THE NATURAL

HEALTH

AND

WEIGHT-LOSS

PROGRAM

Revised Edition
(2010)

by

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The Author

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IMPORTANT

The health information contained herein is not meant as a substitute for advice from your physician, or other health professional. The following material is intended for general interest only; and it should not be used to diagnose, treat, or cure any condition whatever. If you are concerned about any health issue, symptom, or other indication, you should consult your regular physician, or other health professional. Consequently, the Author cannot accept responsibility for any individual who misuses the information contained in this material. Thus, the reader is solely responsible for all of the health information contained herein. However, every effort is made to ensure that the information in this material is accurate; but, the Author is not liable for any errors in content or presentation, which may appear herein.

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Contents

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THE NATURAL HEALTH AND WEIGHT LOSS PROGRAM

The Natural Health and Weight Loss Program is a no-nonsense approach to achieving optimum health and permanent weight-loss.

WHAT IS COVERED: :

- An all natural, no miracle formula, no appetite suppressant, no chemical shake, approach to your Health and Weight Loss needs.
- An easy to implement and follow-through Weight Loss technique.
- Down-to-earth information related to health, supplements, and exercise.
- Recommended CDs (optional) to relax you and to encourage you to lose weight
- Recommended Flower Extracts (optional) to lift your willpower and to strengthen your ability to cope.
- Over 50 pages of information, suggestions, and nutritional strategy - also includes Fitness-Evaluation and Progress-Monitoring charts.
- With the help of the Natural Health and Weight Loss Program, you create the Health and Weight Loss plan that 'works' for you.
- You set the pace, and you determine the results.

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Introduction

Welcome to the Natural Health and Weight-Loss Program. This program is not just another 'faddy diet' that promises 'miraculous results', or a politically correct 'scare tactic' to get you to exercise. Rather, it is a down-to-earth approach to helping you to achieve your health and wellbeing goals.

Carefully read through this material before you begin your actual weight loss activity. Complete the various evaluation exercises to see where you currently are, and where you want to go with your health and wellbeing. As you work with the material, and follow the various suggestions, you will consider and address three areas in your life:

- Nutrition
- Relaxation
- Exercise

Throughout the material, these areas are covered in a way that is easy to understand, and you will be able to implement your own personal health and wellbeing program.

Further to the reading material, there are some optional items that may be of help:

1) A relaxation CD, *Lose Weight*, which will encourage you with your weight-loss goals. The CD should be listened to at least once a day - just before you go to sleep is a good time. However, it must not be listened to while you are driving or operating machinery - it contains a powerful, but safe, relaxation technique. The CD, "*Lose Weight*", is currently available at: http://campbellmgold.com and can be found in the *Product* pages.
2) Bach Flower Extracts to promote your willpower as you cope with the changes in your lifestyle. The flower extracts are all natural, and you will have no adverse side effects (e.g. habituation, tolerance, withdrawal, allergic reaction, etc). The Remedy is in liquid form and you take 4 drops, 4 x daily - this is described later in the material.
3) Monitoring and counselling sessions are available in some regions. At each session, your weight, blood pressure, and resting pulse rate are recorded and charted. You then have an opportunity to discuss your progress, eating plan, exercise plan, and any problems that you are experiencing. Session charges are pro rata, and you determine the frequency of your visits.

   Note: This Option Is Not Currently Available In The UK

Well, that's the introduction... Now it's time for you to jump in, and develop your program.

Good luck, and may you enjoy boundless health and wellbeing.

Kind regards,

Campbell M Gold
http://campbellmgold.com

IMPORTANT

BEFORE EMBARKING UPON ANY NEW DIET OR EXERCISE PROGRAM, IT IS IMPORTANT TO CONSULT YOUR DOCTOR REGARDING YOUR PERSONAL HEALTH CONCERNS. THIS IS ESPECIALLY TRUE FOR PERSONS 40 YEARS OR OLDER

PREGNANT OR LACTATING WOMEN SHOULD NOT PARTICIPATE IN A WEIGHT LOSS PROGRAM

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Section 1

Nutrition

Nutrition is probably the single most important aspect of your life. If nutrition is inadequate or unbalanced, then your health and wellbeing may be severely compromised. There is no doubt about it, "you are what you eat."

If properly utilized, nutritional elements are the precursors of good health, personal wellbeing, and longevity.

Oh! My aching back…

for every **1 kilogram** that you are overweight,
you are adding an extra **10 kilograms** of stress to your back!

The Cost of Repair

Research has shown that it takes five to seven times more nutrition to rebuild and repair a damaged body than it takes to maintain a healthy body.

Research has also shown that nothing "completely" heals in the human organism in less than 90 days. Also, you must add an additional 30 days for every year that a condition has existed.

Positive nutrition

There is no doubt that nutrition is important, but what is positive nutrition?

Positive nutrition includes:

- High fibre intake. Fibre is the part of plant-foods (e.g. fruits and vegetables, etc) that digestive enzymes cannot break up. Its function is to create bulk and promote the fast elimination of waste material from the body. Insufficient fibre can lead to many health problems. Include whole grains, legumes, vegetables, and fruit as fibre sources in your diet.
- High complex carbohydrate intake. The average individual eats only 29% of his calories in the form of complex carbohydrates. This should be increased to at least 48%.
- High in fresh products (e.g. fruit, salad, vegetables, etc) intake.
- Low fat intake (e.g. animal, dairy, certain nuts, etc). An excess of fats contributes to obesity which increases the risk of heart disease, hypertension (high blood pressure), diabetes, gallstones, etc. A high fat diet also increases the risk of cancer and atherosclerosis. The average individual consumes 42% of their calories in fat. This should be reduced to 30% or less. Only 10% of total calories should be eaten in the form of saturated fats (i.e. animal products).
- Low refined food intake. (See high fibre intake).
- No fried food intake.
- Very low sodium (salt) intake. The average individual consumes too much salt - in some cases as much as 20 grams or more per day (about 4 teaspoons). This should be reduced to less than 5 grams per day (preferably less than 2.5 grams per day).

  Many modern health practitioners recommend a maximum intake of 1/10 of a teaspoon (0.5 grams) of salt per day.

  Excess sodium dramatically increases the risk of hypertension (high blood pressure), which may lead to heart disease, stroke, and kidney problems.
- Very low sugar intake (e.g. all forms of sugar, high fructose corn syrup, and foods rich in sugars and syrups). The average individual consumes twice as much refined and processed

sugar as they should.

Refined and processed sugar should not exceed 10% of the total calorie intake.

- No artificial sweetener intake. Such sweeteners can con tribute to neurological diseases and cancers.
- Very low caffeine (stimulant) intake (e.g. tea, coffee, cola drinks, etc).
- Very low alcohol intake. Good health will never occur if alcohol is abused.
- No smoking, or tobacco use, in any form. Good health will never occur if tobacco is used.
- No drugs (necessary prescription drugs allowed). True health will never occur if drugs are abused.
- Additional supplement and element intake. For example, when insufficient calcium is obtained from food, the body draws calcium from the bones. Over time, this may lead to osteoporosis.

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Cholesterol

There is great controversy regarding cholesterol.

Some authorities feel that a high cholesterol diet increases the risk of atherosclerosis, which in turn increasing the risk of heart attack, stroke, blindness, kidney failure, impotence, and other blood circulation problems.

Other authorities dismiss "cholesterol induced damage" as a myth. They feel that other factors, other than cholesterol, are the real culprits. Either way, the key is moderation in all things, including cholesterol.

For more information regarding the "cholesterol controversy", see the Appendix - "*The Benefits of High Cholesterol"*.

However, the typical recommended daily intake of dietary cholesterol, by orthodox medicine, is less than 300 mg per day. The following table gives an idea of the cholesterol content of animal products.

Cholesterol Highlight The recommended daily intake of dietary cholesterol is less than 300 milligrams (mg) per day The following are examples of dietary cholesterol content of animal products in milligrams (mg) approximate	
Meat (1 oz, 28.35 gm)	
Brains	600 mg
Liver	125 mg
Kidney	125 mg
Beef	30 mg
Lamb	30 mg
Pork	30 mg
Veal	30 mg

Cholesterol Highlight The recommended daily intake of dietary cholesterol is less than 300 milligrams (mg) per day The following are examples of dietary cholesterol content of animal products in milligrams (mg) approximate	
Dairy (as Indicated)	
Egg Yolk	250 mg per egg
Cream	60 mg per 1 cup (250 ml)
Ice Cream	60 mg per 1 cup (250 ml)
Creamed Cottage Cheese	50 mg per 1 cup (250 ml)
Whole Milk	35 mg per 1 cup (250 ml)
Cheese	30 mg per 1 oz (28.35 gm)
Un-creamed (Chunky) Cottage Cheese	15 mg per 1 cup (250 ml)
Skim Milk	6 mg per 1 cup (250 ml)
Seafood (1 oz, 28.35 gm)	
Shrimp	40 mg
Crab	30 mg
Lobster	25 mg
Clams	18 mg
Tuna	18 mg
Halibut	12 mg
Oysters	12 mg
Salmon	12 mg
Fowl (1 oz, 28.35 gm)	
Chicken (Light Meat)	22 mg
Chicken (Dark Meat)	22 mg
Turkey (Light Meat)	22 mg
Turkey (Dark Meat)	22 mg
Fats (As Indicated)	
Butter	35 mg per 1 tbsp (5 ml)
Lard	12 mg per 1 tbsp (20 ml)

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More Nutritional Tips

- Eat regular meals (e.g. 3 to 5 meals a day). If snacks are necessary, eat fruit, or uncooked vegetables, e.g. carrots, etc, or any of the 0 unit items.
- Eat slowly, putting less in your mouth and chewing carefully. Your body will be able to tell you when you have consumed enough.
- Eat from small plates so that smaller portions do not look skimpy.
- Wait for at least 15-20 minutes before having a second helping. This gives your body a chance to indicate if it is still hungry or not.
- Your diet should contain the ratio of 75%-80% live (e.g. fruit, salad, vegetables, etc) to 25%-20% dead (animal proteins, refined food, etc) food.
- Use food combining techniques (e.g. Biogenic Diet, Fit-for-Life, etc). Do not mix starch and protein elements in the same meal.

- Try to eat fruit and vegetables as raw as possible, and only minimally cook (e.g. steam, etc) vegetables. Eating fruit and vegetables raw as possible preserves important vitamins and minerals.
- 5-A-Day - this is the name of a number of programs in various countries, especially the United States, Europe, and the United Kingdom, to encourage the consumption of at least five portions of fruit and vegetables each day. This initiative links to the request by the World Health Organization to consume at least 400 grams of vegetables daily (World Health Organization, www.who.int).
- Eat 1 to 3 portions of fruit per day. If you eat only one fruit, select a citrus fruit or other Vitamin C rich fruit. Also consider supplementing with Timed Release Vitamin C as well.
- Have one "fruit-only" day per week - 24 hours with fruit in season.
- Several times a week, eat yellow vegetables (e.g. sweet corn, butternut, pumpkin, Hubbard-squash, gem squash, etc) and orange vegetables (e.g. carrots, etc), raw or cooked.
- Eat plenty of raw and cooked green, leafy vegetables. Also, eat generous servings of the 0 Unit vegetables with, or between, meals.
- In your daily diet, include at least 2 servings of whole-wheat bread, whole-wheat pita bread, crackers, cereal, brown rice, whole-wheat pasta, etc.
- In your daily diet, include one serving of protein rich foods such as fish (grilled, baked, or poached), chicken (no skin or fat permitted), eggs (boiled or poached), meat (no skin or fat permitted), or cheese (low fat). The average individual eats more protein than they require, and they eat too much protein from poor quality animal sources (many animal products have nitrates added, which are very bad for the health).
- In your daily diet try to include 1 x suitable dairy product.
- Drink plenty of liquids (especially spring water, lemon slice/juice in water, and fennel tea), to help remove toxins from your system, to keep your skin supple, and to prevent dehydration.
- NEVER eat fried food or food that has been fried as part of its preparation. If food has to be fried, use butter not oil (especially hydrogenated oils and coconut oil).
- Avoid margarine (typically hydrogenated polyunsaturated oil), and only use butter.
- Avoid, as much as possible, all tinned, bottled, and refined foods.
- Avoid, as much as possible, foods that contain chemical preservatives.
- Avoid all artificial sweeteners (rather use small amounts of sugar, or use honey as an alternative).
- Avoid, as much as possible, foods that contain artificial colorants, and artificial flavourings.
- Avoid all foods that contain nitrates in any form.
- Avoid all products containing Tartrazine (E102).

  Regarding Tartrazine, Dr Mark Payne said: "This is one of the most toxic additives, and a susceptible patient can sustain a severe allergic reaction after eating only a few micrograms (enough to cover the sharp end of a pin!)".
- Avoid all foods containing high fructose corn starch.
- Avoid all oils (e.g. sunflower, olive, etc) that are not cold pressed.
- Especially avoid Coconut and Palm oil, these are saturated fats.
- Avoid all foods that are packaged in oil (e.g. tuna in oil, sardines in oil, olives in oil, pickles in oil, etc).
- Avoid all commercial vinegars (e.g. malt, grape, spirit, wine, etc), and only use pure apple cider vinegar.
- NEVER drink tap water. Rather drink spring water, mineral water, or freshly made fruit juice. Fruit juice should always be diluted with 50% spring or mineral water.
- If tap water is to be used, it should first be filtered through an "Active Charcoal" type of Filter (e.g. Brita, Siroflex, etc). This rule also applies to well and bore-hole water.
- Avoid all products that contain Fluoride. Regarding toothpaste, use a natural toothpaste (fluoride free) such as those available at good health stores.

- Avoid all foods and drinks packaged in aluminium.
- Avoid chocolate and chocolate based products.
- Supplement your diet with herb teas (e.g. Lemon, Green, Fennel, Rooibos (Red Bush), Chamomile, etc).
- Add appropriate vitamin supplements to your diet.
- Ensure that you are having adequate sleep (e.g. 7 or 8 hours of sleep per night).
- Never use aluminium, enamel, or Teflon cookware (e.g. pots, pans, kettles, tea pots, etc). Use only stainless steel or glass cookware.
- Avoid the use of tobacco in all its forms (e.g. smoking, chewing, snuff, etc).
- Limit, or abstain from, the use of alcoholic beverages.
- Only weigh yourself once a week to monitor progress. Daily scale watching is frustrating because weight-loss is not a linear process (some days you will have lost weight, on other days your weight is the same, and occasionally you will appear to have even gained weight).
- Avoid chemical shakes and chemical supplements in your weight-loss activities. Use only natural methods when effecting weight-loss.
- Be patient - slow and steady is the key to weight-loss. Allow yourself three months when using a weight-loss program.

  A good weight-loss would be 1 to 2 kilograms per week. Remember, your metabolism will change and you will lose less weight at the end than at the beginning.

  Further, your exercise activities will cause you to lose inches rather than kilograms.
- Crash diets, and diets that promise 4 kg or higher weight-loss per week, don't work. These types of diet only cause you to lose water, which you will put on again later.
- Include a regular exercise program with your nutritional regime. It is important to exercise regularly, control weight, and increase cardiovascular fitness.

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Effects of Positive Nutrition on Personal Performance

- Increased energy level.
- Increased energy reserves.
- Increased mental alertness.
- Increased levels of endurance.
- Increased fitness level.
- Ability to handle higher levels of stress.
- Increased strength and stamina.
- Increased available time because of a decrease in time lost from colds, infection, and illness.
- Maintenance of ideal weight.
- Decrease in excess body fat.
- Increase in muscle mass.
- Positive psychological attitude towards self, others, and life in general.

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Smoking Highlight

Smoking is detrimental to your health

Each puff of cigarette smoke contains one-thousand-trillion (10^{14}) free radicals (vital news, aug 1995)

Those who are too thin, tend to substitute smoking for eating

For those who are overweight, smoking adds to the risk of heart, blood and circulatory problems associated with obesity

There are no good results from smoking

There are no good reasons to smoke

Stop smoking while you are still alive

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Ten Sensible Weight-Loss Rules

1) Don't skip breakfast.
2) Avoid using the scale (check your weight only once a week).
3) Take appropriate vitamin and mineral supplements.
4) Chew food slowly.
5) Drink 8 - 10 glasses of water (spring, mineral, filtered, etc) per day.

   Never, ever, drink raw tap water

6) When you've finished eating, get up and leave the table.
7) Don't keep fattening snacks in the house.
8) Replace "stress eating" with exercise.
9) Try on new clothes.
10) Walk as much as possible.

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Postscript - Health Behaviour Study

A *University of California*, Los Angeles, research study of health behaviour showed that increased life expectancy and better health related significantly to the following:

1) Eating three meals a day, at regular times, instead of irregular snacking.
2) Making breakfast an important meal of the day.
3) Engaging in moderate exercise several times a week.
4) Getting seven or eight hours of sleep each night.
5) Avoiding smoking completely.
6) Keeping weight at a moderate level.
7) Using alcohol only in moderation, if at all.

The study indicated that the average 45-year old male who practises 0-3 of the habits could expect to live to about the age of 67.

Further, the average 45-year old male who practises 6-7 of the habits could expect to live to about the age of 78.

However, with the correct application of the four keys, as described in this book, it is possible to have a life expectancy of 5 to 7 times maturity age.

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Section 2

Weight Loss Plans

Select your weight-loss plan from the following options: 1, 2, or 3. Please remember to take into consideration your daily activities, and your individual life-style demands.

The Unit values of the various foods are given later in the material.

Plan 1 - 7 Units - For individuals who have a lot of weight to lose and desire a faster drop initially.

Plan 2 - 10 Units - For individuals who desire to achieve a steady yet gratifying weight-loss.

Plan 3 - 12 Units - For individuals who are uncomfortable with a restrictive diet, yet desire to achieve a controlled more gradual weight-loss. Plan 3 is a good choice for men.

If you feel that you must have more to eat, then eat liberally of the foods in GROUP 1 and GROUP 2.

However, regarding your intake, always emphasise the high fibre, complex carbohydrate foods, and those which are low in refined sugars and fat.

Further, you can vary your daily intake to suit your individual needs. For instance, you could implement Plan 1 - 7 Units, once or twice a week, alternating it with Plan 2 - 10 Units. Then, on weekends, you could implement Plan 3 - 12 Units.

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How It Works

After selecting the Plan for you, use the Diet Element Unit Values (provided later in the material) to choose, monitor, and balance your intake.

The foods have been grouped together according to their carbohydrates, fat, and kilojule value (Note: the unit values are not based on kilojoule/kilocalorie values alone).

Each group has been allocated a Unit value per serving. All you have to do is choose the foods you enjoy, and make up the number of Units in the plan you have chosen. Carefully read through the different food groups and 'spend' your units on the items you enjoy - then you're on your way to achieving weight-loss and a healthier lifestyle.

Example of a Daily Choice Using Plan 2 - 10 Units

3 x portions of fruit	= 3 units
1 x portion of dairy	= 1 unit
2 x portions of whole grain/carbohydrates	= 2 units
1 x portion of protein	= 2 units
1 x portion of salad dressing	= 1 unit
1 x portion of yellow vegetables	= 1 unit
Unlimited salad and green vegetables	= 0 units
Unlimited Herb teas	= 0 units
Unlimited Mineral or spring water	= 0 units
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Total units for the day	= 10 units
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Section 3

Bach Flower Remedies

Weight loss programs may introduce, in a limited way, 'Substance Induced Anxiety Disorder'. To combat this problem, the following Bach Flower Remedy elements are recommended to help with the following states:

- General Anxiety - Walnut (Rescue Remedy, used alone, is also very effective for general anxiety)
- Addiction - Agrimony
- Weak Willed - Centaury
- Fear (known) - Mimulus
- Depression (known) - Gentian
- Depletion - Oak

Taking the Remedies

For single use, two drops of the appropriate Bach Flower Remedy (four drops if Rescue Remedy) can be placed directly on the tongue, and then swallowed; or the drops can be added to a little spring water or fruit juice, and then slowly sipped.

Never put the drops in tap water - the chemicals in tap water may be harmful to your health.

For a course of treatment, add two drops of the appropriate remedy to 30 ml of spring water, and then take four drops (on the tongue) at least four times daily. Continue for as long as needed.

For combined use, add two drops of each remedy to 30 ml of spring water, and take four drops (on the tongue) at least four times a day. No more than seven remedies should be used in combination. Rescue Remedy should not be used in combination.

Bach Flower Remedies can be used as often as needed. In a crisis, the remedy can be taken every 5-10 minutes until the immediate crisis passes. Thereafter the remedy can be taken every hour, and then four times daily until resolution.

Some practitioners suggest that the Bach Flower Remedies can be dropped neat onto the tongue, or rubbed onto the lips, or behind the ears, or on the temples and wrists. However, placing the drops in a diluted form, on the tongue, is the preferred method of administration.

Storing the Remedies

The remedies should be kept out of direct sunlight, stored in temperatures below 25 degrees Celsius, kept away from magnetic fields and electrical equipment, and kept free from dust, water, and other contaminants.

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Section 4

Supplements

The following supplements can be used to promote health and wellbeing; and they help to maintain a balance, both physical and emotional, during a weight-loss program. If in any doubt, please discuss supplementation with your health professional.

The following supplements have been noted to promote health and wellbeing; and they also help to maintain a balance, both physical and emotional, during a weight-loss program. As always, if in any doubt, please discuss supplementation with your health professional.

- Swedish Bitters - 5 ml, 3 x daily - Excellent detoxifier when on a weight-loss program
- Vit C timed release - 1,000 mg, 3 x daily - Strengthens the immune system
- Vit B Complex 100 - 1 x tab daily - General anti-stress
- Zinc - 20 mg daily - Stimulates the immune system
- Selenium - 200 ug (mcg) daily - Anti-oxidant (removes free-radicals)
- Starflower Oil (omega 6) Caps 20%+ GLA, 1,000-3,000 mg daily - Anti-oxidant (removes free-radicals). Oil of Evening Primrose (omega 6) may be substituted (1,000-3,000 mg daily)
- Fish Liver Oil (omega 3) Caps + Vit A + Vit D3 - 1,000 mg daily - Anti-oxidant (removes free-radicals)
- Tissue Salts - Calc Phos, Ferr Phos, Kali Phos - 4 x tabs of each, 3 x daily - General cell health
- SOD (Superoxide Dismutase) - 1,000 mg, 2 x 250 mg caps, 2 x daily - Essential enzyme that quenches free-radicals
- Vit E - 400 IU caps - 1 cap, 2 x daily - Cardiovascular system

  Vit E Note: Start by taking 100 IU cap, 2 x daily, for 2 weeks; then increase to 200 IU cap, 2 x daily, for 2 weeks; then increase to 400 IU cap, 2 x daily, indefinitely
- Garlic - 1,000 mg daily - Immune system, and cardiovascular system
- Coenzyme Q10 - 250 mg daily - cardiovascular protection, and stimulates weight-loss

Note: Vit C, Garlic, and Fish Liver Oil (omega 3) are all essential to increase the body's resistance to external invasion.

Causes of decrease in bodily resistance include:

- Physical or mental exhaustion
- Sudden changes in temperature
- Lack of sleep
- Poor nutrition and diet
- Lack of exercise
- Repeated use of antibiotics
- Air pollution
- Presence of very dry air

Subconscious Mind

Hypnosis, Subliminal, and Empowerment programs may also be helpful in weight reduction. Visit: http://campbellmgold.com for a selection of titles.

Exercise

Aerobic exercise can also help with stress relief and weight loss.

"Faddy Diet" Comment

When you enter the world of faddy diets, and diet organizations, beware that you are not just becoming another causality of the 'diet cola' generation.

> *"Faddy diets don't work. [headline]*
>
> *"A failure rate of 55.5% [tagline]*
>
> *"The Washington Post reports that, of every 200 people who go an diet, only 10 (5%) will lose the weight they want to lose. And of those 10, just 1 (0.5% or 1/2%) will keep the weight off over a reasonable period. That means that only 1 (0.5% or 1/2%) out of 200 loses weight - and maintain weight loss - as a result of dieting.*
>
> *"Through studying that 1 (the 0.5% or 1/2%) person, I discovered that the successful dieter is someone who does everything compulsively. They brush their teeth compulsively, they clean their houses compulsively. Dieting for them is child's play. They ate compulsively, and now they follow a diet compulsively. They will, if necessary, eat a hard-boiled egg and grapefruit for breakfast from now to judgement day. If you have to be compulsive for a diet to succeed, most people won't be very successful."*
>
> (Arthur Frank, *Washington Post, Huston Chronicle*)

Frank G. Addleman said, *"Being alive as opposed to being dead is not a measurement of one's state of health!"*

Conclusion

There is no 'easy' or 'instant' way to lose weight.

Further, research has shown that assistance from chemical diet shakes and the like does not work.

So…

Keep things natural.

And...

Switch to a healthy, natural way of life and you will achieve both good health and ideal weight.

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Section 5

Relaxation

Introduction

Relaxation is an important part of personal wellbeing, and a daily program of focused relaxation is strongly recommended.

The benefits of relaxation include:

- A reduction of generalized anxiety.
- Prevents stress from becoming cumulative.
- Increases energy level and productivity.
- Improves concentration and memory.
- Reduces insomnia and fatigue.
- Prevents or reduces psychosomatic disorders such as hypertension, migraines, headaches, asthma, ulcers, etc.
- Increases self-confidence and reduces self-blame.
- Increases availability of feelings.

Physiological changes related to Relaxation include:

- Decrease in heart rate.
- Decrease in respiration rate.
- Decrease in blood pressure.
- Decrease in skeletal muscle tension.
- Decrease in metabolic rate and oxygen consumption.
- Decrease in analytical thinking.
- Increase in abstract thinking.
- Increase in skin resistance.
- Increase in brain alpha wave activity (in the alpha state, healing occurs naturally and the conscious mind is relaxed).

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Simple Relaxation Technique

As part of your weight-loss program, it is recommended that you set aside time each day to enjoy a period of deep relaxation when you can let you, put your body at rest and your mind at ease. When you deeply relax your body, your heart rate and breathing slow, and muscle tension melts away. Your brain also experiences positive changes in the electrical waves that it generates (e.g. alpha waves, etc), and in the alpha state, healing occurs naturally and your sub-conscious mind will act upon the suggestions you give it.

During your relaxation time visualise vivid and pleasing scenes; just let go and revel in your images - see yourself slim, trim, attractive, healthy, and successful.

The following procedure is very simple and you may adapt, add, change, or omit any words, parts, or scenes that you desire. Remember, this is your relaxation technique, and you may adapt it to suit your own personal needs. The relaxation procedure is simple, safe and effective; and it can be memorised or recorded.

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Start

Position/Comfort

Sit or lie down.

Sitting

If you are sitting, position yourself with your spine straight, feet flat on the floor, and your palms facing up on your lap. You may wish to place a firm pillow behind your back to help you achieve this position.

Lying

If you are lying down, lie flat on your back with your arms and legs uncrossed.

Open Body Position

By positioning yourself in an open-body position, sitting or lying, with your spine straight, you allow your natural channels of energy to open up and flow freely. In this position you will relax, and visualise; and after you've finished, you'll come away feeling refreshed, positive, and full of new energy.

Close your eyes and take a long, slow, deep breath.

Be aware of the normal sounds around you - these sounds are unimportant, so just discard them. Whatever you hear will only help you to relax deeper, and deeper.

Breathe slowly and deeply - let your lungs expand to their fullest and release.

With every breath you take, you will become more and more relaxed.

Let go of tension and doubt.

This is your time; you are safe within this space of gentle peace and concentration.

Breathe slowly and deeply.

Four Breath Relaxation

You are going to take four, long, slow, deep breaths to remove all outside influences, and to slip into relaxation.

With each breath concentrate on relaxation, and just let tension flow away.

Now inhale fully and deeply, and relax from the top of your head, to the tip of your toes. Exhale, and feel all tension flowing out.

Inhale and just relax. Exhale, and feel the warmth of relaxation flow over you.

Again, inhale, relax, relax, and relax. Exhale and feel your body melting.

One more; inhale and let go. Exhale and just let go, and melt into complete relaxation.

Continue to breathe, slowly, and deeply, at your own natural level.

Deepening the Relaxation

Count from 10 to 1, and with each descending number you will drift even deeper into peaceful and total relaxation.

10, 9, 8, drift deeper.

7, 6, 5, deeper, and deeper

4, 3, 2, drifting deeper, and deeper still,

1, deeper, and deeper.

You are now relaxed, and this is the ideal state for visualisation.

Sunken Garden

Now visualise that you are standing on the top of ten stone steps leading into a beautiful sunken garden. Look down into your garden and experience the tranquillity of your special place, your safe place.

Walk down the ten stone steps and into your garden - 10, 9, 8, 7, 6, 5, 4, 3, 2, 1.

Let your senses accustom to your garden, and bathe in its tranquilly, beauty, colour, and scent. Mentally look out through your eyes, and mentally listen through your ears. Let your feelings flow, and just be. While in your safe place, visualize all that you are, and all that you desire, and all that you wish to be. Explore any desired meditation, visualization, and energy for as long as you want.

Completion

When you have completed your meditation and exploration, clear your mind of all images and feelings.

Count forwards from 1 to 5.

At the count of 5 you will be back in the present feeling refreshed, invigorated, and oriented.

Your relaxation session is now completed, and you may open your eyes.

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Cd Relaxation Programs

If you would prefer a CD recording to assist relaxation, the following are recommended:

- *Creating Positive Change* - A Self-Hypnosis program to help you to positively change your life and achieve what you want (a useful adjunct to weight-loss).
- *Get What You Want* - A Self-Hypnosis program to help you to achieve what you want (a useful adjunct to weight-loss).
- *Lose Weight* - A Self-Hypnosis program to assist with weight-loss.
- *Total Relaxation* - A Self-Hypnosis program to enable you to deeply and completely relax.

These programs are available from http://campbellmgold.com and are found in the *Product* pages.

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Section 6

Exercise

Introduction

Exercise is an important part of well-being, and a minimum Aerobic program such as brisk walking or Jogging for 30 minutes, 3 days a week, with alternate days of rest, should be developed and followed.

Find the exercise program that is suitable for you, and then consistently carry it out.

- Ideally, exercise should be Aerobic.

  That is exercise that is sustained, uninterrupted, for at least 20 minutes, with the heart rate raised to 65% to 85% of its maximum rate, providing cardiovascular conditioning.

  In contrast, anaerobic exercise (muscle-tensing) is exercise that involves short, intense bursts of muscle strength with little or no cardiovascular conditioning.

  Important: Always warm up with stretching exercises before you start your main exercise routine.
- A minimum program is exercising 3 days a week with alternate days off.
- Optimal duration is 20-30 minutes per session. If you are able, longer sessions may be considered.
- Avoid exercising only once a week. Engaging in infrequent spurts of exercise (walking is an exception) generally does more harm than good.
- The aerobic goal is to be able to jog for 30 minutes without any adverse symptoms.

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IMPORTANT

BEFORE EMBARKING UPON ANY NEW DIET OR EXERCISE PROGRAM, IT IS IMPORTANT TO CONSULT YOUR DOCTOR REGARDING YOUR PERSONAL HEALTH CONCERNS. THIS IS ESPECIALLY TRUE FOR PERSONS 40 YEARS OR OLDER

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General Exercise Guidelines

- Approach exercise gradually. Set limited goals at the outset and sensibly work up.
- Give yourself a 1 month trial period.

  Benefits of aerobic exercise are noticeable after 3 weeks.

  And system changes are developed after 3 months.

  The effects of aerobic exercising begin to fade after 40 hours of inactivity.
- Keep a record of your daily exercise activities.
- Expect some initial discomfort. There will be some aches and pains, especially if you are out of shape. However, these will pass.
- Try to focus on the process of exercise rather than the product. Get into the inherently enjoyable aspects of the exercise itself.
- Reward yourself for maintaining a commitment to your exercise program.
- It is important to warm up with stretching exercises before starting your main exercise routine.
- Always cool down after completing your exercise program.

- Avoid exercising within 90 minutes of a meal.
- Avoid eating within 1 hour of exercising.
- Avoid exercising when you feel ill or over-stressed (use a deep relaxation technique instead).
- Stop exercising if you experience any sudden, unexplained bodily symptoms.
- Use every opportunity to exercise - use stairs in buildings rather than lifts or escalators. When using car parks, park away from the building's entrance, and enjoy the walk.

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Aerobic Exercise Benefits

Aerobic exercise is relatively low-intensity exercise, which undertaken for a long duration (e.g. brisk walking for 30 minutes). Aerobic means "with oxygen", and it specifically refers to the use of oxygen in the body's muscle energy-generating process.

Thus aerobics is system of physical conditioning designed to enhance circulatory and respiratory efficiency that involves vigorous sustained exercise, such as jogging, swimming, or cycling, etc.

Regular aerobic exercise has a direct effect upon both psychological and physiological factors. This includes:

- Reduced skeletal muscle tension, resulting in reduced feelings of tension or feeling "uptight".
- More rapid metabolism of excess adrenaline and thyroxin, resulting reduced negative arousal and vigilance.
- Discharges pent-up frustration, resulting in reduced phobic or panic reactions.
- Increased subjective feelings of well being.
- Reduced dependence upon alcohol and drugs.
- Reduced insomnia.
- Improved concentration and memory.
- Reduced depression.
- Increased self-esteem.
- Greater sense of control over anxiety.
- Enhanced oxygenation of the blood and brain, resulting in increased alertness and concentration.
- Stimulation of the production of endorphins, natural substances which resemble morphine, resulting in an increased sense of wellbeing.
- Lowered pH (increased acidity) of the blood, resulting in increased energy level.
- Improved circulation.
- Improved lung capacity and action.
- Improved digestion and utilization of food.
- Improved elimination from skin, lungs, lymphatics, kidneys, and bowels.
- Decreased cholesterol levels.
- Decreased blood pressure.
- Weight loss as well as possible appetite suppression.
- Improved blood sugar regulation (important in the case of hypoglycaemia - low blood sugar).

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The Body's Response to Aerobic Exercise

Within about three months of aerobic exercise, positive changes have taken place within the body, which collectively produce the "Training Effect".

These changes include:

- Increased heart size and capacity.
- Increased stroke volume of the heart.
- Lower resting heart rate.
- The body uses oxygen more efficiently by developing its aerobic (oxygen) metabolism capability.
- Decrease in use of lactic acid system.
- The body increases its stores of ATP (Adenosine Triphosphate) and phosphagens.
- Increased number of capillaries.
- Increased volume of blood.
- The ratio of fat to muscle shifts in a positive direction.
- The body burns calories more efficiently.
- Exercise can help with psychological and emotional coping.

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Anaerobic Exercise

Anaerobic exercise performed at a high intensity and requiring a rate of energy production greater than that supplied by aerobic respiration. A totally anaerobic exercise is an all-out effort of short duration, such as a 100 metre sprint or a clean-and-jerk in weight-lifting, etc.

It uses the phosphagen system (sometimes called the ATP-PCr system) of respiration which relies on special high-energy stores. These stores are used as a very quick source of ATP, the chemical required by muscles to contract. The phosphagen system can sustain a maximum effort for only about 10 seconds after which the stores become exhausted.

Such training can be very demanding physically and psychologically. It can harm those not used to strenuous activity. Even a physically fit person must take sufficient rest between sessions of anaerobic exercise so that the body can recover and adapt to the high demands. It is generally advised that anaerobic exercise should be carried out on no more than three days in any one week.

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The Body's Response to Anaerobic Exercise

The body's response to Anaerobic Exercise includes:

- Muscular strength and endurance increases.
- The muscles increase in size (muscular hypertrophy).
- Muscular fibres enlarge as well.
- The ratio of fat to lean muscle mass changes in a positive direction.
- The body stores greater amounts to ATP (Adenosine triphosphate and PC (Phosphocreatine) for immediate power needs.

Note: ATP (Adenosine triphosphate) and PC (Phosphocreatine) / CP (Creatine phosphate) are important elements required for muscle activity.

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What Shape Are You In?

Indications of being out of shape include:

- Being out of breath after walking up a flight of stairs.
- Long recovery time after walking up a flight of stairs.
- Feeling exhausted after short periods of exertion.
- Chronic muscle tension.
- Poor muscle tone.
- Obesity and overweight.
- Muscles cramped and aching for days after participating in exercise or sport.
- General tiredness, lethargy, and boredom.
- Unable to bend over and touch toes.

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Resting Pulse Rate

One assessment of fitness level is the measurement of the Resting Pulse Rate. For an accurate Resting Pulse Rate measurement, you must be in a relaxed condition. Ensure that you have been sitting still for at least 2 minutes prior to testing, and have not exerted yourself violently in the previous 5 minutes.

Take the number of pulse beats in 20 seconds and multiply the result by 3. Alternatively use a commercial pulse monitor and follow the operating instructions.

- A resting pulse rate of **80 or higher** beats per minute - You definitely need to improve your fitness level.
- A resting pulse rate of **70 - 80** beats per minute - You need more exercise to improve your fitness level.
- A resting pulse rate of **below 70** beats per minute - You are likely to be in good shape. Keep up the good work.

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Heart Rate for Aerobic Exercise

Optimal intensity for Aerobic Exercise is a training heart rate range (bpm - beats per minutes), for at least 20 minutes, of:

(220 - your age) x 0.65 (bpm) for burning fat
(220 - your age) x 0.75 (bpm) for a good general balance
(220 - your age) x 0.85 (bpm) for cardiovascular conditioning

The average aerobic pulse ranges for various ages are:

Age	**Pulse (Heart) Rate**
20-29	145-164
30-39	138-156
40-49	130-148
50-59	122-140
60-69	116-132

IMPORTANT

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Fitness-Level Evaluation

Use the following evaluation to determine your current fitness level.

Fitness-Level Evaluation		
(a) Intensity	**(b) Frequency**	**(c) Duration**
How strenuous is your exercise? Heavy = 5 points (fast cycling, running, aerobic dancing, etc) Moderate = 3 points (jogging, cycling, brisk walking, etc) Light = 1 point (golf, strolling, housework, etc)	How many times do you exercise per week? 3 or more times = 5 points 1 to 2 times = 2 points Not at all = 0 points	How long do you exercise each time? 21 minutes to 1 hour = 5 points 11 to 20 minutes = 3 points 10 minutes or less = 1 point
Total your Score (a) _____ + (b) _____ + (c) = Total _____		
Evaluation		
Total Score	**Fitness Level**	**Recommended Action**
13 to 15	Very Good	Congratulations, maintain your present level of activity
8 to 12	Average	You are moderately sedentary and should increase your level of activity
7 or less	Poor	You are sedentary, and you need to consider an exercise program now

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Lifestyle Evaluation

To attain health and well being it is necessary to balance many areas of your life.

These areas include: nutrition, relaxation, exercise, creativity, appropriate sleep, avoiding overindulgence, trust and communication, decision making, personal responsibility, and worthiness.

Use the following quiz to assess your current life habits and attitudes. It is important for you to consider your current lifestyle, and to evaluate if/where it can be improved (adapted from Terry Monroe).

Lifestyle Evaluation Quiz

Tick or circle the appropriate box: [A] [B] [C] [D] [E]

[A] = Almost Never, [B] = Infrequently, [C] = Sometimes, [D] = Frequently, [E] = Almost Always

1) **Nutrition**
I eat regular nutritious meals, and I am aware of their ingredients and how they affect me
[A] [B] [C] [D] [E]

2) **Relaxation**
I allow some time, each day, for creative relaxation
[A] [B] [C] [D] [E]

3) **Exercise**
I understand the benefits of aerobic exercise, and I participate at least 20 minutes, 3 times a week
[A] [B] [C] [D] [E]

4) **Creativity**
I feel enthusiastic about my own unique abilities, and I use them daily
[A] [B] [C] [D] [E]

5) **Appropriate Sleep**
I sleep soundly, and I awake feeling refreshed and invigorated
[A] [B] [C] [D] [E]

6) **Avoiding Overindulgence**
I avoid overindulgence, and I do not abuse food, alcohol, tobacco, or any other drug
[A] [B] [C] [D] [E]

7) **Trust and Communication**
I have at least one significant person whom I trust, and with whom I can communicate, whether I am in a high or low mood
[A] [B] [C] [D] [E]

8) **Decision Making**
I gain wisdom from the opinions of others, however, ultimately I make my own decisions
[A] [B] [C] [D] [E]

9) **Personal Responsibility**
I take full responsibility for my own behaviour, and I do not blame others for my actions or my results
[A] [B] [C] [D] [E]

10) **Worthiness**
I believe that I am an important person in this world, and I am worthy to love and to be loved
[A] [B] [C] [D] [E]

Now take your answers and shade in each item on the *"Lifestyle Summary Chart"* (next page).

For each response, shade up to, and including, the relevant blocks (A to E).

e.g. [A] [B] [C] [D] [E]

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Lifestyle Summary Chart

Take your answers, from the previous page,
and shade up to, and including,
the relevant blocks A - E that correspond to your responses

e.g. | A | B | C | D | E |

1) Nutrition	A	B	C	D	E
2) Relaxation	A	B	C	D	E
3) Exercise	A	B	C	D	E
4) Creativity	A	B	C	D	E
5) Appropriate Sleep	A	B	C	D	E
6) Avoiding Overindulgence	A	B	C	D	E
7) Trust and Communication	A	B	C	D	E
8) Decision Making	A	B	C	D	E
9) Personal Responsibility	A	B	C	D	E
10) Worthiness	A	B	C	D	E

Evaluation

Look at the shaded blocks. Are the horizontal blocks full or empty? Is the total shaded area balanced or unbalanced? Which areas require attention? Which areas indicate your strengths? Are you living in a balanced manner? What do you need to do to achieve balance?

Legends: [A] [B] [C] [D] [E]

[A] = Almost Never
[B] = Infrequently
[C] = Sometimes
[D] = Frequently
[E] = Almost Always

NAME:_____

DATE:_____

COMMENTS:_____

_____

_____

_____

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Choosing an Exercise Program

Tick off, and pursue, the type of exercise(s) that interests you:

Exercise Type

[ ] Action Cricket
[ ] Aerobics (Class)
[ ] Aerobics (Home)
[ ] Aerobics (Water)
[ ] Anaerobics (muscle tensing, sculpting, etc)
[ ] Archery
[ ] Backpacking
[ ] Badminton
[ ] Baseball
[ ] Basketball
[ ] Billiards
[ ] Body Building
[ ] Bowling
[ ] Boxing (Sparring)
[ ] Calisthenics
[ ] Callanetics
[ ] Canoeing
[ ] Circuit Training
[ ] Cricket
[ ] Cycling (Road)
[ ] Cycling (Stationary)
[ ] Dancing (Belly)
[ ] Dancing (Line)
[ ] Dancing (Modern)
[ ] Dancing (Aerobic)
[ ] Dancing (Ballet)
[ ] Dancing (Square)
[ ] Dancing (Ballroom)
[ ] Diving
[ ] Fencing
[ ] Figure Skating
[ ] Football
[ ] Gardening
[ ] Golf
[ ] Gym
[ ] Gymnastics
[ ] Handball
[ ] Hiking
[ ] Horse Riding
[ ] Housework
[ ] Ice skating
[ ] Jogging
[ ] Judo
[ ] Jumping Rope
[ ] Kayaking
[ ] Martial Arts
[ ] Mountain Climbing
[ ] Netball
[ ] Paddleball
[ ] Ping-Pong
[ ] Pool
[ ] Pot-holing
[ ] Racquet Ball
[ ] Rebounding
[ ] Roller Blades
[ ] Roller Skating
[ ] Rope Skipping
[ ] Rowing
[ ] Running
[ ] Sailing
[ ] Scuba Diving
[ ] Skating
[ ] Skiing
[ ] Softball
[ ] Sprinting
[ ] Squash
[ ] Stair climbing
[ ] Step-master
[ ] Surfing
[ ] Swimming (Pool)
[ ] Swimming (Sea)
[ ] Table Tennis
[ ] Tennis
[ ] Trampoline
[ ] Trampoline (Mini)
[ ] Treadmill
[ ] Volleyball
[ ] Walking
[ ] Water Skiing
[ ] Weight Training
[ ] Wrestling
[ ] Yoga

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Section 7

Diet Element Unit Values

This is the heart of the program - unlike most diet plans, we use a unit based system rather than "calorie counting"'. Consequently, use the following **Diet Element Unit Values** to guide you in planning, selecting, monitoring, and balancing your daily nutritional intake.

The foods have been grouped together according to their carbohydrate, fat, and kilojoule values.

Conversion Note

If you would like to compare kilojues with kilocalories, the conversion is:

kilojoules to calories: kilojoules / 4.2 (4.186) = calories

calories to kilojoules: calories x 4.2 (4.186) = kilojoules

The Plans

Select the plan that is right for you, and then create your menus using the food groups and unit values. The goal is to consume 7 Units for Plan 1, 10 Units for Plan 2, and 12 Units for Plan 3.

- **Plan (1) - 7 Units per day** - For individuals who have a lot of weight to lose and desire a faster drop initially.
- **Plan (2) - 10 Units per day** - For individuals who desire to achieve a steady yet gratifying weight-loss.
- **Plan (3) - 12 Units per day** - For individuals who are uncomfortable with a restrictive diet, yet desire to achieve a controlled more gradual weight-loss.

  Plan 3 is a good choice for men wishing to lose weight without a serious impact.

The Food Groups

The food groups are organized into the following energy bands linked to 100g portions of food:

- Group 1 - 0 Units (1-199 kj/100g)
- Group 2 - 1 Units (200-399 kj/100g)
- Group 3 - 2 Units (400-799 kj/100g)
- Group 4 - 4 Units (800-999 kj/100g)
- Group 5 - n UNITS (1000+ kj/100g)

What Next?

Once you have decided 'which plan' is for you, you can then make up your menus to the relevant number of units that you have available. Use the following lists to evaluate specific food unit values, and enjoy.

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Group 1 - 0 Units
(Rough guide, 1-199 kj/100g)
(Eat as much as you like from this Group - No limit)

VEGETABLES - GREEN

Alfalfa
Artichoke
Asparagus
Baby marrow
Bamboo shoots
Brinjals
Broccoli
Cabbage
Capsicum
Cauliflower
Celery
Chicory
Chilli
Chives
Coleslaw (no dressing)
Cress
Cucumber
Eggplant
Endive
French beans
Garlic
Gem squash
Green beans
Green pepper
Jalapeno
Jerusalem artichoke
Kale
Kohlrabi
Leeks
Lettuce
Marrow
Mushrooms
Onions
Palm hearts
Parsley
Patty pans
Radishes
Red cabbage
Red pepper
Rhubarb
Sauerkraut
Spinach
Spring onions
String beans
Tomatoes
Turnips
Water chestnuts
Watercress
Zucchini (baby marrow)

SPROUTS

Sprouts (alfalfa, bean, mung bean, chick pea, etc)

BEVERAGES, MINERALS, FRUIT JUICE
(Herbal tea or spring/mineral water is preferable)

Coffee, cereal
Coffee, black
Cordials, diet
Diet drinks, carbonated
Herbal tea, chamomile (good)
Herbal tea, fennel (excellent)
Herbal tea, others
Lemon juice (mix with mineral water or spring water to taste)
Tea, black
Tea, jasmine
Tea, Rooibos (excellent)
Water, spring, mineral, filtered **(never use raw tap water)**
Water, soda, spring, mineral

DRESSINGS and SAUCES
*(use in moderation because of the high salt content)

Chilli sauce*
Chutney*
HP sauce*
Lemon juice
Oil free vinaigrette
Piccalilli*
Soya sauce*
Tabasco
Tomato sauce*
Vinegar (cider apple)
Worcestershire sauce*

MISC

(Limit items high in salt and MSG (MonoSodium Glutamate))
Bovril
Chewing gum, diet
Corn flour
Dill pickles
Extracts (e.g. vanilla)
Herbs
Marinades (low oil)
Marmite
Mixed pickles
Mustard
Oxo
Pickled gherkins
Pickled onions
Pickles mixed
Sour pickles
Spices
Stock cubes

End

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Group 2 - 1 Unit
(Rough guide, 200-399 kj/100g)
(Portions as indicated)

FRESH FRUIT
(Average portion is 150g or as indicated)

Apples - 1 med
Apricots - 4 med
Avocado - 1/4 med
Banana - 1 small
Blackberries - 30
Cantaloupe
Cherries - 22 large
Currants - 30g
Dates (pitted) - 30g
Figs - 4 large

Fruit salad (fresh) - 1 cup
Gooseberries - 12
Grapefruit - 1 med
Grapes (white or red) - 16 large
Guava - 2 med
Kiwi fruit - 2 med
Lemon - 3 average
Lime - 3 average
Lychees - 8 average
Mandarin - 2 large
Mango - 1 Small
Melon - 8cm Slice
Naartjie - 2 large
Nectarine - 1 large
Olives (black, brine) - 12
Olives (green, brine) - 18
Orange - 1 med
Papaya - 1 small
Papino - 1 small
Passion fruit - 6 med
Pawpaw - 1/2 med
Peach - 2 med or 1 large
Pear - 1 large
Pineapple - 1/2 med
Plums - 4 large
Prunes - 30g
Quince - 1 large
Raspberries - 30
Rhubarb - 200g
Strawberries - 20
Sultanas - 30g
Tangerine - 2 large
Watermelon - 4cm Slice

DRIED FRUIT
(No sugar added, or dusted with sugar)

Apple - 30g
Apricot - 30g
Banana chips - 30g
Currants - 30g
Dates (pitted) - 30g
Fig - 30g
Peach - 30g
Pear - 30g
Pineapple - 30g
Prunes (pitted) - 30g
Raisins - 30g
Sultanas - 30g

VEGETABLES STARCHY, WHITE, YELLOW, ORANGE

Beetroot - 1 cup
Brussels sprouts - 1.5 cups
Butternut - 3/4 cup
Carrots - 5 large
Corn on cob - 12cm
Hubbard squash - 1 cup
Parsnip - 1 cup
Peas - 1/2 cup
Potatoes (baked) - 1 med
Potatoes (boiled) - 1 med
Pumpkin - 1 cup
Silverbeet - 1 cup
Sweet corn - 1 cup
Sweet potatoes - 1 med
Yam - 1 cup

LEGUMES

Broad beans - 3/4 cup
Chick peas - 3/4 cup
Haricot beans - 3/4 cup
Kidney beans - 3/4 cup
Lentils - 1/2 cup
Lima beans - 3/4 cup
Miso liquid - 100ml
Soya beans - 3/4 cup
Split peas - 1/2 cup
Tempeh - 3/4 cup
Tofu - 3/4 cup

CEREAL and GRAIN
(Preferably unrefined whole grain)
All-Bran - 1/2 cup
Barley crack - 1/2 cup
Oats - 1/2 cup
Popcorn (hot air) - 1.5 cups
Porridge - 1/2 cup
Rice (brown, white, wild, whole) - 1 cup
Rye flour - 30g
Wheatbix - 1
White flour - 25g
Whole meal flour - 30g

BREAD and CRACKERS
(Preferably whole-wheat)

Brown bread - 1 slice
Croissant (small) - 1/2
Crumpet - 1/2
Pita pocket - 2
Provita - 4
Raisin bread - 1/2 slice
Rice cakes - 2
Roll - 1/2 med
Rye bread - 1 slice
Ryevita - 2
Snack bread - 4
Sourdough bread - 1 slice
White bread - 1 slice
Whole-wheat bread - 1 slice

DAIRY
(Fat free or low fat)

Cheese, cottage, low fat - 1/4 cup
Cheese, cream, low fat - 1/4 cup
Cheese, ricotta - 1/4 cup
Milk, skim - 1 cup
Milk, 2% - 3/4 cup
Milk, non fat - 1 cup
Milk, reduced fat - 3/4 cup
Yoghurt, low fat, plain - 3/4 cup
Yoghurt, fat free, plain - 1 cup
Yoghurt, skim, plain - 1/2 cup

End

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Group 3 - 2 Units
(Rough guide, 400-799 kj/100g)
(Portions as Indicated)

CEREAL and GRAIN
(Preferably whole-wheat)

Granola biscuit - 1 Small
Muesli - 1/3 cup
Muffin, plain 1 Small
Noodles - 1 cup
Noodles whole meal - 1 cup
Pasta - 1 cup
Pasta (whole meal) - 1 cup
Rusk - 1 average

FRUIT JUICE
(Portion as indicated)

All Fruit Juice (apple, orange, tomato, etc) - 250ml
(Except lemon - 0, grape - 4, prune - 4)
Note: All fruit juice should be diluted with 50% spring or mineral water

DAIRY

Cheese, Low Fat (Blue Vain, Camembert, Cheddar, Edam, Feta, Gouda, Jarlsburg, Mozzarella, Parmesan, Stilton, sweet milk, Swiss) - 60g
Cheese, Regular (Blue Vein, Camembert, Cheddar, Edam, Feta, Gouda, Jarlsburg, Mozzarella, Parmesan, Stilton, Sweet Milk, Swiss) - 30g
Cheese, regular, other - 30g
Milk, full cream - 1/2 cup
Milk, soya - 1/2 cup
Yoghurt, low fat, fruit - 175ml
Yoghurt, frozen, fruit - 150ml

MEAT, FISH, POULTRY, and EGGS
(No skin or fat permitted)

Bacon (grilled, thin, lean, no rind) - 2 to 4 rashers
Beef (thin slices) - 4
Calamri (no batter, etc) - 160g
Chicken breast - 1
Cooked ham (thin slices) - 4
Corned beef (thin slices) - 4
Crayfish - 160g
Eggs (boiled, poached, scrambled) - 2
Fish (plain, poached, grilled, baked) - 160g
Fish fingers (no crumbs or batter) - 160g
Fish paste - 1 small pot
Frank - 1 medium
Ham (thin slices) - 4
Muscles - 160g
Oysters - 160g
Pork (thin slices) - 4
Pilchards (plain) - 3
Pilchards (tomato sauce, chilli sauce) - 2
Prawns - 160g
Salmon (fresh) - 160g
Salmon (oil free) - 1/2 tin
Sardines (drain oil) - 4
Sole - 160g
Trout - 160g
Tuna (oil free) - 1/2 tin
Vienna - 1 medium

NUTS (raw)

Almonds - (25) 30g
Beernuts - (30) 30g
Brazil nuts - 8
Cashew nuts - 14
Chestnuts - 4
Coconut - 30g
Hazelnuts - 30g
Macadamia nuts - (9) 30g
Peanuts - (40) 30g
Pecans - 12
Pine nuts - 2 tbsp
Pistachios - 23
Walnuts - 10

SEEDS

Sunflower - 30g
Pumpkin - 30g
Sesame - 15g

End

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Group 4 - 4 Units
(Rough guide, 800 - 999 kj/100g)
(Portions as indicated)

MEAT
(No skin or fat permitted)

Bacon (grilled, thin, lean, no rind) - 75g
Beef (lean) - 100g
Beef mince (lean) - 100g
Brisket (fat trimmed) - 100g
Chicken (skinless) - 100g
Cooked ham - 100g
Corned beef (lean) - 100g
Duck (skinless) - 100g
Franks - 75g
Game (lean) - 100g
Hamburger mince (lean) - 100g
Hamburger patty (lean) - 100g
Ham (lean) - 100g
Ham smoked (lean) - 100g
Ham steak (lean) - 100g
Heart - 100g
Kidneys - 100g
Lamb (lean) - 100g
Lamb chops (fat trimmed) - 100g
Liver - 100g
Liverwurst - 50g
Mince (lean) -100g
Pork (lean) - 100g
Pork chops (fat trimmed) - 100g
Poultry (lean) - 100g
Rabbit (lean) - 100g
Salami - 50g
Sausages (lean, pork, beef, lamb) - 75g
Schnitzel (lean, not crumbed) - 100g
Smoked ham (lean) - 100g
Stewing beef (lean) - 100g
Tripe - 100g
Turkey (skinless) - 100g
Veal (lean) - 100g

FRUIT JUICE
Note: All fruit juice should be diluted with 50% spring or mineral water

Grape juice - 250ml
Prune juice - 250ml

End

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Group 5 - Miscellaneous
(Rough guide, 1,000+ kj/100g)
(Units and Portions as Indicated)

MISC

Black forest cake - 1 slice = 6 units
Boiled sweets - 4 = 1 unit
Boudoir biscuit - 3 = 1 unit
Chocolate - 2 squares = 1 unit
Chocolate - 6 squares = 3 units
Crunchie - 1 small = 3 units
Fruit sorbet - 1/2 cup = 1 unit
Fruit muffin - 1 med = 3 units
Ginger-nut biscuit - 2 = 1 unit
Halvah 30g = 3 units
Honey - 2 tsp = 1/2 unit
Ice cream - 1/2 cup = 1 unit
Jam - 3 tsp = 1/2 unit
Jelly babies - 6 = 1 unit
Kit Kat - 4 fingers = 3 units
Liquorice - 1 stick = 1 unit
Marie biscuit - 4 = 1 unit
Marmalade - 3 tsp = 1/2 unit
Mars bar - 1 small = 6 units
Nougat - 15g = 2 units
Sponge cake - 1 slice = 5 units
Sugar - 4 tsp = 1 unit
Toffees - 1 med = 1 unit
Wine gums - 1 roll = 1 unit

CARBONATED DRINKS and CORDIALS

Coke - 340ml = 2 units
Cola drinks - 340ml = 2 units
Drinks, other - 340ml = 2 units
Fanta - 340ml = 2 units
Fruit squash - 60ml = 1 unit
Lucozade - 340ml = 3 units
Sprite - 340ml = 2 units

ALCOHOL, WINE, and MALT

Beer - 340ml = 2 units
Brandy - 1 tot = 1 unit
Champagne (dry or sweet) - 1 glass = 1 unit
Cider - 340ml = 2 units
Dry wine (red or white) - 1 glass = 1 unit
Gin - 1 tot = 1 unit
Late Harvest wine - 1 glass = 1 unit
Liqueur - 1 tot = 1 unit
Port - 1 tot = 1 unit
Rum - 1 tot = 1 unit
Sherry (dry or sweet) - 1 tot = 1 unit
Spirits (misc) - 1 tot = 1 unit
Stout - 200ml = 2 units
Vodka - 1 tot = 1 unit
Whisky - 1 tot = 1 unit

NUTS (roasted)

Peanuts - (40) 30g = 3 units
Cashews - 14 = 3 units
Chestnuts - 4 = 3 units

FATS

Butter - 1 tsp = 1 unit
Cream - 1 tsp = 1 unit
Margarine - 1 tsp = 1 unit (not recommended)
Mayonnaise (lite) - 2 tbsp = 1 unit
Mayonnaise (regular) - 2 tsp = 1 unit
Oil (sunflower, olive, etc) - 1 tsp = 1 unit
Peanut butter - 2 tsp = 1 unit
Salad dressing (low fat, low oil) - 2 tbsp = 1 unit
Salad dressing (regular) - 1 tbsp = 1 unit

CRISPS and SNACKS

Corn snacks - 40g = 2.5 units
Doritos - 40g = 2.5 units
Hula Hoops - 30g = 2 units
Niknaks - 40g = 3 units
Popcorn (cooked in oil) - 50g = 2 units
Popcorn (microwave) - 1.5 cups = 1 unit
Popcorn (hot air) - 1.5 cups = 1 unit
Potato crisps (all flavours) - 30g = 2 units

End

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Section 8

Basic Maintenance Health-Diet

Once you have achieved your "ideal" weight, a good maintenance diet can assist you in sustaining your new "life-style". The following suggestions can be used to create a dietary way of life that suits your specific tastes and needs.

Starting the Day

1 x glass of very hot water in which a slice of lemon has been soaked and allowed to cool to drinkable-warm.

Breakfast

Eat as much fruit as you like. Peel it, because pesticides tend to become absorbed into the outer skin. Cereal - Oatmeal porridge or Maltabela (red malted sorghum - very good for keeping cholesterol levels down), Muesli, or 1 - 2 slices of whole-wheat bread, toasted or plain, with a little butter and honey.

Eggs, poached, boiled, or scrambled - NOT fried (limit egg intake to no more that 4 per week).

One cup of herb tea (Fennel, Rooibos (Red Bush), Chamomile, etc). Use honey for sweetening, and always use low fat milk.

You will not need all of the above for breakfast - just select what you feel like.

Lunch

At Home - A large salad with a selection of fresh ingredients. Use only cold-pressed oil, and lemon juice or apple cider vinegar (not commercial vinegar) for dressings.

In the winter substitute a vegetable soup for the salad.

At Work - For the lunch-box have 2 to 3 slices of whole-wheat bread with a little butter, fresh fruit, and plain low fat yoghurt; fruit and salad to taste.

Dinner

Grilled, lean meat (fat not permitted) once or twice a week, otherwise chicken/turkey (no skin or fat permitted), or plain fish (grilled, baked, or poached). NEVER fry the meat.

Have at least three different-coloured vegetables which are raw, lightly cooked, or steamed.

Always add a fresh salad on the side. For dessert, raw fruit or fruit based desserts (e.g. apple flan, baked apple with dates, fresh fruit salad, etc). Occasionally, a small amount of fresh cream may be added as a treat.

To Drink

Spring water, mineral water, fruit juice (diluted with 50% spring or mineral water), vegetable juice, herb tea, or cereal coffee, etc.

NEVER, ever, drink raw tap water

Minimise alcoholic beverages, normal tea, normal coffee, and refined or sugary beverages, etc.

Fruit Only Day

Have one "fruit-only" day per week - 24 hours, with fruit in season.

Drink plenty of spring/mineral water or herb teas.

If you get hungry between meals, eat fruit or 0 Unit items. If you feel the need for something sweet, then eat dried fruits or dried dates (but, not too many).

Note: fruit juice should always be diluted with 50% spring or mineral water.

NEVER, ever, drink raw tap water

Vegetable Juice

The following vegetable juice mix, often referred to as the "elixir of life", is highly recommended and it may be taken on a daily basis:

3 x parts carrot juice
1 x part cucumber juice (English cucumber with skin)
1 x celery stalk (optional)
1 x dash cabbage (optional)
1 x dash beetroot (optional)

Take 250 ml to 500 ml of the juice, once a day, 20 minutes prior to main meal.

Note: Ingredients must be "juiced" not "liquidised" (liquidisation causes oxidation, which greatly reduces the potency of the juices).

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Appendix 1

5BX Exercise Plan

Acknowledgement

The kind permission of the Royal Canadian
Air Force to make the text of their training
material available to the public
is gratefully acknowledged

If you are looking for a simple exercise plan that does not take up too much time, why not try the 5BX, 11 minute exercise plan, which was developed by the Canadian Air Force - it's easy, it's effective, and it's a lot of fun.

The 5BX Plan

The Five Basic Exercises (5BX) Plan was designed, for men, to show how to develop and hold a high level of physical fitness, regardless of where an individual may be located. The program is not dependent upon elaborate facilities, or equipment; and the exercises only require eleven minutes to perform.

Thus, 5BX is ideal for anyone who simply wants to get fit, look fit, feel fit, and stay fit.

For women there is the XBX Plan - a copy can be found in the archives of http://campbellmgold.com.

Why fitness?

Research has demonstrated that the physically fit person:

- is able to withstand fatigue for longer periods than the unfit
- is better equipped to tolerate physical stress
- has a stronger and more efficient heart

There is also a relationship between good mental alertness, absence of nervous tension, and physical fitness

Research has demonstrated that the 5BX Plan will:

- Increase the strength of the important muscle groups needed in everyday living
- Increase the ability of muscles used in essential body movements to function efficiently for long periods of time
- Increase the speed response of the important muscles of the body
- Keep the important muscles and joints of the body supple and flexible
- Improve the efficiency and capacity of the heart, lungs, and other body organs
- Increase the capacity for physical exertion

Warming Up

The 5BX plan has been designed so that no additional warm-up is necessary in order to receive its maximum benefits.

The older the individual, the more necessary proper warming up becomes to avoid "strained" muscles. The 5BX Plan has a built-in method of warm-up. This is achieved is two ways: 1) by the arrangement of the exercises; and 2) by the manner in which the exercises are performed.

The Six Charts

The 5BX Plan is comprised of six "charts" arranged in progression.

Each chart is composed of five exercises, which are always performed in the same order, and in the same maximum time limit; but, as progression is made from chart to chart, there are also slight changes in each basic exercise with a gradual demand for more effort.

How far should you go?

The level of physical capacity to which you should progress is determined by your "age Group".

The levels in the 5BX are based on the expectation of average individuals, and means that there will be some individuals who are capable of progressing beyond the level indicated; and, conversely, there will be individuals who will never attain this average level.

Consequently, use the goals as guides only, and apply them with common sense.

Schedule for Chart - Explanatory

Exercise 1-4 applies to the first four exercises, which are described and illustrated. The figures in the columns 1-4 indicate the number of times that each exercise is to be repeated, in the time allotted, for any given level "A+ to D-".

The allotted time for each exercise is noted at the bottom of the exercise columns. These times remain the same throughout all of the charts.

The total time for exercises 1-5 is 11 minutes.

Schedule for Chart n							
Level	Exercise					0.5 Mile Run	1 Mile Walk
	1	2	3	4	5	In Minutes	
A+	20	18	18	13	400	5.5	17
A	18	17	17	12	375	5.5	17
A-	16	15	16	11	335	5.5	17
B+	14	13	15	9	320	6.0	18
B	12	12	14	8	305	6.0	18
B-	10	11	13	7	280	6.0	18
C+	8	9	12	6	260	6.5	19
C	7	8	10	5	235	6.5	19
C-	6	7	8	4	205	6.5	19
D+	4	5	6	3	175	7.0	20
D	3	4	5	3	145	7.5	21
D-	2	3	4	2	100	8.0	21
Minutes for each exercise	2	1	1	1	6		

Exercise 5 is running on the spot, and the figures in the column indicate the number of steps to be achieved in the given time (6 minutes). However, two activities, noted in the two right hand columns, may be substituted for exercise 5 - you may run or walk the indicated distance in the required time.

As you progress well into the plan, you may find certain levels difficult to complete in 11 minutes. Don't give up, but work hard at that level - it may take some days or even weeks - and suddenly you will find yourself progressing again.

How to Begin

First check your daily schedule and determine a time and place that is most convenient for you to exercise.

Start with Chart 1, and DO NOT exceed the maximum rate of progression.

Maximum Rate of Progression Through Chart 1 - According to Age

Less than 20 yrs	at least 1 day at each level
20-29 yrs	at least 2 days at each level
30-39 yrs	at least 4 days at each level
40-49 yrs	at least 7 days at each level
50-59 yrs	at least 8 days at each level
60 yrs and over	at least 10 days at each level

Caution

**If you feel stiff or sore, or of you are unduly breathless at any time,
ease up and slow down your rate of progression.
This is especially applicable to the older age groups**

Even if you feel able to start at a higher level and progress at a faster rate than indicated -- DO NOT DO IT -- Start at the bottom of Chart 1, and then work up from level to level as recommended.

For best results from %BX, the exercises must be done regularly. remember that it may take you six, eight, or ten months, or more, of daily exercises to attain the level recommended for you; but once you have attained it, only three periods of exercise per week will maintain you achieved level of physical capacity.

If for any reason (illness, etc) you stop doing 5BX regularly, and you wish to begin again, do no recommence at the level you had previously attained. Drop back several levels, until you find one that you can complete without undue strain.

After a period of inactivity of longer that two months, or one month in consequence of illness, it is recommended that you start again at Chart 1.

How to Progress

Simply progress through all the steps of chart 1 before going on to chart two; and then repeat for the other charts until you reach the level for your age group.

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General Exercise Guidelines

- Approach exercise gradually. Set limited goals at the outset and sensibly work up.
- Give yourself a 1 month trial period.

  Benefits of aerobic exercise are noticeable after 3 weeks.

  And system changes are developed after 3 months.

  The effects of aerobic exercising begin to fade after 40 hours of inactivity.
- Keep a record of your daily exercise activities.
- Expect some initial discomfort. There will be some aches and pains, especially if you are out of shape. However, these will pass.
- Try to focus on the process of exercise rather than the product. Get into the inherently enjoyable aspects of the exercise itself.
- Reward yourself for maintaining a commitment to your exercise program.
- It is important to warm up with stretching exercises before starting your main exercise routine.
- Always cool down after completing your exercise program.
- Avoid exercising within 90 minutes of a meal.
- Avoid eating within 1 hour of exercising.
- Avoid exercising when you feel ill or over-stressed (use a deep relaxation technique instead).
- Stop exercising if you experience any sudden, unexplained bodily symptoms.
- Use every opportunity to exercise - use stairs in buildings rather than lifts or escalators. When using car parks, park away from the building's entrance, and enjoy the walk.

IMPORTANT

BEFORE EMBARKING UPON ANY NEW EXERCISE PROGRAM OR DIET, IT IS IMPORTANT TO CONSULT YOUR HEALTH PROFESSIONAL REGARDING YOUR PERSONAL HEALTH CONCERNS. THIS IS ESPECIALLY TRUE FOR PERSONS 40 YEARS OR OLDER

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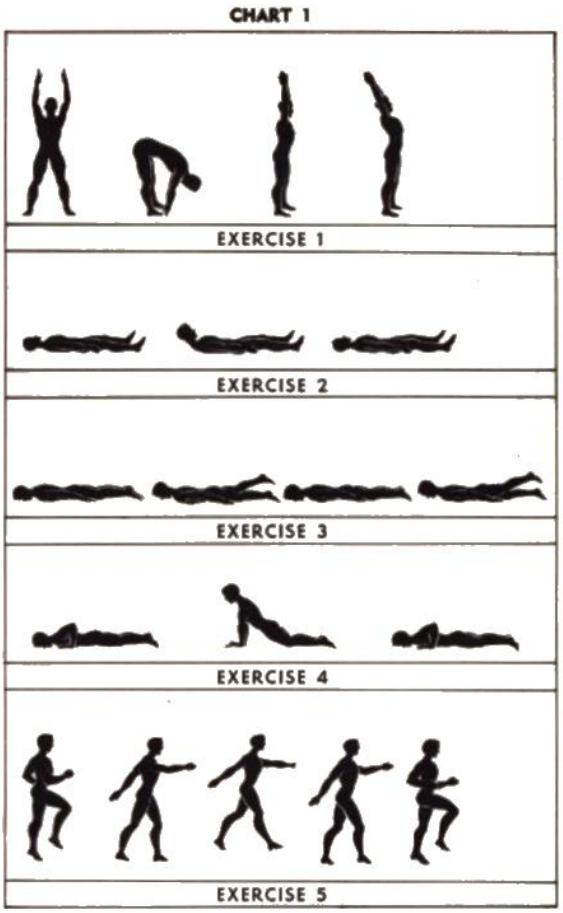
Chart 1

Description

1) Feet astride, arms upward. Forward bend to floor, touching, stretch upward and backward. Do not strain to keep knees straight.
2) Back lying, feet 6 inches apart, and arms at sides. Sit up just far enough to see your heels. Keep legs straight, head and shoulders must clear the floor.
3) Front lying, palms placed under the thighs. Raise head and one leg, repeat using legs alternately. Keep leg straight at the knee, thighs must clear the palms. Count one when second leg touches the floor.
4) Front lying, hands under the shoulders, palms flat on the floor. Straighten arms lifting upper body, keeping the knees on the floor. Bend arms to lower body. Keep the body straight from the knees, arms must be fully extended, and chest must touch the floor to complete one movement.
5) **Stationary run**. Count a step each time left foot touches floor. Lift feet approximately 4 inches off floor. Every 75 steps do 10 "scissor jumps". Repeat the sequence until the required number of steps is completed.

   Scissor jumps - stand with right leg and left arm extended forward, and left leg and right arm extended backward. Jump up, and change position of arms and legs before landing. Arms shoulder high.



Age Groups

6 yrs maintains B
7 yrs maintains A

Schedule for Chart 1							
Level	**Exercise**					**0.5 Mile Run**	**1 Mile Walk**
	1	**2**	**3**	**4**	**5**	**In Minutes**	
A+	20	18	22	13	400	5.5	17
A	18	17	20	12	375	5.5	17
A-	16	15	18	11	335	5.5	17
B+	14	13	16	9	320	6.0	18
B	12	12	14	8	305	6.0	18
B-	10	11	12	7	280	6.0	18
C+	8	9	10	6	260	6.5	19
C	7	8	9	5	235	6.5	19
C-	6	7	8	4	205	6.5	19
D+	4	5	6	3	175	7.0	20
D	3	4	5	3	145	7.5	21
D-	2	3	4	2	100	8.0	21
Minutes for each exercise	**2**	**1**	**1**	**1**	**6**		

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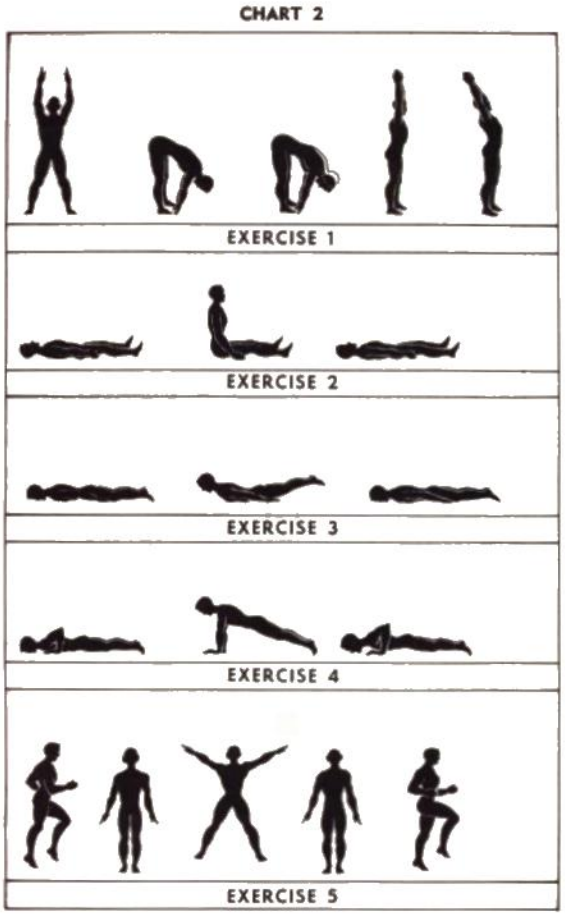
Chart 2

Description

1) Feet astride, arms upward. Touch floor and press (bounce), stretch upward and backward. Do not strain to keep knees straight.
2) Back lying, feet 6 inches apart, arms at sides. Sit up to a vertical position, and keep feet on floor, even if it is necessary to hook them under a chair. Allow knees to bend slightly.
3) Front lying, palms placed under the thighs. Raise head, shoulders, and both legs. Keep legs straight, both thighs must clear the palms.
4) Front lying, hands under the shoulders, palms flat on the floor. Straighten arms to lift body with only palms and toes on the floor. Keep back straight. Chest must touch the floor for each complete movement after arms have been fully extended.
5) **Stationary run**. Count a step each time left foot touches floor. Lift feet approximately 4 inches off floor. Every 75 steps do 10 "astride jumps". Repeat the sequence until the required number of steps is completed.

   Astride Jumps - feet together, and arms at side. Jump and land with feet astride and arms raised sideways to slightly above shoulder height. Return with a jump to the starting position for a count of one. Keep arms straight.



Age Groups

8 yrs maintains D-
9 yrs maintains C-
10 yrs maintains B-
11 yrs maintains A-

49-49 yrs maintains A+
50-60 yrs maintains C+

Schedule for Chart 2							
Level	Exercise					1 Mile Run	2 Mile Walk
	1	2	3	4	5	In Minutes	
A+	30	23	33	20	500	9	30
A	29	21	31	19	485	9	31
A-	28	20	29	18	470	9	32
B+	26	18	27	17	455	9.5	33
B	24	17	25	16	445	9.5	33
B-	22	16	23	15	440	9.5	33
C+	20	15	21	14	425	10	34
C	19	14	19	13	410	10	34
C-	18	13	17	12	395	10	34
D+	16	12	15	11	380	10.5	35
D	15	11	14	10	360	10.5	35
D-	14	10	13	9	335	10.5	35
Minutes for each exercise	2	1	1	1	6		

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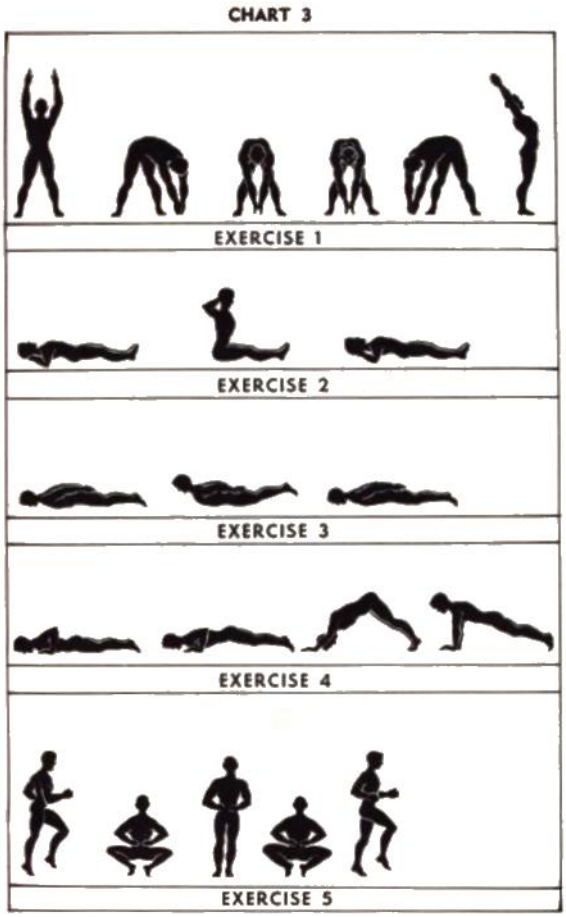
Chart 3

Description



1) Feet astride, arms upward. Touch floor 6 inches outside left foot, again between feet and press once, then 6 inches outside right foot, bend backward as far as possible, repeat, reverse direction after half the number of counts. Do not strain to keep knees straight, return to erect position.
2) Back lying, feet 6 inches apart, arms clasped behind head. Allow knees to bend slightly. Sit up to vertical position, keep feet on floor. Hook feet under chair only if necessary.
3) Front lying, hands interlocked behind back. Lift head, shoulders, chest, and both legs as high as possible. Keep legs straight, and raise chest and both thighs completely off floor.
4) Front lying, hands under the shoulders, palms flat on the floor. Touch chin to the floor in front of hands, touch forehead to floor behind hands before returning to up position. There are three definite movements, chin, forehead, arms straightened. DO NOT do in one continuous movement.
5) **Stationary run**. Count a step each time left foot touches floor. Lift feet approximately 4 inches off floor. Every 75 steps do 10 "half knee bends". Repeat the sequence until the required number of steps is completed.

Half Knee bends - feet together, hands on hips, knees bent to form an angle of about 110 degrees. Do not bend knees past a right angle. Straighten to upright position, raising heels off floor, return to starting position each time. Keep feet in contact with floor, the back upright and straight at all times.

Age Groups

12 yrs maintains D+
13 yrs maintains C+
14 yrs maintains B+

35-39 yrs maintains B
40-44 yrs maintains C

Flying Crew

40-44 yrs maintains A+
45-49 yrs maintains B

Schedule for Chart 3							
Level	**Exercise**					**1 Mile Run**	**2 Mile Walk**
	1	**2**	**3**	**4**	**5**	**In Minutes**	
A+	30	32	47	24	550	8	25
A	30	31	45	22	540	8	25
A-	30	30	43	21	525	8	25
B+	28	28	41	20	510	8.25	26
B	28	27	39	19	500	8.25	26
B-	28	26	37	18	490	8.25	26
C+	26	25	35	17	480	8.5	27
C	26	24	34	17	465	8.5	27
C-	26	23	33	16	450	8.5	27
D+	24	22	31	15	430	8.75	28
D	24	21	30	15	415	8.75	28
D-	24	20	29	15	400	8.75	29
Minutes for each exercise	**2**	**1**	**1**	**1**	**6**		

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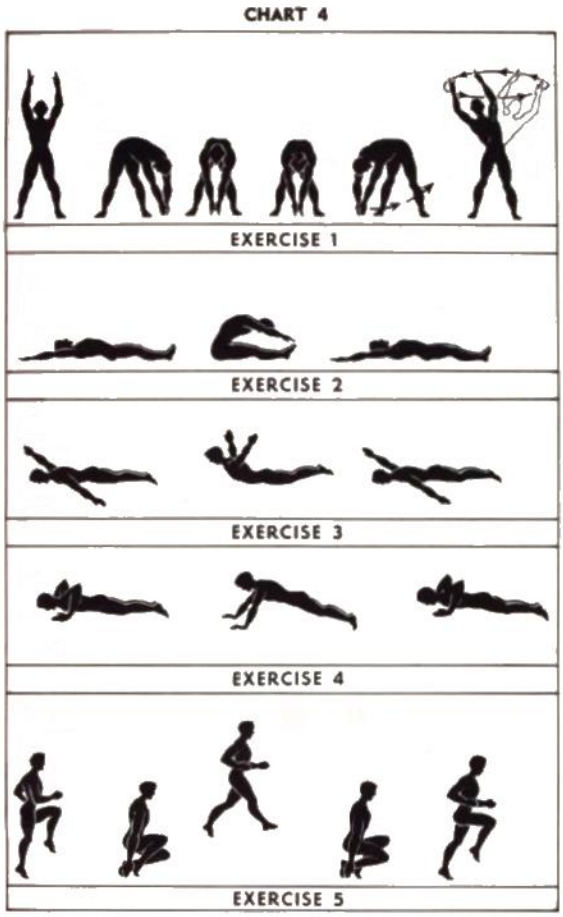
Chart 4

Description



1) Feet astride, arms upward. Touch floor outside left foot, between feet, press once, then outside right foot, circle, bend backwards as far as possible, reverse direction after half the number of counts. Do not strain to keep knees straight. Keep arms above head and make full circle, bending backward past vertical each time.
2) Back lying, legs straight, feet together, arms straight overhead. Sit up and touch the toes keeping the arms and legs straight. Hook feet under a chair only if necessary. Keep arms in contact with the sides of the head throughout the movement. Allow knees to bend slightly.
3) Front lying, hands and arms stretched sideways. Lift head, shoulders, chest, and both legs as high as possible. Keep legs straight, and raise chest and both thighs completely off floor.
4) Front lying, palms of hands flat on the floor approximately 1 foot from ears directly to side of head. Straighten arms to lift body. Chest must touch floor for each completed movement.
5) **Stationary run**. Count a step each time left foot touches floor. Lift feet approximately 4 inches off floor. Every 75 steps do 10 "semi-squat jumps". Repeat the sequence until the required number of steps is completed.

Semi-squat jumps - drop to a half-crouch position with hands on knees and arms straight, keep back as straight as possible, right foot slightly ahead of left. Jump to upright position with body straight and feet leaving the floor. Reverse position of feet before landing. Return to half-crouch position and repeat.

Age groups

15 yrs maintains D-
16-17 yrs maintains C+
25-29 yrs maintains A+
30-34 yrs maintains C-

Flying Crew

30-34 yrs maintains B
35-39 yrs C-

Schedule for Chart 4

Level	Exercise					1 Mile Run	2 Mile Walk
	1	2	3	4	5	In Minutes	
A+	30	22	50	42	400	7	19
A	30	22	49	40	395	7	19
A-	30	22	49	37	390	7	19
B+	28	21	47	34	380	7.25	20
B	28	21	46	32	375	7.25	20
B-	28	21	46	30	365	7.25	20
C+	26	19	44	28	355	7.5	21
C	26	19	43	26	345	7.5	21
C-	26	19	43	24	335	7.5	21
D+	24	18	41	21	325	7.75	23
D	24	18	40	19	315	7.75	23
D-	24	18	40	17	300	7.75	23
Minutes for each exercise	**2**	**1**	**1**	**1**	**6**		

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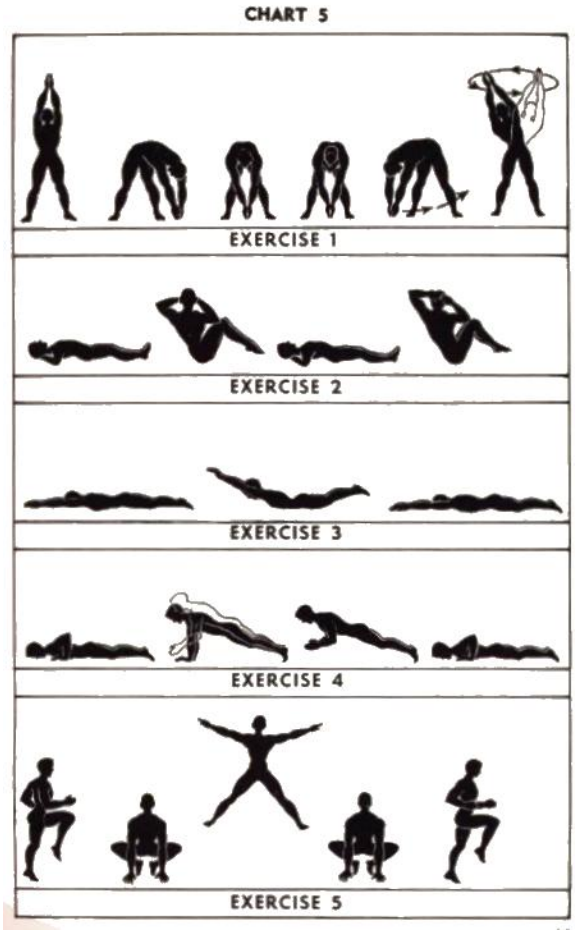
Chart 5

Description



1) Feet astride, arms upward, hands clasped, arms straight. Touch floor outside left foot, between feet, press once, then outside right foot, circle bend backwards as far as possible, reverse direction after half the number of counts. Do not strain to keep knees straight. Keep arms above head and make full circle, bending backward past vertical each time.
2) Back lying, legs straight, feet together, and hands clasped behind head. Sit up and raise legs in bent position at same time twist to touch right elbow to left knee. This completes one movement. Alternate the direction of twist each time. Keep feet off floor when elbow touches knee.
3) Front lying, arms extended overhead. Lift head, shoulders, chest, and both legs as high as possible. Keep legs and arms straight, and raise chest and both thighs completely off floor.
4) Front lying, hands under shoulders, palms of hands flat on the floor. Push off floor and clap hands before returning to starting position. Keep body straight during entire movement. Hand clap must be heard.
5) **Stationary run**. Count a step each time left foot touches floor. Lift feet approximately 4 inches off floor. Every 75 steps do 10 "semi-spread eagle jumps". Repeat the sequence until the required number of steps is completed.

Semi-spread eagle jumps - feet together, drop to a half-crouch position with hands on knees and arms straight. Jump up to feet astride swing arms overhead in midair, return directly to starting position on landing. Raise hands above head level, spread feet at least shoulder width apart in astride position before landing with feet together.

Age Groups

18-25 yrs maintains C

Flying Crew

Under 25 yrs maintains B+
25-29 yrs maintains D+

Schedule for Chart 5						
Level	Exercise					1 Mile Run
	1	2	3	4	5	Mins:Secs
A+	30	40	50	44	500	6:00
A	30	39	49	43	485	6:06
A-	30	38	48	42	475	6:09
B+	28	36	47	40	465	6:12
B	28	35	46	39	455	6:15
B-	28	34	45	38	445	6:21
C+	26	32	44	36	435	6:27
C	26	31	43	35	420	6:33
C-	26	30	42	34	410	6:39
D+	24	28	41	32	400	6:45
D	24	27	40	31	385	6:51
D-	24	26	39	30	375	7:00
Minutes for each exercise	2	1	1	1	6	

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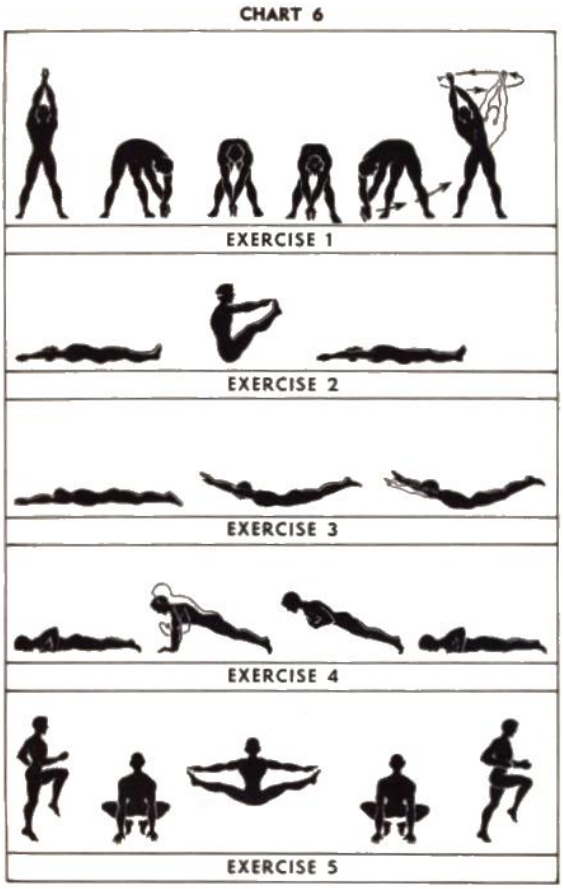
Chart 6

Description



1) Feet astride, arms upward, hands reversed clasped, arms straight. Touch floor outside left foot, between feet, press once, then outside right foot, circle bend backwards as far as possible, reverse direction after half the number of counts. Keep hands tightly reversed clasped at all times. Do not strain to keep knees straight. Keep arms above head and make full circle, bending backward past vertical each time.
2) Back lying, legs straight, arms straight over the head. Sit up and at the same time lifting both legs to touch the toes in a pike "V" position. Keep feet together, legs and arms straight, all of the upper back and legs clear floor, fingers touch the toes each time.
3) Front lying, arms extended over-head. Raise arms, head, chest, and both legs as high as possible then press back once. Keep legs and arms straight, raise chest and both thighs completely off floor.
4) Front lying, hands under shoulders, palms of hands flat on the floor. Push off floor and slap chest before returning to starting position. Keep body straight during entire movement. Chest slap must be heard.
5) **Stationary run**. Count a step each time left foot touches floor. Lift feet approximately 4 inches off floor. Every 75 steps do 10 "jack jumps". Repeat the sequence until the required number of steps is completed.

   Jack jumps - feet together, knees bent. Sit on heels, finger tips touch floor. Jump up, raise legs waist high, keep legs straight and touch toes in midair. Keep legs straight, raise feet level to "standing waist height", touch toes each time.

Age Groups

Physical capacities at this level re usually found in champion athletes only

Schedule for Chart 6						
Level	Exercise					1 Mile Run
	1	2	3	4	5	Mins:Secs
A+	30	50	40	40	600	5:00
A	30	48	39	39	580	5:03
A-	30	47	38	38	555	5:09
B+	28	45	37	36	530	5:12
B	28	44	36	35	525	5:18
B-	28	43	35	34	515	5:24
C+	26	41	34	32	505	5:27
C	26	40	33	31	495	5:33
C-	26	39	32	30	485	5:39
D+	24	37	31	28	475	5:45
D	24	36	30	27	460	5:51
D-	24	35	29	26	450	6:00
Minutes for each exercise	2	1	1	1	6	

--()--

Appendix 2

Record Charts

The following charts can be used to record your progress.

Weight-Loss Record

Name_____

Age_____

Height_____

Starting Date_____

Starting Weight_____ Kg

Desired Weight_____ Kg

Note how many Units you consumed for each day of your weight-loss program

(e.g. 1+1+2+1+2+1=8)

Week No	Day 1 Units	Day 2 Units	Day 3 Units	Day 4 Units	Day 5 Units	Day 6 Units	Day 7 Units	Weight Kg
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
14								
15								
16								
17								
18								

--()--

Resting Pulse Rate Record

Name_____

Age_____

Height_____

Starting Date_____

Starting Weight_____ Kg

Desired Weight_____ Kg

Note your *Resting Pulse Rate - beats per minute (bpm)

Week No	Day 1 bpm	Day 2 bpm	Day 3 bpm	Day 4 bpm	Day 5 bpm	Day 6 bpm	Day 7 bpm	Weight at end of week Kg
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
14								
15								
16								
17								
18								

For an accurate Resting Pulse Rate measurement, you must be in a relaxed condition. Ensure that you have been sitting still for at least 2 minutes prior to testing, and have not exerted yourself violently in the previous 5 minutes.

Take the number of pulse beats in 20 seconds and multiply the result by 3. Alternatively use a commercial pulse monitor and follow the operating instructions.

- A resting pulse rate of **80 or higher** beats per minute - You definitely need to improve your fitness level.
- A resting pulse rate of **70 - 80** beats per minute - You need more exercise to improve your fitness level.
- A resting pulse rate of **below 70** beats per minute - You are likely to be in good shape. Keep up the good work.

--()--

Exercise Record

Name_____

Age_____

Height_____

Starting Date_____

Starting Weight_____ Kg

Desired Weight_____ Kg

Note your daily exercise activity below

Date	Time	Type of Exercise(walking, jogging, cycling, etc)	Duration (mins)	Pulse Rate (bpm)	Reason for not Exercising

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Appendix 3

Adult Height and Weight Charts

The following charts outline height and weight correspondences - the individual should strive to maintain their "normal" weight for "optimal health".

Body Mass Index (BMI)

Body Mass Index (BMI) is another measurement to determine ideal weight, and this is covered later in the material.

Adult Male - Height and Weight						
Height (ft/in)	Height (m)	Under-weight Health Risk (kg)	**Normal Band 1 Optimum Health (kg)**	Over-weight Band 2 Mild Health Risk (kg)	Over-weight Band 3 Moderate Health Risk (kg)	Over-weight Band 4 Clinical Obesity Definite Health Risk (kg)
6'6	1.98	< 76.20	76.20-90.63	90.63-101.60	101.60-114.30	> 114.30
6'5	1.95	< 73.89	73.89-88.32	88.32-99.25	99.25-111.99	> 111.99
6'4	1.93	< 72.16	72.16-86.01	86.01-97.56	97.56-109.68	> 109.68
6'3	1.90	< 69.85	69.85-83.70	83.70-95.25	95.25-107.37	> 107.37
6'2	1.88	< 68.12	68.12-81.40	81.40-93.52	93.52-105.06	> 105.06
6'1	1.85	< 66.39	66.39-79.66	79.66-91.79	91.79-103.33	> 103.33
6'0	1.83	< 64.08	64.08-77.35	77.35-89.48	89.48-101.60	> 101.60
5'11	1.80	< 62.35	62.35-75.62	75.62-87.75	87.75-99.87	> 99.87
5'10	1.78	< 60.61	60.61-73.89	73.89-86.01	86.01-98.14	> 98.14
5'9	1.75	< 58.88	58.88-71.58	71.58-84.28	84.28-96.40	> 96.40
5'8	1.73	< 57.15	57.15-70.43	70.43-82.55	82.55-94.67	> 94.67
5'7	1.70	< 55.42	55.42-68.70	68.70-80.82	80.82-93.52	> 93.52
5'6	1.68	< 54.26	54.26-67.54	67.54-79.66	79.66-92.36	> 92.36
5'5	1.65	< 52.53	52.53-65.81	65.81-77.93	77.93-90.63	> 90.63
5'4	1.63	< 51.38	51.38-64.65	64.65-76.78	76.78-89.48	> 89.48
5'3	1.60	< 49.65	49.65-62.92	62.92-75.05	75.05-88.32	> 88.32
5'2	1.57	< 48.49	48.49-61.77	61.77-74.47	74.47-87.17	> 87.17
5'1	1.55	< 47.91	47.91-60.61	60.61-73.31	73.31-86.01	> 86.01
5'0	1.52	< 46.76	46.76-58.88	58.88-72.16	72.16-84.86	> 84.86
4'11	1.50	< 46.18	46.18-57.73	57.73-71.58	71.58-83.70	> 83.70
Heights and weights indicate the height in bare feet and the weight without clothes. An allowance of about 2 pounds or 1 kilo can be made for 2 layers of indoor clothes (underclothes plus trousers and shirt, or skirt and blouse, or dress)						

--()--

Adult Female - Height and Weight						
Height (ft/in)	Height (m)	Under-weight Health Risk (kg)	**Normal Band 1 Optimum Health (kg)**	Over-weight Band 2 Mild Health Risk (kg)	Over-weight Band 3 Moderate Health Risk (kg)	Over-weight Band 4 "Clinical Obesity" Definite Health Risk (kg)
6'2	1.88	< 67.54	67.54-82.55	82.55-92.36	92.36-109.68	> 109.68
6'1	1.85	< 65.23	65.23-80.24	80.24-90.05	90.05-107.37	> 107.37
6'0	1.83	< 62.92	62.92-77.35	77.35-88.32	88.32-105.06	> 105.06
5'11	1.80	< 61.19	61.19-75.05	75.05-86.59	86.59-102.75	> 102.75
5'10	1.78	< 58.88	58.88-73.31	73.31-84.86	84.86-100.45	> 100.45
5'9	1.75	< 57.15	57.15-71.00	71.00-83.13	83.13-98.71	> 98.71
5'8	1.73	< 55.42	55.42-69.27	69.27-81.97	81.97-96.40	> 96.40
5'7	1.70	< 54.26	54.26-67.54	67.54-80.24	80.24-94.67	> 94.67
5'6	1.68	< 52.23	52.23-65.25	65.25-78.51	78.51-92.94	> 92.94
5'5	1.65	< 51.38	51.38-63.50	63.50-76.78	76.78-91.21	> 91.21
5'4	1.63	< 49.65	49.65-61.77	61.77-75.05	75.05-90.05	> 90.05
5'3	1.60	< 48.49	48.49-60.61	60.61-73.89	73.89-88.32	> 88.32
5'2	1.57	< 47.91	47.91-58.88	58.88-72.74	72.74-86.59	> 86.59
5'1	1.55	< 46.18	46.18-57.15	57.15-71.00	71.00-84.86	> 84.86
5'0	1.52	< 45.60	45.60-56.00	56.00-70.43	70.53-83.70	> 83.70
4'11	1.50	< 44.45	44.45-54.84	54.84-69.27	69.27-82.55	> 82.55
4'10	1.47	< 43.30	43.30-53.69	53.69-67.82	67.82-81.40	> 81.40
4'9	1.45	< 42.72	42.72-51.95	51.95-66.96	66.96-80.24	> 80.24
4'8	1.42	< 42.14	42.14-50.80	50.80-65.81	65.81-78.51	> 78.51
4'7	1.40	< 41.56	41.56-49.65	49.65-65.23	65.23-77.35	> 77.35
Heights and weights indicate the height in bare feet and the weight without clothes. An allowance of about 2 pounds or 1 kilo can be made for 2 layers of indoor clothes (underclothes plus trousers and shirt, or skirt and blouse, or dress)						

--()--

Adult Male - Normal Height and Weight

Maximum desirable weight for Men 25 yrs plus

1 stone (st) = 14 pounds (lb)

Height without shoes		Body Frame					
		Small		Medium		Large	
ft in	m	st lb	kg	st lb	kg	st lb	kg
5 3	1.60	8 9	55	9 7	60	10 4	65
5 4	1.63	9 0	57	9 10	62	10 8	67
5 5	1.65	9 3	59	9 13	63	10 12	69
5 6	1.68	9 7	60	10 3	65	11 2	71
5 7	1.70	9 11	62	10 7	67	11 7	73
5 8	1.73	10 1	64	10 12	69	11 12	75
5 9	1.75	10 5	66	11 2	71	12 1	77
5 10	1.78	10 10	68	11 6	73	12 6	79
5 11	1.80	11 0	70	11 11	75	12 11	81
6 0	1.83	11 4	72	12 2	77	13 2	84
6 1	1.85	11 8	74	12 7	80	13 7	86
6 2	1.88	11 13	76	12 12	82	13 12	88

Instructions: Weigh yourself wearing indoor clothes wearing shoes

Subtract 7 pounds or 3.2 kilos if naked

Adult Female - Normal Height and Weight

Maximum desirable weight for Women 25 yrs plus

1 stone (st) = 14 pounds (lb)

Height without shoes		Body Frame					
		Small		Medium		Large	
ft in	m	st lb	kg	st lb	kg	st lb	kg
4 11	1.50	7 3	46	7 12	50	8 10	55
5 0	1.52	7 6	47	8 1	51	8 13	57
5 1	1.55	7 9	49	8 4	53	9 2	58
5 2	1.57	7 12	50	8 7	54	9 5	60
5 3	1.60	8 1	51	8 10	55	9 8	61
5 4	1.63	8 4	53	9 0	57	9 12	63
5 5	1.65	8 7	54	9 4	59	10 2	65
5 6	1.68	8 11	56	9 9	61	10 6	66
5 7	1.70	9 0	58	9 13	63	10 10	68
5 8	1.73	9 5	60	10 3	65	11 0	70
5 9	1.75	9 9	61	10 7	67	11 4	72
5 10	1.78	10 0	64	10 11	69	11 9	74

Instructions: Weigh yourself wearing indoor clothes wearing shoes

Subtract 5 pounds or 2.25 kilos if naked

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Boys - Normal Height and Weight

The following table gives the range of height and weight for children and adolescents between birth and 18 years of age

1 stone (st) = 14 pounds (lb)
1 stone (st) = 6.35 kilograms (kg)
1 pound (lb) = 0.454 kilogram (kg)
1 foot (ft) = 0.3048 metre (m)
1 inch (in) = 0.0254 metre (m)

Age	Height Range (ft ins)	Weight Range (st lbs)
Birth	1'8" - 2'1"	5.5 lb - 9.6 lb
3 months	2'0" - 2'3"	9.6 lb - 15.9 lb
6 months	2'1" - 2'5"	13.6 lb - 1 st 5 lb
9 months	2'3" - 2'6"	1 st 2 lb - 1 st 8 lb
12 months	2'4" - 2'8"	1 st 3 lb - 2 st 0 lb
18 months	2'6" - 3'0"	1 st 4 lb - 2 st 3 lb
2 years	2'8" - 3'3"	1 st 8 lb - 2 st 4 lb
3 years	3'0" - 3'6"	1 st 9 lb - 2 st 8 lb
4 years	3'2" - 3'8"	2 st 0 lb - 3 st 3 lb
5 years	3'4" - 4'0"	2 st 2 lb - 3 st 6 lb
6 years	3'6" - 4'2"	2 st 5 lb - 4 st 2 lb
7 years	3'7" - 4'5"	2 st 6 lb - 4 st 7 lb
8 years	3'9" - 4'7"	2 st 9 lb - 5 st 3 lb
9 years	4'1" - 4'8"	3 st 3 lb - 6 st 1 lb
10 years	4'2" - 5'0"	3 st 6 lb - 6 st 9 lb
11 years	4'3" - 5'2"	3 st 9 lb - 7 st 8 lb
12 years	4'5" - 5'5"	4 st 2 lb - 9 st 1 lb
13 years	4'7" - 5'7"	4 st 7 lb - 10 st 0 lb
14 years	4'9" - 5'9"	5 st 1 lb - 11 st 1 lb
15 years	5'1" - 6'0"	6 st 1 lb - 11 st 9 lb
16 years	5'3" - 6'1"	7 st 2 lb - 12 st 4 lb
17 years	5'3" - 6'1"	7 st 7 lb - 12 st 6 lb
18 years	5'3" - 6'1"	7 st 9 lb - 12 st 9 lb

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Girls - Normal Height and Weight

The following table gives the range of height and weight for children and adolescents between birth and 18 years of age.

1 stone (st) = 14 pounds (lb)
1 stone (st) = 6.35 kilograms (kg)
1 pound (lb) = 0.454 kilogram (kg)
1 foot (ft) = 0.3048 metre (m)
1 inch (in) = 0.0254 metre (m)

Age	Height Range (ft ins)	Weight Range (st lbs)
Birth	1'8" - 2'0"	5.5 lb - 9.6 lb
3 months	2'0" - 2'3"	9.2 lb - 15.4 lb
6 months	2'1" - 2'4"	13.6 lb - 1 st 5 lb
9 months	2'3" - 2'5"	1 st 1 lb - 1 st 7 lb
12 months	2'4" - 2'8"	1 st 2 lb - 2 st 9 lb
18 months	2'6" - 3'0"	1 st 3 lb - 2 st 1 lb
2 years	2'8" - 3'3"	1 st 5 lb - 2 st 3 lb
3 years	3'0" - 3'6"	1 st 7 lb - 2 st 7 lb
4 years	3'2" - 3'8"	2 st 0 lb - 3 st 1 lb
5 years	3'4" - 4'0"	2 st 3 lb - 3 st 6 lb
6 years	3'6" - 4'2"	2 st 5 lb - 4 st 2 lb
7 years	3'8" - 4'4"	2 st 9 lb - 4 st 7 lb
8 years	3'9" - 4'7"	2 st 9 lb - 5 st 5 lb
9 years	4'1" - 4'8"	3 st 3 lb - 6 st 2 lb
10 years	4'2" - 5'0"	3 st 6 lb - 7 st 5 lb
11 years	4'4" - 5'4"	3 st 9 lb - 8 st 8 lb
12 years	4'6" - 5'5"	4 st 4 lb - 10 st 0 lb
13 years	4'8" - 5'6"	5 st 2 lb - 11 st 0 lb
14 years	4'9" - 5'7"	5 st 8 lb - 11 st 4 lb
15 years	5'0" - 6'7"	6 st 6 lb - 11 st 6 lb
16 years	5'0" - 6'7"	7 st 0 lb - 11 st 8 lb
17 years	5'0" - 6'7"	7 st 2 lb - 11 st 7 lb
18 years	5'0" - 6'7"	7 st 2 lb - 11 st 7 lb

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Appendix 4

Body Mass Index (BMI)

Introduction

Body Mass Index is a value which relates an individual's body weight to their height.

The Body Mass Index (BMI) formula was developed by Adolphe Quetelet (1796-1874), a Belgium statistician, and was originally called the "Quetelet Index".

BMI is also referred to as "Body Mass Indicator", and is an international measurement of obesity.

BMI Imperial

The Body Mass Index (BMI) - Imperial - is calculated by taking weight in pounds (lbs), which is then multiplied by 703. This result is then divided by the height in inches (ins) which has been squared:

BMI = ((Weight in Pounds) x 703)) / ((Height in Inches) Squared)

--()--

BMI Metric

The Body Mass Index (BMI) - Metric - is calculated by taking weight in kilograms (kg), which is then divided by height in metres (m) squared.

BMI = Weight in Kilograms / ((Height in metres) Squared)

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BMI Quick Find

Use the following table to find/confirm your BMI.

Identify height (inches) in the left-hand column; locate weight (pounds) to the right. The number at the bottom of the column is the corresponding BMI for that height and weight.

BMI - Quick Find														
Height in inches	**Weight in Pounds**													
58	91	96	100	105	110	115	119	124	129	134	138	143	167	191
59	94	99	104	109	114	119	124	128	133	138	143	148	173	198
60	97	102	107	112	118	123	128	133	138	143	148	153	179	204
61	100	106	111	116	122	127	132	137	143	148	153	158	185	211
62	104	109	115	120	126	131	136	142	147	153	158	164	191	218
63	107	113	118	124	130	135	141	146	152	158	163	169	197	225
64	110	116	122	128	134	140	145	151	157	163	169	174	204	232
65	114	120	126	132	138	144	150	156	162	168	174	180	210	240
66	118	124	130	136	142	148	155	161	167	173	179	186	216	247
67	121	127	134	140	146	153	159	166	172	178	185	191	223	255
68	125	131	138	144	151	158	164	171	177	184	190	197	230	262
69	128	135	142	149	155	162	169	176	182	189	196	203	236	270
70	132	139	146	153	160	167	174	181	188	195	202	207	243	278
71	136	143	150	157	165	172	179	186	193	200	208	215	250	286
72	140	147	154	162	169	177	184	191	199	206	213	221	258	294
73	144	151	159	166	174	182	189	197	204	212	219	227	265	302
74	148	155	163	171	179	186	194	202	210	218	225	233	272	311
75	152	160	168	176	184	192	200	208	216	224	232	240	279	319
76	156	164	172	180	189	197	205	213	221	230	238	246	287	328
BMI	**19**	**20**	**21**	**22**	**23**	**24**	**25**	**26**	**27**	**28**	**29**	**30**	**35**	**40**

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To Manually Calculate BMI - Imperial

BMI = ((Weight in Pounds) x 703)) / ((Height in Inches) Squared)

1) Take your height in inches and multiply the figure by itself (height squared)
2) Take your weight in pounds and multiply it by 703 (weight x 703)
3) Divide the weight by the height squared

Example, Height = 70 ins (5 ft 10 ins), and Weigh = 197 lbs (14 st 1 lb).

The calculation for BMI is:

70 x 70 = 4900 (height squared), then

197 x 703 = 138491 (weight times 703), then

BMI = 138491 / 4900 = 28.26

BMI = 28.26

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To Manually Calculate BMI - Metric

BMI = Weight in Kilograms / ((Height in metres) Squared)

1) Take your height in metres and multiply the figure by itself (height squared)
2) Take your weight in kilograms
3) Divide the weight by the height squared

Example, Height = 1.6 m, and Weigh = 65 kg

The calculation for BMI is:

1.6 x 1.6 = 2.56 (height squared), then

BMI = 65 / 2.56 = 25.39

BMI = 25.39

--()--

BMI Interpretation

BMI rule of thumb for adults:

BMI Ranges	
Underweight	Less than 20
Ideal	20-25
Overweight	25-30
Obese	Greater than 30

BMI Interpretation	
BMI less than 20	This indicates a lean BMI, which reflects an individual with low amount of body fat. Consequently, the individual should consider gaining the necessary weight, through good diet and exercise, to increase their muscle mass
BMI between 20 and 22	This indicates the ideal, amount of body fat, which is associated with good health and longevity
BMI between 22 and 25	This is an acceptable BMI range, which is associated with health
BMI between 25 and 30	An individual in this range should lower their weight through diet and exercise. They are at an increased risk for illnesses
BMI greater than 30	This is an unhealthy condition, with the individual at risk for heart disease, diabetes, high blood pressure, gallbladder disease, and various cancers. Weight should be lowered through diet and exercise

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Waist Circumference Measurement)

Another guide to identify individuals who are at increased risk of obesity and cardiovascular disease is the Waist Circumference Measurement.

This may be a more accurate measure of future health problems, because what matters is where the excess weight is carried on the body.

People who are "apple shaped" store fat around the midriff, and they are more likely to develop heart disease and diabetes than those who are "pear shaped" or more diffusely plump.

A waist circumference greater than 37 in (94 cm) for men, and greater than 32 in (80 cm) for women indicates an increased risk.

A waist circumference greater than 40 in (102 cm) for men, and greater than 35 in (88 cm) for women is cause for concern.

BMI	Category	Waist less than or equal to 40" (men); 35" (women)	Waist greater than 40" (men); 35" (women)
18.5 or less	Underweight	n/a	n/a
18.5 - 24.9	Normal	n/a	n/a
25.0 - 29.9	Overweight	Increased Risk	High Risk
30.0 - 34.9	Obese	High Risk	Very High Risk
35.0 - 39.9	Obese	Very High Risk	Very High Risk
40 or greater	Extremely Obese	Extremely High Risk	Extremely High Risk

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Waist-Hip Ratio

A further measurement of risk is the ratio of the waist circumference (the narrowest point on the abdomen) to the hip circumference (the widest point on the abdomen).

A ratio of greater than 1.0 for a man (the waist is bigger than the hips), or 0.8 for a woman indicated that weight needs to be reduced and exercise levels need to be increased

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Appendix 5

Blood Pressure Measurement

Blood pressure readings can be readily self-taken, or taken by another person, and are measured as follows.

Using a Traditional Blood-Pressure Measuring Device

- To measure blood pressure there will be a measuring device (Sphygmomanometer - mercury based or aneroid type (picture right - aneroid type measuring device)) and a stethoscope (some measuring devices have the stethoscope "built-in").
- Blood pressure is measured in terms of millimetres of mercury (mmHg). The reading is made by either observing a column of mercury or a dial on the measuring device.
- The cuff, containing the bladder, of the measuring device is carefully wrapped around the upper arm (picture right). The cuff should be placed with the bladder part covering as much of the inside of the upper arm as possible.
- The stethoscope (picture right) is placed (if not built in) on the inside of the upper arm, just above the elbow joint.

- The measuring device is pumped, and the cuff bladder inflates (picture right) and restricts the blood vessels in the upper arm. The measuring device is pumped until the pulse beat detected by the stethoscope disappears (e.g. <= 160 mmHg).
- The measuring device is slowly deflated, releasing the air out of the cuff bladder, at a rate of 2 to 3 mmHg per second (or heartbeat).
- When the deflation reaches a certain point the blood begins to rush back into the closed off blood vessels. This flow will cause a beat or thumping sound to be detected through the stethoscope. This is known as "Korotkoff Phase 1". This sound signals the point at which the body's blood pressure overcomes the cuff resistance. This is the marker for the **SYSTOLIC** blood pressure reading. The reading (e.g. 130 mmHg) is taken by observing the mercury level or the dial on the measuring device.

- The deflation process continues, and the beat continues to be detected through the stethoscope. Precisely at the point when the beat stops, known as "Korotkoff Phase 5", again the mercury level or dial reading is noted. This reading (e.g. 80 mmHg) represents the **DIASTOLIC** blood pressure.
- The two figures 130 mmHg and 80 mmHg are then combined into the final result, 130/80 mmHg. This is then read as, "one-thirty-over-eighty".
- The measuring device-cuff is allowed to deflate completely, and is removed from the upper arm.

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Automatic Blood-Pressure Measuring Devices

Today, there are diverse blood pressure measuring devices. For automatic devices, carefully follow the operating instructions for posture, bladder placement, and activation, etc. When activated, the device automatically inflates the cuff, takes the relevant measurements, and displays the results

(Systolic Pressure, Diastolic Pressure, and Heart Rate) on a small screen. The cuff is then completely deflated and the device is again ready for use.

With an automatic device, the cuff is typically fitted around the wrist (picture right) or the upper arm.

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Interpreting Results

The following tables can be used to interpret the results:

Classification of Blood Pressure in Adults 18 Years and Older		
Blood Pressure Range MmHg (Millimetres of Mercury)	Category	Follow up by Doctor
Systolic Blood Pressure, when Diastolic is less than 90 mmHg		
Less than 140 mmHg	Normal	Recheck within 2 years
140 - 159 mmHg	Borderline Isolated Systolic Hypertension	If Systolic is in 140 - 199 mmHg range, confirm within 2 months.
Greater than 160 mmHg	Isolated Systolic Hypertension	If Systolic is at or above 200 mmHg, evaluate or refer promptly to source of care within 2 weeks.
Diastolic Blood Pressure		
Less than 85 mmHg	Normal	Recheck within 2 years
85 - 89 mmHg	High Normal	Recheck within 1 year
90 - 104 mmHg	Mild Hypertension	Confirm within 2 months
105 - 114 mmHg	Moderate Hypertension	Evaluate or refer promptly to source of care within 2 weeks
Greater than 115 mmHg	Severe Hypertension	Evaluate or refer immediately to source of care

Classification of Blood Pressure in Children and Adolescents The following levels of blood pressure have been proposed as the "upper limits" of normal.	
Age in Years	Blood Pressure in Millimetres of Mercury (mmHg)
15 - 18 years	135/90 mmHg
11 - 14 years	125/85 mmHg
6 - 10 years	120/80 mmHg
Below 6 years	110/75 mmHg

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Hypertension Highlight

Hypertension, or high blood pressure, is a common disorder, often without symptoms and marked by high blood pressure persistently exceeding 140/90 mmHg.

There are three main types of hypertension, namely, 1) Essential Hypertension, 2) Secondary Hypertension, and 3) Malignant Hypertension.

1) **Essential Hypertension**, also called "primary hypertension", is the most frequent kind, and it has no one known cause and is often the only manifested disorder. However, the risk of hypertension is increased by overweight, a high sodium level in the blood, a high cholesterol level, and a family history of high hypertension, stroke, and/or heart disease. High blood pressure is always a health risk, especially for developing heart disease.
2) **Secondary Hypertension** is high blood pressure linked to diseases of the kidneys, lungs, glands, and vessels.
3) **Malignant Hypertension**, also called "accelerated hypertension", is marked by a diastolic pressure higher than 120, severe headaches, blurred vision and confusion, and may result in a heart attack or stroke.

   Malignant hypertension is the most life-threatening form of hypertension, and is marked by very high blood pressure that may damage the tissues of small vessels, the brain, the eyes (especially the retinas), heart, and kidneys.

   Malignant hypertension may be caused by a variety of factors, such as stress, a family history of the disease, being overweight, tobacco, birth control and other hormone based pills, high intake of table salt (sodium chloride), an inactive life-style, and general aging.

   Many patients with this condition also have signs of low blood potassium, blood that is alkaline, and the release of high levels of an adrenal gland hormone (aldosterone).

Known Causes

Known causes of hypertension include adrenal problems, over-active thyroid gland, certain pregnancies, and kidney disorders. Hypertension is more common in men than in women, and is twice as great in blacks as in whites. Persons with mild or moderate hypertension may have no symptoms, or they may experience headaches, especially on rising, ringing in the ears, light-headness, easy fatigability, and the feeling that their heart is beating wildly. With sustained hypertension, artery walls become thickened and resistant to blood flow, and, as a result, the blood supply to the heart may be reduced, thus causing angina or heart attack. High blood pressure is often accompanied by anxiety attacks, rapid or irregular heartbeat, profuse sweating, pallor, nausea, and, in some cases, fluid in the lungs.

Drugs used to treat hypertension include diuretics (e.g. thiazide derivatives); vasodilators (e.g. hydralazine and prazosin); sympathetic nervous system (SNS) depressants (e.g. rauwolfia alkaloids); sympathetic nervous system (SNS) inhibitors (e.g. guanethidine and methyldopa); and ganglionic blocking agents (e.g. clonidine and propranolol). Patients with high blood pressure are advised to follow a low-sodium, low-saturated-fat diet, to reduce calories, to control obesity, to exercise, to avoid stress, and to take adequate rest.

Factors Related to Hypertension

There are at least ten major risk factors related to hypertension (high blood pressure):

1) Age. Studies have shown a tendency for blood pressure to increase with age. In a study among people 55 years and older, at least 59% had hypertension.
2) Genetic influence. A substantial number of people are born with a tendency towards hypertension. If one of your parents has high blood pressure you are twice as likely to have hypertension as someone whose parents have normal blood pressure.
3) Ethnic background. For instance, in the USA, hypertension is much more prevalent among

Negroes than among Caucasians.

4) Gender. Typically, during the first part of their lives, men have higher blood pressure measurements that do women. Then, as women move into their sixties, they catch up to and then exceed the measurements of the men. Usually, women suffer fewer complications from the same levels of hypertension than do men.
5) Salt (sodium) Sensitivity. About half of those with hypertension are salt-sensitive. That is, their blood pressure rises when they consume excessive amounts of salt (sodium), and drops when they reduce their salt (sodium) intake.
6) Obesity. Important scientific investigations have linked hypertension with obesity. In the "Framingham Heart Study", patients who were 20% or more over their ideal weight were eight times more likely to become hypertensive. Excess upper-body fat has been associated with other threats to health, including:
    a. Diabetes.
    b. Hypertriglyceridemia (excessive levels of triglycerides, a fatty substance in the blood).
    c. Low levels of HDL (good) cholesterol, which is associated with protection against atherosclerosis (the build-up of fatty deposits in the blood vessels).
    d. Coronary heart disease.
7) Alcohol Abuse. Drinking any amount of alcohol, no matter small, has the potential to elevate blood pressure. However, research has indicated that some individuals are more alcohol-sensitive than others.
8) Stress. Research has indicated that there is a definite connection between stress and hypertension. So, stress is now regarded as a definite risk factor for hypertension.
9) A Sedentary lifestyle. Research concludes that the more physically fit you are, the less likely you are to suffer from hypertension. Conversely, the more sedentary you are, the greater is your risk of developing hypertension.
10) Poor Nutrition and element intake. This includes high creatinine levels (a substance produced when muscle tissue is broken down by the body, transported by the blood, and excreted in the urine), caffeine, smoking, fats, low dietary fibre, low potassium, and low calcium.

Disease Process

Hypertension is a disease of the vascular regulatory system, in which the mechanisms that usually control arterial pressure within a certain range are malfunctioning. The central nervous system and renal pressor system, as well as extracellular volume, are the predominant mechanisms that control arterial pressure. Thus, some combination of factors effects changes in one or more of these systems, ultimately leading to increased cardiac output and increased peripheral resistance. This elevates the arterial pressure, reducing cerebral perfusion and the cerebral oxygen supply, increasing the myocardial workload and oxygen consumption, and decreasing the blood flow to/and oxygenation of the kidneys. In other words, this is "bad".

Potential Complications

Complications of hypertension include atherosclerotic disease, left ventricular failure, cerebrovascular insufficiency with or without stroke, retinal haemorrhage, and renal failure. When the pathologic process is accelerated, malignant hypertension results, the blood pressure becomes extremely high, and nephrosclerosis, encephalopathy, and cardiac failure rapidly ensue.

Treatment

- Treatment of underlying disease in secondary hypertension
- Systematic exercise
- Restriction of dietary sodium
- Decreased alcohol intake
- Quitting smoking, stress reduction
- Weight loss, if indicated

- Regular monitoring of blood pressure
- Adopting an appropriate dietary regime
- Taking appropriate medications/supplements
- Monitoring for potential long-term complications

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Hypotension (Low Blood Pressure)

By most current standards, the average "normal" blood pressure reading for adults is 120/80 mmHg.

The National Institutes of Health consider readings down to 110/70 mmHg safe for most individuals.

In general, if an individual is not on anti-hypertensive medication and has measurements of 100/70 or below, they have entered the realm of hypotension (low blood pressure).

Factors Related To Hypotension (Low Blood Pressure)

There are three major factors related to hypotension (low blood pressure):

1) Over-medication.
2) Non-drug-related postural hypotension - this occurs on standing.
3) Other cardiovascular or organic problems (e.g. haemorrhage in the stomach, heart attack, problem with blood flow to the lungs, tumour, etc).

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Common Supplements for Hypertension

Common supplements for hypertension include:

- Vit B Complex 100 - 100 mg, 1 x daily
- Vit C - 1 gram, 3 x daily, in combination with bioflavonoids
- Vit E - 100 iu daily; building up a dose of 400 iu daily over a period of eight weeks (this is an increase in dose of 100 iu every two weeks)
- Lecithin granules - 2 x tablespoon daily (take in juice or sprinkle on food)
- Safflower oil - 1 to 5 grams daily
- Magnesium - 2 x chelated magnesium tablets, 3 x daily with meals. Reduce to 1 tab, 3 x daily as the blood-pressure drops
- Coenzyme Q10 - 120 mg daily

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Raw Juice Therapy

Take 500 to 1,000 ml daily of two or three of the following juices:

- Celery
- Cucumber
- Grapefruit
- Orange
- Pineapple
- Pear

Note: Ingredients must be "juiced" not "liquidised" (liquidisation causes oxidation, which greatly reduces the potency of the juices).

See also, the Chapter - "*Elixirs to Complement the Amazing Dr Sunflower",* in this book.

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Pomegranate Juice

One study has shown that drinking 65 ml of pomegranate juice per day lowered systolic blood pressure by as much as 5 percent.

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Honey

To calm the nerves

- 1 tsp, 6 x daily

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Cider Vinegar

- 2 x tsp of cider vinegar in a glass of spring water (not tap water), 3 x daily

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Pollen

This is an adjunct to the body resisting the aging process.

- Take as per manufacturer's directions, and maximum dose

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Stress

Stress often seriously exacerbates hypertension. Consequently, any stress elements should to be identified and countered by lifestyle changes or by learning and practising relaxation techniques.

Hypnosis, Subliminal, and Empowerment programs may also be of value in reducing stress levels - see http://campbellmgold.com for a selection of titles.

Moderate aerobic exercise can also help with stress relief.

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Appendix 6

Conversion Information

Baking Measure

1 Cup = 250ml = 250g
1 Teaspoon (tsp) = 5ml = 5g
1 Tablespoon (tbsp) = 20ml = 20g

Length

1 inch (in) = 25.4 millimetres (mm)
1 inch (in) = 2.54 centimetres (cm)
1 inch (in) = 0.0254 metre (m)
1 foot (ft) = 12 inches (in)
1 foot (ft) = 30.48 centimetres (cm)
1 foot (ft) = 0.3048 metre (m)
1 yard (yd) = 3 feet (ft)
1 yard (yd) = 0.914399 metre (m)
1 mile (ml) = 1760 yards (yd)
1 mile (ml) = 1.6093 kilometres (km)
1 nautical mile = 1.152 miles (ml)
1 nautical mile = 1.853 kilometre (km)
1 millimetre (mm) = 0.0394 inch (in)
1 centimetre (cm) = 10 millimetre (mm)
1 centimetre (cm) = 0.394 inch (in)
1 metre (m) = 1000 millimetres (mm)
1 metre (m) = 100 centimetre (cm)
1 metre (m) = 1.0936 yard (yd)
1 metre (m) = 39.37 inches (in)
1 kilometre (km) = 1000 metre (m)
1 kilometre (km) = 0.621 mile (ml)

Weight

1 grain = 0.0648 grams (gm)
1 dram (dr) = 1.772 grams (gm)
1 ounce (oz) = 437.5 grains
1 ounce (oz) = 28.350 grams (gm)
1 pound (lb) = 16 ounces (oz)
1 pound (lb) = 0.453592 kilogram (kg)
1 stone (st) = 14 pounds (lb)
1 stone (st) = 6.350 kilograms (kg)
1 quarter (qr) = 28 pounds (lb)
1 quarter (qr) = 12.70 kilograms (kg)
4 quarters (qr) = 1 hundredweight (cwt)
1 hundredweight (cwt) = 8 stones (st)
1 hundredweight (cwt) = 50.8022 kilograms (kg)
1 ton = 20 hundredweight (cwt)
1 ton = 2,240 pounds (lb)
1 ton = 1016.044 kilograms (kg)
1 gram (g) = 0.035 ounce (oz)
200 grams (g) = 7.0 ounces (oz)
1 kilogramme (kg) = 2.205 pounds (lb)

Liquid

1 fluid ounce (fl oz) = 0.0355 (l)
1 pint = 16 fluid ounces (fl oz)
1 pint (pt) = 0.568 litres (l)
1 quart (qt) = 2 pints (pt)
1 quart (qt) = 1.1365 litres (l)
1 gallon (gal) = 4 quarts (qt)
1 gallon (gal) = 4.546 litres (l)
1 litre (l) = 1.76 pints (pt)
1 litre (l) = 0.220 gallons (gal)
5 litres (l) = 8.8 pints (pt)
5 litres (l) = 1.1 gallons (gal)
10 litres (l) = 2.2 gallons (gal)
10 litres (l) = 2.20 gallons (gal)

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Quick Conversions

1 metre (m) = 1 yard (yd) 3 inches (in)
1 kilometre (km) = 5/8 mile (ml)
1 centimetre (cm) = 1/3 inch (in)
1 kilogram (kg) = 2 1/5 pounds (lb)
1 litre (l) = 1 3/4 pints (pt)
50 litres (l) = 11 gallons (gal)
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Kilocalories <-> Kilojoules

1 calorie = the heat required to raise 1 kg of water 1 degree centigrade, from 14.5 to 15.5 degrees centigrade. A calorie is more accurately termed a kilogram calorie or kilocalorie (kcal)

kilocalories = kilojoules / 4.2 (4.186)
1 kilocalorie = 0.2381 kilojoules
kilojoules = kilocalories x 4.2 (4.186)
1 kilojoule = 4.2 kilocalories

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Heart Rate For Aerobic Exercise

(Optimal intensity for Aerobic exercise is a training heart rate range, for at least 20 minutes, of:

(220 - your age) x 0.65 (bpm) for burning fat
(220 - your age) x 0.75 (bpm) for a good general balance
(220 - your age) x 0.85 (bpm) for cardiovascular conditioning
The average aerobic pulse ranges for various ages are:

Age	Pulse (Heart) Rate
20-29	145-164
30-39	138-156
40-49	130-148
50-59	122-140
60-69	116-132

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Centigrade <-> Fahrenheit

centigrade = fahrenheit - 32 x 5 / 9
fahrenheit = centigrade x 9 / 5 + 32
kelvin = centigrade + 273.15

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Appendix 7

Aerobic Heart-Rate - Typical Values

AEROBIC HEART-RATE - TYPICAL VALUES			
Age	Max bpm	Training Range	
		Lower Limit	Upper Limit
21	199	129	159
22	198	129	158
23	197	128	158
24	196	127	157
25	195	127	156
26	194	126	155
27	193	125	154
28	192	125	154
29	191	124	153
30	190	124	152
31	189	123	151
32	188	122	150
33	187	122	150
34	186	121	149
35	185	120	148
36	184	120	147
37	183	119	146
38	182	118	146
39	181	118	145
40	180	117	144
41	179	116	143
42	178	116	142
43	177	115	142
44	176	114	141
45	175	114	140
46	174	113	139
47	173	112	138
48	172	112	138
49	171	111	137
50	170	111	136
51	169	110	135
52	168	109	134
53	167	109	134
54	166	108	133
55	165	107	132
56	164	107	131
57	163	106	130
58	162	105	130
59	161	105	129
60	160	104	128
61	159	103	127
62	158	103	126
63	157	102	126
64	156	101	125
65	155	101	124
66	154	100	123
67	153	99	122
68	152	99	122
69	151	98	121
70	150	98	120

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Appendix 8

Putting It All Together

After reading and considering all of the material:

- Select and implement the appropriate weight-loss program (1, 2, or 3, or combination) for you.
- Select and take the appropriate supplements for you.
- (optional) Listen to the Lose Weight CD 1 x Daily. A good time to listen is just prior to going to sleep. Never listen to the program while driving a car or operating machinery.
- (optional) Take the Bach flower remedy - 4 x drops, 4 x daily.
- Select and implement the appropriate Exercise Program for you.
- Monitor and record your progress:
    - The Food that was consumed daily.
    - The number of diet units used daily.
    - The Supplements that were taken daily.
    - The level of resting pulse rate daily (several measurements may be made).
    - The level of blood pressure each day (several measurements may be made). Note: The taking of blood pressure is optional.
    - The level and duration of daily exercise (includes stretching, aerobics, and anaerobics (muscle-tensing)).
- Appropriately reward yourself for your achievements.

The following steps to personal health and wellbeing are a guide, and you can adjust them to suit your personal needs:

- Select the appropriate weight-loss program for you.
- Select, evaluate, and use basic units of food in daily diet.
- Select appropriate supplements.
- (optional) Select appropriate Bach Flower Remedies.
- (optional) Use a relaxation technique (e.g. Lose Weight CD) daily.
- Implement a light daily exercise program (e.g. stretching, aerobics, etc).
- Refine the diet by introducing food combining (e.g. not mixing starches with proteins, etc).
- Upgrade the daily exercise program to a moderate level.
- Refine the diet by introducing filtered, spring, and mineral water.
- Upgrade the daily exercise program to satisfy your exercise goals.
- Refine the diet by cutting out, within reason, all refined and processed foods (including artificial flavourings, colouring, and preservatives).
- Move from the weight-loss diet to the maintenance diet.
- Continue to record your progress, and reward yourself for your achievements.

Now, you are living your Program for personal Health and Wellbeing.

Well done, and keep up the good work.

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Appendix 9

Sources

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- *Food Combining for Health*, John Mills, Doris Grant, and Jean Joice, Thorsons
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- The Dr. E. Bach Centre, Mount Vernon, Sotwell, Wallingford, Oxon, OX10 0PZ, England.
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- *The Concise Oxford Dictionary*, Oxford University Press
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