



Kurvaceous

Body Confidence

12th September 2008

Kurvaceous News

Dear Kate,

I hope you have had a great week and managed to fit in some exercise now that the weather is warming up!

This week I wanted to mention that the Kurvaceous Active Wear is now back in production and that we have now changed over to the supplex material.

For those who are not familiar with supplex let me explain a little about it.

Supplex® is a moisture transmitting material with good comfort and pleasant cotton-like feel. Moisture transmission occurs because the material is woven in a special pattern with a unique synthetic fiber, which together cause moisture to be efficiently transmitted away from the body. The fiber in the garment hardly traps any moisture at all, which means that it dries quickly. The structure of the Supplex® makes it lighter and softer than other nylon fibers.

Each piece is hand made right here in Australia. Soon there will be the option to buy "as is" for immediate delivery or for a small additional fee you can create your own tailored piece, choosing your own colours, leg length and style. At the moment the tailored made prices have not gone up so if you want to grab yourself a bargain now is the time! :-)



Have a wonderful weekend everyone and if you have any questions or feedback I would love to hear from you!

x's
Kate

Health News

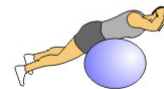
Here is a quick quiz for you to test your nutrient knowledge....
Match the vitamin with it's main benefits

Quote of the Week

"One of the great pleasures in life is achieving what others say you cannot do"

Exercise of the Week

Back Extensions on the Ball



- 1) Lie face down on stability ball with knees and feet on floor.
- 2) The positioning of the stability ball should roughly be at abdominal height to lower chest region.
- 3) With hands on chest, raise trunk 4-8 inches off ball.
- 4) Lower to start position.
- 5) To increase intensity, position ball down towards hips, feet wide with knees off floor. Hands may be placed behind head and overhead to further increase resistance. To increase stability, place feet against wall or stationary object.

Receipe of the Week

Shirataki Noodle Pudding

- 2 eggs
- 1/3 c [Xylitol](#)
- 1 tsp cinnamon
- pinch salt
- 1-1/2 cup low fat or skim milk
- 1 pkg [Konjac Shirataki Noodles](#)
- 1 tsp vanilla

1. Vitamin A
2. Vitamin B6 & B12
3. Vitamin C
4. Vitamin D
5. Vitamin E

- a. Promotes healthy skin and nerve function
- b. Promotes good eyesight
- c. Maintains connective tissue; aids iron absorption
- d. For cardiovascular health
- e. Strengthens bones and teeth

Answers: 1b,2a,3c,4e,5d



Answers: 1b,2a,3c,4e,5d
Source: Health Smart Magazine

Nutrition News

Look what's new on the supermarket shelves....AntiOx™ Chocolate! The great team at Well Naturally have bought out another fab product which can be found in the Naylor Health Food section of Woolworth's stores nationally.

One 80g block = 12 cups of green tea!

Goji Berries from Asia and Acai fruit from Brazil are highly valued in their country for their high antioxidant values. They have blended these two super fruits with delicious, sugar free chocolate which is also rich in antioxidants. When combined, one 80g block has a very high antioxidant value* equivalent to 12 cups of green tea!

- Unique, rich chocolate taste
- 70% Cocoa plus 'super fruit' pieces
- Sugar free chocolate
- No artificial colours, flavours or sweeteners
- Tooth friendly

It comes in 2 great flavours,

- Goji
- Acai

I have only tried the Acai which I thought was super yummy, quite rich too so you don't need much!



Instructions:

Preheat oven to 180 degrees.

1. Lightly Butter 6 x 180g Pyrex cups and place in a 9" X 12" pan.
Tip: If I am short on time I just use a light olive oil spray.

2. Bring the milk just to a boil.
Meanwhile boil the shirataki noodles in water for 5 minutes then drain well.

3. Cut into small pieces with scissors and put equal amounts inside each buttered Pyrex cup.

4. Whisk eggs, Xylitol, cinnamon, and salt together. Then add some of the hot milk to this egg mixture and whisk (try not to 'cook' the eggs, pour slowly and whisk briskly). Add egg mixture back into hot milk and add vanilla continuing to whisk.

5. Divide the liquid equally among the Pyrex cups. Next, pour hot water in the 9" X 12" pan around the cups to the halfway mark and then place in the oven. Bake for 15-20 minutes until they just set.

Dust with Xylitol -sweetened cinnamon and eat it hot or cold!



Fitness News

The vibration plate has been the latest piece of fitness equipment to hit the market but look out for what is next....the iGallop!! This slightly whacky looking machine promises a great body workout and is fun to ride. What's more the reviews on Amazon are surprisingly favourable! *"The OSIM iGallop is the revolutionary exerciser that can help you shape and tone your tummy, hips, seat and thighs. The secret is in its zero-impact, tri-axial riding action."*

- Three levels of speed and intensity.
- Engages muscle groups in your abs, back, hips, seat and legs.
- May help improve balance, coordination and posture.
- Creates a zero-impact, tri-axial riding action.
- Makes shaping and toning fun and automatic.

At \$599 I won't be rushing out to buy one just yet but if anyone has one I would love to hear the feedback on them. I wonder if it will take off and we start to see the iGallop in the gyms? Somehow I don't think so but it would be fun to saddle up to get rid of the saddle bags!!



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