

Health Mentor Programme—

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IN THIS SESSION:

- Are you making progress changing your bad dietary habits?
- Have you set goals for yourself?
- Yes, we know, the mentor programme rocks!

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Goal time!

MENTOR SESSION 16

On target?



Hi Dr Anton here. Congratulations on reaching the 16th session of the mentoring programme!!!! (Now hear the music play in the background!) We covered a lot of ground in the first 15 sessions and hopefully you've already experienced benefit from this! **But let's make things practical.** Are you setting targets or goals for yourself? Are you managing to change the habits I outline in the sessions?

What are your goals?...do you have any?

Let's do it!

In this session:

- I will briefly summarise the main issues covered in the last 15 sessions and you can measure if you've managed to change the habits.
- You will set some goals for yourself!

About habits:

If you fail to plan you plan to fail!

This is true for changing habits as well and in this session you get the opportunity to assess yourself!

-Yes, habits can be hard to break but think about it like this. It takes **21 days** to unlearn habits and the same time to acquire new habits (hopefully really super duper healthy ones!)



Special feature!

On the last page of this mentor session you will find your own goal sheet.

Print out this page and write down what your top 7 health goals are...or more if you want.

Stick this page on your wall where you can see it and keep yourself accountable!

List of habits to change

Water



Common, you can do it!

Water:

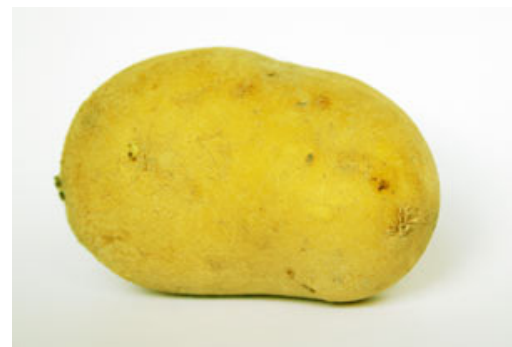
- Drinking water aids weight loss, increases your resistance to colds and flu and protects you against heart disease
- Are you avoiding contaminants in water like chlorine, fluoride, sewage, aluminium, asbestos and hormones?
- THUS, are you cleaning your water preferably with your own purifier and if you're using a borehole do you make sure the water is tested?

-Are you drinking 6-8 glasses or approximately 2 litres (ladies) or 3 litres (men) of water per day from glass containers?



Carbohydrate

- Did you diagnose yourself as being at risk for metabolic syndrome? Are you doing something about it?
- Have you changed from eating high GI carbs to low GI carbs or are you still putting damaging rocket fuel into your high performance motor!!
- Have you started enjoying smaller meals to avoid the big OVERLOAD?
- And oh yes, have you made hummus? (personal favourite here!)



- Have you changed white and brown bread to rye bread or 100% whole-wheat
 - Have you changed your sugary snacks to nuts, seeds, raisins and dates?
 - Have you stopped eating toxic french fries and replaced them with the healthy version?
 - And finally, are you drinking fruit juice in moderation DILUTED with water?
- (See session 6 for some really cool breakfast, lunch and snack ideas!)

Protein

- Are you getting your red meat, poultry and eggs from trusted suppliers that don't use antibiotics and hormones?
- Have you tried some venison recipes?
- Have you dropped pork from your diet?



- Are you eating fish species that are considered safer?



- Are you utilising the **GREAT** protein found in grains, seeds, nuts and legumes?



Fats and oils

- Have you realised how ABSOLUTELY crucial fats are to your diet?
- Are you cooking with oils that are stable enough to handle it like olive oil and palm fruit oil? (If they can't take the heat then keep them out of the kitchen!)
- Are you avoiding foods that were deep fried in oil? Especially the fast food varieties?!
- Have you eliminated the dangerous spreads like margarine from your diet? Are you instead sometimes dipping your bread in olive oil or using palm fruit oil as a spread?
- Are you fortifying your oil intake with raw nuts, seeds and avocado?
- Have you started on a supplemental oil like cold pressed flax or a Omega 3:6:9 blend?



Raw power!

- Are you excited about eating more fruits and vegetables!! (I really hope so because I was excited to write that session...isn't natural produce just amazing?!)
 - Are you getting your fruits and vegetables from trusted suppliers that use organic methods?
 - Are you having at least 5 portions of fruit and 5 portions of vegetables per day?
 - Have you tried making fruit smoothies?



My list of goals



Goal 1:



Goal 2:

Goal 3:



Goal 4:

Goal 5:



Goal 6:



Goal 7:



About Dr Anton



Dr Anton Janse van Rensburg is a practising medical doctor who has devoted himself to the study of unique, scientifically sound solutions to modern diseases. He is also a qualified metal toxicologist and has a master's degree in Applied Human Nutrition.

He has written on a variety of wellness topics for numerous South African magazines and newspapers and in 2009 co-authored the book 'Diamonds in the Dust – crafting your future landscape'. Dr Anton is no stranger to radio and has been able to guide scores of listeners with his passion for wellness education.

Dr Anton is an established public speaker and is also a wellness coach to company executives. He specialises in motivating people to adopt healthier habits through well researched lifestyle and food approaches.

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