



WHAT THIS BOOK IS ALL ABOUT

This book contains short extracts from the Fit and Healthy Online series of ebooks, packaged in such a way that regardless of how you came to take up this offer, there will be specific information about what you can do to become fitter and healthier.

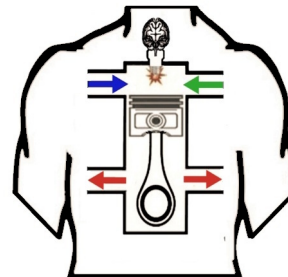
In fact looking back on it, this is like a Reader's Digest book giving you an outline of key concepts dealt with in my suite of ebooks.

It contains a lot of original 'stuff', all designed to get you thinking about what you can do to keep yourself fit and healthy.

We're living in the age of personally-generated body system dysfunctions:

Metabolic

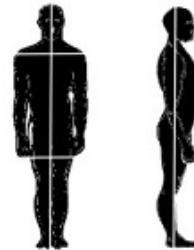
To keep the metabolic engine ticking over nicely you need a good supply of oxygen, the right fuel and a good exhaust system - lungs, skin, liver, bowel and bladder!.



The metabolic engine

Musculo-skeletal

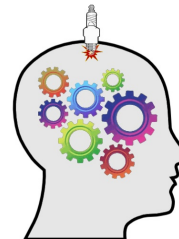
To keep in good musculo-skeletal health you need to keep your skeleton in good alignment. You can do that with a regular and systematic strength and flexibility training program.



Psychological

To keep yourself in good psychological health you need to

- a. maintain good metabolic health
- b. manage your thoughts.



Maintaining good health is not a difficult assignment. It just takes regular attention.

With respect to personally-generated body system dysfunctions, the good news is that if it's 'personally-generated' there's a better than even chance that it can be 'personally -generated'; no doctors, no chemists, no rubbing, crunching, heating or vibrating, just you doing the things you need to do to get back into exceptionally good physical condition, the condition you were in before you let yourself go!

Welcome to the Fit and Healthy Way of Life

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Published by Miller Health Pty Ltd
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61 424 391 749
April 2026

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Life is like riding a bicycle. To keep your
balance, you must keep moving.
Albert Einstein

PRINCIPLES

There are a few principles involved in the health and fitness process that you need to get your head around.

1. It's a big ask expecting to stay healthy without being fit. In fact in the sedentary world it's well nigh impossible. The pill to improve fitness hasn't yet been invented.
2. It's a big ask expecting to get better by having someone do something to you; sooner or later you have to do something to yourself – like eating wisely and exercising, both gently and with vigour.
3. You can't solve a fitness problem with a medical solution. Most of the common body system dysfunctions are not medical problems, they're fitness and diet related problems and you can't fix fitness and diet problems in a surgery or chemist shop. What you'll usually get in those establishments are drugs to mask symptom; poor health is not restored to good. Where I come from its called junk medicine.
4. If you want to become fitter and healthier you don't need to outlay vast sums of money. All it takes is a bit of time and effort.
5. If it's a lack of effort that has got you into your current state of health, then there's a good chance that with a bit of effort you can get yourself back into exceptionally good shape.
6. With respect to time, there are 336 half hours in every week. Do you think you could find 20 of them improve your health, fitness and wellbeing? When most people in Western countries spend 40 or more half hours on the couch watching TV you'd have to answer a definite 'Yes' to that question.

The US surgeon General hit the nail on the head in 1979 when he wrote:

You, the individual,
can do more for
your own health
and wellbeing than
any doctor, any
drug, any exotic
medical advice.

US Surgeon General 1979

COMMITMENT

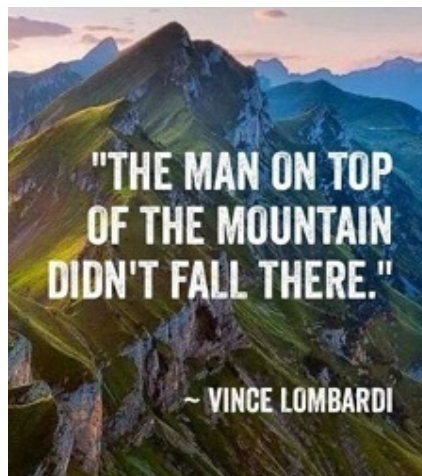
Take note of these encouraging words from mountaineer, WH Murray in his book, 'The Scottish Himalayan Expedition 1951':

'Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative (and creation), there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then Providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favour all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamt would have come his way. I learned a deep respect for one of Goethe's couplets:

Whatever you can do or dream you can, begin it. Boldness has genius, power and magic in it!'

If you're going to successfully embark on the process of becoming fitter and healthier you'll show your commitment in several ways:

- Write down what you want to achieve and how you intend to achieve it. Establish a set of SMART goals
 - Specific
 - Measurable
 - Attainable
 - Realistic
 - Time bound.
- Commit yourself to maintaining an exercise diary, first writing down what you propose to do (at the beginning of each week) and complete it each day. You'll set aerobic fitness, strength and flexibility targets.
- If you want to lose weight it's imperative that you write down everything you eat in a food diary and set weekly fat loss targets. Treat your scales as your friend, not your enemy.
- Find yourself a coach. It could be a friend, a family member or if you're well heeled a paid coach.
- Record your progress publicly by blogging, tweeting or Facebooking your way to success. That will show real commitment.



FIVE QUESTIONS

I've got five questions for you to answer:

1. Do you want to become fitter and healthier? If the answer is yes, then keep reading.
2. What are *you* going to do?
3. When are *you* going to do it?
4. Who are *you* going to do it with?
5. How long are *you* going to do it for?

Remember, if you keep doing what you've always done you'll continue to get what you've always got.

To make changes in your life you'll need to start doing something different.

Take charge.

Start looking after your Self. I'll show you how to do that.

Treat the cause of your dysfunction, not the symptom.

Shift your focus from the spot where it hurts to the spot that's causing the problem.

PERSISTENCE

The final words come from Calvin Coolidge, 30th President of the United State of America:

"Nothing in the world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent."

Most people can
run as fast as I do.
They just slow
down quicker.

Ron Clarke: world
champion distance runner



FITNESS

There are three main factors of fitness:

- aerobic fitness
- strength
- flexibility.

An aerobic fitness training program (along with a good diet) is the foundation of good metabolic health.

A good strength and flexibility training program is the foundation of good musculo-skeletal health. Without it bones move out of alignment, ligaments, tendons and muscles around joints are stretched beyond their pain threshold. In the case of the spine, discs become herniated. In one word what it means is 'pain'.

AEROBIC FITNESS

Your level of aerobic fitness is a good indicator of the condition of the system responsible for transporting oxygen to working muscles: - the heart, lungs and blood vessels. However, to restrict the importance of aerobic fitness to the cardiovascular system does it a grave injustice. On the contrary, your level of aerobic fitness is perhaps the best indicator of the health status of most of the important body systems. It's a fundamental driver of metabolic health.

Only 10 to 15 percent of people over the age of 30 years participate in sufficiently vigorous activity (of the huff and puff variety) each week to maintain reasonable level and reap the benefits of aerobic fitness.

According to the research, the stimulus to improving aerobic fitness is at least three vigorous aerobic sessions a week of at least 20 minutes a session. And if 20 minutes is good, 30 minutes is better and 40 minutes is best.

Along with time, the intensity of your aerobic exercise needs to be taken into account. They say that you need to get your heart rate to at least 60% of your maximum heart rate (MHR) to gain an aerobic training effect. 70% is probably more like it.

80% is achievable and sustainable for people in good aerobic condition and something worth aiming at. Maximum heart rate is said to be 220 minus your age.

The people I see who are in the best of health are those who have a vigorous aerobic training program, for 40 minutes on most days of the week. I see little evidence that ambling around the block for 10 minutes does much for the cardiovascular or any other system, or that it has much of an impact on lowering stress levels.

STRENGTH

We're living in the age of musculo-skeletal dysfunction. Around 50% of people have some sort of complaint - crook backs, stiff necks, sore shoulders, bung hips, dicky knees and burning wrists. Most of these complaints are personally generated. The incident - chair - stairs - groceries - garden - grand children ... gets the blame for tipping you over the edge, while the underlying, creeping dysfunction lurks hidden in the background.

The research is unequivocal. If you don't have a regular and systematic strength training program you're leaving yourself wide open to deteriorating musculo-skeletal health. Most people don't have a good strength training program.

Weak muscles, along with tight muscles allow bones to move out of alignment.

Weak muscles can't support your body in correct alignment.

Weak muscles can't do the lifting, pushing, and pulling that bodies are meant to be able to do without breaking down.

A strength training program also improves and then maintains muscle bulk. Muscle bulk is important for keeping up your metabolic rate - that's why you'll notice that the people in the weight training area at the gym look in pretty good shape.

The Complete Fitness Workout (<http://www.completefitnessworkout.com/>) contains a time-honoured, simple and effective strength training program for both home and the gym.

You don't have to spend hours at the gym. The program I've got for you takes about 40 minutes. It's a program for young and old.

What I've noticed about my gym is that some days I'm just about the youngest person there. It's full of septuagenarians, octogenarians and nonagenarians keeping up their strength and their muscle mass. It's definitely use it or lose it.

The home program has four key exercises - situps, pressups, squats and superman back arches. These four exercises done regularly over the weeks, months, years and decades will save you a lot of time in therapists' waiting rooms reading ancient Time Magazines and Readers Digests. \$600 for a gym membership is an investment, not a cost - just make sure you go three times a week.

FLEXIBILITY

Flexibility refers to the ability to maintain a wide range of movement about the joints of the body. When they are not stretched regularly, muscles and tendons become tighter and the range of movement around the joints decreases.

The implications for achieving good postural alignment are wide-reaching, because if one muscle is pulling too tightly, bones can be moved out of alignment. Sooner or later you experience pain in one or more joints.

Back pain usually starts with a pelvis that is out of alignment. The misalignment of the pelvis is caused by tightness of any of the muscles attached to it. When the pelvis moves out of alignment, the bones above it move out of alignment in 'sympathy'. Trying to get the vertebrae back in alignment by rubbing, crunching, heating and vibrating the spot where it hurts is a fruitless task.

By far the greater proportion of people with some sort of musculo-skeletal dysfunction do not have a regular and systematic flexibility training program.

ONE MINUTE FLEXIBILITY TRAINING PROGRAM

I recommend the one minute flexibility training program for people with musculo-skeletal dysfunction. What this means is that you need to do each exercise for **at least a minute** to get any benefit from it. If you can stretch for longer, so much the better.

The reason for this is that it takes a muscle at least a minute to get the message that it's safe to loosen up. So, give it time, plenty of time to loosen up.

Many of the exercises will enhance joint function if you stretch for two or three minutes. If you have any sort of musculo-skeletal dysfunction, you'll get better value from your flexibility training program if you spend a couple of hours at a time doing the exercises over and over again.

If you're having trouble finding time to do your stretches I suggest you do them while you're watching television. That way you can take your time and spend as long as you like doing them.



DIET

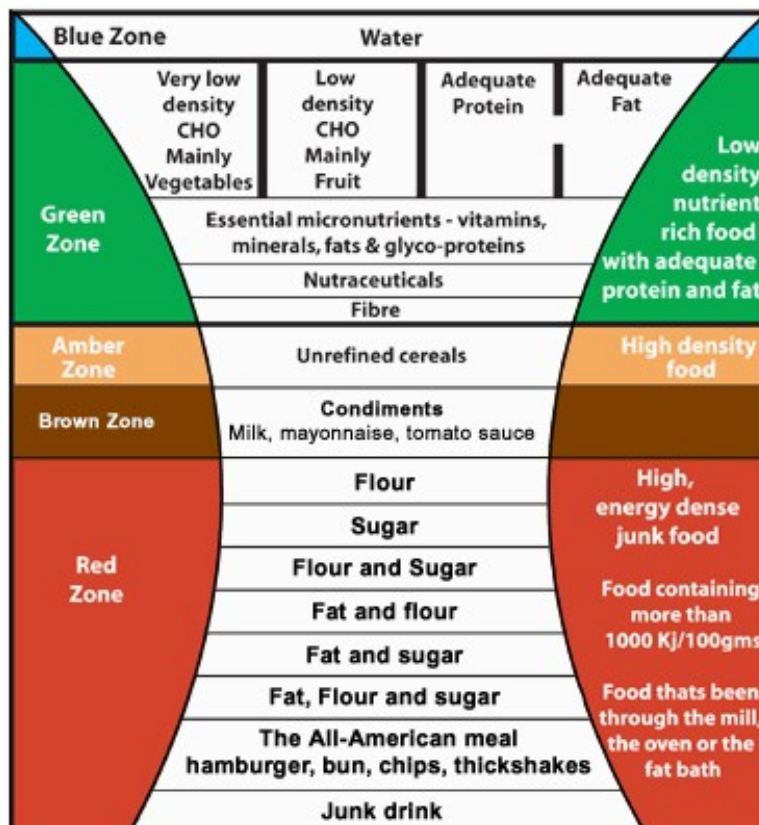
EAT FROM THE TOP OF THE HOURGLASS

The various diet pyramids and plates, with their focus on manufactured products, particularly refined cereals - bread and pasta - and milk from the bovine species, no longer provide a useful model for eating healthily in an affluent, sedentary society.

As I understand, it the diet pyramid was originally developed by either the American Dairy Council or the American Grains Council. That just about says it all.

Essentially all you need to know is the difference between good food and junk food.

Here's the way the Hourglass Diet lays out that distinction. It's got good food at the top and junk down the bottom.



It's a big ask in our society expecting to stay healthy without being fit. It's also a big ask expecting to stay healthy if you're eating

- Too little of those foods which nourish the cells of your body.
- too much manufactured food concocted from various mixtures of **fat, flour and sugar** which cause you to stack on fat around your body, contribute to metabolic dysfunction and which may cause an intolerant or allergic reaction in one or more body systems.

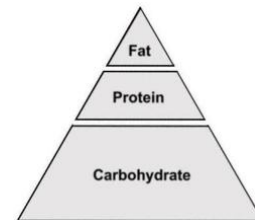
I've coined the word 'garbohydrates', (yep that's a 'g' not a 'c') to describe these foods.

- foods which generate inflammation in the body.
- Foods which are toxic.

PRINCIPLES OF THE HOURGLASS DIET

1. The Hourglass Diet puts to rest the usefulness of the diet pyramid concept. The pyramid doesn't work in a sedentary society. It contains too much junk food masquerading as good food. It's too reliant on flour-based foods masquerading as cereals.

Designed by the flour and milk industries the pyramid has passed its use-by date.



2. If you're going to avoid junk food you need to know what it is. I've got the best definition of junk food you've ever seen. It's food that's been through the mill, the oven and the fat bath. It's much of the food lurking on supermarket shelves, in every gas station and newsagency – as well as in fast food shops.
3. You won't have heard of the term '**garbohydrates**' (yep that's a 'g' not a 'c') before. It's a new word coined to describe the high density refined carbohydrates, flour and sugar, and the mix of junk foods that are made with them. The big garbohydrates are:

- Starch (flour and potato) and fat
- Fat and sugar
- Fat, flour and sugar
- Fat, potato, flour and sugar

4. In the grand scheme of healthy eating, the glycemic index is a sideshow, principally because the 'experts' have set the low GI bar too high.

The Glycemic Index doesn't make the distinction between good food and junk food. In the glycemic index scheme of things chocolate is good for you. Figure that out!

I've reset the index so you can avoid eating the foods that play havoc with your insulin metabolism and fatten you up.

5. You can't satisfy the inner hunger by eating. Neither can you starve yourself back to an ideal weight using willpower alone. Any diet that doesn't tackle the psychological issues around healthy eating and weight loss is selling itself short.

6. The junk food industry is only interested in what goes into your body, not what comes out.

If you've got a problem with your 'exhaust pipe', you need to know the whys and wherefores of getting more fibre into your body? I've got just the recipe and it comes with a healthy breakfast.

7. The fat police have just about removed the hot breakfast off the tables of the Western world.

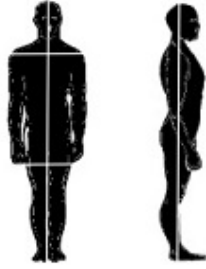
8. You may have to change some of the habits, attitudes values and beliefs that are locked in your subconscious mind and stopping you from eating wisely.

9. If you're embarking on a fat loss program write every thing you eat in a food diary, buddy up with someone who also wants to lose weight and weigh yourself every morning. Your goal is to weigh less tomorrow than did today.

10. Being overweight is one of the key signs of nutritional insufficiency on the one hand and nutritional excess on the other. That is you're taking in too little of the food the body needs for healthy metabolism and too much of the food that is detrimental to it. If you're over weight you're a walking time bomb. To focus in on the risk of heart disease is to miss all the other body system dysfunctions associated with a poor diet, particularly immune system dysfunction and inflammation in the body generally.



<http://www.hourglassdiet.com/>



MUSCULO-SKELETAL HEALTH

PRINCIPLES OF MUSCULO-SKELETAL DYSFUNCTION

In a nutshell there are a few key principles you need to be aware of:

- It's muscles that pull bones out of alignment.
- The cause of the pain is rarely at the site of the pain.
- Therapy speeds up the rehab process but does not take the place of the exercises you need to do for yourself.
- If you're not getting stronger you're getting weaker.
- If you're not getting looser you're getting tighter.

CAUSES OF BACK, NECK AND SHOULDER PAIN

Basically there are three things wrong with people's backs, necks and shoulders.

1. **Tight muscles attached to the pelvis - front, back and sides**

Lower back, neck and shoulder pain is a symptom of a pelvis that is out of alignment.

Tight calf, hamstring and buttock muscles pull the pelvis back and down.

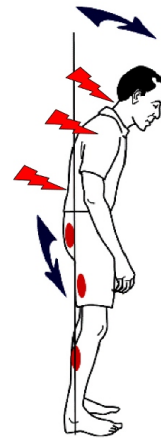
The 'S' shaped curve of the spine becomes a 'C' shape, taking bones along the spinal column out of alignment. The head and shoulders move forward placing stress on soft tissues around the neck and shoulders.

Ligaments, tendons and muscles are stretched beyond their pain threshold. Discs herniate. You know this is happening because you experience pain.

Bones are pulled out of alignment. It feels like your lower back, upper back, neck and shoulders are on fire. The 'S' shaped curve of back becomes a 'C' shape.

The whole integrity of the upper part of your back, neck and shoulders is compromised. You're always hanging out for a shoulder massage.

The pain is telling you to get yourself back into alignment.



2. The muscles of your back, neck and shoulders are weak.

You don't have a regular and systematic strength training program. You can't do a situp or a pressup. You don't go to a gym.

3. The muscles of your back, neck and shoulders are too tight.

You don't have a regular and systematic flexibility training program. You don't go to a yoga or tai chi class. You don't do any stretching at all.

BACK PAIN EMERGENCY EXERCISES

Here are three exercises I highly recommend you do as often as you can for the relief of back pain. It's hard to call them exercises. All you have to do is lie on the floor of an evening while you're watching TV and let gravity do the work for you.

1. Static back

This is the most comfortable position for anyone with lower back pain. It lets the muscles supporting the pelvis relax and takes pressure off the lumbar spine.

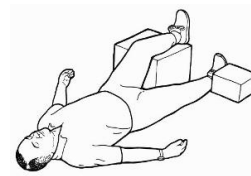
Lie in this position for 20 minutes or more.



2. Supine groin stretch – 20 minutes each side

Like the static back exercise, this one helps to relax the muscles which keep the pelvis and back in correct alignment. If you have any musculo-skeletal complaint I recommend you do this exercise.

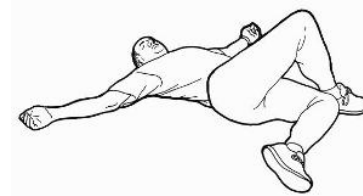
Lie with one leg comfortably on an ottoman or chair, the other extended on the floor. Have a smaller block in place to stop the foot of the lower leg from turning out. Lie in this position for 40 minutes; 20 minutes one side and 20 minutes the other.



3. Hip crossover

This is a five star exercise for anyone with a low back pain. It mobilizes the hip, groin and lower back.

Start with the heel of the right foot up toward the top of the left knee. Push the right knee away from you. Then drop the right foot and left knee (together) onto the floor on the left side of your body and let it rest there for a minute. Repeat on the other side.



Build up to 5 minutes each side for 40 minutes.

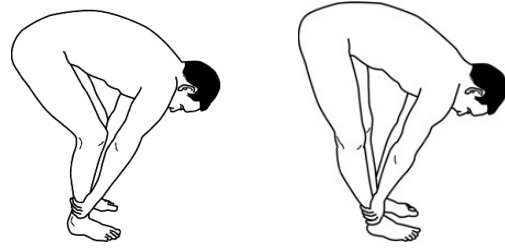
You may find one side tighter than the other. That's because you're out of alignment. If you can't get your knee and foot down onto the ground because it's too painful, rest them on a cushion or some books.

If you've got lower back pain, after a week or so doing these exercises you should feel a whole lot better. In fact you may start to feel an improvement after a few days.

4. Hamstring stretch in the shower

Warm your back up in the shower and then bend down with bent legs and grab your fetlock. Then straighten your legs. Hold for 5 seconds. Repeat 4 times, grasping your leg a little lower each time.

Don't overdo it by grabbing hold too low down. Start with a modest stretch and over the days, weeks and months grab hold lower down.



5. Super hamstring, butt and back stretch

This is a great stretch for all the muscles between your knees and your shoulders.

Instructions

Grab hold of the toe of a straight right leg with the hand of the left arm. If you can't grab your toe, grab your shoe laces, or your sock or the leg of your trousers.



If the muscles on the back side of your body are really tight, fasten a belt around your lower leg and then pull on it.

Do 10 deep breaths each side. You might find this a tough assignment.

6. Sit up straight buttock stretch



This is definitely a five star exercise. If you can't sit up straight (with an 'S' shaped curve in your spine) with your legs crossed and hands clasped behind your back you'll know your buttock muscles are too tight. This exercise will provide a vital clue as to the cause of your lower back, upper back and neck pain.

Instructions

Start in a sitting position with both legs straight out in front of you. Place your left leg under the right and then your right leg over the left. With knuckles on the floor lean forward. Take 20 deep breaths, and with every breath you breathe out, creep a little further forward toward the floor. You should feel the stretch in your right buttock muscle.

Repeat on the other side.

One side may be tighter than the other in which case your pelvis is twisted. Do an extra 20 deep breaths on that side.

If your buttock muscles are loose, you'll be able to sit up straight with your hands clasped behind your back. If they're too tight you'll fall backwards and to one or both side.

IN MY EXPERIENCE

People experience low back pain for two reasons: -

1. their pelvis and the vertebrae above it have been drawn out of alignment by tight muscles attached to the pelvis - front, back and sides. Muscles, tendons and ligaments in the lower back are stretched beyond their pain threshold. Discs herniate. You experience pain. The pain is telling you to get yourself back in alignment.
2. the muscles of the body are not strong enough to support the pelvis and spinal column in correct alignment.

In the **Fix Back Pain** ebook, (<http://www.globalbackcare.com/>) I provide a complete outline of why you're experiencing joint and muscle pain and what you can do to get rid of it

A final word: an ability to do pressups has been found to be a very good predictor of risk of back pain. Start doing your pressups. It strengthens the muscles of your trunk, shoulders and arms.

It's a big ask
expecting to be in
good musculo-
skeletal health
without having a
regular and
systematic strength
and flexibility
training program.

John Miller
Physical Educator



HOW TO MANAGE STRESS

1. Stress, what is it?

Stress can be a difficult concept to define. In fact it's like defining the wind, which we tend to do by describing the feeling we have when we experience it.

We find it easier to characterize stress by its symptoms rather than what it actually is or what causes it. This is what makes it difficult for the medical industry to deal with it. But I can tell you one thing, it's not caused by a lack of Zolof.

pressure ...



force ...



strain ...

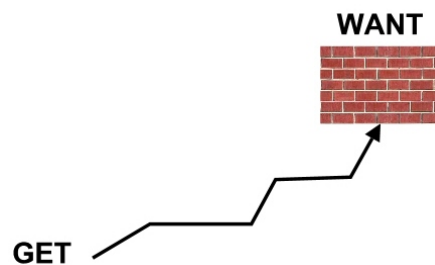


tension.



Which every way you look at it, both Shakespeare hit the nail on the head' when he said, 'There is nothing either good or bad, but thinking makes it so'. Epictetus' nailed it when he said, 'People are not disturbed by things, but by the view they take of them.'

I like to define stress as the distance between what you're getting and what you want.



If you know what you want and you're on the way to getting it you feel great. When you get there you feel absolutely fantastic.

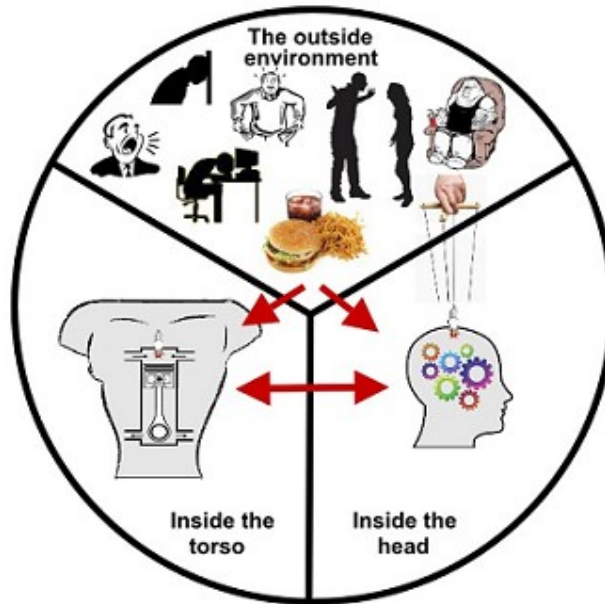
If you know what you want and you're not on the way to getting it you feel stressed out of your brain.

2. Stress, where does it come from?

Good, bad or indifferent, stress comes from three sources,

- inside the head
- the outside environment
- poor metabolic health

... or combinations of all three.



3. Stress, what does it do to you?

The short answer is that working through your autonomic nervous system it can have a multitude of effects throughout your body.

It's a big ask
expecting to get
better by having
someone do
something to
you: sooner or
later you have
to do something
to yourself.

John Miller
Physical Educator

HEALTH, FITNESS AND WELLBEING PROFILE

To find out how stressed you are, circle the number appropriate to the degree to which you experience the symptoms on the left hand side of the page. The greater the symptom, the higher the score. Total the score at the bottom of the page.

	None	Hardly any	A fair bit	A lot							
1. Headaches (including migraines)	0	1	2	3	4	5	6	7	8	9	10
2. Lack energy and vitality	0	1	2	3	4	5	6	7	8	9	10
3. Candida fungus: furry tongue, thrush, itchyiness, tinea...	0	1	2	3	4	5	6	7	8	9	10
4. Poor sleep (Score 10 if you frequently use tablets)	0	1	2	3	4	5	6	7	8	9	10
5. Snoring, sleep apnoea (Score 10 if using a gas mask)	0	1	2	3	4	5	6	7	8	9	10
6. Musculo-skeletal pain, back, neck, shoulders, hips, knees ...	0	1	2	3	4	5	6	7	8	9	10
7. Frequent colds, flu and sinus	0	1	2	3	4	5	6	7	8	9	10
8. Reflux, unsettled stomach (Score 10 on tablets)	0	1	2	3	4	5	6	7	8	9	10
9. Overweight (1 pt for every 2kg over ideal weight)	0	1	2	3	4	5	6	7	8	9	10
10. Irritable bowel, constipation, trots...	0	1	2	3	4	5	6	7	8	9	10
11. Shortness of breath from asthma	0	1	2	3	4	5	6	7	8	9	10
12. Low level of aerobic fitness	0	1	2	3	4	5	6	7	8	9	10
13. Low level of strength	0	1	2	3	4	5	6	7	8	9	10
14. Low level of flexibility	0	1	2	3	4	5	6	7	8	9	10
15. Rashes, skin outbreaks, psoriasis...	0	1	2	3	4	5	6	7	8	9	10
16. Elevated blood pressure (Score 10 if on tablets)	0	1	2	3	4	5	6	7	8	9	10
17. Elevated blood cholesterol? (10 if on tablets)	0	1	2	3	4	5	6	7	8	9	10
18. Elevated insulin level	0	1	2	3	4	5	6	7	8	9	10
19. Elevated blood glucose? (Score 10 if on tablets)	0	1	2	3	4	5	6	7	8	9	10
20. Are you a sugar addict: drinks, confectionary, biscuits ...	0	1	2	3	4	5	6	7	8	9	10
21. Alcohol intake (2 points per drink/day)	0	1	2	3	4	5	6	7	8	9	10
22. Smoking behaviour (1 point/cigarette/day)	0	1	2	3	4	5	6	7	8	9	10
23. Caffeine intake (2 points per cup)	0	1	2	3	4	5	6	7	8	9	10
24. Anxious about life, insecure, apprehensive about the future	0	1	2	3	4	5	6	7	8	9	10
25. Are you depressed? (Score 10 if on medication)	0	1	2	3	4	5	6	7	8	9	10
26. Are you in the wrong job?	0	1	2	3	4	5	6	7	8	9	10
27. Do you feel under-appreciated at work?	0	1	2	3	4	5	6	7	8	9	10
28. Do you have a poor work/life balance?	0	1	2	3	4	5	6	7	8	9	10
29. Unhappy with your family life?	0	1	2	3	4	5	6	7	8	9	10
30. Unhappy with your financial status?	0	1	2	3	4	5	6	7	8	9	10

The score of a normal, fit and healthy human being is less than

To find out the score of a normal, fit and healthy human being, go to the next page.

Don't even think of looking until you've completed the profile.

TOTAL

What does your score mean?



The score of a normal fit and healthy human being is less than 20.

If you got less than 20 you're in very good nick.

If you got less than 40 that's not bad, but the signs are there that certain parts of your body are not working as well as you'd like. You're starting to exhibit the signs and symptoms of general metabolic dysfunction.



Over 40 the amber light is flashing.

You're probably not as fit as you could be. You need a fitness program. You may be a little over weight, in which case you need a fitness program and the Hourglass Diet.

There's a chance there's evidence of musculo-skeletal dysfunction, in which case you're not strong or flexible enough to keep your body in alignment.

You probably need a holiday or some good distractors that distract you from feeling tired and miserable.



Over 80 and you're getting right into the red zone. It's time to take stock.

You certainly don't want things to get worse, which they will if you don't do something now. You could be in the wrong job or the wrong relationship. There's probably something going on in the top paddock that's not right and it's affecting the rest of your body.

If you don't do something now there's a good chance that pretty soon you could end up on the medical hurdy-gurdy.

It's definitely time for a lifestyle make-over.



Over 140 and there are high scores throughout the profile.

It's time to seek a counsellor and dramatically improve your lifestyle.

Step back, take a holiday and/or your long service leave. Get away.

Start making hard decisions, so that you get what you want.

Certainly though at any score you're redeemable. If you're serious you can halve your score in three months.

A lot of people brought themselves back from the brink by becoming fitter, getting themselves in the job and personal relationship they'd really like to be in.

Questions 1 - 20 deal with body system dysfunctions that are closely related to a lack of physical activity, a poor diet and an autonomic nervous system that's out of balance. You can correct them by

1. implementing a regular and systematic physical exercise program involving
 - aerobic exercise
 - strength training
 - flexibility exercises.

2. Eating from the top of the Hourglass

- with vegetables, fruit and adequate protein and fat as the basis of your diet
- steering clear of wheat and milk
 - eliminating the 'carbohydrates', (flour and sugar, on their own, combined and/or mixed with fat)
- eliminating alcohol, tobacco and aspartame
- supplementing your diet with vitamins, minerals, essential fats, and 'octane boosting' nutraceuticals

3. Meditating.

Questions 21-23 have a relationship with stress. As we become more stressed we tend to take more of the culturally acceptable chemicals.

Questions 24 - 30 are questions related to stress in your life, whether you're in the right job, whether you have the resilience to cope with your internal and external environment, if you're happy with your family and finances, whether you're doing the things unstressed people do to manage their stress.

If you're struggling with some of these issues, go and see a counsellor or a life coach. They'll give you a few signposts, act as a sounding board, help you set and then monitor progress towards your goals.

4. Stress, how can you get ahead of it?

In a nutshell – change your thinking.

But of course, there's more. To download – for free – the first book in the **How to Manage Stress** series of ebooks, click here:

<http://www.fitandhealthyonline.com/healthy-tips/what-is-stress>





HOW TO LOWER BLOOD PRESSURE NATURALLY

HIGH BLOOD PRESSURE - DISEASE OR DYSFUNCTION?

High blood pressure is just one of a long line of symptoms of **personally-generated metabolic dysfunction**. It is not a first cause. It's not a disease, you don't 'catch it'. Put another way it's one of a number of performance indicators of how well the systems of your body are supporting healthy cellular function. It's a symptom of poor metabolic health, a symptom of a body that hasn't been kept in good working order, hasn't been regularly serviced, whose performance is degraded.

Likely as not it's a general malaise with more than one part of the metabolic system being dysfunctional, which is why you need to take a system-wide approach for restoring poor function to good.

Taking a medication to lower your blood pressure is pretty much like cutting the wire to one of the warning lights on your car dashboard. You've turned off the light without addressing the problem to which it is alerting you. It's a tawdry, inadequate form of treatment. It's another example of junk medicine.

As a culture we're obsessed with measuring blood pressure for its own sake. If it's high, likely as not we'll take the most expedient route to lowering it, rather than attending to the reasons why it's high. However high blood pressure is not caused by a lack of ACE inhibitor, diuretic or beta blocker.

Blood pressure is just one of many indicators of a body under stress and in poor condition. The Gran Turismo has turned into a clunker.

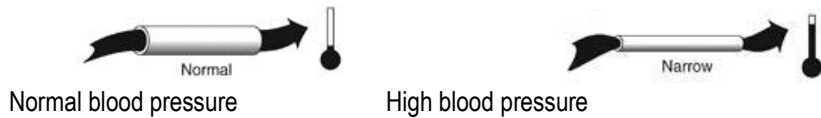
Other symptoms of metabolic dysfunction include:

- elevated cholesterol level
- elevated blood glucose levels
- elevated homocysteine levels
- elevated C-reactive protein - a marker of inflammation related to heart health
- elevated triglycerides
- depression. Whilst it is not widely known, aspects of depression are related to the physiological impact of low levels of aerobic fitness and essential vitamins and minerals – especially omega 3 fats and meditation.
- elevated levels of stress and anxiety.

Needless to say, high blood pressure is not caused by a lack of Avapro!

THE CAUSES OF HIGH BLOOD PRESSURE

The short answer to the most common cause of high blood pressure is trying to pump the same volume of blood through a blood vessel that has been constricted. Smaller pipe, higher pressure, it's as simple as that. So one of the great health quests for maintaining a normal, healthy blood pressure is to stop the bore of your blood vessels from getting smaller.



Arteries can become constricted due to

- nervous tension
- systemic failure of key organs of the body
- dysfunction within the endocrine system - particularly the thyroid gland
- a build up of plaque on the blood vessel walls.

If the volume of blood increases, or the extent of the arterial network becomes greater (as in when people become fatter), the pressure will go up as well.

How to Lower your Blood Pressure Naturally

In a nutshell all you have to do to lower your blood pressure is adopt the lifestyle and do the things that restore to normal function the systems and organs which have become dysfunctional.

The best way to treat the causes of high blood pressure is to mount a global attack and do the things which encourage all the major body systems back into good function, all at the same time.

If you'd like to more about how you can lower your blood pressure naturally, click here:

<http://www.fitandhealthyonline.com/how-to-lower-blood-pressure-naturally-package>



Jeffrey Fry



LEARN HOW TO RELAX

MEDITATION

Meditation is the quiet stillness that directly impacts on your parasympathetic nervous system, relaxing muscles and dilating blood vessels (thereby lowering blood pressure) and, in particular restoring to normal the balance in the operation of many of your body systems. It is the great health regulator, and in combination with a good diet and a regular, vigorous physical activity program, is the basis of good health.

Ainslie Meares worked for 30 years in Melbourne as a psychiatrist and used meditation extensively in the treatment of psychosomatic and psychoneurotic illnesses. He died in 1986, but his books are widely read and still available. We encourage you to read them. Here is some of what he had to say about meditation.

'You may well ask: 'What is the purpose of experiencing this meditative state for a few minutes each day?' The answer is that it reduces the level of our anxiety.

The effects of meditation include inner peace, better interpersonal relationships, clearer thinking, increased work capacity, better sexual relationships due to less tension, absence of disturbing dreams, and smoother physical reactions often shown in better performances in sport.

The key to management of our stress lies in those moments when our brain runs quietly in a way that restores harmony and function.

There are quite different forms of meditation in which the brain functions in quite different ways.

In classical meditation as in yoga, in Zen Buddhism meditation and in the meditation practiced by the early Christian mystics, the thought processes of the mind are helped by will power concentrating on some object or spiritual concept. The mind is active, striving to attain and maintain this ideal.

In the meditation I would advise you to practice, there is no striving, no activity of the brain function, just quietness, a stillness of effortless tranquillity.

This is not the tranquillity of drowsy somnolence. The mind is clear but still.

For the type of meditation I advocate, we must start our meditation in some position of slight discomfort. Then we let our mind run quietly, with as little thought as possible, and we are soon no longer aware of any discomfort. This transcendence of slight discomfort is an essential feature of successful meditation.

It does not require long periods of meditation to obtain relief from stress. Ten minutes twice a day has produced dramatic relief in some hundreds of people who have consulted me professionally.

To get the full effect of meditation, it is important not to do it when too tired. The effect is greatest when we are alert and frisky.'

I recommend that part of your meditation be the stillness that Meares suggests. Focus on thinking about nothing. If thoughts return, dismiss them and focus on thinking about nothing.

Having the time to do what you want to do and what you need to do is one of the great freedoms.

The brain operates on a range of brain-wave patterns, measured in cycles per second.

BRAIN WAVE	CYCLES PER SECOND	CHARACTERISTICS
Beta	14 - 20	Awake
Alpha	7 - 14	Daydreaming, suggestibility
Theta	4 - 7	Sleep
Delta	Below 4	Deep rapid eye movement sleep

When you are sitting relaxed and calm with your eyes closed there is a good chance that the brain will be operating at the Alpha brain wave level. The parasympathetic nervous system is stimulated; muscles relax, blood vessels dilate and you begin to achieve a more balanced state of health.

At the Alpha level you experience the state of deep relaxation which is very useful in managing stress, by calming the body and re-establishing equilibrium within the nervous and endocrine systems. It is also the zone of suggestibility, the point at which you can feel new thoughts, ideas and programs into the sub-conscious mind. It is the zone of imagination and creative visualization.

If you are not completely familiar with meditation and deliberately getting into the Alpha state, you may have experienced it while waking up as you drifted in and out of consciousness. In those periods when you are half awake, you are in the alpha state.

MUSCULAR RELAXATION

To get into the Alpha meditative state, follow the sequence of instructions listed below.

Sit down in a straight-backed chair, close your eyes, take a deep breath, hold it for a short while, then breathe out and relax.

Start breathing using stomach breathing, so that every time you breathe in your stomach goes out. Stomach breathing slows your breathing down dramatically, increases the amount of air you can get into your lungs, stimulates the parasympathetic nervous system so blood vessels dilate and muscles relax, stimulates alpha brain waves and produces a feeling of calm.

Once you are comfortably relaxed begin focusing on relaxing various parts of your body, imagining them relaxing more and more with every breath you breathe out. eg, feel your scalp relaxing, your forehead, your face and jaw, your shoulders, your back ..., all the way down through various parts of your body.

VACANT MEDITATION

Once you've become relaxed, sit for a few minutes, breathing slowly, deeply and rhythmically, using stomach breathing, and thinking about nothing. If thoughts come to your mind, dismiss them.

DEEP BREATHING

Once you've become relaxed, take ten very slow, deep breathes using stomach breathing.

Imagine breathing in a circular fashion, starting the breathing in cycle at the bottom of a large circle, deep inside your abdomen.

Keep breathing in until you reach the top of the circle at the top of your head. Hold the breath for a moment and then slowly breathe out, taking as long to breathe out as you did to breathe in. With practice you'll find that ten breaths takes a very long time, sufficient for you to become very relaxed.

INNER MENTAL TRAINING - can you picture that?

Inner mental training is a form of meditation in which you creatively visualize a particular goal. In the case of achieving your ideal physique, you can use inner mental training to establish harmony between the goals of your conscious and sub-conscious minds.

At the Alpha brain wave level you can begin to feed visualisations into the sub-conscious, the aim being to reprogram the sub-conscious so that it starts to work toward the achievement of your goal. This means that the unconscious is working toward your objective, even while you are not!

Imagine a large screen in front of your eyes and visualize on that screen a picture of yourself as a fit and healthy person. Visualise yourself doing all the things you need to do to reach and then maintain your ideal physique. In particular focus on establishing a clear picture in your mind's eye of the things you want

- the physique you'd like to have
- the type of food that's good for you
- the right amount of food to eat
- the amount of physically activity you need to do
- the job you'd really like to be doing

AUTOSUGGESTION - Emile Coué

In the early part of this Century, Emile Coué established an autosuggestion clinic in a Paris suburb. Coué became famous for an autosuggestion which he encouraged his patients to repeat out loud to themselves twenty times, twice each day. He described it as his general formula.

'Day by day, in every way, I'm getting better and better.'

The success of his clinic in restoring people to good health was based on the premise that

'The unconscious, in its character of surveyor over our mental and physical functions, knows far better than the conscious the precise failings and weaknesses which have the greatest need of attention. The general formula supplies the unconscious with a fund of healing, strengthening power, and leaves it to apply this at the points where the need is most urgent.'

Harry Brooks 'The Practice of Autosuggestion by the Method of Emile Coué, George Allen and Unwin 1922.

The auto-suggestion works in the quietness of meditation, when brainwave activity is in the alpha range.

I'd encouraged you to adopt Coue's general formula and use it twice a day, preferably just on waking and just before going to sleep. I also recommend that you use the auto-suggestion at the end of your meditation.

If you'd like to know more about how you can learn how to relax click here:

<http://www.fitandhealthyonline.com/healthy-tips/learn-how-to-relax>



HOW TO GET TO SLEEP QUICKLY

An inability to sleep well is just another of the many symptoms of general metabolic dysfunction - along with the usual suspects – diabetes, high blood pressure, high cholesterol, snoring, sleep apnoea, cardiac insufficiency, fatness, headaches ...

Let's get one thing straight. Poor sleep is not due to a lack of Stilnox!

That's why the doctor and the chemist would be the last places you'd go to (not the first) in your quest for a good night's sleep.

The advice of the drug industry is not to ask yourself 'Why am I not sleeping as well as I'd like to and what can I do about it?' On the contrary the advice is to go to a doctor and get another prescription for another pill that will put you to sleep without dealing with the problems that are keeping you awake. Hello!

In only the rarest of cases is poor sleep a medical problem. As Andrew Weil (MD) says, 'Don't go to doctors for things doctors can't cure. <http://www.drweil.com/>

SIX STEPS TO PREPARING YOURSELF FOR A GOOD NIGHT'S SLEEP?

1. Work out how much sleep you really need?

In the first instance you need to decide how many hours sleep you reckon is about right for you. A lot of people are spending too long in bed. They don't need as much sleep as they've been led to believe they need. If you fall into this category and you're spending too much time awake tossing and turning, go to bed later or get up earlier.

Some time ago a bloke in one of my seminars said he didn't sleep well. I asked him what the problem was. He said he kept waking up at 4.30am. I said 'What time do you go to bed?' He said '9.30pm.' I said 'That's 7 1/2 hours. Get up - or go to bed later.' If he'd gone to bed at 11.30pm and woken up at 6.30am he'd have thought no more about it.

The spread of hours sleep people need varies greatly, from as little as 3 or 4 hours for some people to 9 or 10 for others.

You'll need to work out how much you need by trial and error, but start with six hours every day for a week and see how you go.

If you've got something to get up and go for, you'll get up and go.

Who ever said you need to go to bed at the same time and get up at the same time every night was talking out of the back of their neck. You don't have to have the same amount of sleep every night.

2. Get yourself in exceptionally good shape

It's in the nature of the fit and healthy human being to get to sleep quickly, sleep like a log and wake up refreshed.

It's a tough assignment going to sleep quickly and getting a good night's sleep if you're not tired. No-one ever got physically tired sitting cooped up in a cage all day and lying on the couch watching TV for three hours a night.

You need a regular and systematic vigorous aerobic fitness program.

Nathan Pritikin said that if you don't have time for exercise take an hour off your sleep. You'll need less sleep and you'll sleep better.

What does a vigorous aerobic fitness program do? It washes out of your system the stress hormones that get you all fired up - adrenaline, cortisol ... It washes out of your system the waste products of your own metabolism and the waste products of a toxic environment. You'll feel heaps better. You'll sleep better.

You also need a relaxing exercise program, like walking, yoga and tai chi. As Thoreau said, 'An early-morning walk is a blessing for the whole day.'

3. Deal with anxiety

The first casualty of anxiety is sleep. Find out what's causing your anxiety and deal with it.

Go and see a good counsellor who can dig around and

- a. help you find out what's bothering you
- b. give you a signpost that encourages you to go in the direction of dealing with your anxiety.

The anxiety could come from your life, your family situation, your work ... Some of it might come from 'stuff' that was bedded down years ago. It's so deep in your subconscious you need a crow bar to lever it out.

Find out what it is and fix it. Then you'll sleep like a kitten.

Gurdjieff said that one of the best things you can do when you're stressed is to spend the day gardening. Others have said 'Clean up' your environment - your bedroom, your house, your garden ... It will clear your mind.

4. Boot home some winners

Boot home more winners, kick more goals. Of course if you don't have any goals you're going to have to put up with what ever comes your way.

For a lot of people it's a big tsunami.

When that hits you, you can kiss a good night's sleep goodbye.

Winners can laugh and sleep like logs.



5. Wake up to yourself

Imagine Albert Einstein tossing and turning trying to go back to sleep when he had the theory of relativity on his mind. It's absurd. He'd get up and get on with it. He'd rejoice in the fact that he'd been woken up.

In fact that's exactly what he did.

If your sub-conscious mind is smart enough to wake you up to consciously think about something, think about it, write something down, get up, send off an email ... and then go back to sleep. Think! Most people don't think they just have random thoughts.

It's normal and healthy to wake up with something on your mind. It could be a blessing in disguise. Get up, deal with it and then go back to sleep. It might take you a few minutes, a few hours, a few days, weeks or months to finish dealing with the problem, but deal with it. Then you'll sleep like a kitten.

Keep a pen and pad by your bed. If you think of something and don't write it down, you'll either forget it when you wake up, or you'll spend half the night awake worrying that you'll forget it. If it was important enough to you to be woken up, write it down, clear your mind and then go back to sleep.

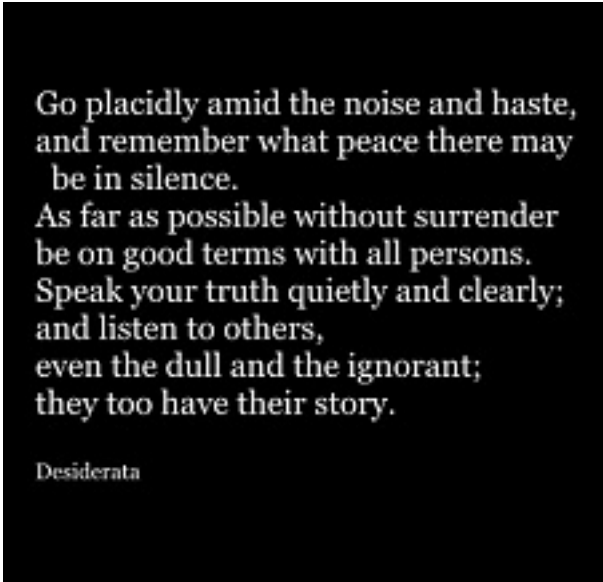
6. Use inner mental training to put yourself to sleep

Most children are told to go to bed; very few are taught how to go to sleep.

You're awake and the monkeys are chattering. Switch off the monkeys chattering inside your head and you'll go to sleep quickly.

In the **How to Get to Sleep Quickly** ebook I teach you an inner mental training routine which will help you to go to sleep quickly.

Want more? <http://www.fitandhealthyonline.com/how-to-get-to-sleep-quickly>



Go placidly amid the noise and haste,
and remember what peace there may
be in silence.
As far as possible without surrender
be on good terms with all persons.
Speak your truth quietly and clearly;
and listen to others,
even the dull and the ignorant;
they too have their story.

Desiderata



HOW TO STOP SMOKING

If anyone out there is still smoking, stop now.

Here's how: painlessly and without expensive drugs.

<http://www.fitandhealthyonline.com/healthy-tips/how-to-stop-smoking>

8 steps to being smoke free

Step 1 - pick the date you plan to have your last smoke

Chose a date 21 days ahead when you will have your last cigarette.

Step 2 - make a list of the reasons why giving up smoking is a good thing to do.

Step 3 - get support

Frank Woolworth said 'I never got anywhere while I tried to do everything on my own.' Tell your friends and work colleagues you're on a quit smoking program and you don't want to be offered cigarettes or encouraged to have a smoke. Invite them to join your program.

Step 4 - set rules

Set rules for smoking - like not smoking inside the house, not smoking in the car, not smoking before morning tea time ...

Step 5 - count your smokes

Over the period between when you make your decision and your 'freedom from smoking day', keep a record of the number of cigarettes you smoke each day.

Aim to smoke one less cigarette each day. At the end of 21 days (or less) you'll have smoked yourself out.

Each day start smoking half an hour later and finish smoking half an hour earlier.

Step 6

Divert your attention from smoking. Start exercising, going to the movies, going to bed early...

Step 7 - F-day

When your freedom day arrives, you'll be programmed to stop smoking. Invite some friends or members of your family to watch you smoke your last cigarette.

Step 8

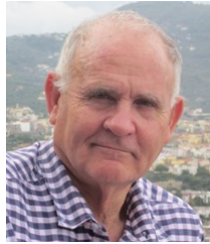
Write and tell your Minister for Health you want a rebate on your health insurance!

Here's the link again:

<http://www.fitandhealthyonline.com/healthy-tips/how-to-stop-smoking>



<https://www.youtube.com/watch?v=JNjuniWUJJl>



ABOUT JOHN MILLER

I live in Canberra, national capital of Australia where I write and publish health, fitness and wellbeing books and articles. I also conduct corporate health programs, the most popular of which is the Global Back Care musculo-skeletal health program and the Seven Habits of Fit and Healthy People.

I began my professional life as a physical education teacher. Along the way I've been the director of the Australian Council, for Health Physical Education and Recreation, the director of the South Australian Recreation Institute, the manager of corporate health at the Australian Institute of Sport and run a fitness centre where I developed the Complete Fitness Workout, the Global Back Care program and the Hourglass Diet. My time is now spent developing a national fitness program, **Fitness Frontline** of the health system. <https://fitnessfrontline.com/>

A lot of people traipsing through surgeries have a fitness problem, not a medical problem – and only on the rarest of occasions can you solve a fitness problem with a medical solution.

I'm not in bad shape but I've had bouts of unfitness that have often come through self-inflicted injuries. I've had a crook back. It was so bad it felt like someone was ramming a red hot poker into it every time I sneezed or coughed. But that's in the past. I worked out how to get rid of the pain by doing the exercises I'm now passing on to you.

You are always welcome to contact me at the email address below.

john.miller@millerhealth.com.au

To change one's life: Start immediately. Do it flamboyantly. No exceptions.
William James



John F Kennedy

THE SOFT AMERICAN

The softening process of our civilization continued its persistent erosion.

The first indication of a decline in the physical strength and ability of young Americans became apparent among United States soldiers in the early stages of the Korean War. The second came when figures were released showing that almost one out of every two young Americans was being rejected by Selective Service as mentally, morally or physically unfit. But the most startling demonstration of the general physical decline of American youth came when Dr. Hans Kraus and Dr. Sonja Weber revealed the results of 15 years of research ... of physical fitness tests given to 4,264 children in this country and 2,870 children in Austria, Italy and Switzerland.

Especially disheartening were the results of the five strength tests: 35.7% of American children failed one or more of these, while only 1.1% of the Europeans failed, and among Austrian and Swiss youth the rate of failure was as low as .5%.

... But the harsh fact of the matter is that there is also an increasingly large number of young Americans who are neglecting their bodies - whose physical fitness is not what it should be - who are getting soft. And such softness on the part of individual citizens can help to strip and destroy the vitality of a nation.

For physical fitness is not only one of the most important keys to a healthy body; it is the basis of dynamic and creative intellectual activity. The relationship between the soundness of the body and the activities of the mind is subtle and complex.

Much is not yet understood. But we do know what the Greeks knew: that intelligence and skill can only function at the peak of their capacity when the body is healthy and strong; that hardy spirits and tough minds usually inhabit sound bodies.

In this sense, physical fitness is the basis of all the activities of our society. And if our bodies grow soft and inactive, if we fail to encourage physical development and prowess, we will undermine our capacity for thought, for work and for the use of those skills vital to an expanding and complex America.

But no matter how vigorous the leadership of government, we can fully restore the physical soundness of our nation only if every American is willing to assume responsibility for his own fitness and the fitness of his children.

Sports Illustrated December 1960

Excerpt

