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Quote of the Month - Aristotle

We are what we repeatedly do, excellence is not an act but a habit. *Aristotle.*

Message from Cyndi – Technology Can Be Good

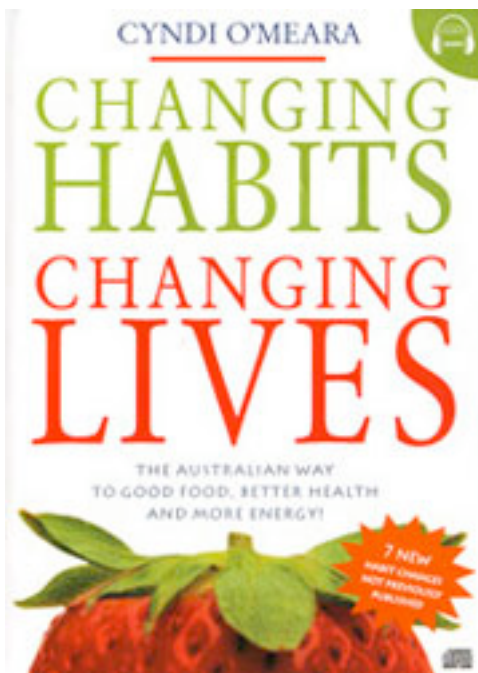
I was introduced to TED.com about 2 months ago. I was directed by a friend to watch a 20 minute talk given by a woman who was a brain specialist and had experienced a stroke. The talk made me laugh, cry, and every other emotion you could think of. I noticed that TED.com was not only about one woman speaking but was also about hundreds of speakers; inspiring, teaching, motivating, educating and entertaining their audiences.

TED is a seminar that is held once a year in Monterey California. The conference goes for 3 days and the delegates pay \$6,000 to attend and it is usually booked out 12 months in advance. The speakers do not get paid, but they attract persons such as... Al Gore, Clinton, Amy Tan, Steven Hawkins, Jeff Skoll and many many more credible speakers. The talks are varied from technology, climate change, environment, the mind, the body and the list is endless. All the talks are taped and you can now go to www.ted.com and watch all these amazing people for free. I’ve learnt so much. And my goal now is to become a speaker at the TED conference. With that in mind I would ask that you put me forward as a speaker (PLEASE!). Just follow the links on the TED website. The more people that put me forward as a speaker the greater my chances and thanks in advance for your action here.



The other night I was watching a talk on TED.com and I noticed that I could download the audio or the video of the presentation to my i-tunes and then onto my i-pod. Now don't let your eyes glaze over here, ask your kids to help you as the i-pod or mp3 player is one of the best educational tools I have and can recommend.

I'm not a teenager who listens to her i-pod and bops around the place. On my i-pod I have french lessons, ted.com, the conversation hour with Richard Fidler, and many more amazing podcasts that I've found free on the web. The ABC has a plethora of podcasts full of interesting, up to date information and interviews of inspiring people. Last night I listened to an amazing in depth podcast about the increase in childhood allergies, such as peanut allergies and many more. It was produced by ABC Radio National.



As I mentioned previously, ask your kids to help you as they know what to do. Once you've been shown then you can do it yourself. You can also download 4 1/2 hours of me speaking (just what you've always wanted). I've recorded my book "Changing Habits Changing Lives" so you can download to your i-tunes and onto your i-pod and listen to the chapters to reinforce what you need to do to stay healthy. Following is the link for the download of my audio book "Changing Habits Changing Lives" http://www.lodingo.com/product_13721/Changing_Habits_Changing_Lives, the price is \$24.95, half the price of buying the hard copy.

So why am I talking about the audio and making it more accessible and cheaper than it's ever been. I'm finding that people are e-mailing me questions, (not that I mind at all-it's great to talk to you all) however many of the answers to your questions are in the book, on the audio or in the 21 day weight loss program so I direct them back to the literature they have. "Changing Habits" is about education as well as a tool for change. Statistics tell us that if you read something, you'll only take in about 20% and then after a week or so you will only have retained 5%. If you read and listen then you'll take in more and understand more and if you READ, LISTEN and then DO, then not only will you take in the information, you'll also remember it and it will become a habit. This is why I continue to try to reinforce what it is you have to do in order to stay healthy. Just recently I finished recording videos of all my Changing Habits, plus I am in the middle of writing reports and solutions on; gout, depression, arthritis, the dangers of soft drinks, globesity (obesity worldwide) and how not to become part of this epidemic, diabetes, childhood allergies, and so on., Keep an eye open for these new education tools coming soon.

Now Available - 21 Day E- Book

21 Day Weight Loss E-Book is now Available; go to www.changinghabits.com.au and click on the ebook listing on the home page in the top right corner

The 21 day Weight Loss e-course has been an amazing success. Thousands have joined the program and I've had hundreds of e-mails from people letting me know that they have lost weight (in a healthy way!) and are feeling great. They tell me that it was so easy and that they were never hungry nor did they crave food (that's due to the colloidal minerals and the wonderful food). The e-course presented some problems in that people wanted their daily e-mail in the morning, they sometimes didn't get certain days as the e-mail went to cyberspace or was stopped by a spam filter. It was not only frustrating for the participants but also for me as I desperately wanted you all to have the information to assist you all in your health goals. My husband came up with a brain wave(he does now and again). He suggested that we make the e-course in to an E-BOOK so then everyone can down load the whole 21 days at once. So that's what we did.& nbsp; We spent all last week formatting and making it better so that you can down load the whole course, (with some extra information not found in the free version) in one step. I'm so excited about it as it looks good, and it is my very first e-book, and it works, and you can get it right now!!!

I've been asked to put more recipes in the 21 day weight loss course, however what I suggest is that you buy the cook book to use with the 21 day Weight Loss E-book and use the dinner recipes in the cook book for each night. I am charging for the e-book due to our costs; time, webmaster and so on but it is nominal and it is worth every cent and more. The cost is \$9.95.

If you would like the book immediately, go to the following url www.chenurl.com/6p, you will be directed to a page that is headed Mal Emery International. You are on the right page, so just proceed and follow the directions. Any problems let me know.

Or go directly to www.changinghabits.com.au and purchase the e-book and we will get it to you as soon as possible (within 24 hours).

You can still get the 21 day weight loss e-course free from the following registration page www.changinghabitsinnercircle.com, but because of so many people joining, our system hiccups and at times, days seem to be missed or the spam filter picks it up. Anyway it's up to you how you get the course.

Stay Safe, Stay Well and Happy Changing Habits
Cyndi

Recipe of the Month – Baked Thai Chicken

We found a great recipe made with whole food ingredients, however we are discovering in this day and age that copyright laws prevented us from passing on this particular recipe to you. In this recipe of the month, I will be giving you one of my own fabulously awesome concoctions, Baked Thai Chicken that my whole family loves.

We would also like to invite you to submit any of your own recipes that are made with healthy ingredients and give us permission to place these on the web in our monthly newsletter. We will create a **monthly competition** and the winner will get their recipe published and will **receive a gift from us**. Please send your recipes to enquiries@changinghabits.com.au

Baked Thai Chicken

Serves 4-6

10 organic chicken thigh fillets, diced
½ cup rice flour
2 tablespoons butter
2 large onions, finely chopped
3cm piece of ginger, grated
3 cloves garlic, peeled and crushed
2 tablespoons green curry paste
1 ½ cups coconut milk
½ cup filtered water
1 tablespoon fish sauce
2 tablespoons brown sugar
3 tablespoons lime juice
½ cup chopped fresh coriander

1. Preheat oven to 180°C (160°C if fan-forced)
2. Blot chicken with paper towel and place into a paper bag with rice flour to coat.
3. In a large frying pan heat butter and brown chicken on all sides.
4. Add onions, ginger, garlic and curry paste and sauté until onions are translucent.
5. Remove from heat. Place in a deep baking dish and set aside.
6. In a sauce pan mix coconut milk, water, fish sauce, sugar and lime juice and heat through.
7. Pour over chicken, and bake for 40 minutes (30 if fan-forced)
8. Sprinkle with fresh coriander

Serve with rice.

Seminars Coming Up – Cyndi's Public Speaking Around the Country

AIM Australian & New Zealand Convention – Maroochydore, QLD

Saturday 10th May 2008

Public Lecture - Melbourne, VIC

Saturday 24th May 2008

10am-12:30pm

The Victorian Arts Centre, St Kilda Rd Melbourne

"Live Well, Sleep Easy"

Speaking with Giaan Rooney, Archie Thompson, Andi Law, Angus Pyke

\$25 for single ticket

For more information contact - Richard and Tanja Mitton on (03) 5572 5455 or email

rmitton1@bigpond.net.au

DG Experience, Chiropractic Care Week – Melbourne, VIC

Saturday 24th May 2008

For Chiropractors Only

1:30pm-5:30pm

The Victorian Arts Centre, St Kilda Rd Melbourne

For more information contact Richard and Tanja Mitton on (03) 5573 3377 or email rmitton1@bigpond.net.au

Public Lecture - Melbourne, VIC

Monday 26th May 2008

Sponsored By Thermomix

282 Richardson Street, Middle Park VIC 3206

For more information contact Vitality on (03) 9682 8866 or email team@vitalitygroup.com.au

Public Lecture - Bendigo, VIC

Tuesday 27th May 2008

7pm-9pm

Bendigo Salvation Army Head Office, 65-71 Mundy Street, Bendigo, VIC 3550

Cyndi will focus on Mental Illness

More Information next newsletter

Grange Chiropractic Clinic - Hamilton, VIC

Wednesday 28th May 2008

Tickets are \$25 each or two for \$40

Tickets are available at Grange Chiropractic, 146 Lonsdale St Hamilton and PAC

For more information call (03) 5572 5455

Adelaide Thermomix Lecture - Adelaide, SA

Thursday 29th May 2008

7:00pm - 9:00pm

'Practical Lecture Theatre' - Regency International Centre for Hospitality, Leisure and Food Studies TAFE SA, Regency Campus, Days Road, Regency Park 5010

\$15 per person

Bookings and pre-payment essential, call 1800 004 838.

Association of School Bursars and Administration – Gold Coast, QLD

Wednesday 4th June 2008

The Muttaborra Sheep Show

Saturday 7th June 2008

National Builders Group – Perth, WA

Tuesday 16th September 2008

Seventh Day Adventist Conference - Grassy Head, NSW

Monday 6th - Thursday 9th October 2008

National Association of Prospective Student Advisors 10th Biennial Conference – Twin Waters,

QLD

Thursday 13th November 2008

Regional Women Leaders Convention 2008 - Melbourne, VIC

Monday 17th - Wednesday 19th November 2008

The Melbourne Town Hall

Happy Changing Habits

Cyndi O'Meara

Changing Habits

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