READING THIS BOOK
53. WHAT MEN SHOULD KNOW ABOUT WOMEN
54. I DON'T THINK SO
55. REWARD YOURSELF
56. SAVING THE WORLD
57. LIFE IS A SERIES OF TRADE-OFFS
58. LIVING A LIFE OF FEAR
59. LETTING GO
60. THE VALUE OF TIME
61. LET YOURSELF SHINE
62. THE YIN AND YANG OF IT
63. THIS TOO SHALL PASS
64. PERSISTENCE AND PATIENCE
65. FINDING THE COURAGE TO STUDY AT THE AGE OF 42

66. DEFRAG YOURSELF
  67. BEING A GOOD FRIEND
  68. WHY I WEAR 'PINK'
  69. TECHNIQUE IS EVERYTHING (PARDON THE PUN)
  70. HOW YOU FEEL WHEN YOU MAKE SOMEONE ELSE FEEL GOOD ABOUT THEMSELVES
  71. DO QUICK FIXES WORK?
  72. TWO MISCARRIAGES LATER
  73. DON'T KISS ME I'LL CATCH YOUR GERMS
  74. DEAL WITH THE CAUSE AND NOT THE SYMPTOMS
  75. WHAT DO ANIMALS NATURALLY DO WHEN THEY DON'T FEEL WELL?
  76. OUR FIRST AND LAST DEFENCE AGAINST DISEASE
  77. IT'S ALL A STATE OF MIND
  78. WHEN I GOT MERCURY POISONING
  79. BEING GOOD OR BAD
  80. BREAKING 'BAD' HABITS
  81. WONDERING WHY YOU FEEL BLOATED?
  82. YOUR BODY ONLY REMEMBERS IT'S LAST MEAL
  83. FEELING CONSTIPATED?
  84. FOOD HANGOVERS
  85. DON'T BE SCARED OF FOOD
  86. COTTAGE CHEESE AND CRACKERS IS NOT A MEAL
  87. MUM, I'M HUNGRY
  88. VARIETY IS THE SPICE OF LIFE
  89. YOU ARE NOT GETTING UP UNTIL YOU FINISH WHAT IS ON YOUR PLATE
  90. IT'S YOUR CHOICE
  91. THE SIMPLE FACTS OF WEIGHT LOSS AND WEIGHT GAIN
  92. EATING ON THE RUN
  93. SOME QUICK FIRST STEPS
  94. HATE TO EXERCISE?
  95. I HATE CELERY
  96. WHY YOU THINK BUILDING MUSCLES CAN LATER TURN TO FAT
  97. IS ONE LEG SHORTER THAN THE OTHER?
  98. IF THE BUTT AIN'T CONNECTED THEN THE BACK AIN'T PROTECTED
  99. THE GENIUS OF OUR DESIGN
  100. BREATHE 'OUT'... FOR HEALTH, FOR ENERGY, FOR LIFE
  101. PACKING UP THE PAST
  102. FINDING 'YOU' AGAIN
  103. LIVING A BALANCED LIFE
- LAST THOUGHTS

### 3. Why I chose health

The trade off of being sick and tired wasn't worth it anymore!

At some stage in one's life, something causes you to become more aware of your health and there are different reasons for different people. People often ask me how I can be so disciplined with the way I eat and live as if it were something I do against my will. I always say when you have been as sick and as unhealthy as I have you realise the value of your health and you will do whatever it takes to feel well again. If it means making some adjustments to lifestyle – It's a pretty reasonable trade off.

A lady I know who was diagnosed with breast cancer had both breasts removed and a full reconstruction done, once said to me "Erit we never learn from other people's experiences only our own." *Wow, was that a*

*truth!* I thought. Others can only ever provide inspiration and insight. There is nothing I could say or do that could motivate another person on an ongoing basis to make permanent changes. When I was an 'overeater' you could have sat there and said "if you take another bite of that cake your leg will fall off!" I didn't care and I couldn't rationalise. It seemed removed from me. It's the same for smokers, drinkers and anyone who suffers with addiction.

The truth is, you have to be ready through your own experience to be prepared to make different choices and know what that trigger is. Only you know. The question you have to ask yourself though is what has to happen before you make that choice. I choose health because I have been so sick and I never want to feel like that again. I choose health because I enjoy living in a healthy body. I am

more afraid of ill health than I am of making the commitment to understanding what the better choices are for my body and me. It was hard for me to be sick and tired. Now, I get to live in a healthy body with an abundance of energy and peace of mind knowing that while there are no guarantees in life, I certainly keep the odds in my favour. What is important to remember is that the past twenty five years has been a journey of progressive changes and I am still travelling. I did not become like this overnight. Making the choice to become healthy is about creating balance in all areas of your life. It shouldn't fill you with anxiety, but rather with hope and enthusiasm. Every goal needs to be specific, meaningful, achievable, realistic and time bound.

Awareness must come first, then desire, information next, and finally alignment. Only then can authentic transformation occur.

7.

## Keeping the odds in your favour

We all want to feel and look good. Promoting healthful living practices is the most likely path to helping us achieve that. Life is about making choices. Look at the choices you make today to get a glimpse into your future health.

Out of your 100% of choice and time, ratios count. I spent many years of my life making poor choices 75% of the time and only 25% of the time making beneficial choices. What do you think my life looked and felt like? I used to shove doughnuts into my mouth so quickly that I thought my body would not notice, I used to put myself into environments and relationships that were negative and toxic. One cannot escape the laws of nature no matter how we try to justify, rationalise or deny. Eventually my body, my mind and my soul paid the price. Simply, choices are

beneficial, neutral or detrimental. That means that if you continue to make more choices that are detrimental over those that are beneficial, there will be a negative impact to your life and health. The laws of nature will catch up. There are realities of what we can control in our lives. Healthful living is about making beneficial choices with the things we can control so that the things we can't are outweighed or neutralised. It's my 25/75 rule.

If 75% of the time your choices are beneficial and accepting the reality that 25% of the time 'life happens', you will keep the odds in your favour for enjoying healthful and vibrant living. The 'life happens' portion lets you off the hook and keeps a healthy balance and perspective in the pursuit of perfection. There is no perfect. Perfect is 100%. We are

humans not machines. Our emotions and our lives change constantly, and so we get to choose how we make up the 100%.

However if those ratios are reversed and 75% of your choices are non-beneficial, the odds will no longer be in your favour and the laws of nature can take a negative hold. Healthful living is about putting your body in an environment that is conducive to healing and rejuvenation rather than one of deterioration and degeneration. It is about keeping the odds in your favour. It is your body, your life and your health. You can choose! It is your choice.

*“Healthful living cannot be achieved by wishful thinking nor outright purchaser”*

JOSEPH PILATES

*Filled with despair, I spent six months on the couch watching videos and eating myself into oblivion. This became the first manifestation of using food as an emotional crutch.*



## 29. My first real pity party

I had broken up with my first real boyfriend, I was eighteen years old and we had been going out for two years. He was a professional tennis player. Unbeknown to me, a family member had met with him and told him that he should break up with me if he cared about me at all. Are you horrified that someone would interfere in my life that way? More information might help. This family member saw me go from an independent, ambitious, self-directing person to being consumed with

his life, his career and his needs over mine. He stood in front of me one day and said "you are the best thing that ever happened to me, I love you...goodbye!" Huh? I spent two years trying to make sense of that and it sent me into a downward spiral. He completely broke my heart and I felt confused, lost and rejected. Filled with despair, I spent six months on the couch watching videos and eating myself into oblivion. This became the first manifestation of using food as an emotional crutch. After six

months, I had gained 15kg in weight and the hole in my soul was still there.

The funny thing about pity parties is that no one else wants to join you and it's a very lonely, self sacrificing, wasteful place. I still have pity parties every now and then but I am aware that I am having them. I reflect on or why I got there and eventually have no choice but to get on with it and get over it. (I have a friend who calls it 'babagoi' – build a bridge and get over it!)

14.

## Taking care of yourself is not being selfish

Somewhere along the line, probably as a child, we made our self a priority, and for that, we were scolded for being selfish and reminded that selfish was not acceptable. I was mortified whenever I was told that I was being selfish. Being selfish is about having a self-interest at the expense of others. I cared so much about not being selfish that I become selfless. Selfless is about being self-sacrificing and about being a martyr and a rescuer, suffering for the cause and being a victim. If you feel like this long enough, you become resentful, angry, and deprived. Since your feelings are reflected in your behaviour, you won't be coming across as such a 'happy chappie'. Those that you love and care about will get the worst of you. That is selfish.

How do you continue to believe that living outside yourself, feeling obliged to be selfless and guilty for wanting to take care of

yourself is beneficial? How did this become an acceptable habit, way of life and worse a social norm?

Permission to be myself felt like it had been withdrawn. Life then became about protecting myself from the negative judgements of others. Consumed with these judgements I created a false persona because it's the only way I felt accepted. In my case, I withdrew from anyone if I felt like I was being judged. Over time, the 'gap' between who I truly was and who I became widened. Growing up, we may have been guided and directed toward a whole set of beliefs and values that were not necessarily our own. We adopt these beliefs and behaviour in order to feel a sense of belonging, validation and support. Our thoughts and the way we make and maintain our relationships are then governed this way. Consciously we are unaware of this 'gap'

but a constant intuitive discontentment is felt. Wanting this discontent to go away, we seek relief in things that bring about instant gratification, things that give us the 'quick fix' of pleasure and joy. We begin to self medicate with shopping, food, drugs, alcohol, relationships and so on. Unfortunately, instant gratification is not long lasting and what had previously given us a fix, now needs a bigger hit. It never really seems to hit the spot or fill the emptiness, though.

I learnt that who I really was, was a lot nicer than who I was not. Don't get lost in who you are not. Free yourself up, surrender to who you truly are, become yourself again.

*“An old belief is like an old shoe. We so value its comfort that we fail to notice the hole in it.”*

ROBERT BRAULT



### 34. Carrying an umbrella

Do you carry an umbrella in case it rains or would you prefer to make a plan or get wet if it does rain? What would you rather trade, the

inconvenience of carrying an umbrella if you didn't need it or the convenience of having carried it if you did? Mmmmmmm... insight

rather than hindsight. Become aware of your preferences.

### 35. Why spend your life focusing on what you can't have?

I went to a dietician a long time ago who said to me "it makes no sense to me to spend our time together working out what is bad for you and what you can't have. Let's rather sit here

and discuss what is good for you and what you can have and that way you won't even think about what you are not having."

This was so profound for me that I adopted this approach in everything I do.

43.

## E is for Empower

e	<b>esteem:</b> I am deserving, I am enough
m	<b>meaning:</b> I understand my purpose and what drives me
p	<b>possibilities:</b> I believe I can grow and achieve success
o	<b>optimism:</b> I have hope, faith and trust!
w	<b>willingness:</b> I want to...rather than I must or have to
e	<b>explore:</b> I respectfully challenge assumptions and beliefs about the way things are
r	<b>reconnect:</b> I remember who I am and what I want

## What men should know about women *(in mine and some others' opinion)*

1. She doesn't always know what she wants but she always knows what she doesn't want
2. She is strong, she is capable beyond all expectation but she is still a woman
3. Security and support are the things she cherishes the most
4. If you say you will do it then do it, otherwise tell her when or she'll think 'now'
5. She will get over the truth but you'll torment her if you bullshit
6. Be kind when you tell her the truth
7. Never ever assume
8. Flowers may work but looking her in the eye every now and again and saying "I know how much you have to cope with, I really appreciate everything you do, thank you" will work better
9. Just say "Sorry honey, you are right"
10. You can open the door, she won't be offended
11. You hurt her a lot more by doing nothing rather than doing something and getting it wrong
12. Make time to do mindful activities together rather than mindless ones on your own
13. Every now and again perform some random act of kindness that you know she will appreciate
14. Don't be afraid of her emotions, embrace them. They are a window to her heart and soul
15. Put your arms around her and sincerely say, "I couldn't do it without you, I am so glad I've got you by my side". (This one might get you nights out with the boys)
16. She doesn't want you to fix it – just listen and support her in our own solution and say something like "I know you can deal with this but is there anything I can do to help you?"
17. If she is screaming and shouting, she is frustrated, don't tell her to be quiet, acknowledge her frustration
18. Let her know you hear her, see her and that what she says matters
19. If she is withdrawn and quiet, she may be feeling insecure, do something that will help make her feel safe again
20. Tell her how special she is to you and that you will stand beside her and defend her no matter what
21. My father always told me when I asked him if I look fat "you can't look fat if you aren't fat" – good answer, but ladies... If you think you look or feel fat there is nothing anyone else can say to make you feel better so don't ask!
22. Above all, she actually does expect you to be a mind reader but if all else fails ask her.

## Your body only remembers it's last meal

So, you've eaten whatever you were craving, and now you feel guilty and 'bad' and think *stuff it, I may as well keep going*. You do this because you really think you have stuffed it up but more importantly, you no longer have control of the body's chemistry so you literally can't help yourself, even though you think you can. At this point, you may as well let yourself off the hook because you can't control it. All is not lost because if you know what to do, you can correct it. You really can correct the body's metabolism within 2–3 hours of your last meal. Your body only remembers and responds to what you ate last.

At any point, even if you have made a lousy choice, you can get back on track with the next meal by making a wiser choice. Literally if you eat a protein based meal after you have eaten a high sugar or carbohydrate meal your body will correct the blood sugars and metabolism. So rather than sending yourself on this roller coaster of emotions which becomes a train smash waiting to happen, you can correct it straight away by eating protein. Your body will ask for more sugar, but you are in control and you can choose to eat the protein.

I always said to my son when he said he was hungry, "Eat chicken and you can have

junk after, if you still want it". The body's chemistry changes when you eat protein and is fundamentally different to what happens when you eat sugar.

There was once a clinical trial on people who were fed high sugar over a short period of time while hooked up to a computer to read their body's response. The result was 'chemical chaos'. Another test group were fed pure lard and all their body's chemicals and functions remained stable.