

It's warming up at Trim n Tone!

Hi Everyone

It is easy to say "I'll do it tomorrow" or "It's too cold today" but don't let that stop you from doing exercise. Most people tend to add a few kilos over winter as they go into hibernation. There is no need as it might be getting colder outside but the heat has been turned up at Trim n Tone! We have had a great response to our going, going, gone Formostar special this month. To those who got in and received a wrap for \$55 well done, to those who also bought a friend for \$40....they are your BEST friend now! We will still run the \$60 11am-2pm special so it is still affordable to those of you who wish to try it out or those who already know how wonderful it is. Also check out the specials section below for more great value deals.

As you are aware the Formostar is designed for pain relief and all the other benefits, including weight and centimetre loss, are side effects. A woman approached me a couple of weeks ago and asked to buy my oldest Formostar machine. She suffers with back pain and wants to use it at home because it is so effective in easing her pain...she was also going to put her partner on it so he could lose some weight. Hence, for a short while we will only have one wrap available.

Our recent seminar was a huge success. Presenter Helen Paige, explained many reasons why we gain weight. Apart from the obvious overeating or bad food choices, what we believe about food will also make us put on weight. For example, if we believe that positive affirmations will come true then the same is said for the negative ones. Thus if we believe that eating a slice of cake will make us fatit WILL. If we say that "I only need to look at food and I will put on weight guess what? You WILL!!!

In Elephants and Angels you are taught techniques on how to change this and eat whatever you want without putting on weight. Helen has two seminars remaining this year, June 18 and Nov 22. I recommend you visit www.helenpaige.com and book your place now! If you can't get to see her we have her books and CD's available, so get your copy now!

We have now created a facebook page so please visit, add us to your friends list and suggest the page to your friends. Check out the competition below to see how you can win great prizes for spreading the word around!

As always we look forward to helping you achieve your weight loss, health and fitness goals soon.

Warm regards



Housekeeping ...

We are now on facebook.com
Check us out and please show your friends!!



Il Delicato Verde
CAFE DELICATESSEN

64 Whitehorse Rd, Balwyn VIC 3103
Phone: 9817 2898

DELICATESSEN • PATISSERIE • COFFEE • GOURMET FOOD

Under NEW MANAGEMENT, Il Delicato Verde has become a fantastic place to grab a meal or meet your friends for a coffee. Fresh, homemade meals and sandwiches are

Seminar

Invites you to learn how to **Eat Your Way to a Better Life**

With Andrew Jobling

Andrew Jobling (B.Ed. – Phys. Ed.) played football for the St Kilda Football Club – But don't hold that against him!

He has over 20 years experience in education, fitness, health and nutrition. As a personal trainer he yelled at lots of people for many years before he discovered the secret to helping them achieve long term success with their health, mind and body.

Andrew is the author of the bestselling '*Eat Chocolate, Drink Alcohol and be Lean & Healthy*' and a renowned speaker and spends his time sharing the secrets that have changed countless lives.

Andrew will: Entertain and inspire you as he outlines the basic steps to creating the body and optimal health you have always wanted-**forever**

Program Outline:

- Clearing up the misconceptions
- Understanding the things that have stopped us in the past
- Discover the secrets to creating long term change
- The "Pathway to Wellness"
- Being lean, vibrant and healthy is simpler than you think
- Some simple nutritional dance steps that are easy to implement into an already hectic life
- Make this the last and most successful attempt at developing the body and health you desire **and** maintain it forever



When?

July 8th at 730pm....

Where?

venue to be confirmed

RSVP

July 1st

Cost

\$25 incl refreshments

Giveaways and prizes

Not to be missed Specials!!

Health

Mighty Magnesium.....

Thousands of years ago, our ancestors ate foods high in Magnesium and low in Calcium as Calcium supplies were scarce and the need for this vital mineral was so great for ongoing health and wellbeing. Today we are so frightened if we don't have our Calcium that we forget that without Magnesium our Calcium and Vitamin C cannot be absorbed as effectively.

We need more Magnesium today than ever before with our diets so dependent on sugar, alcohol and prescriptive medications. Our soils are no longer rich in Magnesium as they were years ago requiring us to seriously consider Magnesium supplementation on a daily basis to maintain good health and wellbeing.

Magnesium is abundantly found in nature and is also found within our muscles and bones.

Foods rich in Magnesium are: Whole grains, nuts, legumes, dark leafy vegetables, shellfish, figs, lemons, grapefruit, apples, seeds, almonds, lima beans, lentils, tofu, spinach, milk, cheddar cheese, chicken, beef, pork, corn, cashews, wheat germ, bean sprouts.

Arthritis & Osteoporosis:

may be caused by a Magnesium deficiency yet the media continues to convince us to take more Calcium to prevent such disease states. Oriental diets contain little or no dairy, yet such disease states are not categorised as major health problems in this culture.

Weight Loss & Magnesium:

It will be more effective if you incorporate Magnesium in your weight loss programme as it plays a crucial role in carbohydrate and protein metabolism, assisting in controlling blood sugar levels.

Menopause & Magnesium:

Menopause is also a time to consider increasing your intake of magnesium to assist in the calming and cooling processes within the body.

Anti – Ageing:

Magnesium also becomes an important link in anti – ageing as it supports muscles to be more elastic and encourages better sleep by relaxing the muscles & nervous system. Magnesium is the missing link providing improved overall absorption of our nutrients in our diet.

Magnificent Magnesium has an even broader spectrum that continues to support on a daily basis:

Reduces Cravings for sugar

Eases PMS

Relaxes and restores your health

Assists with headaches/migraines

Reduces pain when associated with inflammation

Inhibits blood clots and widens arteries

Supports asthma sufferers by improving breathing

Supports mind and body when taking anti-depressants

Assists in strengthening muscles and overcoming twitches/tics

May assist in preventing a heart attack...

Lowers high blood pressure

Eases confusion & irritability

Assists in overcoming lethargy

Assists in improving sleep patterns

Assists in reducing anxiety & hypertension

Balances acidity with the body – indigestion

Lifts low mood

Make sure you consider taking some Magnesium even if you are on a healthy diet and experience the calm that might be missing in your life. Your vitamin regime will be further assisted by taking a Magnesium supplement

It is also good to know that toxicity is rare in high dosages and the most common side effect of too much magnesium is diarrhoea or nausea. If you experience any of these symptoms simply reduce the amount of magnesium you are taking...

12 Here's to a healthier mind & body as you begin to incorporate Magnesium to your current health regime

Mg
MAGNESIUM

Written by Susan Gianevsky

High quality Practitioner only Bio Activated Magnesium by BioMedica available at Trim n Tone

Competition

Win, win, win!!!

Send us a testimonial and you go in the draw to win a jewellery voucher from Creative Diamonds valued at \$150.

Send us a before and after photograph along with your testimonial and you will go in the draw for a Weekend for 2 at Madison Spa Resort. The prize includes 2 nights accommodation, breakfast daily, bottle of champagne, a treatment each (either a massage, facial or manicure) hydro spa and steam room. Valued at \$650. Competition ends June 30... Winner announced July 5th.



Specials

Don't put on weight during winter, lose it instead with our amazing specials!!!

Formostar and Ultra Lite package.... Sign on for a 10wk weightloss program and receive 20% off one month of Formostar (12 sessions) That's a whopping **\$180 off!!**



Ultra Lite and Toning tables..... Lose weight and tone your muscles! Buy two months of toning tables when you begin Ultra Lite 5 or 10 week program and get the 3rd month free!

Formostar.....now \$800 for 12 sessions per month **SAVE \$100** (strictly 3 sessions per week)

Formostar... Book between 11 and 2 and pay \$60

Body Shape Gel and Firming Cream..... \$120 for both, save \$25

Fitvibe.....3 session per week for 3 months now \$500...that's a crazy \$13 per session!

Healthy Hints

Duck Braised in Orange Juice and Star Anise

.You will need:

- 2.5kg Duck (jointed into 6 pieces)
- 50g garlic (crushed)
- 50g ginger (peeled and thinly sliced)
- 1 litre freshly squeezed orange juice
- 4 tbsp fish sauce
- 1 tbsp granulated sugar
- 5 star anise
- 4 red chillies (bird's eyes are best)
- 2 lemongrass stalks (finely chopped)
- ground black pepper
- 8 spring onions (cut in half and finely chopped sideways)
- ½ tsp cornflour



1. Heat a large heavy-based pan over a medium to high heat
 2. Cook the duck skin side down for 5 to 6 minutes until crisp then on the other side for 2 minutes. Once cooked, set aside.
 3. Put all but 2 tbsp of the duck oil in a container and save for later, preferably for your next round of roast potatoes.
 4. On a low heat, add the garlic and ginger.
 5. Once cooked through, add the orange juice, fish sauce, star anise, chillies, lemongrass and season with black pepper.
 6. Return the duck, partially cover and simmer for 1 hour and 30 mins.
 7. Once the duck is tender, remove pieces onto a warmed serving dish and put to one side.
 8. Skim off the excess fat, bring sauce to a boil and simmer vigorously until reduced and concentrated in flavour.
 9. Mix cornflour with 1 tsp of water, mix into sauce and simmer for a further minute.
- Remove from heat, generously pour over the duck, scatter over shredded spring onion and serve with steamed rice and maybe some vegetables.

And lastly, watch out for our next newsletter for new specials and please feel free to forward Trim'n'Tone newsletter to your email contacts list.

Until next time, *Lisa*

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