



Kurvaceous

Body Confidence

13th September 2008

Kurvaceous News

Dear Kate,

Yet another gorgeous weekend with warm, glorious weather...well if you were in Sydney that is! I hope you had a great weekend and are charged for another week ahead.

This week I am looking to bring in some new low carb goodies for that sweet little treat that wont go to waist. On offer will be some delicious cinnamon wafers, sugar free gummi bears and some sugar free pudding! hmm hmm hmm!

I am also working on implementing a fitness gallery on the site to show you various exercises and the correct way to do them!

Until next time have a great week and take care :-)

x's
Kate

Health News

With Spring here and summer just around the corner everyone I know is starting a Detox Diet and why not?! They are a great kickstart to a weight loss diet and aid your system in removing unwanted and harmful toxins accumulated from bad foods, electromagnetic pollution and chemicals that we come in contact with on a day to day basis.

A great compliment to a detox diet is detox foot baths. I am lucky enough to work in a health care clinic where I try to have at least 2 a week but home models are available for private use.

A Detox Foot Spa enables the bodies natural processes to start re balancing. This is achieved by realigning both positive and negative ions. Although our bodies detoxify naturally every day the problem is that most of us lead such busy lives that it makes it very difficult for our bodies to eliminate toxins completely. If these toxins cannot be removed they simply build up in our systems and our bodies cope less and less well and sometimes as a result we can become ill.

During our normal day to day activities, our bodies are exposed to harmful toxins which make it harder for the body to detox. Tobacco smoke, alcohol, food additives and pesticides, to heavy metals and industrial pollutants, our bodies absorb these toxins which prevent us from functioning at our best.

Quote of the Week

Dieting is not a piece of cake.
~Author Unknown

Exercise of the Week

Air Bike Crunches



1. Start by lying on your back with your hands behind your back and thighs bent 90 degrees at your hip.
2. Simultaneously curl your right shoulder and left knee up towards the center of your body until your elbow and knee touch. Return to the starting position and repeat with the other side.
3. Continuously repeat this pattern for the 20 repetitions x 2 sets

Receipe of the Week

Low Carb High Protein Shortbread

1 cup of butter

2 cups almond meal

1/2 cup [xylitol](#)

1 egg

1/2 t salt

1/4 t baking powder

1.5 cup vanilla whey powder

1 Tbsp cinnamon

Preheat oven 190 degrees. Beat butter til fluffy. Add xylitol, beating well, then egg,



Source: VIATEK Ionic Energizer Foot Spa

Nutrition News

I thought I would share with everyone one of my quick breakfast treats.

1 x Yoplait Le Rice + 1 x scoop of protein powder = power packed breakfast!

I believe breakfast is one of if not THE most important meal of the day. Yet far too many of my clients tend to skip it or have a high sugar cereal and a coffee.

I can totally understand what it is like to be rushing out the door and have very little time but this great little combination is super quick, nutritious and really sets you up for the day.

Le Rice is a delicious and creamy breakfast or snack alternative.

The entire Yoplait le rice range:

- Is 97% fat free (great tasting without the guilt)
- Contains no artificial colours, flavours or preservatives
- Is gluten free, a source of calcium & low GI (glycemic index)
- Available in 8 delicious flavours
- Is so versatile it can be heated & eaten hot

By adding the extra scoop of protein powder balances out the carb to protein ratio and will keep you energised for hours. My favourite is the apple and cinnamon but the new chocolate flavour is to die for! Enjoy :-)



Fitness News

Many of my clients ask me when is the best time of the day to exercise? My answer....any time! The hardest part of exercise for many people is making it a habit. So initially I would suggest choosing a time of day that you can commit to without being distracted. Let's face it. Life is busy. Just as you would commit to a work meeting or meeting a friend for a coffee you have to make exercise an integrated part of your life.

Plan your week of exercise. Make a back up plan of alternative ways you can fit a workout in should things not go to plan. It is all

and beat. Add salt, baking powder, cinnamon and half almond meal. Beat well, add remaining almond meal, and beat. Add whey powder and mix well. (Should have soft, sticky dough). Line a cookie sheet (11 1/2 x 15 1/2) with parchment and turn dough onto parchment. Use spatula and smooth dough into even layer, about 1/4" thick. Bake 25-30 min until golden



too easy to say oh but I had to stay back late for work, or it was raining, or I was too tired. 9 times out of 10 you will feel so much better for having exercised. Even if it is just a quick 1/2hr workout make the commitment to train at least 3-4 times a week for a better body, mind, heart and soul!

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