

# FLEX26

Your **FREE** mini magazine from Bikram Yoga Five Dock

meet your  
teachers

## BIKRAM YOGA BENEFITS

*All your questions answered, and more.*

nutrition tips to **kickstart** your practice

## SECRETS OF A YOGI IN HER 90'S

*Emmy  
Cleaves*

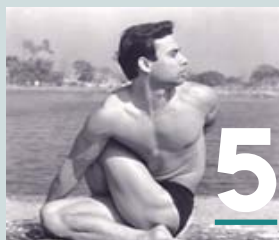
UNLEASH *the power* OF THE MIND



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## A MESSAGE FROM OUR STUDIO OWNER

Brad Goodchild

### WELCOME TO BIKRAM YOGA!

Congratulations on completing your first class.

I know you are reading this after what may have been a very intense experience. If many emotions came to the surface, it actually means you did a great job — the yoga is working!

I truly believe you have showed up on your yoga mat for a reason and the door always opens when you are ready.

### MY FIRST CLASS

I remember my first class like it was yesterday. It was November 2005. During the class I was the student rolling around on their mat and tipping water over my head! I also noticed the man next to me who was a lot older than me. He looked so calm in the postures when I felt very panicked. He had such amazing movement and focus like I hadn't seen before. I knew in that moment that there was something powerful going on in this room and I had to find out more about it.

### MY EARLY CAREER

Before I had the studio, I worked as an accountant CPA for 10 years. I learned some incredible skills and met some amazing people but the more I practised Bikram Yoga, the stronger my urge was to devote more of my time to the practice.

In 2010, I took a massive leap of faith and quit my full time job. I went straight to Bikram's Teacher Training in Las Vegas, Nevada.

It was one of the most challenging and rewarding experiences of my life.

*I didn't know it at the time, but all my life's experience was leading to the creation of this studio.*

### OPENING THE STUDIO

Bikram Yoga Five Dock opened in October 2012. The vision to offer a platform for every person who walks in the door to work deep on themselves and bring out their potential! Everyone to discover this incredible health maintenance system like nothing else.

Since we've opened, over 8,000 students have experienced the life changing benefits of the Bikram Yoga practice at Five Dock. I'm so proud of each student and the community that has been created. We all agree, the practice isn't easy but it's so rewarding when you feel so good!

If you make a commitment to your practice and work with an open mind, your relationship you have with your body and mind will change and grow stronger!

Welcome to the Five Dock family.

Brad



# Meet Our incredible Teachers



All teachers have completed a rigorous Teacher Training Program with Bikram, equivalent in time and study to a one-year university degree! It is **THE MOST COMPREHENSIVE & CHALLENGING TEACHER TRAINING IN THE WORLD**. We have all learned 'Bikram's dialogue' - our most important reference point on delivering the postures to you! This is why you receive commands that are **DIRECT, CONSISTENT AND EASY TO FOLLOW!** The studio is always looking for ways to improve teaching standards! We run feedback sessions and teacher workshops so **WE ARE ALWAYS DEVELOPING OUR SKILLS AND KNOWLEDGE**. Your Teachers at Bikram Yoga Five Dock are completely devoted to their learning and education to **BE THE BEST TEACHERS THEY CAN BE**.



**JOANNE**

**Started Practising:**  
2011

**Teacher Training:**  
2013

*Health is a state of complete harmony, body, mind and spirit.*



**GENEVIEVE**

**Started Practising:**  
2006

**Teacher Training:**  
2011

*Bikram Yoga is hitting the human transformation button.*



**ROWENA**

**Started Practising:**  
2003

**Teacher Training:**  
2005

*Yoga makes you, you! A lifelong journey of self discovery.*



**CECILIA**

**Started Practising:**  
2013

**Teacher Training:**  
2016

*What you think you become, what you feel you attract and what you imagine you create.*



**CAROLYN**

**Started Practising:**  
2003

**Teacher Training:**  
2013

*When the student is ready the teacher appears.*



**KASH**

**Started Practising:**  
2006

**Teacher Training:**  
2011

*Yoga is the journey of self, through the self, to the self.*



**JOSH**

**Started Practising:**  
2014

**Teacher Training:**  
2016

*The person who is not disturbed by happiness is certainly eligible for liberation.*



# WHAT IS BIKRAM?

*Bikram Yoga is a series of 26 postures and 2 breathing exercises with origins dating back thousands of years.*



## WHO IS BIKRAM?

*Bikram was born in Calcutta in 1946. Bikram was very young when he met his guru Bishnu Ghosh, the younger brother of Paramahansa Yogananda. Bishnu over many years handed down the ancient teachings of Hatha Yoga to Bikram.*

**THERE ARE HUNDREDS OF HEALTH BENEFITS OF BIKRAM YOGA. SEE PAGE 10 FOR DETAILS.**

FOR THOUSANDS OF YEARS, the discipline of Hatha Yoga has been handed down from master to disciple. When Bikram's guru sent him to Mumbai to teach Hatha Yoga to sick people, he found that there were more people who needed help than he could provide one-on-one.

He wondered if there was a way he could teach everyone the right postures, in exactly the correct order, no matter what their disease or condition.

This way he could teach people in groups. A very different approach from the ancient method of teaching one to one.

He researched the diseases and the postures, after many years of research and verification, he arrived at the sequence of postures.

The significance of the series is that no matter what condition you are in, what disease you may have, or how old you are, you can access all the healing and therapeutic benefits of the 26 postures and 2 breathing exercises.

**TAKE**  
*a tour*



## O U R F A C I L I T I E S

*Bikram Yoga Five Dock is a state-of-the-art heated studio. It has been designed to provide the perfect environment, 40 degrees celsius with 40% humidity.*

- Gas ducted system with ceiling vents to spread heat evenly throughout the room.
- Non Slip Anti Microbial Carpet - prevents slipping and maintains an utmost hygienic environment.
- Ventilation system that maintains continuous levels of fresh air in the room.
- Modern Amenities including spacious changing rooms, showers and hair dryer stations.





WE ARE

# Family

HERE, SOME OF OUR MEMBERS SHARE THEIR STORIES.

*Bikram Yoga Five Dock is more than a warm, welcoming environment - it's a place where people of various ages, backgrounds, sizes and skill level come together in the room, with individual goals but a common purpose.*



**RALPH**

**Started Practising:**  
2012

*Bikram Yoga has built up my confidence and self-esteem. It's made me realise how important it is to eat and drink well.*



**NICOLE**

**Started Practising:**  
2011

*Bikram Yoga has impacted my health, my relationships and career so much. I'm a happier and healthier person!*



**KATIA**

**Started Practising:**  
2012

*I was scheduled to have my thyroid removed. After a few months I cancelled the surgery and the symptoms disappeared. It works!*



**JAMES**

**Started Practising:**  
2012

*Bikram Yoga has improved my mentality, it has made me a better person. It's also helped me recover from sporting injuries!*



**CHELSEY**

**Started Practising:**  
2003

*Bikram Yoga has improved my flexibility, helped me through difficult times and most importantly keeps me present.*



**ADLA**

**Started Practising:**  
2012

*Bikram Yoga has helped me stand up straighter and with more confidence. I have transformed my body and mind for the better.*

unleashing  
the power of  
the mind

## THROUGH THE POWER OF BIKRAM

Often we start practising Bikram Yoga because we want to heal an injury, improve flexibility or lose some weight. Certainly, the physical benefits are achieved in just a few classes, but it's often the **mental and emotional benefits** that show up more than we ever expected.

A beautiful example is **Standing Head to Knee Pose**. We ask you to hold the posture for a full minute. On both the left and right side. And also ask you to repeat this and do a second set! You're surrounded by other students, a heated room, a teacher correcting you and giving you commands. During that minute **there will be many times you will want to give up**. Guaranteed you will fall in the posture along the way. You may even want to run for the door!

Often, the initial **reaction of your inner voice is to complain**. It will say 'its too hard ... it's too hot ... I'm too inflexible ... I'm too overweight!' Your teachers at this point want to congratulate you, as it means **the process has actually started**.

**The yoga is working and doing its job.** At this point in the posture, you have the opportunity to truly unleash the power of your mind.

You see, the resistance you feel is actually a blessing in disguise. **You hold more mental strength in your body than you can ever imagine.** Your job at this point is to release the negative thoughts, silence your inner critic and dig deep to send positive thoughts to the body. 'I can do this. Breathe. Keep going. Focus. Lock the Standing Leg. Oh, I had a fall. I'm going to get back in and give it another go.'

You learn over time that **everyone in the room is having an intense experience**. The posture is going to trigger deep sensations and inner thoughts. Whether you acknowledge it or not, **you do have a choice** in these moments.

The student working towards balancing on one leg in a heated room for a minute is learning how to be determined, focused and believe in themselves. They are **building new stronger beliefs and habits**. They are learning to move with intention and precision. The most beautiful part of the learning is the power has always been there within you.

As Bikram says, there is no point in having it if you don't know how to use it!






*the amazing*  
**EMMY  
CLEAVES**

# LESSONS FROM A 90-YEAR OLD YOGI

*Written by Audrey Holst and Diane Ducharme Gardner*



*Bikram gives you  
what you need, not  
what you want.*  
Emmy Cleaves

Emmy Cleaves is an amazing woman. She is the Principal of the Bikram Yoga College of India, she leads the advanced class at headquarters three times a week and her lecture on pain is one of the most memorable at teacher training. Did we mention she's in her 90's?

Emmy talks about the gift of pain – without it we would destroy ourselves. Think about it. Pain is the message that something in the body is off (could be as extreme as your hand on a hot stove or as small as a splinter stuck in your finger). If we ignored it, it could possibly turn into a much bigger problem (think about what would happen if you never took your hand off that hot stove)!

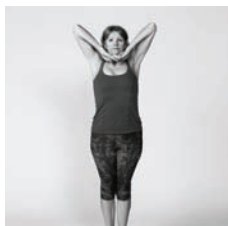
There is another level to pain, which is the pain that we reference in class. Ever hear the instructor tell you that your back is supposed to hurt? Or that your elbows are supposed to hurt? Or how about telling you to make sure your back hurts? When we start improving and changing the body, there is a lot of sensation that goes on with that. When the mind

first experiences this, it often freaks out and reacts as if the body was on a hot stove as opposed to just getting a good stretch. This is normal! Think about the reaction your body probably had the first time you tried Camel pose. Pretty dramatic, right? The trick is to go slowly and breathe and slowly teach our body that it is not experiencing the agony of stretching, but the luxury of release!

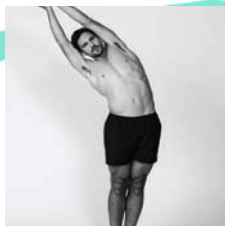
This is especially important when dealing with injury. It's important to bring the body into the room to facilitate healing. Heat + breath = increased circulation = faster healing time. If you want to alleviate the pain from your bulging disc, come into the room. If you want to get rid of the frozen shoulder, bring it in. As you move through the series, the trick is to start to recognise what kind of pain you are dealing with. The kind of pain that is telling you to stop? Or the kind of pain that is experiencing something it hasn't before? You will learn this over time with consistent practice. Go slowly. Be mindful. Practice yoga. As Emmy says, "yoga without mindfulness is just calisthenics."

*The quality  
of our breath  
expresses our  
inner feelings.*

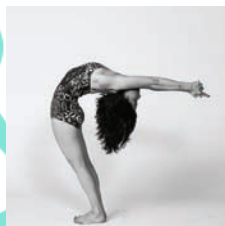
T.K.V. Desikachar



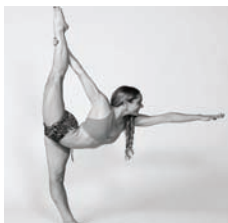
Pranyama Breathing  
Expand Lung Capacity



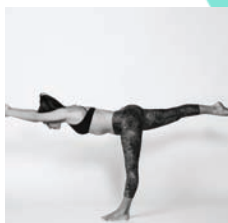
Half Moon  
Quick Energy & Vitality



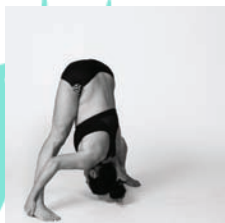
Back Bend  
Improve Spine Flexibility



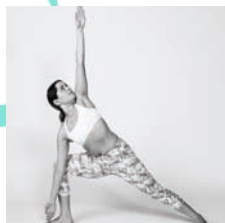
Standing Bow  
Oxygenated Blood  
to Glands



Balancing Stick  
Strengthens Heart

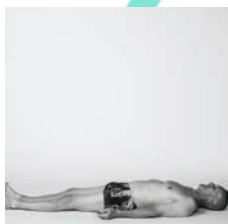


Separate Separate Leg  
Stretching  
Revitalise spinal nerves

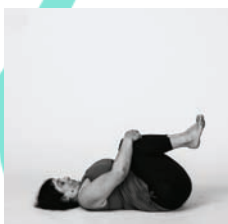


Triangle  
Improve every joint,  
nerve and tendon.

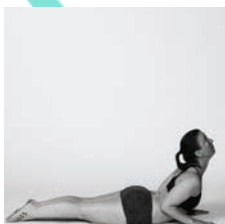
# THE AMAZING HEALTH



Savansa  
Complete Relaxation



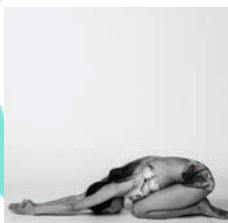
Wind Removing  
Detoxify Digestive System



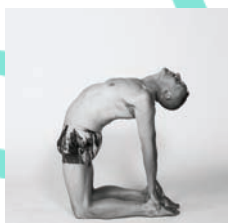
Cobra  
Relieve Lower Back

*Feel good,  
be good,  
and do good.*

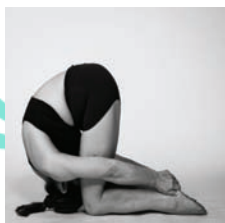
Yogi Bhajan



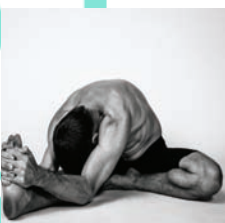
Half Tortoise  
Relieve Stress & Anxiety



Camel  
Lift Confidence &  
Self Expression



Rabbit  
Enhance Spinal Flexibility



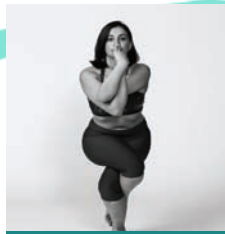
Separate Leg Head  
to Knee  
Better Kidney Function



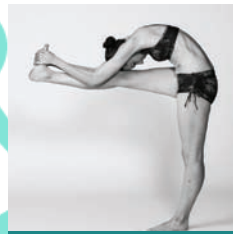
Hands to Feet  
Strengthen Legs



Awkward  
Improve Blood  
Circulation



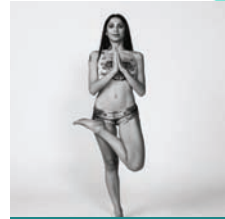
Eagle  
Space & Flexibility  
in Joints



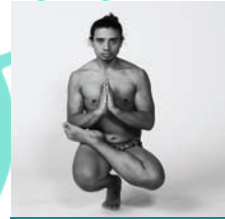
Standing Head to Knee  
Concentration  
& Determination



Standing Separate Leg  
Head to Knee  
Trim Abdomen & Waist



Tree Pose  
Better Posture & Balance

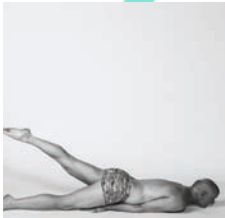


Toe Stand  
Relieve Gout & Arthritis

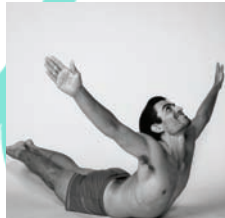
*Do your  
practice and  
all is coming.*

Sri K. Pattabhi  
Jois

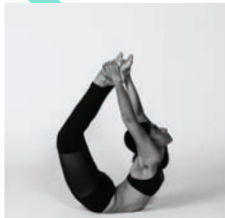
# BENEFITS OF YOGA



Locust  
Nourish Spinal Discs



Full Locust  
Build Upper Body



Bow  
Increase Oxygen in Cells



Fixed Firm  
Ankle & Knee Therapy



Stretching  
Nourish Liver & Spleen



Spine Twist  
Resets Nervous System



Kapalbhati Breathing  
Removes Toxins & Waste

*The greatest  
challenge yields  
the greatest  
possibility for  
change.*

Bikram Choudhury  
Sri K. Pattabhi Jois



# 9 MOST COMMONLY ASKED QUESTIONS



*Here, all you've ever wanted to know about Bikram (but were afraid to ask).*

## 1. HOW DO I PREPARE FOR MY FIRST CLASS?

- Bikram Yoga is **suitable for everyone, including beginners**.
- No bookings are required. Just arrive at least 15-20 minutes prior to class.
- It's so important to be well hydrated! Drink at least **2 litres of water** each day. **Make this a daily habit.**
- Avoid eating 3 hours before the class! Especially heavy meals.
- Bring a **towel, water and an open mind**. If you have a yoga mat, bring it in! Otherwise a mat will be provided free for your first class.
- Wear clothing that is light, comfortable and fitted. (Yoga wear, gym wear is great). Shorts should be above the knee. Avoid wearing baggy pants, baggy shirts and loose clothing. **Don't be shy, less is better!**

*It's normal to feel a bit overwhelmed trying Bikram Yoga for the first time.*

**It's always a bit scary doing something new.**

- Go into class with an open mind. It's best to **release any expectations**.
- Go slowly, just do what you can do, **listen to your body**. If you need a rest, just kneel down on your mat.
- **Focus on your breathing**, it's the most important thing. Always breathing in and out through your nose.
- You will see **men and women of all shapes and sizes** in the room! It's a very **welcoming and accepting environment!**

## 2.

## WHY THE HEATED ROOM? WHY 40 DEGREES?!

- When you start class, you will soon realise the air conditioning is broken! You are in a 40 degree room and may be asking why!
- The heat is a **crucial element to your practice** and is what makes Bikram Yoga so unique.
- When you exercise in a cold environment, you put a lot of pressure on your skeletal system and nervous system and can hurt yourself.
- Sweating is also crucial to your practice! **Detoxifying your body, eliminating many toxins.**
- With practice, you start to **focus more on yourself and less on the heat.** You will learn to love the heat and the benefits it gives you!



*In Bikram Yoga, you are changing the constitution of your body as you perform the postures. The heat allows you to do this safely and access your body on a deeper level.*

## 3.

## WHY IS THE CLASS 90 MINUTES? CAN IT BE SHORTER?!

- Bikram Yoga is very **mentally demanding**, more than any other series of yoga. The 90 minute posture series is purposely designed to rattle your cage! **90 minutes = transformation!**
- The first 50 minutes in the standing series is designed to elevate your heart rate, metabolic rate and warm your body up. This enables **healing, psychological and mental changes** to occur.
- The final 40 minutes in the floor series allows your body to continue with the healing process, as Bikram says, **this is where the “real yoga” begins.**
- If the class were shorter, you would deny yourself the opportunity to go deeper and make **transformative changes through both your body and mind.**
- Learning to **control the physical, you can then access the spiritual!** You cannot meditate when there is bats and cobwebs in the mind!
- Each class is a 90 Minute **open eyed meditation** - the only place to go is inward.

## 4. HOW OFTEN SHOULD I PRACTICE?

- As a beginner, just know **the more you commit and come to your class, the more benefits you receive**. This is why we have asked you to take on the “High Five Challenge” on your trial pass.
- **Yoga is cumulative**. Your first class is like you get 5 points in your body. If you come the next day, you get another 5 points. It's similar to accumulating interest in the bank! **Your body is always keeping score** and remembers everything you do!

*Consistency is the key! Your goal should be to build a regular habit to keep building up your score in the body.*

**You will see best results coming 3 or more times a week .**

- Stop / starting in your practice also isn't good. It sends mixed messages to the systems of your body. **Build your practice up slowly**, don't shock the system too much and you will feel great!
- It will require **commitment and some lifestyle changes**, but working through this and gaining a **consistent practice will have a lifetime benefit**.

## 5. WHY DO WE HAVE THE MIRRORS IN THE ROOM?

- Bikram calls it the ‘cosmic’ mirror. **A tool used for self discovery**.
- The mirror is sometimes confronting at first, but the **more time you spend looking at yourself, the more you build a relationship with yourself and fall in love with your true self**.
- The mirror will continuously ask, do you love me? Your answer to that question will evolve and get **more positive the more you practice**.
- The mirror also allows you to **teach your body, and work in your alignment**. It helps you correct and try your postures the right way receiving more benefits.
- You will observe and see **your inner strength reflecting back at you**. **Enjoy and trust the process!**





## 6.

## CAN BIKRAM YOGA HELP WITH INJURIES?

- Absolutely! The Sequence has been designed to **bring every system of your body into balance** as nature designed it.
- You must however **work mindfully with your body as your practice**, not dominate your body.
- The way to work with your body mindfully is to “try the postures the right way”, go to where you can in the posture trying the right way and hold it still.
- There is **nothing we ask you to do that would hurt or injure you**.

*Patience will be required when working with injuries,  
just one small step at a time.*

**Have a long term mindset, rather than seeking a quick fix.**

- Heat and breath = increased circulation = faster healing time.
- **Listen to what your body is saying.** Are you feeling the kind of pain that is telling you to stop? Are you feeling the kind of pain that is experience something you haven't felt before? You will learn this overtime. Go slowly.

## 7.

## WHAT SHOULD I EXPECT AFTER A CLASS?

- You might feel tired after class, this is absolutely normal and a good sign that your **body is cleansing**. Your energy levels should be restored to normal after several classes.
- You might find yourself feeling very energetic and having difficulty sleeping! Don't worry, this is **a good sign the yoga is filling you up with energy**.
- You might feel dizzy and nauseous during class. You are sending lots of oxygen to cells in the body that haven't been activated for a while, its all waking up! Just **allow yourself to feel the sensations in your body**, as this is an important of your Bikram Yoga Practice.
- Occasionally, you might experience a headache, chills or pins and needles during class. This could be early signs that you are dehydrated. You must **hydrate your body well and replenish your minerals**, especially your electrolytes. With a daily habit of good hydration, you will feel better in class.
- While you might feel stiff and sore after class, it's important to come back as soon as possible! **Your body is waking up and coming alive**, the longer you wait the harder your next class will be. **Get back to class!**

## 8.

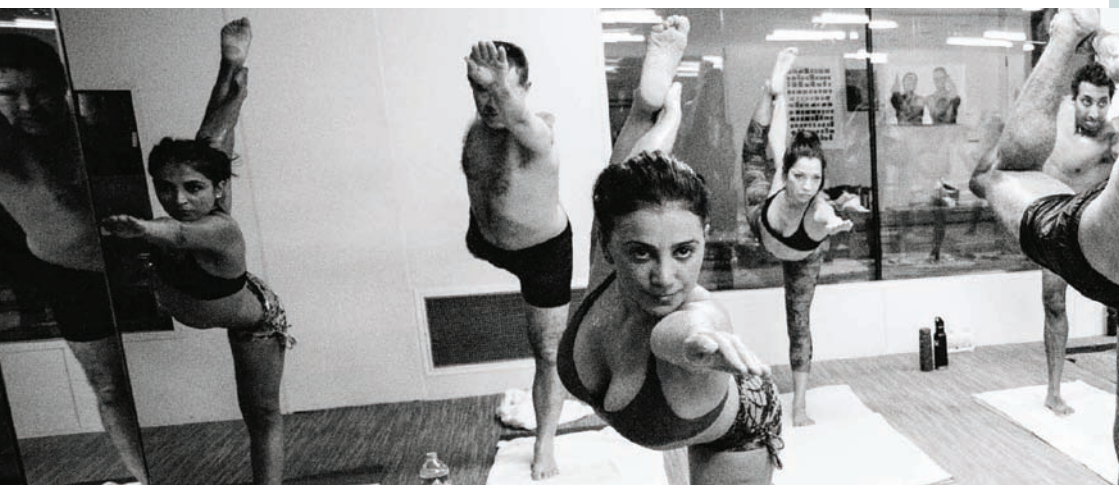
## WILL BIKRAM HELP ME LOSE WEIGHT?

- Absolutely! **If you need to lose weight you definitely will.** Everybody is different.
- If you need to gain weight, it will also help! Bikram Yoga **restores all the systems of the body to its natural, optimum working order**, including your metabolism and digestive system. This, in turn, will **restore your body to its ideal weight** for your body type.

*Remember, Bikram Yoga is more than a class. It's a lifestyle choice and it has the ability to impact every aspect of your life.*

**Bikram is a highly effective personal development tool!**

- You are also **conditioning your body, meaning you're trimming and toning** your abdominals, thighs, glutes and hips!
- Also, once your body finds its equilibrium, the food you eat will change. **You will be attracted to and crave much healthier foods.**
- With regular practice and the right nutrition, Bikram brings your body's systems into balance. You can **turn your body into a fat burning machine.**
- Weight problems are because of improper balance and functioning of systems.
- The more efficient the systems of your body, not only will you look and feel better, **you will change the story you have with your body.** You will look in the mirror and **see a person you love and respect!**



# 9.

## WHY DO WE ALWAYS PRACTICE THE SAME POSTURES TWICE IN EACH CLASS?

- The sequence of the postures you practice is just as important as the posture themselves ... it must not be altered!
- The first posture leads you to the second and so on until you have completed all 26 postures. It's a **complete health maintenance system for every part of the body.**
- The posture sequence is **restoring all the systems of your body to natural and optimum working order.**
- Also, you will notice **you get the opportunity to do each posture twice.**  
The first set stretches you out, limbers you up and gets your muscles warmed up. The second **reinforces all the hard work you've done and allows you to explore your body on a new level!**

*While the 26 Bikram poses might seem repetitive, you won't get bored. In fact, if you are practising regularly, your relationship with each of the postures will grow!*

- Remember to **stay strong and always try harder your second set ... this is where the results happen for most people.**
- The repetition also allows you to monitor your patterns in your body and mind! **You can then monitor the changes and feel your growth!**







# nutritional tips to help

## KICKSTART YOUR PRACTICE

### LIVE BY THESE 3 KEY PRINCIPLES:

**RECHARGE**  
*electrolytes are critical  
for water absorption  
in the body.*

**HYDRATE**  
*make drinking 2-3  
litres of water a  
daily habit.*

**COOL IT!**  
*choose cooling foods,  
reduce coffee  
and alcohol.*

Written by Rowena Jayne



**d**iet is such an important issue to address, especially when undertaking the dynamic, transformational, therapeutic style that Bikram Yoga is. Your diet and hydration levels will greatly impact not only your health, the way exercise does, but will also dramatically influence how you respond physically, emotionally, mentally and spiritually in yoga class.

One of the most frequently asked questions from our students is: 'What should I eat?'

It is very normal when undertaking a big life change, like starting yoga, to feel daunted by the signs and symptoms you sometimes experience along with confusion around what to eat and not eat.



Rowena is a leading Bikram Yoga instructor, author, naturopath, nutritionist, ayurvedic and western herbalist. She's available for private consultations.

# WHAT TO EAT    START SMALL, START SIMPLE

## PLANT BASED FOOD (80% OF MEAL)

Aim to have on your plate a variety of coloured fruits & veges. Also add seaweeds, sprouts, raw nuts, good oils (olive, macadamia, coconut), avocado, quinoa, brown rice.

## NON PLANT BASED FOOD (20% OF MEAL)

If you are non-vegetarian some food sources include - honey, fish, white meat (instead of red meat), eggs, bone broths.

## VEGETARIAN AND VEGAN INCLUSIONS

If you're a vegan or vegetarian you will need to be strict with your diet in eating a variety of foods, including seaweeds, blue-green algae, complete proteins (goji berries, chia seeds, quinoa). A B12 supplement may be beneficial

## WATER FOR MAXIMUM HYDRATION

A good place to start with hydration is 2-3 litres of water per day. Try adding a pinch of salt and 1/2 a lemon or lime to your water for additional electrolyte support and flavour.

## ELECTROLYTES

The major electrolyte minerals for hydration are: magnesium, potassium, sodium and calcium. Some good food sources include raw nuts, seeds, green leafy vegetables, seaweed, blue-green algae. A **supplementary source essential if you're practising more than three times a week.** (we carry a practitioner product at the studio that's of the highest quality).

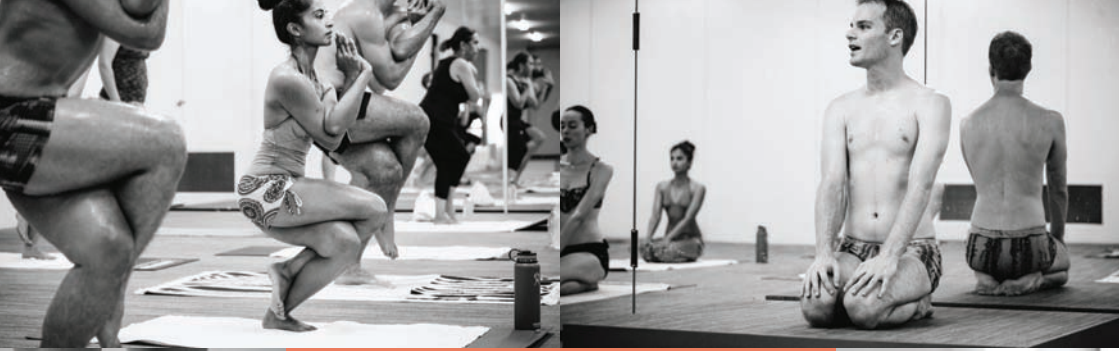
## FOODS THAT COOL THE BODY

You will feel better in the room favouring foods that cool the body. **Bitter Cooling Foods:** Endive, rocket, fenugreek, cacao, swedish bitters. **Sweet Cooling Foods:** Coconut, white grapes, peppermint tea, mint, dill, fennel, sweet pineapples, melons, almond milk, dates, whole grains (in moderation), rose petals, tea.



## FOODS TO REDUCE

Aim to minimise these foods in your diet, so you can feel great. Sugar, refined carbs, anything in a packet or a can, trans fats - margarine, any cheap basic oils, inflammatory foods (wheat, dairy, gluten), alcohol, coffee.



*"You are never too old,  
Never too late,  
Never too sick,  
Never too bad,  
To start from scratch,  
And begin again."*

**BIKRAM CHOUDHURY**

