



## **Health, Healing and Happiness My business is for you to live stress free**

Adrienne Smillie

Born in England raised in Africa and mother of two children. Adrienne began working in the natural health industry in Darwin Northern Territory in 1990. She currently has a practice in Cairns, Queensland. Adrienne is an accredited member of the Shiatsu Association of Australia and has a diploma in Emotional Release Counselling. Her passion is to educate and empower individuals to transform their health from pain and discomfort to energy, improved mobility and relief from stress.

In her work she incorporates varied techniques and brings sensitivity and presence to her treatments. She is innovative and client focused and strives to find the best approach for each person. Recognising the importance of high quality nutrition for great health she provides highly effective weight loss solutions and helps others with their energy and performance levels as well as youthful ageing solutions. She has experience working with people from all walks of life including children, the elderly and pregnant women.

Adrienne is passionate about self-care and believes it is simply not enough to come for treatments or go on crash diets, each person must follow through and be educated on how to take better care of themselves. Adrienne communicates this message through simple steps and small regular classes based on how to take control of your health. With her training in Oriental therapies she is able to offer a unique perspective on the relationships between internal organs, body pain, food choices and lifestyle.

Adrienne enjoys working holistically with a focus on addressing as many aspects of the individual as possible including physical, emotional, mental, environmental and spiritual. Her work includes healing with counselling, breathwork, meditation, stretch therapy, nutritional cleansing, food as medicine and body work. It is her goal to always add insight, love and light to the community around her.

*For my sons Shay Smillie-Fearn and Brahn Smillie-Fearn.  
To my husband Phil Dembon who gives me enduring love.*

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“Strange is our situation here upon earth. Each of us comes for a short visit, not knowing why, yet sometimes seeming to a divine purpose. From the standpoint of daily life, however, there is one thing we do know: That we are here for the sake of others...for the countless unknown souls with whose fate we are connected by a bond of sympathy. Many times a day, I realize how much my outer and inner life is built upon the labors of people, both living and dead, and how earnestly I must exert myself in order to give in return as much as I have received.”

ALBERT EINSTEIN

A globe trotter at an early age, Adrienne had a very cultural childhood. There was much time spent pondering the world around her and considering how the human race fitted with nature. It's no wonder she became a practitioner of natural therapies.

But all was not plain sailing for Adrienne. In her chapter you'll discover how you can rise above your past and through continual education, pursue a passionate and empowered future.

You see, Adrienne refused to be defined by her past. Why is this so important? Well, for one thing, it's the past. Yes, it happened but she didn't live there anymore. And through actively following influential people, Adrienne learned to shape her future. She learned through the knowledge and experience of her mentors... And this, my friends, is the fast track.

Her natural giftedness combined with the knowledge she gained from her evergreen thirst to learn more, has allowed her to forge a business which not only helps others but provides for her as well.

An action taker, a student and a person who just wants to make a difference in the lives of others is the kind of person who can quite literally change the world. This is Adrienne's goal.

The world needs more action takers. Does this describe you?

A handwritten signature in black ink, appearing to read "P.A. Smith". The signature is written in a cursive, flowing style with a large initial "P" and "A".

## **You refer to yourself as a natural therapist. What do you mean by this?**

In my practice I work in a way that is as holistic as possible. By describing my field as ‘natural’ therapy, I simply mean that my methods revolve around the concept of nature; methods such as touching, the idea of viewing food as medicine, stretching, and a range of stress management techniques.

The word ‘holistic’ is used widely and I occasionally wonder whether people really understand its meaning. It’s a word that’s used within many health modalities and products that suggest to the consumer that the product or service is somehow natural or pure. It’s much more than this however. Holism is basically the idea that in order to understand ‘a part’, we need to come to an understanding of ‘the whole’. It’s the idea that systems, both human and natural, are inextricably linked, and that by altering one system or process, we can cause changes in another, seemingly completely unrelated system.

As I mentioned earlier, it’s about activating our intuition. We all naturally ‘read’ other people by observing (whether we are aware of it or not) body language, tone of voice, words used, or facial expressions. By paying attention to our first impressions, rather than falling into the trap of thinking too much, of overanalysing, we are better equipped to determine the right course of action in a given situation. In order to be able to sense our first impressions, we must first be calm and relaxed enough to notice and pick up on our intuitive knowing. All that said, it’s vitally important to avoid confusing strong emotional reactions with intuitive knowing. For example, when deciding on a new business venture, your suitor may present you with a glossy brochure, optimistic projections, and promises of future success and prosperity. You may be excited, and may be tempted to rush straight into it. However, in an example like this, I believe it’s essential that we step back and keep calm, and that we commit to a rationally-based analysis before signing on the dotted line. Intuition, when coupled with due diligence and common sense, will deliver good results in all facets of our lives.

## **What do clients generally want from a holistic practitioner?**

Most people make an initial visit to me because something hurts and they'd like to have it fixed. One thing I've learnt over the years is that, when it comes to healing, one size doesn't fit all. There is no one recipe that works for everyone all of the time. When someone comes to see me, my first step is to speak with them, to observe the energetic qualities of the individual and to get a sense of what is right for them at the particular point in time. I strive to be interested, compassionate, relaxed and focused in order to get an accurate indication of where to begin. Often the expectation is that I start with massage – I am a massage therapist after all – which gives me a great opportunity to tune in and get an understanding of what's needed to facilitate healing.

With over 25 years of experience, and having given thousands of treatments. I've been able to develop my ability to discover the parts of the body in which tension and imbalances reside. My goal when providing treatment is always to educate and to teach self-care so that each client walks away with new information that can be put into practice immediately. I know from my own experiences that self-care, self-pace and self-love are the most important things I can teach my clients, as we cannot be happy unless we learn to recognise the whispers (that sometimes become screams) that is our body telling us how it wants to be treated.

So many people tell me that they know what they have to do to feel better, but that they don't do it. What I tell them is this: start small, start easy, and then build on that. Pick one thing that you know you need to do to feel happier, healthier and wealthier. It could be something as small as calling a relative to ask how they are, doing a daily three minute relaxation exercise, taking ten deep breaths every hour, or getting started on your tax. Always start by adding healthful activities to your life first; this will give you the strength and ability to break habits that do not serve you. The same principle applies to breaking bad habits; start small, start easy. Once you have started a self-care

activity, keep moving with it, because as you continue to do it you will generate momentum which will help you to move forward. Once you see results, you'll be encouraged to take the next step and the momentum will become unstoppable! The important thing is just to decide now what you will do and then do it.

## **Can you tell us a little about your bodywork modalities?**

I practice a range of bodywork modalities tailored to suit each individual. I think the most useful aspect of receiving bodywork on a regular basis (apart from the fact it feels great) is that it helps an individual fine-tune what I call their 'feeling of self'. Every treatment they receive is an opportunity for them to become better attuned to their body and to their mind. Where are they feeling pain? Where are they lacking feeling? Where are they craving to be touched? By allowing their mind to slow down, they become aware of the conversations their body is striving to have with them.

I believe we must learn to understand the language of our bodies. At any given moment in time we are experiencing a myriad of sensations that inform, warn, and provoke us to choose certain courses of action over others.

## **What ignited your passion to work in this field?**

My original motivation for starting a career in healing work was a natural desire to heal myself, to resolve issues of the past and discover a better me. It helped that I've always been curious about the human condition on a range of levels. By that I mean a deep interest in all of life, from our biological structures to the meaning of notions like health and wealth as they relate to human beings. I was interested in understanding how we deal with unwanted experiences, the effect of belief and thought on our happiness and health, paranormal experiences, and our natural psychic intuitive abilities.

It's my personal goal for my world to be under my dominion, and to assist others to achieve the same end. All feelings of victimhood must be transformed into a self-assured, pro-active self that takes responsibility for the outcomes and experiences in life. Our challenge is to appreciate all that comes our way, which includes learning to cope with the pain and misery that life can bring us. Every decision we make opens up new range of possibilities to be explored, experienced, and from which we can learn. I wish my life to be the message.

## **What influences and experiences shaped you growing up?**

I've got an interesting heritage. My roots go back to England, Wales, Scotland and Italy. My ancestors from the British Isles migrated to Rhodesia in southern Africa (now Zimbabwe) and the Italian side relocated to Taranaki in New Zealand.

I was born in England to a South African mother and a New Zealander father. In my early years we moved around a lot, and when I was still a baby, we moved to Taranaki in New Zealand. However, my mother found life in Taranaki at odds with her aspirations of a career in acting and classical singing. Taranaki was a pretty unglamorous place, and my mother never warmed to the local customs of growing veggies and pig hunting, she yearned to return to family in Rhodesia. So after a number of years, that's what we did. I have fond memories of time spent on the farm near Rhodesia's northern border; my forebears established this farm in the early twentieth century. It was a magical place where I'd spend hours exploring the fields and the veld, a place that nourished and inspired me through some trying times. It was at this time, in a place filled with stories and epic wilderness, where I developed my love of nature.

## **Can you tell us more about how your time on the farm shaped who you are today?**

Soon after our arrival in Rhodesia, my mother and father divorced. After another failed marriage, my mother married for a third time, and decided to move to South Africa with her new husband and family. By this time I had a younger sister with another on the way. I was a quiet child at this time, but I loved dancing and drawing. My dream was to be a dancer.

My teenage years were fraught with more family dramas, largely attributable to my step-father's love of women other than my mother. When I was eleven years old, his attraction extended to me. As a child I had learnt to embrace him as my father and loved him dearly, so to spend the next five years hiding this terrible secret was difficult.

One afternoon my mother confronted me, saying that she suspected her husband had another lover. She asked me whether I knew who it was. With great difficulty, I managed to blurt out to her everything that was happening. She was initially shocked to her core, and reacted with sorrow and sympathy. That is, until my step-father returned home. My step-father dragged me away from my mother, demanding that I take back what I'd said, but I refused. My mother didn't know how to cope, and her husband slowly turned her against me. Eventually, my step-father took on the role of the victim, and at fifteen, I felt unwelcome in my own home.

I began to spend as much time away from home as possible, spending entire days with my dog, Candy, in the nearby forests. Not long after, I was sent off to boarding school. The worst part was that in the holidays and on the weekends I had to live with my step-father, who by then had separated from my mother. I don't recall ever living in my mother's house after that.

Two uncomfortable years went by with my step-father, until, like a guardian angel, my father came to the rescue. In 1977 I flew to New Zealand to start my new life with a new name and a new identity. It was wonderful to meet my numerous relatives for the first time since I was a baby.



During my early adulthood the shadows of my past loomed over me as I tried to navigate my way through life and especially in regard to my relationships with men.

As a young adult, I returned briefly to South Africa. After that, I didn't see my mother for another 23 years.

## **How do you feel now about what happened to you?**

For many years, I was angry. I felt hard done by, and I admit I was harbouring a 'poor me' mindset. Over the years I've been fortunate enough to meet, and share experiences with, a great many women who've had similar experiences, some so much worse than what I went through. Among other things, I tried therapy, during which I was often subjectified as 'a sexual abuse survivor'. I resisted this label, as I did not want to be defined by these experiences; I wanted to be able to see myself as stronger than any of the things that happened back then. As I always say, the best thing about an unpleasant past is that it's in the past; it's over, so now I can help others on their journeys.

## **Do you have a coach or mentor to help motivate you and keep your passion alight?**

I've had many. I always placed great importance on gaining knowledge, but there was a time when I made a promise to myself that I was not going to do any more courses. It was too costly, and surely by now I know everything there is to know, is what I told myself. What happened next, however, was that I stopped growing. I was bored, and I felt myself growing dull. As I stopped seeking to expand my knowledge, I lost passion and inspiration for my work, and my business began to struggle.

I realised something had to change, and no sooner had I decided to step wholeheartedly into my next learning adventure, than I began to feel alive again. My business improved as I had new perspectives, and had developed new

products and options to offer to my clients. I subsequently made a commitment to myself to never stop learning; to honour and follow the wisdom of my inner knowing.

In the course of my life, I've done many courses and had many mentors along the way, and I strongly believe I wouldn't be where I am today if it weren't for these people. By working with those who have gone before me, I have created an opportunity to become the best person I can be. At a guess, I'd say I've had fifteen teachers in the area of healing, as well as having read hundreds of books on the subject. Each of these teachers taught me something different and opened my mind to a different set of possibilities. They taught me new skills, they encouraged me, and they inspired me!

## **What advice would you give to a therapist looking at starting out in this business?**

The big tip I'd give is that you won't survive in this business on talent alone, although to be good is obviously a very important start! Most natural therapy courses I know of put great emphasis on teaching theory and technique, but very little on teaching therapists how to run a successful business. So you may end up with tremendous knowledge, ability and compassion, but without good business sense, you won't be able to make your career work.

My greatest challenge has been in becoming consistently effective in meeting my clients' expectations, and never taking them for granted. Add value, throw in the odd freebie, go the extra mile for them. They're an asset, so look after them.

It took me some years before I realised I needed to learn about business. Involve yourself with the best teachers - mine were and still are Robert Kiyosaki, Richard Branson, Jamie McIntyre, Pat Mesiti, Matt and Amanda Clarkson, Alan Pease, David Cavanagh, John Di Martini, Dolf De Roos and others. None of these people are therapists, however they know and understand business on a big scale, and they've become wealthy as a result. Learn from them.

No matter what business you're in, the same principles for success and prosperity apply.

## **Have you got any general tips for people starting out in business?**

Yes, whatever the industry you're in, stay abreast of new trends in business and strongly consider engaging in online and conventional advertising. I have never really enjoyed social media, however I recognise its importance in helping me to stay connected to my community, and also as an avenue to express and teach new ideas.

Also, keep an eye on your competition and learn from them! If appropriate, go and see their business first-hand to see how they operate and use what you see to create a better more profitable business for yourself.

It's also vital that you commit to your goals, that you get the help you need to accomplish them, that you take action, and that you're always ready to learn new things.

## **How we can stay as relaxed as possible in our busy lives?**

There are a range of wonderful methods, yet here's one we can all do: it's called the 'red light relax'. If you live in a city or do a lot of driving, this could be the one for you. As we travel from A to B, our mind is often already on the destination or elsewhere and we are barely present with the action of driving let alone present to ourselves. How often have you arrived somewhere only to realise that your drive was so automatic that you paid no attention to the journey and surroundings?

Here's what you do. You have pulled up at a red light. Take this opportunity to restore and relax since you are not going anywhere right now, you may as well give yourself some 'Me Time', no matter how brief.

Take a deep breath and feel your body in the car seat (remember you're in control of a car, possibly on a busy road, so make sure you keep your eyes open!). Allow all tension to leave your body on the out breath.

Look out the window and focus on one thing; perhaps the traffic light post. Observe it in its entirety – look at its colour, its form, sounds and smells. Move from subject to subject, taking in all details of each item, until the light turns green.

When the light has turned green take a deep breath, relax completely and put your attention into the wheels of the car, feel the rubber make contact with the road and continue your journey. Repeat at every traffic light you come to.

Make a commitment to do this simple exercise every time you are driving anywhere. By deliberately giving yourself a mental break from automatic mind-chatter, you'll feel more relaxed, alert and present. As a side-effect you'll also become a safer and better driver!

When you get home or during the evening you can try rejuvenating with a candle flame focus. This only takes three minutes and has far reaching benefits if practised regularly. Deciding on your reason for doing it is the first step. It may be simply to relax and let go of the day, or to develop your powers of concentration, or to use it to develop natural intuitive ability.

The first step is to find a quiet place where you will not be disturbed. Set up a candle with a good size flame – regular kitchen candles are fine. Set up your candle so it is dead level with your eyes; you don't want to be making any adjustments to the eye muscles. Place your candle 40 centimetres away from your eyes and settle comfortably.

Now focus on the very centre of the flame, blocking out all else. Become at one with the flame until nothing else exists for three minutes. For most people the mind will wander after a few seconds. If this happens, don't be concerned; simply bring your attention back to the flame and enter into it. Every time your mind wanders bring it back to the point of focus. Over time your ability

to remain at one with the flame will improve. Do not try, just be.

The benefits of doing this simple exercise include increased mental alertness, as well as improved concentration and creativity. The aim should be to do it daily in order to get time away from your daily routine.

## **Is there anything that's currently inspiring you?**

I recently discovered that in Russia there's an alternative school doing amazing things with children, though perhaps it's more accurate to say that the children are doing amazing things with the school! The school is the vision of Mikhail Shetin and challenges mainstream views on education. The children have been encouraged to design, build and decorate their own campus. In addition to this, they're able to cover the entire high-school curriculum in just one year. By the time they are seventeen, many of them have a Masters degree! It's up to the students to run the entire school themselves, they do their own cooking, administrative work; they even write their own text books. Additionally they engage in dancing, singing, drawing, cultural studies and physical exercise. TV and video games are of little interest to them. The mission is to reclaim humanity's true essence and to bring back to this planet enlightened awareness and peace. I am inspired by the amazing accomplishments and creative power contained within and unleashed by these children. I would love this to be a glimpse into the future of humanity.

It is often said that we don't use our full brain capacity, which begs the question, what is the rest for and what are we really capable of? Imagine if our children were taught how to relax, concentrate and think for themselves from an early age. School in the western world for the most part just sets us up to fit into the workforce. Fortunately there are some truly innovative minds in this world, and it is these people that open our minds to new realities and new futures.

## **We all want the best for ourselves, so how can we begin to put positive habits in place?**

Start small, start easy. First decide what it is you want to do, then decide on the method and the time of day that you'll practice it. Make a commitment to yourself and focus on what you want the practice to give you, whether mental discipline, deep relaxation or simply peace of mind. Objectify what you are striving for. To objectify, all you need to do is write it down, tell someone, put it in your diary. This step is important as it helps you to be accountable and reminds you when you need to take time out for self-care.

## **We've all heard that poor diet, a lack of exercise, and stress negatively impact our health. For those struggling with these issues, is there one route or method you would recommend to turn this around?**

Often I'm asked to name the one thing that will make the fastest and most thorough change to my health. My reply is nutritional cleansing. Whether you are already fit and healthy, or dealing with health issues, nutritional cleansing is a must for gaining and maintaining health, and getting to, and staying at, a healthy weight. It's well documented that cleaning on the inside has great rewards. Many cultures, both ancient and contemporary, practise some form of internal cleansing.

What I have noticed is that our Western culture does not include cleansing as a regular practice. Instead, we have a variety of products on the market that encourage crash dieting and extreme detoxing that can result in the body being stripped of vital nutrients, and harming rather than helping us. In part, because of this we're seeing a steady increase in illnesses of all kinds. As well as cleansing, we need to be replenishing high-quality nutrients so that we are thoroughly nourished, with good energy levels.

Every day, we're exposed to a wide range of toxic substances, mostly without really realising it. Everyday personal care products, herbicides, household cleaners, insect sprays, heavy metals, food additives and more can all have adverse effects on our body's functions. Antibiotics are injected into our farm animals, pesticides are sprayed all over our food, fruit and vegetables are waxed to encourage longevity. Basically, we're chronically exposed to harmful substances. Because of poor farming practices, our soils are depleted of vital nutrients, and as a result we aren't getting the nutrition we need.

Nutritional deficiencies are at the heart of many modern diseases. We need primary minerals (70 to 100 per day) and trace elements in our diet daily to be truly healthy. Preventable diseases are ever-increasing in the Western world. How many people do you know with arthritis, diabetes, asthma, cancer, autoimmune diseases, obesity or some other preventable malaise? Sadly our children are in poor health and it is for them that we must change. We must cleanse and replenish now.

## **Can you explain how you apply the concept of cleansing as a method of restoring bodily health?**

My initial training was in macrobiotic food as medicine, a fantastic Japanese system that works wonderfully well – I still use it in my practice. Over the years, however, I've learnt that, for many people, finding ways to cook with unusual ingredients in a family environment is not always practical or sustainable.

One day, one of my clients talked to me about a nutritional cleansing system she was using to very good effect. At first I was resistant to what she had to say as I'd been trained in (and possibly biased towards) macrobiotics. However, after some thorough investigation I was intrigued and decided that the only way round this was to try it for myself. During my first 30-day program I felt fantastic; my skin cleared up, my hair became shiny, I had tremendous energy levels, my cravings reduced and to top it all off I lost five centimetres off my

waist. As a result of my increased energy levels, I also felt inspired to increase my exercise routine.

After the initial 30-day cleanse, I continued with a maintenance program that included regular deep cleanse days to improve my health even more. “How healthy could I get?” I wondered. By this time I had decided to bring it to my clients, and since then I have helped over 100 people transform their health with this system alone. It’s simple, easy, adaptable and all natural. What I love about it is that it cleans on a cellular level while feeding the body with high quality nutrition. Each product in the program works synergistically with the next, creating a perfect balance. For those wanting to lose weight it is the perfect system. Imagine sleeping well, losing unwanted kilograms, craving healthy instead of unhealthy food, building a strong immune system, developing an ability to adapt to stressful situations easily, and having strong firm muscles and an alert mind. Imagine getting paid to get healthy, because that is what these programs can give you!

The question I’m often asked is how does it work and what do I have to do? My answer is that all you have to do is follow the step-by-step instructions provided. Each day includes a combination of high-grade organic whey protein drinks, ionic and adaptogenic minerals, high quality fresh food, pure water, cleansing drinks as well as capsules for circulation and digestive health. On the 30-day program, one day per week is a cleanse day. What this entails is an entire day where you get your nutrition solely through the ‘Cleanse for Life’ drink, which enables you to cleanse on a cellular level. All you need to bring to the table is a clear goal of what it is you want to achieve; write it down, and make a commitment to follow through with it. Get the support you need by contacting me. To start go to [www.asmillie.isagenix.com](http://www.asmillie.isagenix.com)

## **You’re also an outspoken advocate of Zen Shiatsu. What is it, and how does it work?**

Shiatsu is a Japanese massage therapy that can make a dramatic improvement to your health. I love its holistic approach. Not many therapies, espe-



cially those involving bodywork, consider function of the internal organs and systems, diet, emotional and spiritual factors, as well as movement and exercise like shiatsu does. Every treatment begins with diagnosis. The process of diagnosis includes what is communicated; an observation of the body, the gait, facial lines, pallor, voice quality, smell and touch.

The goal of shiatsu is to harmonise the extremes as they are presented in the individual. Through diagnosis we can discover which organs are weak and underactive and which are overactive. To the touch, weak areas are characterised by feelings of emptiness. They lack energy, and may be cool, pale, stringy or brittle. Often the areas of weakness are areas that are painful and not working optimally. Our goal in shiatsu is to provide support for areas of weakness. Imagine a distressed child. You would probably be reluctant to shout at the child. Instead, our natural response would be to comfort the child until harmony is restored. We apply the same principles in shiatsu treatment.

To the touch, areas of excess or over activity can be felt as bodily tension, tough tissue, excessive heat or resistance. Our process during treatment will include support to areas of weakness while dispersing the areas of excess. Shiatsu treatments are always conducted on a futon on the floor and do not use oils. The treatment is a direct learning experience for the receiver, giving you important information as to the current state of your health as well as practical steps for improving health.

Let me give you an example. One of my clients, Jane (not her real name) told me that she was experiencing tiredness, depression, lower back pain, bloating and general digestive discomfort. During diagnosis it was revealed that Jane's large intestine (the organ that keeps you regular) was weak and not functioning optimally. During treatment she shared that she has always suffered from constipation, and with a love of foods like bread, biscuits, pastries and pasta, she was generally feeling 'stuck' in her life. With a relationship breakup, she was hanging onto bitterness and found it difficult to fall asleep at night. As the shiatsu treatment progressed her body and mind began to relax and tenta-

tively she began to talk about perhaps moving on with her life. As we went through a quiet period of the treatment where she appeared to be reflecting more deeply, in a quiet, committed voice, she said, “I’ve just got to let go of this old shit and make a new life.”

After the treatment we discussed what actions she could take to strengthen her resolve. In Zen Shiatsu, the idea is that if we keep strengthening the organ of the large intestine, the rest of Jane’s body will follow. Treatment is the first step to creating change, and now we must continue the work by making dietary adjustments or progress will be slow and temporary.

Our next step is to introduce foods that will strengthen large intestine. I suggested that Jane begin by changing her breakfast habits from toast to miso (fermented soy bean paste) soup with vegetables. At first she resisted, as this was so different to the accepted breakfasts in our culture. I explained that the toast she was having was creating mucous and clogging in her system and that by making this change she would begin to clean up and strengthen this organ, and that elimination would improve. Additionally she was to eat brown rice every day and to chew it very well. I explained that brown rice is nutritious and high in fibre and will strengthen this organ, which is essential for regularity. Finally I suggested she avoid all baked flour products, including all breads, pastries, biscuits and cakes. Jane gave me a woeful look and said that these are her favourite foods, but she was prepared to make the change.

Next we focused on getting some regular exercise happening. For Jane, it was best to do vigorous exercise where the blood is pumping and Jane was breathing hard. After some discussion Jane decided to sign up for a crossfit program.

With subsequent treatments Jane continued to detoxify and rebalance. We made further refinements to her diet and added effective strategic stretching exercises using the *stretch, contract, relax and stretch* method to increase flexibility and strengthen muscles in the lower back and ultimately the entire body.

Jane now has a good idea of how to take care of herself. She knows what foods to eat to keep her digestive system functioning well and keep her lower back and energy levels in good order. She also knows the foods to avoid if she wants to stay healthy and pain-free.

## **Can a good diet, exercise and a healthy lifestyle really slow down the ageing process?**

The case of the Hunza people of the Himalayas is well documented. Why is it that they can live to 130 years old and more? What's amazing is their absence of disease, their boundless energy, as well as the serenity they're each able to attain. The men have been known to sire children at 80 and 90 years old, and a woman of eighty looks no older than a woman of forty in our Western culture.

So what is their secret? A simple, physical lifestyle spent close to nature, excellent nutrition comprising of only two small meals a day, strong community bonds and a rich spiritual life. There is not one secret but a combination of factors that contribute to what seems to us to be extraordinary health. It suggests that perhaps our short sickly life spans in the West are what is abnormal. In the Bible there are stories that refer to people who lived for up to 400 years of age. Perhaps the definition of time is different, I'm not sure, but it is food for thought.

Currently in the West and for the last three decades, research has been underway to reverse the ageing process. Scientists have finally started to understand how and why we age. The good news is that there is a genuine natural product on the market and available in Australia that is slowing the ageing process by supporting and protecting the DNA within the body cells. This is a fascinating development that will lead to further advancements over time. In the quest for youth, however, it's important to remember that we are multi-faceted and need to consider youthfulness, health and happiness from a range of perspectives.

LIVING YOUR DREAM, *YOUR* WAY!