



Kurvaceous

Body Confidence

April, 2009

Kurvaceous News

Dear Kurvaceous Friends,

I hope everyone had a safe and happy Easter break!

Does everyone else feel like this year is flying by?! Between personal training, nutrition clients, managing a health clinic and planning my wedding I don't have a spare minute to scratch myself but am loving life and I hope everyone else is too!

I love reading your emails and hearing your success stories so keep on sending them through!

Updates on Kurvaceous:

- New Styles coming to the exercise range soon
- Shirataki Low Carb Noodles back in stock
- Bulk Orders now available for cookies & protein bars

I have had requests to do party-plan style evenings to buy/order the active wear. If you are in the Sydney Region and would like to host a Kurvaceous Active Wear Night please email me at: admin@kurvaceous.com for details.

Your Friend in Health,
Kate :-)

Health News - An Apple A Day...

For Years I have been taking apple cider vinegar as part of my overall health routine.

This month I would like to share with you the numerous benefits of adding it to your diet!

- Helps promote a youthful skin and vibrant healthy body
- Helps remove artery plaque and body toxing
- Helps fight germs, viruses, bacteria and mold naturally
- Helps regulate calcium metabolism
- Helps keep blood the right consistency
- Helps regulated women's menstruation, relieves PMS and UTI
- Helps normalise urine PH, relieving frequent urge to urinate
- Helps digestion, assimilation and balances the pH
- Helps relieve sore throats, laringitis and cleans out throat and gum toxins
- Helps detox the body so sinus, asthma and flu sufferers can breathe easier and more normally
- Helps banish acne, athlete's foot, soothes burns, sunburns
- Helps prevent itching scalp, baldness, dry hair and banishes dandruff
- Helps fight arthritis and removes crystals and toxins from joint tissues, organs and

Quote of the Month

"Live realistically, give generously, adapt willingly, trust fearlessly & rejoice daily!"

Exercise of the Month

Dumbbell Squat



1. Start by holding a dumbbell in each hand between your legs. If you are a beginner you may choose to just hold one dumbbell with two hands.
2. Your feet should be wider than shoulder width and your toes pointed slightly outward.
(Remember to always keep knees tracking over toes)
3. Proceed to squat down until the dumbbells almost touch the floor.
4. Your hips should drop back and down while your knees stay directly above your feet.
5. Repeat for 20 repetitions and repeat 3 times.

Recipe of the Month

Shirataki Noodle Crustless Quiche

Ingredients

7 Eggs

1 Packet of Shirataki Noodles

4 -5Tbsp chopped onion

100g light mozzarella cheese

entire body
- Helps control and normalize body weight

It is important you use an unfiltered- raw organic apple cider vinegar to reap all these amazing health benefits. I recommend the "Bragg" brand which you can pick up at any good health store.

There are many ways you can take it but I find the easiest way is just to put 2 tsp in my water and sip it throughout the day or use it in my salad dressing.



Nutrition News

**Eaten too many eggs
over Easter? Never fear!**

**LOW CARB-NO FAT
NOODLES are
BACK IN STOCK!!!**



Use:

- In soups
- To replace pasta
- Cut up as rice
- Add fibre to omelets
- In salads

**For more information visit:
www.kurvaceous.com**

I know I am always raving on about my shirataki noodles but they truly are a saviour! If you haven't tried them you don't know what you are missing out on. They have become so hard to source these days that I drove 2.5 hours to pick up the last batch.

They are great to use on nights when you feel like having carbs but don't really need them. I have them in place of rice, spaghetti, to add fibre to soups, in quiches, to make riceless puddings and so on. (see recipe right for a tasty idea!)

For those who have never heard of them let me give you a brief rundown.

5 mushrooms

5 rashers of rindless super lean bacon

2 tsp garlic salt

1 tsp Kurvaceous Virgin coconut oil

Preheat oven 220 degrees.

Directions

Dice bacon, onion & mushrooms and fry in coconut oil

Drain shirataki noodles then cut into tiny pieces (so that it resembles rice)

Beat Eggs and add bacon, mushrooms, onions and shirataki noodles.

Add lite mozzarella cheese & 2 ts garlic salt.

Mix well and pour into lightly greased pirex bowl.

Cook in 200 degree oven for approx 30min or until knife comes out 'clean'



I usually freeze, 100g size portions to take for snacks or team up with salad for lunches!

Shirataki (shee-rah-TAH-kee) noodles are thin, low carb, chewy, and translucent traditional Japanese noodles. They are also sometimes called konnyaku noodles.

Shirataki noodles:

- are naturally water soluble fiber with no fat, sugar, starch, or protein.
- contain very few net carbohydrates and only calories per serve
- are wheat and gluten free.
- are translucent and gelatinous, with no flavor of their own - they easily absorb the dominant flavors of any soup or dish.

For more information [Click Here](#)

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