



GET YOUR BODY BUZZING

**Module Eight
The Wrap Up**

Workbook

Julie Meek · Performance Specialist · julie@juliemeek.com.au · www.juliemeek.com.au

The Finish Line

Introduction

We have arrived at the very pointy end of the *Get Your Body Buzzing* program. Before we wrap the top performance strategies up in a neat package and I send you on your way, we need to get things moving quite literally with fibre and probiotics.

Fibre

On April 17th 2007 the world as I knew it fell apart. My Dad was unexpectedly diagnosed with bowel cancer. Within 1 week he underwent surgery to remove 40cm of his bowel and was told that there were traces in his lymph nodes also. Within 2 weeks he had started a 6-month course of chemotherapy.

After the initial bouts of endless crying, I then became very angry. I was questioning why my Dad had bowel cancer when every time I looked at him he was eating fruit and vegetables; he ate wholegrain bread, high fibre cereal and threw psyllium husk on anything that sat still long enough.

I then thought, what is the point of eating all this healthy food if we are going to end up with bowel cancer anyway? It seems that bowel cancer is mostly related to genetics but diet does play a big role too. Especially if you don't have the genetic link.

Bowel cancer kills 90 Australians each week. Fortunately, my Dad was one of the lucky ones and survived his fight.

I am sure that many of you have had close personal experiences with cancer and it seems that every time you tune into the radio or pick up a newspaper there is something else that causes cancer.

However, there is no doubt that fibre or 'twigs and sticks' is vital to our gut health. It is also one of the keys to fat blasting as fibre does a great job of filling up your gut and therefore reducing your intake of high fat and calorie foods.

There are two types of fibre:

Soluble fibre is found in oats, barley, dried peas and beans, some fruit and psyllium husk. Soluble fibre helps reduce cholesterol and manage blood sugar levels.

Insoluble fibre on the other hand helps to keep us regular. It keeps the system moving and feeds the healthy bugs in the large bowel, which helps protect against cancer.

Fibre works to:

- Relieve constipation
- Help fight bowel cancer through fermentation and speeding up the transit of food
- Lower cholesterol levels
- Improve diabetic control

Getting enough fibre requires some dedicated effort. The recommended daily intake is 25-30 grams per day. Do you know how much fibre you are consuming each day? Go to the following [fibre counter link](http://www.kelloggsnutrition.com/content/dam/globalnutrition/en_AU/resources/1_page_fibre_counter.pdf) (http://www.kelloggsnutrition.com/content/dam/globalnutrition/en_AU/resources/1_page_fibre_counter.pdf) to check whether you are achieving your daily target.

Pre and Probiotics

Your intestinal tract or gut is a very busy place. There are around 500 species of bacteria hanging out in your gastrointestinal tract, mostly in the large bowel. Not only do they live there in peaceful coexistence with us, they may actually help – keeping out disease-causing bacteria, keeping our immune system healthy and maintaining the lining of the bowel.

But under some circumstances, the normal mix of these bacteria gets disrupted.

It might be because of foreign organisms in our bowel, such as bacteria from contaminated water, or viruses spread from person to person or hand to mouth. Alternatively, some of the normal microorganisms may be killed by broad-spectrum antibiotics taken for a range of common infections.

When this happens, it upsets the normal function of our bowels and we may get symptoms like diarrhoea, abdominal cramps and bloating.

This is where pre and probiotics could make a useful entrance.

Prebiotics are non-digestible food ingredients that can increase the activity of select “good” bacteria. Prebiotics naturally occur in bananas, asparagus, leeks, onions, garlic, chicory and wholegrains like wheat, rye, barley and oats. Savvy marketers are spruiking their benefit in foods from breads to infant formulas

Probiotics are foods or supplements that contain live beneficial bacteria that help to improve the overall balance of bacteria in the digestive system. There are a number of sources including fermented milk drinks (e.g. Yakult®), yoghurts, capsules and powders.

The scientifically established benefits of probiotics are:

- Prevention or reduction of the duration of rotavirus diarrhoea
- Prevention or reduction of the duration of antibiotic associated diarrhoea
- Reduction of the symptoms of lactose intolerance

Other benefits have been suggested, however there is a need for further research with probiotic bacteria in relation to:

- Bladder and colon cancer (prevention and treatment)
- Inflammatory Bowel Disease
- Food Allergy
- Irritable Bowel Syndrome
- Cholesterol control

Stress, diet, aging and antibiotics may upset our intestinal balance and probiotics may be especially useful during these times. And no, we can't stop the aging process but we can impact the other factors.

Be aware that some fermented milks arrive in store frozen and this appears to render the bacteria ineffective. This can be the case for some store brand varieties of fermented milk. Choice magazine tested the viability of bacteria in probiotics over time in 1999 and found that Yakult®, Vaalia Innergy® and Vaalia Yoghurt® all showed good survivability of bacteria over the shelf life.

This is the most recent survey to date. Yakult® contains one of the highest levels of beneficial bacteria at 6.5 billion in the 65ml bottle.

Supplements in liquid, capsule or powder form may carry high levels of bacteria but they are not live. They should also be refrigerated which may not be the case in pharmacies and health food stores.

You may have noticed that there is a 'light' version of Yakult. Both the original and the 'light' have the same type and amount of beneficial bacteria but the 'light' version contains 30% less sugar. Keeping in mind that Yakult Original contains only 52 calories, the need for Yakult Light is probably minimal.

The Finish Line - Top Strategies to Get Your Body Buzzing

- Start thinking about your life as a **sprint event not a marathon**
- Take **regular holidays** and mini-breaks to recharge your batteries. You are not indispensable. Check out my thoughts on holidays here at <http://juliemeek.com.au/2014/05/take-break-change-life>.
- **Sleep or die** - After breathing, sleep is our most fundamental need. It's also the first thing we are willing to give up in an effort to get more done. The fact is, that even small amounts of sleep deprivation makes us vastly less efficient.

If you are not currently sleeping at least 7 hours each night, look at what you need to do to make that a reality, and then start pushing your bedtime earlier by 15 minutes until it becomes natural. Make getting 7-8 hours sleep your highest priority.

There is no single behavior that more fundamentally influences our effectiveness in waking life. The idea that sleeping less allows us to get more done is pervasive in our culture, but it couldn't be further from the truth. Research shows that 97.5% of us need at least 7 hours of sleep to be at our best, but recent Australian surveys show that half of us feel unrested when we wake. The average American is just getting around 6 hours.

- **Work in 90-minute cycles of intense effort** followed by a brief recovery period. Research has shown this to be the most effective way of working while focusing intently on one task at a time. The amount of time that we spend working is not reflective of the quality.
- **Eat breakfast** and use it as momentum to eat well for the rest of the day.
- **Get moving** – research shows that we are more productive in the two hours after exercise with a 24-hour improvement. 20 minutes every second day halves the risk of Alzheimer's disease. When embarking upon a new exercise program make sure that realism is at the forefront and that you set appropriate goals. The best type of exercise is the one that you will actually do.
- **Don't pick up the rope** - Every single day, various people including our partners, kids, and work colleagues throw down the proverbial rope. This rope is designed to land squarely at your feet and invoke fruitless, inane babble. No one wins and you end up feeling stressed and frustrated. Have a good long think about whether that piece of rope is worthy of being picked up and an alternative way of dealing with the problem.
- **The more you drink the more you shrink** – I know that sounds a bit rude but I am actually referring to your brain and no other part of your anatomy! More than 2 drinks per day increases brain shrinkage – there is a lot of research that shows even smaller amounts can lead to shrinkage but you also have to live!
- **Performance enhancing supplements** such as caffeine, antioxidants, fish oil capsules and probiotics.

Self leadership is the ability to influence yourself to achieve your objectives.

- Andrew Bryant

McDonalds Path or the Live a Long Time Route

When you come to a fork in the road of health and well-being, you will be faced with choosing either the McDonalds path or the Live a Long Time route that can be applied to all aspects of your health:

Cheap	Digestible
Accessible	Longer lasting
Easy	Requires thought
Fast	Requires effort
No need to think	Gives you an edge

Driver or Passenger?

I love being a passenger in the car and switching off, passing all responsibility onto the driver, particularly on long trips when I can just look out the window and admire the scenery.

In life though, you need to be the driver.

Derailers that stop us being the drivers in life are:

- **SITUATION** – lots of people get stuck and love complaining about it
- **HABITS** – less thinking and easier. The default option. What are the habits we get stuck in that stop us being successful?
- **INNER DIALOGUE** – are you telling yourself you can't do it? **JUST DO IT.**
- **TURBULENCE** – there is always turbulence in life. A shake-up is often the impetus for real change.

**Don't do 'try, but or should' and remember that motivation is not permanent.
Self-leadership and maximising your performance is a daily practice.**

Do or do not, there is no try.

- Yoda

Resources

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