



Kurvaceous

Body Confidence

5th September 2008

Kurvaceous News

Dear Kate,

Welcome to the new look Kurvaceous Newsletter, I hope you enjoy it!

Each week I will bring you the latest tips, tricks and news of the health and fitness industry as well as all things Kurvaceous! You will notice there are some new things on the site and I look forward to adding much more in the coming months:

- Recipe Section. I plan to build this up over time but if you have a favourite healthy recipe I would love you to email it to me so we can share our favourite recipes with other Kurvaceous friends!

- Testimonials Section. All the great feedback and lovely comments I have received from clients. Likewise if you have any feedback you would like to add, I am always appreciative so please feel free to drop me a line.

- Personal Training & Group Classes. While this is currently limited to people in the Sydney region I am excited to be back teaching again and fingers crossed if I can get an investor on board I will be bringing out a range of exercise DVD's so I can teach you right in the comfort of your own home!

I hope everyone is well and having a great year. As always your support is so appreciated and I wish everyone health and happiness.

Until the next newsletter, take care

x's
Kate

Health News

Beware of the BBQ!! What am I crazy? What Aussie doesn't love a good old fashioned snag or steak on the BBQ? Especially with the weather warming up it is the prime season for a Sunday BBQ with friends and family.

Well according to scientists from the National Institutes of Health barbequing meats produces compounds called heterocyclic amines (HCAs) that increase the risk of cancer. The smoke that flares back on the meat when the fat hits the coal produce other cancer-causing substances called polycyclic aromatic hydrocarbons. Marinating meats decreases the HCA production by as much as 92 to 99 percent. So before you let loose on 'throwing another shrimp on the barbie' you may want to consider marinating your meat as a precaution and like everything....everything in moderation!

Quote of the Week

'The best vitamin to be a happy person is B1' Author Unknown

Exercise of the Week

Lateral Side Squat



1. Stand with your feet shoulder width apart.
2. Start by stepping to the right with your right foot and proceed into a squat.
3. Return to the standing position with your feet shoulder width apart.
4. Now step to your left with your left foot and proceed into a squat.
5. Return to the starting position and repeat.

Recipe of the Week

Green Bean Asian Salad

450g Organic Green Beans
1 tablespoon finely chopped fresh ginger
1 medium finely chopped red onion

Dressing:

4 teaspoons dry mustard powder
1 tablespoon water (chilled)
2 tablespoons low-sodium soy sauce
3 tablespoons apple cider vinegar
2 teaspoons Xylitol
2 teaspoons sesame oil

Instructions:

1. Trim and cut the green beans then blanch in boiling water for approx 5

precaution and like everything....everything in moderation!



Source: DeKalb Medical; press release May 12 2008

Nutrition News

There has been much debate of late as to whether to eat your veggies raw or cooked. The trend has been to eat them raw with the theory that cooking zaps the vitamins and minerals from these foods. You'll be surprised to hear that cooked veggies are often superior to the raw variety. Cooked carrots and tomatoes for example, are higher in beta-carotene and lycopene (substances that protect against dangerous free radicals) Free radicals occur naturally during metabolism and are responsible for breaking down membranes, attacking cell genes which promotes illness and aging. Antioxidants in fruit and veggies combat this effect. So raw, frozen, fresh, cooked or canned make sure to keep those fruit and veg on the diet plan!

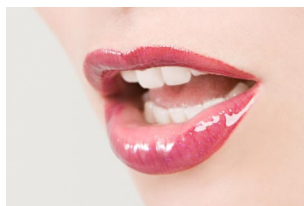


Source: The New York Times, May 8 2008

Beauty News

Put your hand up if you wear lip gloss? I know I do, the shiner the better. It adds that extra glam factor to make your lips look that little more attractive. Well according to Dr Christine Brown, a dermatologist at Baylor University Medical centre in Dallas, the only thing you are attracting are ultraviolet rays! These shine-inducing treatments only attract the sun's rays to lips, which are more susceptible to aging than our skin.

But before you throw out your Sally Hansen Super Plump take note, if you apply a 30+ sun protection underneath you can safeguard yourself against the damaging effects of the sun and wear your gloss till your hearts content!



Source: Yahoo News 2008

minutes.

2. Drain beans, immerse in cold water, then drain well.
3. Mix the dressing ingredients in a small bowl with a whisk until well blended.
4. Toss the green beans with the ginger, red onion and dressing. Serve immediately.



Product of the Week

Well Naturally Low Sugar Frogs

Who loves Freddo Frogs? 'Well Naturally' have just brought out a low sugar chocolate frog so now we can enjoy a low sugar version of our favourite choccie!

These tasty lil morsels are individually wrapped which is great for portion control. I find them super sweet so even half is enough to really satisfy your sweet tooth.

Ingredients: Cocoa mass, cocoa butter, polydextrose 20%(soluble dietafibre, erythritol, 20%, full cream milk powder, milk protein concentrate, hazelnut, butteroil, emulsifier (soy lecithin), vanilla flavour, sweetner (sucralose), cocoa solids39%, milk solids19%

Nutrition: Per 15g
Energy 267kj
Protein 1.7g
Fat 5.4g
Carbohydrates 1.2g
Sugars 0.7g
Dietary Fibre 3.7g
Sodium 17mg



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