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Quote of the Month - 'I don't have a vice I only have good advice'.

Kim Morrison author of About Face, Like Chocolate for Women and An Apple a Day

Message from Cyndi - Artificial Sweeteners

Aspartame – Don't Even Consume It, even if it is your only Vice!

Back in the early 90's I wrote a column for the local paper here on the Sunshine Coast. As you can imagine it was controversial, and many letters to the editor were either, very much for what I was saying or very much against.

Towards the end of my writing for the paper I wrote an article on margarine and the dangers of this man made chemical food. The Margarine Association of Australia called the news paper and asked them to retract the article or they would sue the paper. As a result the paper did a one page spread on the benefits of margarine. Not less then 15 years later the Heart Foundation has declared that the trans fats in margarine should be reduced to 1% due to them being bad for health. Finally it seems everyone is getting the message. When I talk now and ask how many people use margarine v's butter it seems there are much more eating butter. Hurrah!

Several weeks after writing the margarine article I wrote an article on aspartame the artificial sweetener used in many diet drinks and foods. The editor of the Daily called me and said he couldn't print what I had written as it would probably attract another law suit against the paper. I told him if he couldn't print the truth then I didn't want to write for the paper anymore and that was the end of my 2 years at the Daily.

Over the past years there have been rumblings in the public papers and on the news about the dangers of aspartame but last week it hit the airways in a big way. The information that was released was that the diet versions of soft drinks are just as bad for you as the sugary alternative, but I'd like to add I think they are far worse then their counterparts.

A study of 3000 men and women over three years revealed that a single soft drink a day increases

the chance of heart attack; these people are 60% more likely to develop obesity and high blood pressure leading to heart attacks and strokes.

Previous studies have linked sugar-laden soft drinks to heart damage, but the latest research by Harvard Medical School, is the first to say that diet drinks, with artificial sweetener have the same effect. The study went on to say that this increase in heart damage is not because soft drink consumers have a less healthy lifestyle; as diet , exercise and smoking parameters were taken into account.

Basically diet drinks can make you fat, rot your teeth, stimulate the appetite and trigger cravings for sweet foods. So you have a diet drink in one hand and you want a sugary donut in the other. Doesn't really make much sense!

I find people who drink diet drinks are very similar to people who smoke, they don't think it will happen to them and they are reluctant to give it up. The reason is that it is a habit and an addiction and all excuses will be made.

But despite this it is important that we get this information out to everyone who drinks and eats diet foods with artificial sweeteners. Send this to your friends and family and make sure the message gets out loud and clear. The only way you can become a powerful consumer is to not support the food manufacturers who do not support our health or the health of the nation.

NB: Artificial Sweeteners can be found in diet foods and drinks, most chewing gums, children's Panadol, children's antibiotics and chewable vitamins and minerals. Read your labels and ask your pharmacist!

Happy Changing Habits and Good Health to all.

Cyndi O'Meara

Seminar's Coming Up - Cyndi's Public Speaking Around the Country;

"I'm in a lot of different places this year so I hope to meet more people who want to change their habits and their lives. Please support the people who have booked me to come to your area".

Women's Forum – Boulia, Western Queensland

Queensland Country Women's Association Boulia Branch (south of Mt Isa)

8.30am August 4th 2007

Boulia Shire Hall

Queries please phone Ann Britton 07 47463105 or Tahna Jackson 07 47461239

LIPS Girls Night Out Wednesday September 5th 2007 5.30pm – 10.00pm

Maroochydore Sunshine Coast

For bookings and more information go to www.readmylips.com.au

Perth, Western Australia

School Canteen Expo - Saturday September 8th

Thermomix Cooking Class – Sunday September 9th

Public Lecture – Monday September 10th

For more Information and bookings contact 1800 004 838

Women's Network Australia – Sydney CBD

Wednesday 12th September 2007 11.30am – 2.15pm
The Vibe Hotel – 111 Goulburn Street, Sydney
For bookings 1 800 052 476

Public Talk in Sydney – more details and venue to be advised

Wednesday 12th September 2007 7.00pm
For more information contact Michelle on 0411429716

Health Awareness Day - Narrabri NSW

October 13th 2007
Narrabri High School Hall
For more information and bookings call 02 67965259

Public Talk – Melbourne

17th October 2007
181 Victoria Parade Fitzroy 3065
For bookings and Inquiries 03 94177222 email@diskinlife.com

Kilcoy Farm Stay for Health and Wellbeing, Kilcoy QLD

23rd October – 25th October
Contact Evelyn McCorkell 0407 624 650

Thermomix - Sydney

28th October 2007
For more information and bookings call 1 800 004 838

Healthy Kitchens Healthy Lives Workshop

Landsborough Recreation Centre, Landsborough QLD
Wednesday 7th November 2007 9.30am-12.30pm
For more information and bookings contact Shayne Will 07 54937249 swill@community-solutions.com.au

Recipe of the Month - Chocolate Nut Balls

From the Book About Face by Fleur Whelligan and Kim Morrison

These yummy balls are delicious and full of vitamins, minerals and essential fatty acids, a wonderful snack and filler in the lunch box.

Chocolate Nut Balls

1 cup nuts (almonds, pecans, cashews, walnuts)
½ cup sunflower seeds
½ cup pitted fresh dates
½ cup coconut
1 tablespoon nut butter
extra coconut

1. Process nuts in a food processor or thermomix.
2. Add remaining ingredients, binding with approximately 1 tablespoon water until mixture becomes lumpy.

3. Roll into small balls and roll in extra coconut
4. Keep in fridge.

Happy Changing Habits

Cyndi O'Meara

Changing Habits

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