

# 7 WEEKS to a healthier you!



New to health and fitness?

Use this healthy eating guide to get started adopting a new healthy habit each week. By the end of seven weeks, you'll feel more energized and ready to embark on the next step on your fitness journey.

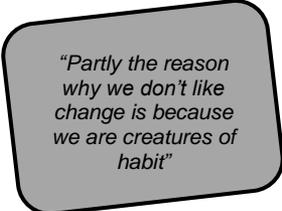
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# Hiscoes 7-Week Healthy Eating Guide

One of the most stressful things in life is change. Partly the reason why we don't like change is because we are creatures of habit. Some habits are good for your health, others bad. It takes thirty days to make a habit, and conversely thirty days to break one. It is worthwhile to cultivate habits that are good for your health. This 7-week program will help you attain the healthy habits you need to achieve your goals.

## Are you willing to take the Healthy Habit Challenge?

The challenge is this. For each of the seven weeks you choose new healthy habit. Your commitment is to practice that habit every day for thirty days. By the end of one month, you will have one healthy habit under your belt, and well on the way to three more. If you already do something on the list, give yourself a gold star and choose another habit instead. By the end of a month, if you feel your wellbeing is enhanced by the habit, you might like to continue. Otherwise give it the flick.



*"Partly the reason why we don't like change is because we are creatures of habit"*

How easy you will find adopting healthy habits will depend on your starting state of health and lifestyle. It will take stronger motivation if you smoke heavily, don't exercise and consider chips an excellent source of vegetables and fibre.

You will notice the habits are mainly habit-makers rather than habit-breakers, a list of *do this* rather than *don't do that*. We feel this is a gentler and more positive way to begin or add to your health lifestyle.

## Getting Started

First, determine the audience of the booklet. This could be anyone who might benefit from the products or services it contains. Next, establish how much time and money you can spend on your booklet. These factors will help determine the length of the booklet and how frequently you publish it. If your booklet is acting as a catalog of products or services, it's recommended that you publish at least quarterly so that your booklet is considered a consistent source of information. Your customers or employees will look forward to its arrival.

## WEEK ONE

### Drink water: 1.5 to 2 litres a day

Most of us are a little dehydrated. Obviously, not enough to be life-threatening, but dehydrated enough to have a negative influence on our well-being. Although some water comes to us in food, particularly wet foods such as fruit and vegetables, the best way to hydrate the body is to drink water. Making a conscious decision to increase water intake leads to improvements in all sorts of unexpected areas -



The brain is 93% water, about 2 litres of water is needed to fully hydrate the brain. The brain needs new water every 24 hours, and not just any water. Not water mixed with colours and flavours, not even water mixed with tomato or strawberry, just plain water. **And only directly from the stomach, through a specific osmotic precipitation across the blood brain barrier.**

The rest of the body is hydrated through the alimentary canal, mostly the small intestine, and can be hydrated by extracting water from wet foods and other liquids, but not the brain. There is one thing you can mix with the water, and still have it cross the blood brain barrier, and that is citrus; lemons and oranges.

And if you don't drink enough plain water (or water with a little citrus) EVERY day, your brain will need to recycle the water it **has through intercellular ratcheting of the blood capillaries i.e. they constrict.** This of course is called a headache!!

## WEEK TWO

### Eat Breakfast

We have all heard that breakfast is the most important meal of the day, literally breaking the fast. But few people take notice, often skipping breakfast or grabbing a coffee on the way to work. By eating a good breakfast, you will notice improved energy levels through out the day.

Some good breakfast options are:

- Boiled/ poached eggs on toast
- Raw muesli with 3 teaspoons of LSA\*
- Baked beans on toast
- Sardines on toast
- Tuna on toast
- If you find it to stomach real food first thing in the morning try this smoothie. Blend together some milk (soy or cow), an egg (raw....but don't worry you won't taste it), a banana, honey (optional) and any other fruit you desire e.g. berries and mango
- All the above can be eaten with fruit and yoghurt.

\*LSA is a blended mix of ground linseeds, sunflower seeds and almonds. It is an excellent source of omega 3 and 6 fatty acids, calcium and proteins. It is available as LSA from most health food stores.

### **Breakfast and Weight Loss**

When the body fasts, overnight or for several days, the metabolic rate drops. The metabolic rate is the rate at which we burn calories for energy. The faster our metabolic rate, the more calories we burn. Eating breakfast kick starts your metabolic engine. By adding some protein to breakfast (eggs, beans) this will ensure you will not feel hungry between meals. A breakfast that includes protein helps regulate your blood sugar levels throughout the day, so you do not crave sugar and your energy levels remain high.

## WEEK THREE

### Eat 5-6 small meals a day

One of the most common things dieters do is to skip meals. The only good thing this achieves is feeling virtuous, until we overeat at the next meal. Missing meals, or having long gaps between meals, means that our metabolic rate drops. The metabolic rate governs how fast we burn calories to give us energy. The faster we burn calories, the more weight we lose. Paradoxically, the more frequently we eat, the more calories we burn.

Our prehistoric ancestors most probably ate in this 'grazing' manner, eating roots, nuts, berries and the odd cockroach every couple of hours throughout the day. Even though we are more 'civilised' than our palaeolithic relatives, our digestive system has changed very little. It appears we are well adapted to eat small meals frequently. Aside from weight loss, this grazing style of eating ensures that blood sugar levels remain steady throughout the day, without the peaks and troughs associated with less frequent meals. Steady blood sugar levels, mean steady energy throughout the day.

**Eating every 2 –3 hours** is ideal. For most people this falls into the pattern of breakfast, morning tea, lunch, afternoon tea, dinner and perhaps supper. The kind of food is important, some carbohydrate and a little protein is recommended. You will find suggestions on the next page. The true benefit of this style of eating (apart from weight loss and increased energy levels) is that it forms the basis for a healthy life long eating-plan, not just a diet. On the next page find some eating suggestions for your healthy 5-6 meals a day.

Each person is different, so is their lifestyle. If you work long hours without a break, you might be able to chew a few nuts and seeds, or drink a cup of soup instead of sitting down to a more substantial meal. If possible reduce butter, margarine and mayo (even low fat). If you love salad dressing, add some olive oil and lemon juice or vinegar. Stir fry cook with cold pressed olive oil.

Eating small meals frequently takes some planning, plan meals for the week ahead on the weekend, so that you won't be caught short.

## 5-6 Small Meals

### Breakfast

- Boiled/ poached eggs on toast
- Raw muesli with 3 teaspoons of LSA\*
- Baked beans on toast
- Sardines on toast
- Tuna on toast
- Smoothie
- All the above can be eaten with fruit and yoghurt.

### Morning, afternoon tea or supper

- Small can of tuna and rice, crisp bread, bread roll and salad
- A handful of raw nuts and seeds (almonds, brazil nuts, walnuts, sunflower seeds)
- ½ or 1 sandwich ( see lunch suggestions)
- Humus (a chickpea spread) and crispbread.
- Ricotta or cottage cheese and crispbread
- Cold boiled egg and tomato
- Fruit, nuts, or a slice of low fat cheese
- Baked beans
- Vege soup (containing some beans or chicken, meat) and crispbread or breadroll
- Cup of low fat milk (soy or cow)

### Lunch or Dinner

- Sandwich(s) egg, chicken, lean meat, low fat cheese, humus, turkey, tuna, salmon and mixed salad
- Fish (baked, steamed, grilled, bbq), salad or vegetables, potatoes or rice or pasta.
- Chicken no skin as for fish
- Lean meat as for fish
- Stir fry vegetables and chicken, seafood or lean meat.
- Beans (lentils, kidney etc) and rice and veg or salad
- Vegetable soup and beans chicken or meat

## WEEK FOUR

### Include Protein

Let's talk about something you can eat that will boost your metabolic rate as well as being good for you (in fact essential for good energy levels!). It's protein.

### How can protein boost my metabolism?

Protein, along with carbohydrates and fat make up the macro nutrients of our diet. Fat is a highly nutritious, energy rich nutrient which is easily digested and easily stored. Carbohydrate, is about half as energy rich, so you can eat twice as much carb for your calorie as you can fat.

Protein is as energy rich as carbohydrate except it requires a longer digestive process than carbs or fat to be used as a fuel or stored as fat. So simply by eating protein, you raise the work level internally for your body, ie raise the metabolism.



Protein provides our physical structure. Pretty much all that you see in the mirror- hair, skin, nails - as well as muscle and even bone is predominantly protein. Just as protein creates most of our macro-structure so too is it vital for microstructures; the miniature nuts and bolts that keep us ticking over. All enzymes, neurotransmitters, blood proteins such as haemoglobin, antibodies and many hormones are made out of protein. No other nutrient will do, if there is no protein these macro and micro structures cannot be built. People whose diets are low in protein often suffer symptoms ranging from brittle hair and nails, poor immune function, delayed healing and muscle weakness.

Protein can also provide us with calories for energy, 4 calories per gram (the same as carbohydrate). However, as neither carbohydrate nor fat provide us with the structural building blocks that protein supplies, using protein for energy is a tad wasteful.

## How much is enough?

Unlike fat, protein **cannot** be stored in the body, so it is imperative that we eat enough protein each day to rebuild and repair muscles, enzymes, fingernails and eyelashes. If the body does not receive adequate protein from the diet every day, it will procure it somehow, usually by breaking down muscle tissue.

It is of no use to go on a protein binge one day a week, hoping that on average your protein intake is sufficient. The generally accepted recommendation for daily protein to keep us out of trouble is one gram per body kilogram. For instance a 60kg person requires 60g of protein a day. .

Some bodybuilders keen to be cut, chipped and sculpted eat protein by the bucket load (12 egg whites for breakfast), even though our body's capacity to build muscle is limited to our genetic potential. Excess protein will be used as calories or stored as fat and eventually will lead to problems with the liver and kidneys.

## The problem with excess protein

Protein, unlike carbohydrate and fat, contains nitrogen. We lose about 30g of nitrogen in the general house-cleaning and maintenance that goes on in the body everyday. The liver converts the nitrogen into ammonia and then urea, which the kidneys excrete via the urine. Normally, the body copes with this amount of waste nitrogen. The trouble starts when excess protein (more than double our requirements) is consumed (Remember, we cannot store excess protein). The ammonia and urea are toxic and can cause damage, especially to the kidneys.

## Are you getting enough?

Protein is an essential daily ingredient; not only as a fuel source but most specifically because it powers up the microstructures of the body and enables them to keep you feeling fully charged all day. One of the problems in getting people to eat enough protein is they simply don't know what foods contain protein.

## List of high protein/low fat foods

Animal-made protein more closely reflects the human requirements of essential amino acids, with eggs carrying the prize for most 'complete' protein. Plant proteins, not surprisingly, don't reflect the human range of amino acids, although soy beans come surprisingly close.

Beans, grains, nuts and seeds have the most in the plant world, while fruits and vegetables (except sprouts) tend to be a write off when it comes to protein. Beans lack the essential amino acid grains have in spades and vice versa.

The world's major cuisines, which happen to be predominantly vegetarian, have been combining plant foods in such a way as to take full advantage of complementary amino acids. For example the South Indian dish of Dhal + rice (or chappatis) is combining lentils (a legume) with rice (a grain). Or the Asian meal of tofu and rice is tofu, made from soybeans (a legume) with rice (a grain). (Soybeans have the highest protein of any legume) In Central America, red beans and tortillas are beans (a legume) with tortillas made from corn (a grain). In Lebanon, felafel rolls are felafel from chickpeas which are beans (a legume) and flat bread from wheat (a grain).

You can add substantially to protein levels by throwing in a few toasted sunflower seeds, sprouts, or sesame seeds which will add a few more essential amino acids. Of course if you add a small amount of animal protein to your vegetarian meal including some grated cheese, a dollop of natural yoghurt or even a small amount of meat, you will have no worries about getting sufficient protein.

*So your challenge is to eat some protein with every meal.*

## WEEK FIVE

# Chew Slowly and Properly

So far you have read about why we eat, when we should eat, what we should eat and now we are up to *how* we should eat. And that's slowly - **we need to chew, and chew slowly.**

## Speed eating

Chewing sends a message to the brain that dinner is about to be served. The brain then transmits this information to the organs of digestion. If we don't chew sufficiently, the digestive juices (from the stomach, liver, pancreas) don't flow and digestion is severely compromised.

Big pieces of food are going to travel down the digestive tract and end up in the lower bowel, where they become food for bacteria, producing gas. If you suffer bloating and flatulence the first thing you need to do is chew.

## Chewing and weight loss

Have you ever been really, really hungry and sat down to an enormous plate of food, only to find that within a few mouthfuls you are not as hungry as you thought?

This is because within the first few seconds of chewing, messages are sent to the brain that food is on the way and it can switch off the hunger pains. This is an evolutionary skill we have adapted. From the time food enters our mouth, to when it is absorbed into the bloodstream, it can take a couple of hours. If we were to keep eating until this time we would have no room for anything else in life. The point is that chewing your food slowly gives your brain time to register that you are no longer hungry

Chewing gum can also lead to digestive problems such as bloating, flatulence and even ulcers. This is because the very act of chewing causes the digestive fluids to start flowing. With no food to act on (unless you swallow your chewing gum!) the strong digestive fluids have nothing to act on and cause disharmony in your digestive tract. Chewing gum between meals gives mixed messages to your brain.

If the brain recognises chewing as the start of the digestive process, and sends messages to the other digestive organs to start producing digestive fluids, but then no food appears, our whole pattern of when we should eat becomes disorganised. Chewing gum after meals is fine, as there is food in the digestive tract, and the digestive juices won't get confused.

## **What to do**

There are entire families of speed-eaters. Speed-eating is a life-long habit, and is usually passed down through the generations. Like any habit, speed-eating is difficult to break. One tip is to put down your knife and fork (or sandwich) between each mouthful to remind yourself to chew try to chew each mouthful about 10 times, this will vary according to the type of food you eat.

## WEEK SIX

Include 5 portions of fruit & vegetables



Eating a minimum of five full cups of vegetables every day is not only effective for weight loss but is one of the simplest ways to improve overall health. Research has shown that people who eat more fruits and vegies eat less fat and fewer total calories, while the extra fibre substantially increases weight loss. I can't emphasize enough the importance of this particular challenge.

Five cups, it's a lot of chewing. There is plenty of time for the brain to get those messages of feeling full. It takes quite a bit of time to munch your way through 5 cups of fruit and veg. It's quite bulky; it is going to make it difficult to fit in ALL the other wicked things. **The success of this healthy habit is not based on bulk alone.** Lets go back to the humble spinach leaf with it's thousands of micro nutrients. Let's consider how many micro nutrients there would be in five cups of fruit and veg, how many that we don't know or understand anything about.

And then consider what effect this might have on our immune system, our metabolism and all our thought processes.

Everyone knows that vegetables are good for you. But few people actually put theory into practice. Vegetables and fruit provide us with fibre, vitamins, minerals and water. You cannot obtain all these nutrients from other foods. Of course fruit is excellent (and we encourage you to eat a couple of pieces daily) but it seems to be vegetables, including salad, which hold the key to good health which hold the key to good health. Studies have shown that people who eat vegetables have a lower risk of heart disease, cancer, obesity, diabetes and bowel diseases such as diverticulitis.

If you find it difficult to include vegetables into every meal, drink a fresh vegetable juice daily. Combine carrot with a variety of celery, beetroot, ginger, cucumber, spinach, parsley etc. Alternatively V8 has a great fruit and vegetable juice with 2 portions per glass.

Try to vary the colours of your vegetables. The darker colours (e.g. spinach, beetroot) contain lots of nutrients including iron and betacarotene. Eat some raw vegetables daily as well as cooked. The best ways to cook your vegetables are steam, stir fry or dry bake. See the next page for some suggestions.

- Avocado (fruit but used as a vegetable) – essential fatty acids, vitamin E, excellent for skin
- Beans, green – high in fibre, good for kidneys and bladder
- Beetroot – (the leaves are good to) full of antioxidants, great for liver and often included in anti cancer treatments
- Broccoli (and all the Brassica family including brussel sprouts, cabbage, cauliflower, kohlrabi, turnips) – all contain phytochemicals which help protect against cancer. Contain vitamin C.
- Carrots – good source of beta-carotene, important for eyesight and skin
- Celery – Good source of potassium, good for arthritis
- Chili – excellent for the circulation, helping varicose veins and feeling the cold
- Cucumber – low calorie and cooling , good for kidneys
- Garlic – really a herb – helps reduce blood fats, good as an antibiotic, helps immunity
- Green Leafy vegetables – (including spinach, Asian green vegetables such as bok choy) excellent choice of vitamin B including folic acid, magnesium, fibre and iron
- Lettuce – good fibre, the more bitter the lettuce e.g. radicchio, rocket – good for digestion
- Mushrooms – good source of vitamin B and iron. Japanese mushrooms including shiitake good for immune system
- Onion – include at least one onion per day. Onions help lower blood cholesterol and help with asthma and hay fever. They regulate blood sugar levels
- Potatoes – Contains some fibre and vitamin C. Not as vitamin or mineral rich as the other more coloured vegetables. Make sure you eat the skin as this is where most of the nutrients are contained
- Pumpkin – a good source of beta-carotene and fibre. Very warming
- Sprouts – Excellent source of most vitamin, mineral and enzymes. Also good protein
- Tomato – (fruit but used as a vegetable) contains vitamin C and lycopene, an antioxidant good for preventing prostate cancer

## WEEK SEVEN

### Stay Positive!

Without being aware, many people have negative internal images such as “I’m no good at exercise” and “I can never lose weight”. Research shows the link between mind and body. Cancer studies reveal that those with a positive attitude respond better to treatment and are likely to live longer and be healthier than those with a negative attitude. The science of Psychoneuroimmunology has shown that stress instantly reduces the functioning of the immune system. We need to surround ourselves with loving relationships.

Paying yourself a daily compliment may sound like New Age mumbo jumbo, but it is important. The purpose of paying *you* a compliment is an attempt to rewrite negative messages. Mostly, these are messages we have unconsciously said for years, they may even be messages our parents said or felt.

Even if you feel cynical about the process, we ask you to try it.

“I am beginning to enjoy exercise and am improving every time I train”

“I let go of old habits and choose a healthy and balanced lifestyle”

“I am responsible for my health and wellbeing and choose a healthy and balanced lifestyle”

Further to the mind over body way to weight maintenance there has been a study, reported by IHRSA , where participants just visualised a workout . After a month of training with their eyes closed lying down they recorded improvements in strength of up to 13%. And further, these improvements lasted several months, the same as if they had worked out traditionally. **So, it has been proven that a positive attitude will give you positive results.**

We need to show ourselves (our brain) that we are being successful, so we can compliment ourselves. We need to write it down. We need to tick off on our schedule on the fridge that we have achieved these healthy habits today. And YES we have achieved them for 21 days. THEY ARE NOW A HABIT.

# What Should I eat and How much?? !!

The knowledge to answer this question lies instinctively within us. We doubt this natural ability because the bombardment of marketing enticing us to eat foods with no nutritional value has confused our natural mechanisms for satiation and the deluge of diets available in almost every media venue has made us doubt ourselves.

## How much should you eat?

- If you chew your food slowly so that the brain can send out feelings of satiation we will know to stop eating when we feel full.
- If we speed eat we will not get that message.
- If we eat foods with flavour enhancers and other cocktails of chemicals our brain's ability to judge the nutritional value will become confused.
- If we eat 5 cups of vegetables a day (and chew it slowly) **Our brains will tell us how much we need to eat.**

## What should I eat?

If you strive to have 5 to 6 meals a day and strive to include protein at every meal and eat 5 cups of fruit and vegetables a day you can eat whatever you "FEEL" like eating. Our brains will tell us what we need to eat. Refer to the lists of suggested meals Mim has prepared for inspiration.

At the end of the day , when you have tried to incorporate the Healthy Habits and you still feel that your goals are not being achieved then it may be time to consult a professional , a dietician , a nutritionist or a naturopath . Your local doctor is the best one to advise you.

# Some shopping ideas from Mim Beim:

## Kitchen cupboard

- Cans of tuna (either in brine, spring water or olive oil or those little cutesy snack packs)
- Tomato paste (small packets or containers only, opened cans go mouldy in the fridge)
- Pasta
- Rice (brown, white, basmati or jasmine)
- Baked beans (small tins for one or larger for more slobs)
- Dried noodles (small packets plain)
- Pre-made tomato based pasta sauce
- Olive oil cold pressed not lite (this is ridiculous, all the good stuff has been taken out so that it looks lighter in colour, but exactly the

same

amount of fat) If you don't like the taste of olive oil, don't use it at all.

- Balsamic vinegar. I know, I know, very nineties. But it has a lovely sharp taste. If you prefer go for ordinary wine vinegar or any fancy

vinegar.

- Nuts
- Dried fruit

## Fridge

- Onions (white or brown)
- Potatoes
- Eggs (free range)

## Freezer

- Boxes of frozen raspberries, blueberries etc for smoothies or dessert

# **LABEL WATCH**

Reading food labels is a skill. A skill worth developing, by reading labels you can find out whether a food is high in fat, or salt, has lots of protein or is a total waste of time.

## **Information panel**

The nutrition information panel on the sides or back of packets of food usually shows the content of kilojoules, protein, fat, carbohydrate, fibre, sodium and potassium in an average serve of the food as well as for 100grams of that food, which makes comparison between different brands easier.

## **Ingredient list**

This is a list of everything that goes into a food. The ingredients are listed in descending order according to weight. (Except water, which may be the heaviest item, but may be listed last)

## **Cholesterol**

Cholesterol is a natural fat in the human (and other animals) body, which is needed for creation of sex hormones such as oestrogen and testosterone, stress hormones, cell membranes and other really important bits and pieces. Our liver is capable of making cholesterol from fat in food. We can also assimilate pre-made cholesterol from eggs, butter, cheese, milk, meat and organ meat. When our blood has high levels of cholesterol, particularly the bad (LDL) type of cholesterol, we have a higher risk of heart disease. Particularly if there are other risk factors such as high blood pressure, overweight, smoking and a family history of heart disease. If you are at risk, it is recommended that you reduce your intake of high fat food (including high cholesterol food) in your diet, in addition to exercise, weight control and stop smoking.

## **Labels and Cholesterol**

Many foods do not contain cholesterol but are high in fat. So they might be labelled as CHOLESTEROL FREE or NO CHOLESTEROL, but because they are high in fat, they are not good if you are trying to lose weight, or reduce your heart disease risk. Such foods include snack foods, margarine, sauces etc. When a food is labelled No or Low cholesterol, read the fat content!

**Lite, light.....lard:**

One assumes that if a food is labelled light or lite it is light in fat. Not so! Light olive oil contains exactly the same amount of fat and kilojoules, but has a lighter colour and blander flavour. Light potato crisps have just as much fat but less salt and are thinner sliced. (in fact the more thinly potato crisps are sliced, the more oil they have). Light beer and wine has less alcohol. You really need to be a nutritional detective.....so read the label well.

**FAT:**

Saturated, unsaturated, monounsaturated, polyunsaturated....What is the difference?

As far as weight loss goes, fat is fat is fat, regardless of any fancy name. And any gram of fat has more than twice the kilojoules than either carbohydrate or protein. Fat is something to be wary of in a weight loss program. Nevertheless, there are good fats and not so good fats. This generally relates to the benefits for heart disease (one of the main diseases in Australia). Monounsaturated fats (found in olive and canola oil are thought to be helpful in preventing heart disease). The same is true for polyunsaturated fats (vegetable oils), except these fats can oxidise (go off) more quickly, especially when heated. Saturated fats (cream, butter, red meat) are the types of fat which appears to put people at more risk of heart disease than either monounsaturated or polyunsaturated oils. So, monounsaturated are the 'best' fats, followed by polyunsaturated then saturated fats.

**Reduced fat:** This means the food contains less fat than similar products, but may not necessarily be low in fat. Usually reduced fat foods are 25-33% less fat. Some examples include margarine, reduced-fat cheese and mayonnaise.

**Natural:** Coffee is natural, so is arsenic. Stating something is natural does not confer any special benefit to the food.

**Use-by date:** This date indicates the date by which the food is best eaten. It may not be lethal after this, but quality may have declined.

**Additives:** Additives are added to food to preserve it, colour, improve taste etc. All additives must be either named in full eg Sodium metabisulphite or given an additive code number eg (223). Most of the time additives are safe. However, some people may have reactions to certain additives. Eg Tartrazine (102) an orange colour additive is known to cause asthma-like symptoms in some sensitive individuals. If you know you are sensitive to some additives, learn their code and look out for it on labels.

## ABOUT THE AUTHOR:



Mim Beim graduated from the Nature Care College with the Nutrition Prize in 1988 and has been in practice ever since. She has developed a philosophy of natural healing that combines a sound understanding of science with the wisdom of nature.

Mim practises naturopathy from her [Mltagong and Sydney City clinics](#), and has written 9 books, including the most recent [Grow Your Own Medicine](#) and [TEA, Health & Happiness](#). She has helped create two series on Foxtel (Lifeforce), as well as appearing in many TV shows including Channel Nine's *Fresh*. Mim has been a regular guest expert on Triple J, 2GB and Tony Delroy's *Night Life* program for radio. She is often interviewed on radio and TV, and is the naturopath expert for *Sunday Telegraph Body+Soul* (in print and online). Mim has been a regular contributor to *Life Etc.*, *Good Health & Medicine*, the *Sun Herald* and *Family Circle* and has been consultant to Liptons, TV's *Big Brother* and others.

Through her 30 years of practice Mim has developed a commonsense approach to healing: treatment should be enjoyable as well as helpful and Mim's preference is for the least amount of medicines, natural or pharmaceutical. There is no point in taking every supplement known to man if a simple diet or lifestyle change will do the trick. Mim has had experience treating a large range of conditions but has a particular interest in stress related problems and digestive disorders.

Mim currently lectures at ACNT and the Endeavour College of Natural Therapies in Sydney. She lives in the beautiful Kangaroo Valley and her interests include her pets (2 dogs and 2 cats), bush walking, gardening, reading and yoga.

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