

The Figure 8 Bodychain Healthy Lifestyle Guide

1 CONTENTS:

1. The Figure 8 Bodychain story
2. How does the Figure 8 Bodychain work?
3. Why should I use the Figure 8 Bodychain?
4. How do I know what's a healthy weight for me?
5. When is the right time to use the Figure 8 Bodychain?
6. How do you stay motivated?
7. What about diet?
8. What about fat?
9. What about exercise?
10. What about water?
11. What about alcohol?
12. What about smoking?
13. 21 small changes that make a difference
14. Wendy's favourite eating plan
15. What are you waiting for?

2 THE FIGURE 8 BODYCHAIN STORY

Your mind is your most powerful weapon in controlling your weight.

But no matter how powerful your mind is, it cannot trick your body into being slim.

That's why Wendy Barker created the Figure 8 Bodychain - a patented weight management tool that's not only more honest than your best friend but also on call 24/7, gorgeous, simple and drug free.

Like many New Zealanders, Wendy had spent much of her adult life trying to trick her body into being slim. This is her story:

"Just like you I would say to myself, 'I will have that extra piece of fattening or sweet food and exercise it off later or go on a diet tomorrow'.

"But what do you do? You eat the extra treat and conveniently forget about the promised exercise or diet until next time," says Wendy.

"If you keep on overeating and not exercising what happens? You put on weight – it's not exactly rocket science is it?

"The problem I had was not knowing when to stop - how to achieve that vital balance between maintaining the weight that was best for my health and wellbeing and still being able to eat some of the delicious foods we all crave from time to time.

"I tried to find something to solve this problem. But there was nothing, absolutely nothing that would do it for me until I invented the Figure 8 Bodychain.

"My Figure 8 Bodychain lets my mind know straight away when it is time to go easy on the eating and step up the exercising. Amazingly, I can stay the way I want - be it slim, not so slim, or whatever I and my mind want the most."

3 WHAT IS THE FIGURE 8 BODYCHAIN – AND HOW DOES IT WORK?

Wendy Barker's Figure 8 Bodychain is remarkably effective in connecting your body with your mind.

New Zealand-made from precious metal (your choice of sterling silver, gold or platinum) the Figure 8 Bodychain is designed to be worn around your waist, under your clothing.

At first glance simply a sexy piece of jewellery, this unique, patented product works by utilising a branch of behavioural psychology known as operant conditioning to modify your behaviour.

Psychologists describe operant conditioning as a method of learning that occurs through reward and punishment.

It works like this:

You wear the Figure 8 Bodychain so it fits comfortably around your waist – just tight enough to stay in place while being almost imperceptible as you go about your daily life.

When worn continuously it's now positioned to provide constant feedback to your mind about the state of your girth (that's your waist measurement).

Crucially, your Figure 8 Bodychain will not allow your mind to trick your body about whether your food intake and exercise output is right for you. Good or bad, your Figure 8 Bodychain will let you know exactly what's happening with your body.

It does that by tightening or loosening noticeably as soon as your girth changes circumference – immediately sending a message to your mind that a behavioural response is required. This immediate feedback is regarded as an extremely valuable aspect of operant conditioning.

If you over-indulge during a meal, for example, perceptible tightening of the Figure 8 Bodychain is a 'secret' signal to your mind that you need to take action to limit your intake.

We say 'secret' because there is no perceptible evidence of the Figure 8 Bodychain as a girth monitor or of its signals to anyone other than you, the wearer.

On the other hand, if you're aiming to lose weight by limiting your calorie intake and increasing the amount of exercise you do, the Figure 8 Bodychain loosens noticeably as soon as your girth changes circumference.

Again, this immediate positive feedback is a key aspect of operant conditioning.

This is reinforced when your weight loss requires you to alter the position of the catch on your Figure 8 Bodychain to retain its comfortable fit. Thus your operant conditioning is continuous and is supplemented whenever a milestone is reached.

For most people, the addition or deletion of each link in your Figure 8 Bodychain indicates a two kilogram change in your bodyweight. So, if it becomes loose and you need to take a link out, that reflects a two kilogram weight loss.

Conversely, when it tightens to the extent that you need to add another link, that means you've put on about two kilograms.

In each case, your Figure 8 Bodychain is giving you immediate feedback – enabling you to make the best decision for your wellbeing.

Such feedback reinforces that making little changes to your daily eating and exercise programmes really does make a difference to your body.

4 WHY SHOULD I USE THE FIGURE 8 BODYCHAIN?

We have all heard it before: ‘You are what you eat’.

And much as we don’t want to hear those words – we know they are true.

For most of us (unless you have a medical condition) you and you alone are responsible for the way your body is. You are the one who puts the food into your body and decides how much, or how little, exercise you will do.

So forget all the excuses that your mind has made up to allow yourself to overeat and not exercise enough.

Because, your body doesn’t understand your mind’s excuses.

Your body simply knows that if you are overeating and under-exercising then the weight is going to creep on and keep on doing so until you take the responsibility to do something about it.

Your Figure 8 Bodychain doesn’t understand your mind’s excuses either.

It does not care whether you are over indulging because you are bored, sad, unhappy, happy, socialising, eating mindlessly, greedily or whatever.

Your Figure 8 Bodychain will just get tight and whisper to your mind ‘you are putting on weight, do you really want to do that right now?’

Only you can answer that but you should know that there are many reasons why you owe it to yourself to be at a healthy weight.

First and foremost is that being overweight can lead to premature death.

Do you really want to die early because you keep letting your mind make excuses to overeat and not exercise enough?

I certainly don't. I want to see my children and my grandchildren grow up to be happy and healthy people and I understand that one way of doing that is by being healthy myself and leading by example.

I know from personal experience that when you are a healthy weight you have more energy, breathe better, move better, feel better and you have a lot more choices in the clothes you can wear – which makes you look good, feel attractive and, best of all, be happy.

5 HOW DO I KNOW WHAT'S A HEALTHY WEIGHT FOR ME?

A simple way to tell if you are at a healthy weight is by your waist measurement. To measure it put a tape measure around your waist at just above navel level so that tape measure is comfortable and not tight.

If you are female and have a waist measurement of 81cm (32in) or more or you are a male with a waist measurement of 89cm (35in) or more, you are at risk of endangering your health.

If you are female and have a waist measurement of 89cm (35in) or more or are male with a waist measurement of 110cm (40in) or more, then you are at serious risk of heart disease, stroke, many cancers and diabetes.

A visit to your doctor is always a good idea if you have any health issues or just to check how healthy you are overall.

How many of you had no idea what your waist measured?

Luckily you have now got your Figure 8 Bodychain and know exactly where you are at. You wear your Figure 8 Bodychain just where you measure your waist - just above your navel, so that your Figure Eight Bodychain is comfortable and not tight.

If it gets tight and you do not want to put on weight then that is your signal that what you have been doing for the past few days is affecting your weight.

Put that fork down, get up off the couch and do something. Examine what you have been doing lately to cause your Figure 8 Bodychain to tighten up. Do something about it now - not later.

If your Figure 8 Bodychain is loose and you have been trying to lose weight then congratulations whatever you have been doing lately is working. Take it in a link at a time until you get to where you want to be.

If your Figure 8 Bodychain is comfortable and you just want to maintain your weight then that is just fabulous. Whatever you have been doing lately is correct for your body so just keep on doing it.

You can of course take your Figure 8 Bodychain out a link or two – remember, each link reflects a change of about two kilograms in your bodyweight - if it is too tight.

If you are trying to put on weight then whatever you are doing for your body right now is working and congratulations you have just put on a few kilos or pounds.

If you are not trying to put on weight and have to take your Figure 8 Bodychain out a link or two then that is a clear warning that what you have been doing for your body lately is definitely not right for your body and that now is the time to do something about it.

Smart people do not let two kilograms turn into 20. Instead, let your Figure 8 Bodychain help you keep yourself at a happy and healthy weight.

6 WHEN IS THE RIGHT TIME TO USE YOUR FIGURE 8 BODYCHAIN?

Now, that's when.

By putting your Figure 8 Bodychain on now, you start your journey to a new healthy you by simply not letting your Figure 8 Bodychain get tight.

You don't have to join a gym or go on any specific diet - just get up and go for a walk (now not later) or plan something healthy for your next meal (now not later).

Obviously, if you go onto a healthy living diet plan and formal exercise programme you will get quicker results.

The more effort you put in the better the result and your Figure 8 Bodychain will show you the results of your efforts.

I'm sure you know already that the way to a healthy weight is by eating healthily most of the time and exercising moderately. As I found out though, it was getting the balance right that was the problem.

But not any more - now you have your Figure 8 Bodychain to keep your mind and your body in balance so you can get the body you want, one link at a time.

7 HOW DO I STAY MOTIVATED TO KEEP ON TRACK?

As the Figure 8 Bodychain connects your mind with your body you always know where you are at.

This makes weight management a daily thing on a really simple level, with your Figure 8 Bodychain's constant reminder that it is loose, comfortable or tight.

If it is tight and you don't want it to be then obviously you are not being healthy right now and so you need to get back on track (now not later).

The tightness should keep you motivated and if you do have to take it out a link then you know you need to examine why you are over indulging and do something about it.

If it is loose and you have been trying to lose weight then take your Figure 8 Bodychain in one link. Congratulations - you have just lost about two kilograms. Keep on doing this to get to your healthy weight.

If your Figure 8 bodychain is comfortable and you are at the weight you want to be then obviously whatever you are doing right now is right for your body. Carry on.

Daily weight management is so much easier when you know where you are at – and it doesn't need to be complicated either.

Forget the fad diets and go for the simple healthy daily lifestyle changes.

In general terms, the cook of the house has the most important role in the health and wellbeing of everyone living there. You do not have to be the best cook in the world - you just have to have the best interests of you and your family at heart.

Food cooked in its most natural state, with the fat trimmed off, is best.

New research shows there is a link between certain dementias - particularly Alzheimer's disease - for people whose diet is high in saturated fats, so take the skin off chicken, the fat off meat before cooking, so you are not tempted to eat it.

Heap on the vegetables, eat unprocessed foods and lots of fruit, eat multigrain bread and leave highly-processed white bread on the supermarket shelf.

Little changes in how we cook our meals and limiting those high-fat, high-sugar 'treats' to a small part of our diet obviously makes a huge difference to our health and wellbeing.

The same approach applies when you think about increasing your exercise – that doesn't mean you have to join a gym.

Simply going for a walk is a fabulous form of exercise – and it's FREE!

Not only does walking benefit your body but also your mind. Instead of zooming past in your car you can stop and smell the flowers, notice different things going on in your neighbourhood, meditate, walk through the park, listen to your iPod...it's up to you.

Or how about getting a bat and ball or a Frisbee and playing a game with the kids?

Wouldn't you rather have your family enjoy good times of you playing games with them rather than sitting on the couch, mindlessly eating junk food and watching TV?

So are you ready to take responsibility for your own weight and wellbeing on a daily basis?

Are you ready to make healthy lifestyle choices - whilst still being able to indulge in a 'treat' from time to time?

I hope so, for you and your loved ones sake.

So put your Figure 8 Bodychain on and read on about all the little changes you can make to do what is best for your body – one link at a time.

Following are some helpful hints that I have gathered through my own journey in researching and creating the Figure 8 Bodychain so that I have the right balance in my life between food, exercise and being healthy and happy.

8 WHAT ABOUT DIET?

The only 'diet' you should be on is an everyday healthy living diet.

Eating healthily every day should be a lifestyle choice. Of course, you can allow yourself a little indulgence sometimes. The problem starts when that little indulgence turns into over indulgence.

For some of us, the line gets a little blurred and the over indulgence carries on for too long before you recognise the impact of this behavior pattern.

Thank goodness you now have your Figure 8 bodychain to let you know long before this happens.

Utilising the drug-free, pain-free and effortless process of operant conditioning, it will become second nature to you to be both aware of your weight management and to be in control of it.

If your Figure 8 bodychain gets too tight and you have to take it out a link you have allowed yourself to put on approximately two kilograms.

If your Figure 8 bodychain gets loose and you have been trying to lose weight then great, you have just lost about 2 kilograms. Just keep taking it in a link at a time until you get to be where you want to be.

So what is a healthy diet?

Feeding our Futures New Zealand says that a healthy meal should consist of:
* 50 per cent vegetables - such as broccoli, cabbage, peas, cauliflower, pumpkin, celery, puha, lettuce, tomato, carrots;

* 25 per cent carbohydrates - such as potato, kumara, pasta, rice, taro or other starchy vegetables; and

* 25 per cent protein - such as meat, chicken, fish, eggs.

Sounds good to me.

Feeding our Futures New Zealand also advises that the whole family needs vegetables every day, saying: "Serve a mixture of colourful vegetables; for one-pot meals mix in extra vegetables during cooking; canned or frozen vegetables are just as good as fresh; buy vegetables in season or when they are cheaper; and microwave or steam your vegetables to lock in their flavor and goodness."

Q. So what is a good reason not to be overweight?

A. To live a happier, healthier, longer life.

Q. How is your being overweight affecting you?

A. Your body is not designed to carry around too much excess weight.

Imagine walking around all day with a bag of potatoes strapped to your back – it would make life difficult wouldn't it? But that's exactly what hundreds of thousands of New Zealanders are doing in carrying 5, 10, 20 or even more kgs than their healthy body weight.

It is up to us to each of us to be as healthy as possible so we can enjoy life to the max. Here are some tips to help you on the way:

- Prevention is better than cure.
- High fibre foods - wholegrain bread, cereals, fruit and vegetables - keep your bowels regular and help reduce the risk of bowel cancer.
- Too much salt can increase blood pressure.
- Make the time to prepare your meals. You can make quick, easy and healthy meals in minutes. For example beef/chicken stir fry with lots of vegetables.
- Make sure you have breakfast. Include fruit with your breakfast and read the labels on breakfast cereals before you buy.
- You can make your meals go a lot further if you add vegetables to it i.e. add mushrooms, onion, peas, tomato and peppers to your omelette.
- Do not overeat at lunch. A tuna/chicken salad is good. Make sure the salad dressing is light, not creamy.
- Put some sliced and diced vegetables with your salad to mix it up a bit.
- Get inventive in the kitchen and make delicious healthy meals for yourself and your family.
- Add herbs and spices to enhance the natural flavours in your food.
- Make a low fat curry or butter chicken. It is all in the sauce.
- Keep a supply of tinned fruit - in its own natural juices, not syrup - in your cupboard.
- Keep healthy snacks in your cupboards so you are not tempted to over indulge too much.
- Read the labels on ready made snacks to see how healthy they are. Keep carrot and celery sticks in the fridge, chopped up and ready to eat.

- You do not have to cut out all vices. A little bit of what you fancy does you good - just make sure it is a little and not a lot.

When it comes to our diet, most of us want to have our chocolate cake and eat it too.

Now that you have your Figure 8 bodychain you can - not all the time though, just sometimes.

Let your Figure 8 bodychain let you know whether you can have your cake and eat it too. Is your Figure 8 bodychain, comfortable, loose or tight? Where do you want your Figure 8 bodychain to be?

Your Figure 8 bodychain has the answer for you, just one link at a time.

If you want to know more about healthy eating, go to the Ministry of Health's website www.moh.govt.nz (the healthy eating/healthy action section). Also check out www.feedingourfutures.co.nz

9 WHAT ABOUT FAT?

Most people think fat is something to be avoided in a healthy diet.

But the fact is there are good and bad fats and our bodies actually need a little fat each day. An average woman requires 50-60g of fat per day and an average man 60-70g of fat per day in a healthy diet.

In general terms there are two main types of fat – saturated and unsaturated fats.

Saturated fats are fats that solidify at room temperature, for example butter, margarine and the fat seen on meat.

Unsaturated fats are fats that are liquid at room temperature, such as vegetable oils.

Saturated fats are deemed bad and unsaturated fats are deemed good for you. Bear in mind however that while olive oil is healthier than butter, both are high in calories and put on equal amounts of weight.

Research shows that saturated fats lead to high cholesterol and blocked arteries and unsaturated fats like olive oil do not.

So if you want to be healthy it is not a hard decision to make to keep saturated fats to a minimum and total fat content in a day at an acceptable level.

There are also fats that our bodies need – the essential fatty acids commonly known as Omega 3 and Omega 6. Omega 3 is found in fish, most seafood, canola oil and soya bean oil. Omega 6 is found in walnuts, Brazil nuts and some oils e.g. sunflower and maize.

There are a lot of hidden fats in processed foods even if they say 'low fat'. Check the label and see how much fat is in it and whether it is saturated or unsaturated fat. Especially check those packets of biscuits, pies and cakes. You may well be surprised at the level of fat content.

The more you eat fat, the more your body gets a taste for it. I cut all saturated fats out of my diet and then went out and had a fried steak. I was really surprised at how fatty that steak tasted. It was not nice at all.

If I am choosing margarine I go for a low fat olive oil based one, low fat milk instead of full cream milk, low fat cream not full cream, low fat yoghurt, low fat sour cream etc.

I trim the fat from meat before cooking so not tempted to eat it. I also take the skin off the chicken before cooking for the same reason.

Making small changes like these go a long way towards being healthy and managing your weight and your Figure 8 bodychain will quickly show you the benefits.

10WHAT ABOUT EXERCISE?

Exercise is one of the two key ingredients – the other, of course, is healthy eating - in losing weight or maintaining your ideal weight. What's more, it is not only good for your body it is also good for the well being of your mind.

Unfortunately, today's busy lifestyles mean that many people just don't find time to exercise.

I can't emphasise enough though, how important it is to include some physical activity in your everyday life. Please notice I said some *physical* activity – so, if you go for a walk step up the pace a bit, include a hill or steps. Do not just amble along, make a bit of an effort.

I am a big advocate of walking. It is free and it's easy and almost all of us do it anyway. You may walk on your own, with a partner or a friend, your children or the family dog. Vary the route, smell the flowers, check out your neighbourhood, walk to the mall or drive somewhere that is nice to walk and park the car and get out and walk.

Your body is designed to move, not stagnate on the couch and if you exercise for around half an hour a day, at least five days a week you will reap the benefits. When I exercise regularly I feel better about myself and my body and walk with a bit more of a spring in my step. I feel good.

If walking isn't your thing, pick an exercise that you enjoy and see if you can hook up with an exercise buddy. Exercising with a friend will help keep you both motivated.

Get your partner off the couch - you don't want him putting on weight either do you – and go walking together, play golf, go swimming...make love.

I have a friend who I go to Vibra-train with twice a week. We have both noticed how much stronger we are. We both feel a lot more energetic, sleep better, feel healthier and while not weighing less on the scales are definitely more toned.

All this from two 10-minute sessions of Vibra-train a week, along with walking.

Whatever you choose, you must make a commitment to yourself to do enough exercise. Try out different exercise classes that you have not tried before and see what you like best.

There are many activities that you can do as exercise, for example housework, gardening, playing with the kids, bouncing on the trampoline, swinging a softball bat, kicking a ball, climbing a hill, going dancing or renovating the house.

Pick something that you enjoy and remember - make it physical.

And don't forget you will have your Figure 8 bodychain motivating you along the way by letting you know whether you are doing enough exercise by being tight, loose or comfortable.

So come on, get up off the couch, grab your partner, the kids and the dog and get those walking shoes on. Let your Figure 8 bodychain show you the good results of regular exercise just one link at a time.

For more useful information on suitable exercise got to www.moh.govt.nz (the healthy eating/healthy action section) www.vibra-train.com or www.fitness.co.nz

11 WHAT ABOUT WATER?

The debate over how much fluid we should drink attracts varying views. Some say water only, some say other fluids with water added is just as good. One thing I know is true and that is we cannot live without water.

The average requirement of fluid is around 8 glasses a day however our needs fluctuate depending on whether we are sweating more due to exercise such as mowing lawns on a hot day or walking in the heat. Drink frequently during the day to prevent dehydration bearing in mind it is also harmful if you overload your body with more fluid that it can tolerate.

Remember, alcohol does not count as 'fluid' because it causes dehydration.

I do know that the older I get the more 'hydrating' my skin needs. Certainly, my beauty therapist friend is always advising me to make sure I drink enough fluid - and minimising the alcohol I drink - to keep my skin as hydrated as possible.

Her advice is to keep the lines and wrinkles at bay for as long as possible, and thus keep skin moisturiser requirements to a minimum.

Your Figure 8 Bodychain will become tight if you overload on fluids, which this time do include alcohol.

Yes, your Figure 8 Bodychain cannot be tricked into thinking that alcohol is 'fluid' because it knows that too much alcohol leads to fat.

The many ways in which water is good for you include:

- Boosting your concentration - your brain is about 95% water.

- Improving your skin tone - think less wrinkles.
- Helping keep your weight under control - water is a natural appetite suppressant.
- Regulating your metabolism – it plays a role in metabolising fat by getting your kidneys and liver to work efficiently.
- Serving as a lubricant.
- Building up your resistance to stress.
- Improving your digestive health.
- Getting rid of waste by helping ensure you don't become constipated
- Transporting nutrients around our body.
- Regulating your body temperature.
- Assisting your body to function smoothly.

Even if after all these good reasons the thought of drinking more water doesn't appeal, then try out a few variations. For example, make ice cubes out of lemon juice and add to water, drink hot boiled water or herbal tea.

On the other hand, just think of all the benefits that drinking sufficient water offers in keeping our bodies in great shape, and get into the habit of doing it.

12 WHAT ABOUT ALCOHOL?

Does drinking too much alcohol make you fat?

The short answer is yes.

Think of alcohol as a carbohydrate not a fluid and remember that it's not just the alcohol itself that may be causing the problem but the things often associated with drinking too much – i.e. overeating the wrong foods, social smoking and not feeling well enough to exercise.

Alcohol consumption not only lessens your inhibitions around food but also stimulates your appetite. It also depletes your blood glucose which is a vital energy source for your brain.

If you have ever wondered why you crave foods like hamburgers, bacon, fried eggs, grilled cheese, hot chips and sugary sports drinks after a night out, it is because your blood glucose levels are low.

What's more, research shows that alcohol cannot be stored as energy. This means the alcohol burns off first, then the mixer you have with the alcohol.

Only then does your body attempt to burn off the food you've eaten with the alcohol – or, more likely, stores it as fat.

Alcoholic beverages such as RTDs - ready to drink 'alcopops' - and cocktails are the worst offenders. A White Russian cocktail has the energy equivalent of a bowl of nachos and a premixed vodka drink about the energy of a 6 inch roast beef Subway sandwich.

Now alcohol is not all bad. Studies have linked moderate alcohol intake to a lower risk of heart attack, stroke, diabetes and dementia.

But binge drinking ages the body, deprives it of nutrients, damages the liver, increases the risk of heart disease, stroke, some cancers including breast cancer, diabetes and dementia and makes you fat.

Excess alcohol can also damage your brain. Remember alcohol is a dehydrator and our brains are 95% water. Think about people that you know that drink too much. How do they look? How do they act? How healthy are they?

So how much alcohol is safe to drink?

There is no such thing as a safe level of drinking that fits everyone, all the time, as you need to factor in your age, weight and overall health.

In general, women should drink no more than two glasses of alcohol a day – with studies indicating that pregnant women should abstain from alcohol completely - and men four glasses a day.

For women that is a maximum of 14 drinks a week and definitely no more than four drinks in any one day.

On social occasions where you're expected to have a glass in your hand, the best thing to do is have a drink of water between alcoholic drinks. This helps avoid the weight gain and goes a long way to making sure you do not overindulge and suffer a hangover the next day.

Make the glass of water look more appealing by having a wedge of lemon or lime with it along with ice and a straw.

Here are some facts on alcohol:

* Alcohol is the leading cause of poisonings requiring hospital admission in Auckland, New Zealand.

* Women are biologically more susceptible to the effects of alcohol than men. This is because they generally have more body fat and less body water, which impacts on their ability to metabolise alcohol. The enzyme dehydrogenase, which helps break alcohol down, is less active in women.

* Drinking alcohol during pregnancy is the leading preventable cause of birth defects and neurological damage in children.

* As few as five drinks a week can inhibit female fertility.

* Adolescent girls are more likely to drink because of peer pressure.

* Women find it harder to admit to a drinking problem than men. They are more likely to try to match male drinking patterns.

As with most things in life, moderation is the key to your alcohol consumption. There is nothing wrong with a few drinks, it's the few too many that are the problem.

On those nights when you do overindulge your Figure 8 bodychain will certainly get tight and let you know it is time to stop or at least ease up a bit.

You want to stay looking as fabulous as you can and be as healthy as you can for as long as you can don't you?

At the end of the day it is up to you - luckily you now have your Figure 8 bodychain to help you along the way just one link at a time.

For more information on sensible drinking go to the Alcohol Advisory Council of NZ's website www.alcohol.org.nz

13 WHAT ABOUT SMOKING?

According to the Ministry of Health, smoking is the #1 cause of preventable death in New Zealand - leading to the deaths of an estimated 5,000 people each year.

Around a fifth of cancer deaths are from smoking and over half of all smokers die prematurely from the habit – losing, on average, 23 years of life.

Women who smoke have more heart attacks, cancers, oral health problems and lung problems.

It can cause early menopause, play a part in osteoporosis and affect fertility.

And smoking also ages your skin terribly.

Those shocking facts won't be news to most people. Yet many women smoke in a misguided bid to curb their appetite and/or reduce weight.

I know, because I used to be one of them.

And I also know only too well how hard it is to give up. It took me quite a few attempts over the years to stop smoking.

One of the main reasons for my failure to stop smoking was the effect of gaining weight due to over-eating all the wrong things whilst trying to quit.

Back then I didn't understand that it was smoking's negative impact on my nervous system and circulation that was helping me maintain weight loss.

However it was a 'false' thinness I was experiencing through poisoning my body with tobacco and then putting on weight when I tried to kick the addiction.

How did I give up eventually?

A combination of one hypnosis session, willpower and inventing the Figure 8 bodychain.

My Figure 8 bodychain helped me immensely, as it let me know if I was putting on weight right then and there and allowed me to make healthier eating choices – for example, replacing sweets and chocolates with carrot and celery sticks - whilst giving up smoking.

I will admit that initially I had to take my Figure 8 bodychain out a link but once I had got over wanting to smoke I was able to take that link back in.

Giving up smoking is hard but it is definitely worth it.

I used to get many lung infections like the flu, bronchitis, pleurisy and even pneumonia but not any more.

The motivation and strength I gained through quitting cigarette smoking also made it easier for me to adopt other healthy lifestyle changes such as drinking less alcohol, eating more fruit and vegetables and being more physically active. When you give up smoking you breathe better and enjoy exercise more.

To find the method of quitting smoking that works best for you, ask your doctor, your friends or even other people who have given up what worked for them.

And remember, if the prospect of weight gain puts you off quitting, you now have your Figure 8 bodychain to help you along the way just one link at a time.

For assistance in kicking the smoking habit go to www.quit.org.nz there are some Government-funded initiatives to help you quit.

14 21 SMALL DAILY CHANGES THAT WILL MAKE A DIFFERENCE TO YOUR LIFE.

PUT YOUR FIGURE 8 BODYCHAIN ON NOW!

- Read the labels on all processed foods.
- Cut out the white i.e. swap white bread for wholegrain bread.
- Cut out full cream cheeses, milk, yogurt, ice cream, dairy and bring on the low fat.
- Eat seven servings of fruit and vegetables a day.
- Quench your thirst by drinking more water or other sugar-free fluids.
- Eat moderate amounts of protein i.e. beef and poultry, in a serving no bigger than the palm of your hand.
- Cut the fat off your meat before cooking.
- Take the skin off your chicken before cooking.
- Drink alcohol in moderation.
- If you must drink aerated soft drinks – chose 'diet' instead of the real thing.
- Watch your portion size of carbohydrates i.e. pasta, potatoes, cereals and noodles.
- Watch what you add to those carbohydrates - sauces and fats can wreak havoc on the diet.
- Watch your fat intake and keep away from saturated fats.
- Keep your intake of cake, chocolate and sugary foods to a minimum.
- Use a smaller-sized plate.
- Make sure you have breakfast – it's the healthy way to start your day and much better for your weight loss plans than skipping this important meal
- Don't eat in the two to three hours before bedtime.

- STOP – and ask yourself if that piece of chocolate/cake/sweets you're about to consume is worth getting fat over.
- Use a small spoon to eat your healthy dessert.
- Use a non-stick frypan.
- PUT YOUR FIGURE 8 BODYCHAIN ON! It's a commitment to yourself to be as happy and healthy as possible – and you will love yourself for it.

15 WENDY'S FAVOURITE EATING PLAN

My personal favourite eating plan is the healthy and delicious Mediterranean way.

Easy to prepare, the dishes in this style of eating offer a wide range of choice.

At the end of this section I recommend some readily-available books which provide further information, but key points of the Mediterranean way (as highlighted in the Readers Digest's excellent Good Health Fact Book) include:

- Eating less red meat and more seafood, beans, lentils and chicken.
- Making the main part of each meal a cereal or starch food such as rice, bread, potatoes, couscous or pasta;
- Serving a large mixed salad or a good variety of vegetables with each meal.
- Varying your range of vegetables to include such treats as roasted red capsicums or baked eggplant.
- Using olive oil for cooking, salad dressings, pasta sauces and dips.
- Having a wide variety of both fresh and dried fruit available for snacks and desserts.
- Using a variety of garnishes – sundried tomatoes or capsicums, pine nuts, capers, anchovies, olives, nuts such as almonds and walnuts, and seeds.
- Using herbs, spices and garlic generously in your cooking. If possible, grow your own fresh herbs, such as parsley, sage and basil.
- Keeping well stocked with basic supplies: canned tomatoes, tomato puree, pasta, rice, onions, canned or dries legumes, olive oil and red or balsamic vinegar. Canned fish, such as tuna, is also a useful standby.

I love the Mediterranean way and my Figure 8 bodychain lets me know how good this way of eating is for my body every step of the way.

For further information and some great recipes, I recommend you go to www.mayoclinic.com the health/Mediterranean diet section or www.mediterraneandiet.gr

16 WHAT ARE YOU WAITING FOR?

So what are you waiting for - a miracle cure?

Unfortunately, there is no such thing.

It is just as you knew all along, moderation and balance between your body and mind are the key.

If you eat healthily most of the time, exercise moderately regularly, don't smoke and keep s and healthy life.

Simple isn't it? Well it is now that you have your Figure 8 bodychain to keep you on track just one link at a time.

So have you put on this gorgeous, sexy piece of designer jewellery that's also a 24/7 drug-free weight management tool?

Excellent - you have now begun your journey to the fabulous new healthy you that you want to be.

Best wishes – I'll be available to assist you every step of the way.

C Wendy Barker 2008

The Figure Eight Bodychain Co. Ltd

All Intellectual Property Rights Protected.