

BELIEVE + NOURISH + RESTORE

A FORTNIGHTLY MINI E-MAG TO HELP YOU DESIGN A HEALTHY LIFESTYLE THAT YOU LOVE

INSIDE:

ISSUE #5 • JANUARY 2014

WHAT THE OBAMAS,
TONY ABBOTT AND
RICHARD BRANSON
TEACH US ABOUT
EXERCISE

GLUTEN &
DAIRY FREE
**DECADENT
DESSERTS**

WORKAHOLIC?
FIND SOME
GREAT IDEAS
TO TURN YOUR DAY
INTO COMPLETE RnR.



What the Obamas, Tony Abbott and Richard Branson teach us about BRAIN HEALTH.

Tony Abbott, Australia's Prime Minister, turned to me on a beach in August last year and said "Are you running hard or soft?"

We happened to be crossing the starting line at the same time in a fun run along Sydney's Northern Beaches. I spent the next 13 km trying to come up with a more witty and erudite response than, "Ummmm, I dunno?". Mr Abbott, obviously spurred on by my brilliant insight, sprinted up the beach on the hard sand, and beat me by more than 7 minutes. He's quite fast for a Prime Minister. But to be fair, he was then leader of the opposition.

You'd be forgiven wondering how he finds the time for a fun run, let alone the ironman triathlons he also competes in.

Tony Abbott is far from unusual when it comes to sporty world leaders. John Howard, Australian Prime Minister from 1996 till 2007, made a point of walking every morning, and reportedly clocked up 20,000km over the 11 years he was in office. He encouraged people to walk whenever they could.

"It doesn't matter when you do it as long as you walk and if you walk half an hour or so a day, as many days in the week as possible, it's as good a boost for your health as I think you can possibly find."

The current fittest first couple ever, Barack and Michelle Obama, work out regularly too.

President Obama starts every day on the third floor of the White House in his personal gym, just above his bedroom, at 7:30am. He works out for an hour – cardio one day, weights the next.

Obama told Michael Lewis in an interview for Vanity Fair:

"You have to exercise or at some point you'll just break down."

Obama's former campaign manager Jim Cauley reported that Obama's logic was:

"The rest of my time will be more productive if you give

me my workout time.”

And who could be failed to be impressed by Michelle's push-up contest with Ellen Degeneres on Ellen's show.

In an interview with Oprah for O Magazine, Michelle said:

“I also do some jump rope, some kickboxing—and I'd like to take up Pilates, if I could figure out whether there's time. After I had Malia, I began to prioritize exercise because I realized that my happiness is tied to how I feel about myself. I want my girls to see a mother who takes care of herself, even if that means I have to get up at 4:30 so I can do a workout.”

And, when Richard Branson, one of the world's most successful entrepreneurs was asked for his number one “secret” to greater productivity. His answer was simple:

“Work out.”

You can see where I'm going with all of this right?

Success goes hand in hand with exercise – the world's most successful people exercise every day.

But what's that got to do with maintaining brain health?



Exercise, as neuroscience repeatedly shows, reduces the risk for cognitive decline and dementia.

Exercise makes you happier and live longer.

Exercising every day. Its not that easy is it?

Do you know the number one excuse people give for not exercising? Not enough time.

I'm not sure what Tony Abbott, John Howard, the Obamas, Ellen, and Richard Branson have to say about that excuse.

After all, they have the same number of minutes in the day as we all do.

Maybe the difference is that they prioritise exercise.

For the sake of your brain health, so should you.

CONTRIBUTOR: Dr Sarah McKay



Dr Sarah McKay is a neuroscientist with a PhD from Oxford University.

After moving to Australia in search of sunshine she spent five years conducting neuroscience research

before deciding to follow her bliss of talking about science rather than doing it.

Now, she combines raising her two boys on Sydney's Northern Beaches with writing about brain science and health.

Sarah specialises in breaking down neuroscience research into simple actionable steps to improve brain health. She blogs about living a brain healthy lifestyle at Your Brain Health, and runs a Walking Book Club — think, walk and talk your way to better brain health!

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Emma is the founder of Emma Lauren Food, which is a healthy food blog focusing specifically on gluten free, dairy free and refined sugar free recipes. Her ambition is to inspire other people to adopt a healthier way of life and demonstrate that they too can enjoy tasty yet nutritious food. Through her journey, Emma has learnt the importance of feeding her body wholesome food, exercising regularly and ensuring she has adequate sleep. This enables her to perform at her physical and mental optimum whilst maintaining a positive mindset.

CHOCOLATE NUT BALLS

Makes 14

INGREDIENTS:

- 330g almonds
- 16 fresh medjool dates, pitted
- 2 TBSP raw cacao powder
- 1 TBSP pure vanilla extract
- 1/2 tsp cinnamon
- Water (if needed)
- Desiccated coconut, cacao or crushed almonds for rolling

METHOD:

- In the food processor, place almonds, cinnamon and cacao then process until the mix looks crumbly.
- Add dates and vanilla extract then process until the mixture starts to come together.
- Add a little of water if needed so the mixture is soft and forms easily.
- Form into 14 decent sized balls.
- Roll in coconut or any other of my suggested coatings.
- Place in the fridge to harden and enjoy!

Note: Store in a sealed container in the freezer for up to 4 weeks. No need to defrost before consuming as the dates create a chewy texture.

RAW BROWNIES WITH CHOCOLATE GANACHE

Makes 18

INGREDIENTS:

BASE

- 2 cups raw walnuts
- 1/2 cup raw cacao powder
- 8 fresh medjool dates, pitted
- 1 tsp pure vanilla extract
- 1 TBSP coconut oil

GANACHE

- 2/3 cup cacao butter
- 1 cup raw cacao powder
- 3 TBSP 100% pure maple syrup
- 2 TBSP coconut oil

METHOD:

- Line a cake tin with baking paper.
- Process all base ingredients in a food processor until crumbly in texture.
- Press into lined tin and place in the fridge whilst you make the ganache.
- Process all ganache ingredients in a food processor for 5 minutes or until smooth.
- Spread over brownie base and place in the freezer for 10 minutes.
- Slice into squares whilst in the tin then enjoy!

RAW SALTED CHOCOLATE MACADAMIA TRUFFLE BITES

Makes 20

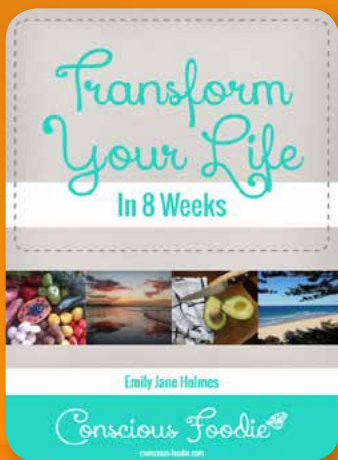
INGREDIENTS:

- 1 cup raw macadamias
- 1/2 cup raw cacao powder
- 1 TBSP coconut oil
- 6 fresh medjool dates, pitted
- 1 tsp salt
- 1 tsp pure vanilla extract
- Extra halved macadamias for decoration

METHOD:

- Place all ingredients in a food processor.
- Process for 5 minutes or until smooth.
- Roll into small, bite sized balls and press down gently with a halved macadamia.
- Serve with a cup of tea. Enjoy!

Find all of Emma's
yummy recipes
at: [emmagowdie.
wordpress.com/](http://emmagowdie.wordpress.com/)



Emily from
Conscious Foodie
just released
her free ebook,
'Transform Your Life
in 8 Weeks'!

It sets out the actions she took to transform herself from tired, anxious and stressed to happy, energetic, vibrant and peaceful. Below you'll find an extract from her free e-book that you can use to create a totally blissful day (or week) for yourself.

De clutter my space: I will clear away the crap in my life. First I will clear my space, then my mind will follow.

Drink herbal tea: I will take the time to prepare and enjoy warm herbal tea.

Make a vision board: I will see my dreams turn into reality by manifesting my own luck.

Schedule me time: I will make time for myself and treat myself.

Have a social media free day each week: I will disconnect.

Attend a yoga class: I will connect and align my body and mind.

Start a natural beauty routine: If I can't eat it, I don't put it on my body. My skin is my largest organ and it absorbs 60-80% of what I put on it.



TIP:

If you want to achieve all of the Week 2 transformations in one hit, it's super easy.

All you have to do is dedicate one day entirely to yourself (no one else and no social media). Wake up and begin clearing your space. De clutter and remove the crap from your life. Then, make a huge pot of herbal tea, get comfy and spend all the time you need to create an amazing vision board. After this, you can treat yourself and hit the shops to stock up on natural beauty products (coconut oil!). At the very end of your amazing day, you can book into a yoga class.



CONTRIBUTOR: Emily Jane

Emily is a Wellness Coach, the creator of conscious-foodie.com and the author of 'Transform Your Life in 8 Weeks'. She is on a mission to spread the word about natural wellness and health, nutritional wholefoods, clean organic living, a sustainable future, self love, gratitude and kindness. When she's not writing you can find her juicing her greens, meditating, walking barefoot, sitting in the sun, drinking peppermint tea and making raw desserts.

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THE ULTIMATE 30 DAY KICK-START

► **IMAGINE THIS:** A Certified Food & Wellness Coach teaches you how to eat, what to eat and why to eat it. They tell you that the missing link to all of this is the exact thing that you think you need to give up — PLEASURE & FUN. You learn how to feel better than you have in ages, and you will feel great from the inside out & none of it is really all that hard because you've designed it around what YOU like.

WANT THE GOOD NEWS?

You don't have to just imagine it. I've put together my Ultimate 30 Day Kick-start Program & Detox to help you design a healthy lifestyle that you love. It will help you to lose weight (and then manage it), to have more focus & be more productive and to help you have more consistent levels of energy.

No dieting; just plain good-old-fashion healthy eating, learning to listen to your body and figuring out what works best for YOU.

This program is entirely online, delivered straight to your email inbox to complete at your own pace. **But you won't be alone.** The program is about progress **NOT** perfection. The program helps you to set sustainable boundaries for you, so that you can incorporate things you want in your life (e.g. alcohol, sugar, caffeine) but not in a way that comes at a cost to your valuable health. The program helps you set healthy habits not restrictions.

"I have just successfully completed your program and I can't believe how amazing this journey has been. It's got to be one of the best things I have done and super easy to follow. The thing I loved was that it's not at all a diet and I never felt like I was on one, the meals were all super delicious and really easy to make — I now have a green smoothie every morning — I love them! However the key aspect that was so great and so different to a lot of similar products on the market is that the program looks at your lifestyle and factors things in like taking out the time to focus on your goals from week to week, taking time out for you and the most important thing — never feeling guilty. It's a lifestyle program that I fully plan on living for the rest of my life. I am happier, sleeping better and have heaps more energy ... even my personal trainer says im training better than ever before — cant really ask for much more in life."

—CP, 31 Full time corporate worker, Brisbane



Why wait?

► Get your copy of the program here and start today!

www.leanthaneating.com/products/ultimate-kick-start-program



FOUNDER / EDITOR: Adriana Solorzano

Adriana is the founder of Lean Clean Eating, a food coach, a fitness trainer, an author and a speaker. Over 6 years ago Adriana packed in a successful but totally unfulfilling career as a Senior Accountant for a large glitz CBD firm, to follow her passion for health and fitness. Now she specialises in fitness, food and health coaching. Adriana is passionate about ensuring the path is enjoyable and maintains that it's not hard when you know what to focus on!



Download her **FREE** book 'The Lean Clean Eating Plan' at www.leanthaneating.com (valued \$29.95)

CONTRIBUTORS:

Believe: Sarah McKay | Nourish: Emma Lauren | Restore: Emily Jane