



Kurvaceous

Body Confidence

28th September 2008

Kurvaceous News

Dear Kate,

Well I have started it!....for years now I have been wanting to write a book on diet and fitness but time has never permitted. I finally Sat down and wrote the first chapter which is very exciting.

The book covers my diet & exercise plan which I personally follow and which has helped so many of my clients lose weight and keep it off! I shouldn't say it is a diet as it is not but rather a way of life. I dare say it will be a long time before it will be published but still they say the hardest part of any long journey is the first step!

If anyone is interested in following the plan and being one of my case studies for the book drop me a line and I can give you the details on what would be required.

I hope everyone is well and looking forward to the upcoming longggggg weekend! :-)

x's
Kate

Health News

This week I have come across many articles, newspaper stories and even friends have sent me emails with the ever growing concern over the health issues associated with plastic containers.

A chemical compound in plastic products may be hazardous to human health. A growing body of scientific evidence suggests that the chemical, known as Bisphenol A, is linked to an increased risk for metabolic disorders, cellular abnormalities and heart disease.

Although plastics may appear to be sturdy, scientists have known for many years that the chemical linkage between individual BPA molecules are unstable. This chemical instability is what allows BPA to leach into food and beverages that come in contact with the plastics.

Dr Johns Hopkins has recently sent this out in his newsletters. This information is being circulated at Walter Reed Army Medical Center as well. Dioxin chemicals causes cancer, especially breast cancer.

"Dioxins are highly poisonous to the cells of our bodies. Don't freeze your plastic bottles with water in them as this releases dioxins from the plastic. Recently, Dr. Edward Fujimoto, Wellness Program Manager at Castle Hospital was on a TV program to explain this health hazard.

Quote of the Week

Every accomplishment starts with the decision to try!

Exercise of the Week

Downward Facing Dog



1. Place the feet hip width apart and toes facing forward. Place the hands shoulder width apart and spread the fingers. Keep the tailbone lifted towards the sky and gently push down through the heels. Open the upper back by rotating the shoulder blades away from one another.
2. Keep the shoulders away from the ears and press down firmly through all fingers and thumbs. Spread the fingers push down through index and thumbs. Place more weight onto the feet than the hands.
3. Pull the navel towards the spine and lift the pelvic floor muscles. Drop the ribcage down towards the spine. Lift the kneecaps up and contract the quadricep muscles.
4. Maintain in this pose for 5 to 10 deep breaths.

Receipe of the Week

Mountain Wrap Gourmet Pizza

2 Oat Moutain Wraps

2 Tbsp BBQ sauce

He talked about dioxins and how bad they are for us. He said that we should not be heating our food in the microwave using plastic containers. This especially applies to foods that contain fat. He said that the combination of fat, high heat, and plastics releases dioxin into the food and ultimately into the cells of the body.

Instead, he recommends using glass, such as CorningWare, Pyrex or ceramic containers for heating food. You get the same results, only without the dioxin. So such things as TV dinners, instant ramen and soups, etc., should be removed from the container and heated in something else. Paper isn't bad but you don't know what is in the paper. It's just safer to use tempered glass, Corning Ware, etc. He reminded us that a while ago some of the fast food restaurants moved away from the foam containers to paper. The dioxin problem is one of the reasons.

Also, he pointed out that plastic wrap, such as Saran, is just as dangerous when placed over foods to be cooked in the microwave. As the food is nuked, the high heat causes poisonous toxins to actually melt out of the plastic wrap and drip into the food. Cover food with a paper towel instead."

Is it all hype and media exaggeration? Maybe, maybe not, who knows for sure? but I would rather be safe than sorry. I wanted to share that information with everyone as, like I said above so much information came my way this week about that topic as I took it as a sign to spread the word...plastic ain't that fantastic!



Nutrition News

I was at a friend's birthday on the weekend and was asked to settle a friendly argument over whether electrolyte replacement was necessary when exercising.

The answer is not clear cut, there are many variables that would determine if your body required an electrolyte replacement drink. How hard were you training, for how long, in what weather conditions and so on?

I personally find using one certainly helps with my recovery and hydration levels post workout. I would however steer away from the sugar laden varieties on the market which are sure to zap your energy as quickly as you drink it!

But let's get real, if you are only exercising for 20 minutes and not even breaking a sweat then it is probably an added expense and not really required, good old H2O should do the trick!

However if you are a serious athlete or training in hot, humid conditions then by all means invest in a high quality hydration drink.

I personally recommend Nuun (pronounced Noon) as it is portable, has no sugar and none of the nasty additives in some of the commercially available so called 'sports drinks'

For more information check out their website: www.nuun.com

2 Tbsp chopped onion

200g shredded lean turkey meat or chicken breast

50-100g light mozzarella cheese

Sprinkling of light Feta crumbles

Preheat oven 190 degrees.

Spread BBQ sauce over the 2 wraps.

Sprinkle, onion and turkey over the base wrap.

Then add the feta crumbles and mozzarella cheese.

Bake in the oven for 15 mins or till cheese has melted and voila! A super quick, low GI meal in minutes.

You can make double the qty and have freeze for great protein snacks during the week.

Tip: Add some baby spinach for added fibre, iron and nutrients!





Fitness News

Check out these new shoes which have hit the market running (excuse the pun)....The latest fitness craze is....Fit Flops!

According to the marketing material:

"Every step you take in the Fit Flop helps tone and trim your legs. The Fit Flop's uniquely built multi-density midsole activates muscles midstep to help tone your thighs, your calves and your glutes. In fact, Fit Flops are biomechanically engineered to absorb shock, lessen joint strain, and recreate the gait of barefoot walking - but with a powerful new built-in micro-wobbleboard workout-enhancing effect."



** As seen on Oprah!**

Ranging in price from \$90-\$150 they are available from various online stores but I suggest www.bstore.com.au as they have some great specials....I picked up a pair for \$80.00. !I'll let you know how they go!

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