

Define Yourself

health and career coaching



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"THE GREATNESS OF A NATION CAN BE JUDGED BY THE WAY ITS ANIMALS ARE TREATED"
Gandhi

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Vegan Health

"The average age (longevity) of a meat eater is 63. I am on the verge of 85 and still work as hard as ever. I have lived quite long enough and am trying to die; but I simply cannot do it. A single beef-steak would finish me; but I cannot bring myself to swallow it. I am oppressed with a dread of living forever. That is the only disadvantage of vegetarianism." George Bernard Shaw, 1856-1950

Many studies in the major medical journals have demonstrated the health benefits of vegetarian diets. For example, a study done by the conservative American Dietetic Association in 1988 concluded that people who do not eat meat are at lower risk for colon cancer, heart disease, obesity, adult-onset diabetes, high blood pressure, osteoporosis, kidney stones, gallstones, diverticulosis, breast cancer and lung cancer.

In 1991 William C. Roberts, M.D., the editor-in-chief of the American Journal of Cardiology, wrote in an editorial, "When we kill animals to eat them they end up killing us because their flesh...was never intended for human beings, who are naturally herbivores." *

Regarding Dairy Foods, consider this quote from Dr. Frank A. Oski, former Director of Pediatrics, John Hopkins University:

"There's no reason to drink cow's milk at any time in your life. It was designed for calves, not humans, and we should all stop drinking it today."

Many leading athletes are vegan, including 9 time Olympic Gold Medallist Carl Lewis, and six time Iron Man Triathlon winner Dave Scott.

*(Diet for a New World, p87.)

This article is a partial reprint from Dawnwatch.com, Karen Dawn, writer, author, animal supporter.

Distinction:

Vegan vs. Vegetarian

Vegan - a person who for moral, religious, or health reasons does not eat, or use, animal products, such as milk or eggs, leather or fur.

Vegetarian - a person who for moral, religious, or health reasons does not eat animals, but may eat animal products.

Tools:

Coaching plans and fees

Click below

www.defineyourself-coaching.com/servicefee.html

The MAPP assessment

Happy people enjoy lives that have both pleasure and meaning. What are your unique motivators to fulfillment?

The CLEAN SWEEP program

helps you focus on what is truly important in your life emotionally, relationally, financially and environmentally.

Phone Coaching Helps Nutrition Habits

Personal support is a critical factor for successfully changing lifestyle practices. * Researchers divided 3088 women into two groups. One group had regular scheduled telephone coaching sessions with a professional coach, and newsletters, and a control group had access to printed materials about healthy diets. Both groups were offered cooking classes.

The coaching group were offered 18 coaching calls the first year and progressively less the following 2 years. These calls focused on self-efficacy, improving self-monitoring, modifying the environment, and planning relapse prevention strategies. Towards the end of the study the focus was on maintaining motivation and prevention from reversion.

One year after the study's conclusion the 1544 women that had been coached were eating 40% more fruits and vegetables than the group with no coaching.

The main purpose of the study was to provide a definite test of the role of dietary patterns in additional breast cancer events. The study allowed researchers to evaluate the role of nutrition in breast cancer as well as the value of a co-creative coaching partnership in achieving changes in eating habits.

Support keeps us focused on what is truly important. It is so easy in our fast paced life of infinite distractions to let things get in the way of our own self-care. My greatest value is being of service to individuals who respect health but are challenged by its commitment.

We have an innate knowledge of what is best for us. We need only to open our minds to hear our own wisdom. Think of coaching as a portal to your own truth.

*The Journal of Nutrition, October 2007,
"Women's Healthy Eating and Living Study"