



The Seven Simple Secrets to Success

Jane Keighley shows us seven great steps towards a more fulfilling life and another seven healthier ones!

Seven Success Secrets

1. Breathing: It's what we do to stay alive. By learning to breathe more fully and with purpose you will be well on your way to living life more passionately and with purpose.

2. Hydration: We are a water animal in that 75% of our body is made up of water. Simply by learning to drink appropriate quantities of water daily we can function in 'success mode'.

3. Eating Habits: Learn to listen with your whole body to what you are eating to ascertain the right high-performance foods for you. Fuelling your body up with awareness will allow you to attain optimum levels of performance in all you do in life.

4. Grand-standing: Learn how to develop and maintain a posture that will motivate you to be in 'success mode'. Correct posture and a confident stature give you an air of success, a real glow in how you operate in life, and it's easy to do.

5. Educational Kinesiology Exercises: These simple and easy exercises are designed to switch on both hemispheres of the brain simultaneously. High-level brain functioning leads to high-level body functioning and therefore higher performance levels.

6. Actions for Success Plans: 'Actions for Success Plans' take the process of goal-setting to a higher level. This is a powerful and easy tool for achieving whatever you desire.

7. Switching Off and Cooling Down: Learn how to simply and easily create a calming effect in your body through de-stressing and becoming relaxed. By being able to de-stress and relax we create a greater balance in our life.

More information on *The 7 Simple Secrets to Success* can be found at: Web: www.7secrets.com.au.

Success at whatever you desire can be yours. Sounds too good to be true – but it's not. In fact, according to Australian author, Shane Ellis, it's really quite easy.

"I believe if you really want something in life you will achieve it," explains Shane. And he has first-hand experience.

After near burnout five years ago he began studying NLP (Neurolinguistic Programming – the study of human excellence) and now holds Masters, Teaching and Coaching Certification in this practice. As he began working on himself both physically and mentally he gradually became aware of seven life-changing secrets, which he shares in his book *The 7 Simple Secrets to Success*.

"The book is basically about functioning at your very best levels and working towards reaching your goals," says Shane. "Because your book is such a high-performance machine, the book has been structured so that you will understand, very simply, how to get the most out of you – whether it's success in business, personal relationships, sport or even losing weight."

So begin your journey to personal success – it's only seven steps away! ✨

Seven Simple Ways to Trim Down and Tone Up

Are you struggling to get in shape? Well, don't worry, as Jane Keighley has the answer – just follow these seven simple weight-loss tricks.

1

Design a Detox

Detoxifying foods help flush away fat and nasty trapped toxins that leave you looking puffy and bloated. Increase fruit and vegetable intake especially lemons, beets, figs and seaweed and choose organic produce where possible. Eat foods that contain essential fatty acids including cold-pressed vegetable oils, avocados, salmon, tuna, sardines, raw nuts and seeds, alfalfa seeds and flax seeds. It is also important to drink at least eight glasses of water each day.

2

Peel a Clove

You may have to keep a packet of gum handy, but by adding garlic to your meals you'll help speed up your metabolism (garlic helps clean clogged intestinal walls that produce harmful toxins and make it harder to increase metabolism) and peel off the pounds quicker.

3

Take a Breath

Deep breathing (in through your nose, hold for a few seconds and then out through your mouth) can assist with weight loss – the theory is that the extra oxygen you take in will cause the chemical reactions in your body to take place much faster so you burn more calories than you take in. This speeds up your metabolism and makes you burn more fat.

4

Tone your Tummy

For a fun way to tone up and trim down, bare your belly. Belly dancing burns 300 calories an hour, increases strength and flexibility and is a great cardiovascular workout.

5

Fill up on Fibre

Fibre is not only good for digestion, but appears to boost energy levels, fills you up for longer and keeps the calories down. Go for whole grains and cereals, brown rice, nuts, lentils, legumes and fresh fruit and vegetables.

6

See the Light

Research shows that bright light alone can improve energy levels, elevate mood, help control carbohydrate cravings and even help you lose weight. By brightening your environment, you will be boosting your physical energy as well as your mood, which will make you feel more like exercising.

7

Don't Over-indulge

You may be hungry, but resist the temptation to eat everything in sight. Instead, eat little and often – this will keep hunger at bay and help boost your metabolism. Include small amounts of protein in your diet as studies show that after eating a high protein meal your metabolism is increased by up to 30 per cent for the next four hours. But don't overdo it. Women only need about 50-60 grams of protein a day. This is equivalent to a small lean steak, two eggs plus 60 grams of canned salmon. 🐟

