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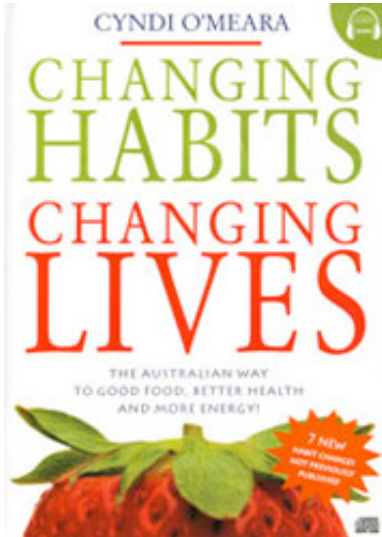
Welcome to the March 2008 Newsletter of Changing Habits, it has been a busy month, writing the 21 day e course for weight loss, keeping up with my blog [www.cyndiomeara.com](http://www.cyndiomeara.com) and attending seminars to learn more and more about food, health and nutrition.

So much happens in one month, new discoveries about food and disease, and I realise that the newsletter does not keep up with issues as current as I would like it to. No sooner has one discovery happened then a week later something else has happened so that is why the blog has been set up so I can keep you up to date with current issues. Please make sure you visit the blog regularly as I am posting about three times a week. Last week I wrote about meal replacement diets and have decided to include it in this newsletter as well as information on the terrible news that QLD has decided to mass medicate by putting fluoridation into the water supply. Today Tonight did a fabulous article on the dangers of water fluoridation. A dentist and prominent scientist were interviewed and they are both scratching their heads wondering why QLD has decided to adopt fluoridation while the rest of the world is trying to get it out of their water supply. If you are in doubt or question fluoridation then I implore you to read in this newsletter the fluoridation part and if you feel very strongly against the issue then act to stop it.

I was unable to find the footage on the fluoridation debate done by Today Tonight this week but I found an archive from a previous Today Tonight show, click on the following link. 2005 Today Tonight Article on Fluoride <http://altnews.asia/node/8?q=node/8>

**Now Available - 21 DAY E- Course**

21 DAY E-course available at - [www.changinghabitsinnercircle.com](http://www.changinghabitsinnercircle.com) please sign up it is absolutely free. The program and e-course will only be available for the next 60 days at no cost. Please invite your family and friends to sign up to the 21 day e-course to not only help lose your weight but gain health and an understanding of what it takes in order to not be part of the obesity and ill health epidemic that is sweeping the western world.



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CHCL AUDIO to download from the following website:

[http://www.lodingo.com/\\_product\\_13721/Changing\\_Habits\\_Changing\\_Lives](http://www.lodingo.com/_product_13721/Changing_Habits_Changing_Lives)

#### **Quote of the Month - New Opportunities**

With every sunrise comes new opportunities, Today you have a clean slate upon which to record your life and your legacy.

#### **Message from Cyndi - Meal Replacement Diets**

A very popular diet which is advertised incessantly on television, radio, magazine and newspapers is the meal replacement diet program. Just about everyone who is in the diet industry has a powdered meal replacement or protein shake for an answer to the overweight, obesity problem.

What I find with many of these programs is firstly they are not sustainable and secondly the ingredients in the powders and meals to make the meal replacements are not health giving and will only help you lose weight in the short term. For the most part you will not maintain the weight loss.

Let's take a critical look at the meal replacement drinks.

I was in the pharmacy today and was stunned by the amount of meal replacement plans there were. In fact it took up about 5 % of the pharmacy shelves. I've never really looked at the ingredients I've only surmised what was really in them, and I have to tell you I wasn't surprised by the absolute rubbish and technology driven food components in them.

Here were some of the ingredients of one meal replacement plan

skim milk powder, calcium caseinate, maltodextrin, inulin, sodium caseinate, vegetable oils, fructose, sugar, strawberry flavour, 162, 427 Salt, soy lecithin, aspartame and acesulphame potassium, plus a mix of vitamins and minerals. What a healthy (sarcasm) concoction of pure toxins for the body. How this is even allowed to be passed by food standards for human consumption is beyond me!!!!

Another one

hydrolysed corn starch, sucrose, oil, sodium caseinate, soy oil. and vitamins and minerals

This next one I went onto the website, it is a very extensive website. I looked everywhere for the ingredients, after no success, I called the company and asked if the ingredient list was on the website, the sales person said no but that she could give me the ingredients to which she told me there was lots of vitamins and minerals. I stopped her at that point, and told her I wanted the actual ingredients. She faxed me through a sheet for the banana shake, asian curry soup and diet jelly. I almost fell over when I saw the fax come in. Thousands of hopeful dieters are eating foods that make them slim in the short term but sick and fat in the long term. It is a crime!!!!



So here are the ingredients;

Banana Shake

milk solids, fructose, vegetable fat, glucose syrup solids, maltodextrin, thickeners (407, 1422) minerals, flavours, colours (102, 110) emulsifiers (339, 471, 472C 450) vitamins, free flow agent 551, antioxidant 306 (soy derived)

Wait for this one

Asian Curry Soup

milk solids, maltodextrin, thickeners (1442, 1415) hydrogenated vegetable fat, glucose syrup solids, spices, flavour enhancer 621, salt, emulsifiers, 339, 471 (soy derived) 472C, 450 milk minerals, rice flour, gelling agent 508, minerals vitamins free flow agent 551, antioxidant 306 (soy derived)

Jelly Diet

gelatine, inulin, flavour, aspartame, acesulphame potassium, colours 102, 133, maltodextrin, chromium chloride.

While I don't have time to go into every ingredient in these meal replacements, let me just tell you that most of these foods are made up of milk solids, sugar, mainly artificial, a lot of MSG (hidden in many of the products), some fat and many additives. There is no real food. (I will write a report on this subject and make it available to you in the near future) This for me is very disturbing and if you really want to be healthy and have a body weight that is perfect for you for the rest of your life then stay away from these ridiculous diet plans and meal replacements.

Happy Changing Habits

Cyndi O'Meara

### Special Topic - Fluoridation



Fluoridation - Safe or Toxic

Written by a member of QAWF Inc (Queenslanders Against Water Fluoridation) - Marilyn Haines

**POLITICIANS HAVE PASSED BILL TO FORCE WATER FLUORIDATION ON 4 MILLION QUEENSLANDERS.**

This article is intended for those who are opposed to having water fluoridation forced upon them.

On behalf of QAWF Inc I would like to thank the many people who have recently contacted us saying that they do not want fluoridation forced on them and also the many hundreds of people who have sent us copies of complaint letters that they sent to Queensland Politicians or the Chief Health Officer.

Many people may not be aware that the BILL that will mandate water fluoridation on almost all of Queensland's public water supplies was passed through the Queensland Parliament late Thursday night 13<sup>th</sup> March 2008. The BILL as passed, additionally removes any liability from the government, politicians, Councils and water authorities.

The Queensland mainstream media has barely reported on the passing of the BILL, an article in the early edition of the Courier Mail was replaced with an article of an unrelated issue in the later edition. The Queensland Media has also not reported that it will be impossible for anyone to be able to sue for any harm caused by water fluoridation, even harm resulting from accidents.

On the 12<sup>th</sup> February a delegation which included a Medical Doctor, a Doctor of Biology and a Medical

Scientist presented to the Premier, Health Minister, Chief Health Officer and Chief Dental Officer, evidence that Qld Health had doctored data on tooth decay that Qld Health used to promote water fluoridation and also showed how Qld Health had illegitimately dismissed a study showing a robust link between water fluoridation and Osteosarcoma in boys.

The delegation also informed the government representatives of a recently re-confirmed link between the use of Silicofluorides ( the Qld government intending using these chemicals to fluoridate the water ) and increased blood lead levels in children and several other health concerns associated with water fluoridation. The issue that water fluoridation was unethical mass medication that no doctor would be allowed to force on patients was also raised with Premier Bligh. Additionally, it was pointed out that people of limited means would be not be able to afford water tanks or Reverse Osmosis Units or bottled water and would be trapped and have no choice in consuming and bathing in fluoridated water.

Despite this delegation and despite most politicians receiving copious quantities of information showing that water fluoridation made little difference to decreasing tooth decay and that there are many legitimate concerns for adverse health effects and that the NHMRC or Qld government has never conducted a single Health and Safety on any human organ other than teeth, most Queensland Politicians voted to pass the BILL. Only 2 independents Dorothy Pratt and Liz Cunningham voted against the Bill , with another Independent, Rosa Lee Long who had also spoken out against, not able to be present for the vote.

In the last 3 years there have been several developments that should have seen any government be cautious about introducing water fluoridation, yet the increasing developments to cease or at least urge caution, has apparently made the Qld Government even more determined to introduce it.

In an apparently political move to show unity with the Liberal Party in a prelude to forming a new combined Coalition Party, all the National Party MPs voted for the BILL, despite all voting against mandated fluoridation in 2005 . All the members of the Labor Party, had voted against mandated fluoridation in 2005, but under Premier Anna Bligh in 2008, all voted for it.

Where to from here?

Apparently Parliament is supreme, they can make any law they wish, especially when one Party has an overwhelming majority, but that does not mean fluoridation cannot be challenged in other ways. It has been successfully challenged and rejected in some other countries.

The Committee of QAWF is investigating ways that water fluoridation can be challenged legally and is continuing a fund raising campaign to enable this. (Many thanks to those of you who have already donated.)

Additionally QAWF would like to establish a data base of Queenslanders who are more at risk from effects of water fluoridation, particularly ~

- people who already have thyroid dysfunction or who may develop thyroid disease if their water supply is fluoridated
- people who have kidney impairment or diabetes ( diabetes often leads into kidney impairment )
- people who already have dental fluorosis ( white markings on teeth ) from living in fluoridated areas or from taking fluoride tablets/drops

- people who are chemically sensitive, or who may develop allergies if their water supply is fluoridated
- parents of infants under 12 months of age
- parents of boys under 20 years of age

It would be very much appreciated if people who are in the above categories could send their email and phone contact details for future contact to [risk@gawf.org](mailto:risk@gawf.org) . All details will be kept strictly confidential.

With your permission, QAWF would like to keep in contact and continue to send out information that can be of help to inform others of the " other side " of water fluoridation.

Water fluoridation is very wrong: it is an American invention from the middle of last century that was used to help the American Aluminium industry get rid of their waste products.

Less than 5% of the worlds population drinks fluoridated water, with northern America being half of this 5%.

Apart from the Republic of Ireland where fluoridation is also mandated, Australia and the USA are among the most heavily fluoridated countries in the world. With Queensland , Australia would become even more fluoridated than the USA.

We may have lost round 1, but QAWF members intend to persevere with your interest and support until we see an end to forced fluoridation, which even the Queensland Government's 2003 Position Statement on Water Fluoridation admitted is " unethical mass medication "

We hope that many of you who receive this message are also willing to persevere until we see an end to the unnecessary, unethical, outdated and potentially harmful practice.

We have bumper stickers available for sale for those who would to purchase. Dimensions are 90 mm deep by 250 mm wide. Price is \$5 for one or \$10 for 3 stickers.

Please send payment and delivery address details to PO BOX 149 Archerfield Qld 4108 if you would like some bumper stickers.

Very best wishes and many thanks for those who have helped fight forced fluoridation and will also continue to fight till it is ended.

Merilyn Haines

spokesperson / QAWF Inc [info@gawf.org](mailto:info@gawf.org) mob contact 0418 777 112 [www.gawf.org](http://www.gawf.org)

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

Cansurvive Open Day – Nambour, QLD

Saturday 29th March 2008

10am - 2pm

69 Park Road Nambour

For more information call Cansurvive on (07) 5441 5730 or email [info@ucansurvive.org](mailto:info@ucansurvive.org)

Coast Chiropractic Kawana

Wednesday 2nd April 2008

Mums and Bubs Talk

9-10am

For more information call Coast Chiropractic on (07) 5444 3499

Public Sector Executive Assistant Summit – Canberra, ACT

Monday 28th April 2008

Brindabella Women's Group - Canberra, ACT

Tuesday 29th April 2008

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](mailto: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](mailto: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](mailto: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

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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