

Healthy
Tart!

Healthy Tart!

A healthy guide for women of all ages who want to look great and stay healthy regardless of all that 'Skinny Bitch' peer pressure.

By Trisha Stewart

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Dedications

To Alison and Simon.

Life is either a daring adventure or nothing.

Helen Keller

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Foreword

For 25 years I've helped improve the health and lifestyle choices of my clients. During that time I've seen improvements in medical science, an increase in available information relating various ailments to poor diet and obesity, more information about nutrition in the foods we eat and organic foods now readily available at major supermarkets. Yet, I am amazed...people in the western world do not seem to be getting healthier. In fact, the exact opposite seems to be occurring at alarming rates.

At my clinic in the Southwest of England, I've seen the steady deterioration of health, and worse 'health values' of the western world. How can we be bombarded with information and not be getting it? Half of the population struggles with the unhealthy desire to be skeleton thin "skinny bitches" nearly starving to death. And the rest seem to over indulge in every way possible, inviting ailments that should rarely affect us. That's why cancer, heart disease and diabetes among other diseases are now at epidemic proportions. It's insane!

Let's face it, most of us can never be (or don't want to be) super models. So why are we signing up to programs that we'll never achieve? Because most of the information you hear is misconstrued, too extreme or just plain wrong. Hear

this! Too skinny is unhealthy! Too fat is unhealthy! So, where's the middle ground? Why can't we just be healthy, happy human beings who look normal? Let's get back to "Just Right"!

That's why I decided to write this book. I cannot stand by any longer and watch as people try to wade through a barrage of bad advice and misinformation. Believe it or not, there are too many people out there with vested interests in keeping you too skinny or too fat. They don't care if you're overweight or underweight, so long as you keep buying their products. Well, I say enough is enough!

That's why this book is about choices. It's about common sense. It's about having the right information...the truth. I want to see a change in attitudes towards our indulgences and I am one of the very few who have the experience, the knowledge and ability to educate and affect those changes.

Trisha Stewart, Devon UK, December 2007

Chapter 1



How in the “Health” are you?

What is a Healthy Tart?

Are you past the point of wanting to look like a malnourished super model? Have you come to the realization that being a size zero is neither an achievable nor a healthy goal? But, you still have the desire to be healthier, stronger, more fit...with more energy and vitality, right? You're tired of being tired...tired of knowing you're not living your best life? Then you have the mind set to become a Healthy Tart.

Let's just get it out there...a Healthy Tart is NOT a skinny bitch. If you're a Healthy Tart (or are ready to become one) you live in the real world with friends and family. You do not have militant attitudes about what you eat that you shove down other people's throats everywhere you go. You've never freaked out because someone sautéed your veggies in a skillet that once browned ground beef. You don't prefer packaged, processed vegan junk food to whole, natural foods - vegan or

not. Sure, you may have tried a number of fad diets and schemes along the way...admit it, what woman hasn't used the 'grapefruit diet' at least once? But over time you've realized that health does not come in a pill or potion and that eating from only one food group just doesn't work. Finally, you understand that unless it is a long-term, livable lifestyle change...'diet' becomes another four-letter word you use in anger and frustration. Now you have (or are ready for) the TRUTH about food, cooking, supplements and exercise, and have achieved a balance that works consistently with your life. You just make the best decisions you can for you and your family when it comes to nutrition and lifestyle.

As a result, you are actually enjoying your life without over analyzing everything that crosses your lips. You have learned ways to shop, cook and eat healthy that fit your lifestyle and therefore you can actually stick with it. You don't condemn yourself if you eat a slice of cake at your cousin's wedding. You are healthy and have eliminated or reduced all or most medicines you used to take for various ailments. With your extra energy you're exercising in ways that are fun for you...that you actually look forward to!

Sound appealing? Sound right for someone in those "I'm really an adult and need to live that way" years as a sane, sensible and workable way to cut through the crap, forgo the fads and just get it done right? Then this book is for you. I'm going to

outline the 10-step program that will convert you into the Healthy Tart you dream of becoming. Later we'll get into them in great detail, explaining the best approach, but here's a quick overview:

The 10 Steps

1. **Clear the Decks:** It's about getting rid of all the 'wrong' things you have in your kitchen, including out of date foods.
2. **Equipment:** Working juicers, sharp knives, healthy pots and pans...eating healthy starts with how you prepare your food.
3. **Menu Planning:** Waiting until the last minute to decide what to cook and eat is what gets most of us into trouble. Learn how to make menu planning easy.
4. **Shopping:** It's not just about a list of what to buy, but when to buy and how to make sure you're bringing home the good food.
5. **Time Management:** Like any new thing, you have to take time to make it work. This step is about staying on track even when you're at your busiest.

6. Goal Setting and Rewards: Without a target you will never know how you are doing. And, once you get there...you need to celebrate - the right way.
7. Move it and Lose it: This step is all about creating a working exercise plan for you and your lifestyle that actually gets results.
8. Detoxing: Do you need to perform a detoxifying cleanse? Why or why not? If so, how, when and what kind? Get the real truth on detox.
9. Body Treatments: While we're working on the inside, there are some key things you need to do to your outer-self as well.
10. Bringing it All Together: Prepping, cooking and juicing in the Healthy Tart way. A few reminders and basics to make it easier to get started and stay on track.

Through this journey you'll also learn that Healthy Tarts live in a place I call "Eden"...where all things are fresh, natural and good...life is fun and we have energy for the hard work and hard play that we love. Let me clarify that Eden is not about your faith or religion...it just represents that ideal place to live before chemicals, pollution, stress and worry muddied up our world and made living clean such a challenge.

Why I wrote the book!

Before I get into describing Eden, the 10-steps for getting there and how to claim and own your “Healthy Tartness” in vivid detail, I want to share with you a bit more about why I decided to write this book.

First, you are probably asking yourself...who the heck is Trisha Stewart? Why should I listen to this lady anyway? Great question, I’m glad you asked. And, by the way, being a healthy skeptic is a great trait of healthy tarts...but that’s another book!

So, let me share with you a bit about my background and my own journey toward Eden. My interest in health and fitness began because I myself was overweight...even as a child. And, I watched people near and dear to me struggle with weight issues, but never make any long-term progress...every pound lost seemed to return with a friend or two. So, I made a decision to do things differently.

At the age of 23 I began working out in a gym and discovered I was altering the shape of my body...I became toned and in shape. That’s where it all started for me because, for the first time in my life I actually felt good about myself. I was so excited that I wanted to help others get in shape and lose weight. So, I started working at different gyms. Then, I got

really brave (or crazy) and ventured out on my own. I opened a state-of-the-art fitness center, which I ran for four years.

Now, as much as I loved my fitness center and my lifestyle, something still wasn't right. I struggled with fluctuating weight and digestive problems like bloating, constipation and PMS (this was nothing major but very irritating as it prevented me from being my best).

At the time, my nutritional knowledge was based on using proteins, carbs and fats for energy, muscle growth and general fitness...not for addressing illness or health challenges. So, I was eating meat, dairy, sugar and yeast...among other things. And, back then there was no one like me to talk to, so I didn't even know where to turn for advice.

I ended up consulting an open-minded homeopath. As he was just beginning his career, together we learned quite a lot and I took some major steps in my journey. After lots of reading and making small corrections here and there...I decided to become a vegetarian, eating just a bit of fish now and then (I have since given up the fish). It was amazing! My hormones balanced out, my digestion was fantastic, my weight reduced and - best of all - no bloating or constipation. I seemed very much in control of my body.

Okay, let's stop right here for a moment! In reading this, it all sounds rather simple, doesn't it? Just make a little change and poof...life is better. But, I can assure you it was NOT all that easy. It took me two years to sort myself out and there were some challenges and roadblocks along the way. The great thing is I've already done all the hard work for you and figured out the RIGHT way to make change happen. The 10-step program to becoming a Healthy Tart puts you in the fast lane towards optimum health. Plus, I'm available to guide you at every one of those steps. Now, before we delve into the steps, I need to share the rest of my journey with you.

Things seemed to be going great for me, but then tragedy hit. My wonderful 22 year-old son was lost at sea. He was working as a fisherman and apparently fell off the boat; no one realized he was missing for several hours. His body was never recovered. I'll never get over that loss; it affected my entire life. I truly thought I would never function as a normal being ever again. When it didn't seem it could any worse, three years later, my dear father was diagnosed with cancer.

He had already gone through surgery on his prostate and had a tumor removed from his bladder...he had been given the all clear. But 18 months later his cancer came back. By the time it was discovered, he was only given a few weeks to live. I felt so helpless...there was nothing I could do. I only understood fitness and health, not fighting cancer. Yet, it was

these experiences and my father's insight that opened up the door to my current career. I was visiting him in the hospital when, referring to a dietician he admired, he looked at me and said, "You could do that." He was right and although at that time there was nothing I could do to help him, I just did not have the knowledge. So my path was clear and eventually, when my grief became less intense, I made it happen.

I studied massage, anatomy, physiology and nutrition...and became a certified teacher. So here I was, finally, a fully fledged complementary health practitioner. But, I needed more. I wanted to provide more accurate findings...and that meant more knowledge. I researched and came up with the BEST system for testing.

The BEST (BioEnergetic Stress Testing) System represents the very latest in health screening technology. The System is fast, comprehensive and accurate. What is more, it is non-invasive and painless. There is no waiting around for the results - a detailed computer printout is available as soon as screening is completed, so both patient and practitioner know the situation immediately.

(see Fact File A for full description of the BEST system).

It took me a year, with a trainer coming once a month to help me with my clients, for me to believe the system actually worked (not that I am cynic or anything!!!). I went on to train with an American college in Wales and that was where I tapped into the real depth of my knowledge. I learned about the BEST system, but moreover, I learned about disease. How

it manifested...how the mind invaded the body...the problems with pollution...the connection of hormones and so much more - my passion was ignited! I had really found my niche and was able to learn, with great clinicians and Doctors, the truth about disease and how to regain great health. I had arrived!!

I have since worked with and helped hundreds of people with a countless array of health challenges. And it is because of my clients and their struggles and stories that are so important to my work that I decided to write this book. Too many times I've heard how their illnesses and maladies (diabetes, high blood pressure, IBS, colitis, Crohn's disease, arthritis, asthma, skin problems, overweight, underweight...you name it) just happened to them and it must be the "ravages" of aging or because they changed their job or had children or were bereaved.

They feel it's all but out of their control and there's nothing they could have done to prevent it. Not so!! The real truth is that the unhealthy lifestyle they have been leading for years has finally caught up with them. Our bodies will finally say...enough is enough! In fact, almost every health issue can be traced back to the type of lifestyle you lead and the choices you've made for years. Bottom line, things don't 'just happen'. Illnesses and health issues take time to manifest and

my clients have been storing up years of bad choices to get them where they are.

I knew that my clients were not some unique ‘sub-culture’ of people. They weren’t the only ones out there suffering and not realizing they had the power to make real changes to improve their lives. It was time someone got the truth out there for everyone! I know you’re tired of hearing about the latest fad that seems to be just a pendulum swing of the last fad. You know what I’m talking about. *Eat low fat...eat low carb. Eat eggs...don’t eat eggs...oh, wait - it’s okay - eat eggs. Don’t drink...have some wine. Don’t eat fat...you need fat. Never eat sweets...chocolate is good for you. Take this pill, it blocks fats...no take this pill, it blocks carbs. Eat high protein...eat vegan...eat fast food and lose weight. AARRGHH!*

It’s no wonder people don’t know what to buy and how to eat. And, keeping up with the latest craze can make you too tired to exercise (let alone figure out which exercises are right for you). So, there you are unsure if you should eat by your blood type, zodiac sign or shoe size! It’s enough to make anyone say, “Why bother?” But, if you’re reading this book...you know there are some real answers out there and you’re looking for them. You really want to start living your best life. You want to become a Healthy Tart. And, I want to help. So, really I’m writing this book for YOU...to tell you the truth.

Let me say this now...it's never too late to start. Don't worry, I've heard all the reasons and excuses that have kept you from achieving health success before, and can address them all. So, no matter where you are, whatever level of fitness, you can get closer to Eden and work your way towards becoming a Healthy Tart. I'm here to help you make that happen and this book is just the beginning to tapping into what you can achieve. Beyond this book, there's ongoing support and resources on my website that will be there as you continue your journey toward real, lasting health...toward Eden.

My Philosophy

You've probably started to pick up on my philosophy already...the way I approach health and life. And, by the end of this book, you'll know how that philosophy applies to every detail of your lifestyle...from what goes in to your body to how you use it to how you get rid of it. Yes, I will speak in vivid detail about digestion and elimination as it really is the core of good health. But, let me sum up for you my overall philosophy...what I like to call my "Back to Eden Attitude".

The "Back to Eden Attitude"

Through the ancient 'hunter/gatherer' approach to daily life of eating what one could catch and gather, what was in season, grown, ripened by the natural sunlight and washed by

clean rainwater...all adapted for today's workaday world...I help people not just survive, but thrive. By creating a program that encourages total wellness at a personalized pace, they regain control of their lives and the power within them to be strong, fit, vibrant and healthy. In essence my work is about educating people to live naturally, allowing normal body functions, increased mental agility and a fulfilled happy life in harmony with mind, body and spirit.