

New Body and Mind

Lifestyle Retreats in the Tropics



AS SEEN ON



Monthly Newsletter February 2012

Message from Nino

Dear Friends,

Thank you for reading our February 2012 Newsletter.

We are happy to announce our newest addition, introducing the Essential Plus.

This month's newsletter is all in the spirit of caring for yourself and for your loved ones. With Valentine's day on the way, we offer a special Valentine Couples Promotion with promotions up to 15%.

This month has an additional page as we want to take the time to tell you Dave's story, who ventured into a 30 day weight loss program losing a record 22kgs ! Read all about it on page 2.

With the festivities behind us, it is the ideal time to do a detox and weight loss program, so what are you waiting for ... book your detox retreat now !

Enjoy ! Nino J. Lambert (Founder New Body and Mind)



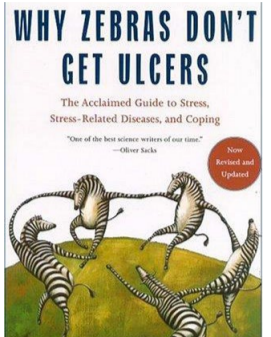
BOOK OF THE MONTH

"Why Zebras Don't Get Ulcers" by Robert Maurice Sapolsky

Also proclaimed as a "Guide to Stress, Stress-Related Diseases, and Coping"... The name stems from Sapolsky's insistence that wild animals are less susceptible than humans to stress-related disorders such as ulcers, hypertension, decreased neurogenesis and increased hippocampal neuronal atrophy.

Sapolsky focuses on the effects of glucocorticoids on the human body, stating that such hormones may be useful to animals in the wild escaping their predators, but the effects on humans, when secreted at high quantities or over long periods of time, are much less desired. Sapolsky relates the history of endocrinology, how the field reacted at times of discovery, and how it has changed through the years.

While most of the book focuses on the biological machinery of the body, the last chapter of the book focuses on self-help.



Weight Loss Tip

Stop Eating 3 Hours Before Bedtime

We have all heard that you should not eat after 7pm, the truth is that time of day is not the key - it's the length of time before retiring for bed. The best rule to stick to is to not eat within 3 hours of your bedtime. Eating late at night means that your food may not properly digest. This can cause morning gas and stomach cramps. Also it forces your body to use its energy on digestion, instead of resting sleep is to help you recuperate from the day. You want your body to be as relaxed as possible so you can wake up energized.



RECIPE OF THE MONTH LENTIL SOUP



Ingredients: 6 Celery stalks with some leaves, sliced thin ~ 4 Rutabagas, peeled and cut into chunks ~ 4-6 carrots, peeled and sliced ~ 1 large celeriac, peeled and cut into chunks ~ 5 or so sunchokes, peeled and sliced ~ 1 onion, peeled and chopped ~ 4-6 cloves garlic ~ 1-2 teaspoons olive oil ~ 3 quarts organic vegetable stock ~ 1 heaping cup lentils ~ tuna ~ juice from 2 lemons ~ salt and freshly ground black pepper to taste.

Preparation: Have a heavy skillet and a large soup pot on the stove ~ Put the soup pot on a back burner, put in the vegetable stock and bring it to a simmer, covered ~ Heat the olive oil in the skillet over medium heat and sauté the onions until they are soft ~ Add the garlic and sauté a few minutes more until the aromas come up and they are softly cooked ~ add to the vegetable stock ~ Add the lentils to the stock and cook for about 15 minutes until beginning to soften ~ Add the rest of the prepared vegetables to the stock and bring to a simmer ~ Allow to everything to cook gently until all the vegetables are tender and the lentils are done ~ Add the lemon juice, salt and pepper to taste.

The Benefits of Colonic Irrigation (Part 1)

Our programs include a daily self-administered colonic irrigation treatment.

As we see many clients receiving the information and demonstration of the procedure with mixed reactions, it is a very important part of the detoxification and weight loss program.

We will give a series of benefits in the coming newsletters to explain the importance of colonic irrigation.

Benefit #1 : Reduction of constipation

If one suffers from a poor diet or is deprived of the essential nutrients of the body then, the intestine line walls of the same person become lined with a plaque-like substance (mucoïd plaque) which is not at all good for health.

Colon cleansing not only helps out in removing the residue out of his intestine walls but will also allow the waste to pass off more freely.



THE BRIDGE POSE YOGA POSE OF THE MONTH

Begin on your back with your arms down by your sides, knees bent. Keep your feet flat on the floor, hip-distance apart and parallel ~ Press down on the inner edges of your feet as a way of hugging the inner thighs toward the midline, then lift your hips ~ Interlace your fingers underneath your hips and squeeze your arms as straight as your can. ~ Tilt to one side and then the other as you draw the shoulder blades together underneath you, this will help expand and open your chest, creating space in the heart's center for your blood to flow and your breath to travel. ~ Be careful not to pull the shoulders too far away from the ears, that can put strain on your neck ~ Avoid overstretching your neck by lifting your chin just slightly and smiling. This will soften the intensity of the pose, ensuring that you're opening up your heart, not just getting a good stretch

JASMINE TEA HERB OF THE MONTH



Jasmine is made typically with a combination of green tea leaves and jasmine blooms, both of which have been proven to be excellent in preventing disease, aiding in weight loss, combating inflammation, increasing energy and boosting one's thinking power.

The aromatic beverage is enjoyed the world over for its sweet scent and delicate yet distinctive taste.

Jasmine tea has proven to replenish the system with health-enhancing antioxidants called catechins and antigens which reduce inflammatory conditions.

Pomegranate juice A heart-healthy fruit juice

Pomegranate juice represents another of the foods recently touted for its health benefits.

In some clinical studies, it has been shown to be of significant benefit, especially in the prevention of heart disease.



THE ESSENTIAL PLUS RETREAT

Looking for comfort while getting great results in weight loss and body detoxification?

NBAM's Essential Plus Retreat is located a mere 5 minutes from our Essential Retreat in Lipa Noi on the island Koh Samui.

Boasting a variety of rooms to choose from, this retreat gives you all the comforts during your time off in the evening after following your detox, weight loss or rejuvenation program at the Essential Retreat.



Essential Plus offers spacious air-conditioned rooms, bathrooms with jacuzzi baths and shower, swimming pool, WiFi internet, swimming pool, gym and all facilities of a comfortable and luxurious 4 star retreat. (more on page 2...)



"You can set yourself up to be sick, or you can choose to stay well."

~ Wayne Dyer

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Benefits of Walking

Lower low-density lipoprotein cholesterol (the "bad" cholesterol)

Raise high-density lipoprotein cholesterol (the "good" cholesterol)

Lower your blood pressure

Reduce your risk of or manage type 2 diabetes

Manage your weight

Improve your mood

Stay strong and fit

Walking is a low-impact exercise with numerous health benefits. Here's how to get started.

Walking is a gentle, low-impact exercise that can ease you into a higher level of fitness and health. Walking is a form of exercise accessible to just about everybody.

It's safe, simple and doesn't require practice. And the health benefits are many.

Walking, like other exercise, can help you achieve a number of important health benefits. Walking can help you with :

All it takes to reap these benefits is a routine of brisk walking. It doesn't get much simpler than that.

And you can forget the "no pain, no gain" talk. Research shows that regular, brisk walking can reduce the risk of heart attack by the same amount as more vigorous exercise, such as jogging.

(continued : Essential Plus retreat)

Ideal for people that want to spend their time in Koh Samui, get healthy, make life changes... and all at very affordable rates, starting from 82,320 THB.

New Body and Mind now offers all of its Signature Programs with the option of the Essential Plus accommodation, so please don't hesitate to inquire about rates and availability.

Our Signature programs

Ultimate Detox, Weight Loss, Rejuvenation & Intensive Care

Herbal Supplements, Teas & Tinctures

Self-Administered Colonic Irrigation

Liver Flush Procedure

Yoga, Meditation and Exercise Classes

Thai Massage, Steam Bath & Sauna

Daily Workshops about Nutrition, Mind Management, Thai Culture & Cooking

4 Tropical Beach Front Locations

If you are interested in the Essential Plus retreat, then please inquiry today by filling out the inquiry form at <http://inquiry.newbodyandmind.com>



How a Detox Can Be Beneficial for your Blood

Most of our body detox programs last for 7 to 14 days. During that time, you will eat a specially designed diet, and you may have a list of approved beverages to consume. Supplements or special "cleansing" drink mixes are also included. After the end of the detox diet program, your body is considered to have been detoxified.

This process has tremendous advantages for your heart and blood.

Benefits for Your Blood

One benefit of a body detox is to help restore balance to the blood. Our detox diets include a lot of green foods or citrus fruits that help improve the liver's ability to purify the blood.

Also drink our herbal tea s for blood benefits, as the catechins in the tea are known to improve liver functionality and by extension blood purity.



Client Success Story

Dave Smith

30/12/2011 – 28/01/2012

30 Day Weight Loss Program
Essential Retreat, Koh Samui

Dave Smith is one of our regularly returning clients, always committed to getting good results. After doing a 30 day weight loss program, Dave reached a record weight loss of 22 kgs.

Sat on a plane flying from the UK to Bangkok thinking, "What am I doing? 30 days of detox, no food for 30 days, YES, days!

Looking down at the seat belt going "You're going to be too small for me soon!" and "these seats are tight".

Thinking back to first week in December saying to myself "You are going to feel really bad about yourself in January 2012..."

So now landing in Koh samui on the 30th of December 2011 3am in the morning, I hope this is worth it.

At New Body and Mind Retreats ... They ring a bell at 6.30am to wake you up, you meet up and of we go from a nice little walk cannot be that bad – "yep, it is 1 hour 30mins later"

Meet up at the restaurant area where they give you your supplements, colon cleanse formula, super foods, vitamins, fibers, juices..., which is about every 1 to 2 hours in between the activities.

Onwards to day 4, not feeling hungry one bit and 5 kgs down, WOW ! Forgot to mention my weight on day 1... 121.5kgs, really not happy.

Day 4 of the fast is "liver flush day", you stop taking everything at 1 pm (no supplements, no water, no vegetable broth after this time), at 4pm your first

dose of Epsom salts, then another dose at 6pm...

In the morning, I weight myself and had dropped another 3 kgs. Felt light and good clean.

On day 7... 10 kgs down, exercise and training feeling better, slowly but surely over the next 10 days, the weight slowly came off.

On Day 21, I had to go to the doctors to have my blood tested for the 3rd time...! When you are doing an extended fasting and weight loss schedule, it is important to follow up your blood's status, so that's what we've done every week. Got results back on day 23, as all my blood levels were low, I broke the fast and had my first meal after 23 days. Weight loss up to that day was 19.5 kgs !

As I was determined to lose more weight, even after breaking my fast, I stepped up the training, only feeling the odd few cravings, that's it, really sounds hard but not that hard as long as you just keep to the program...!

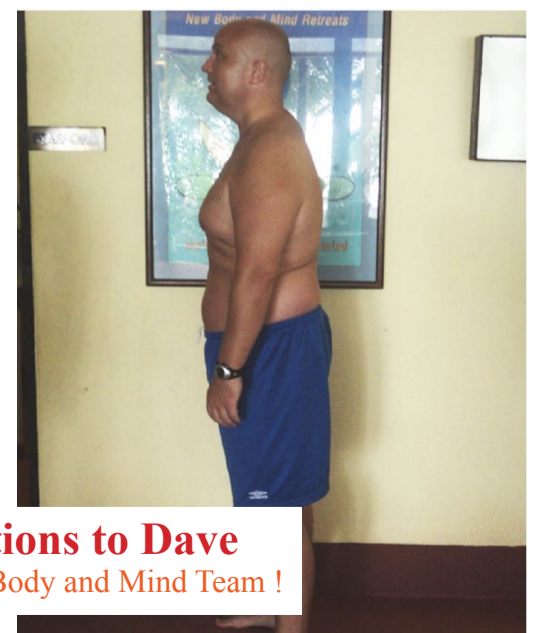
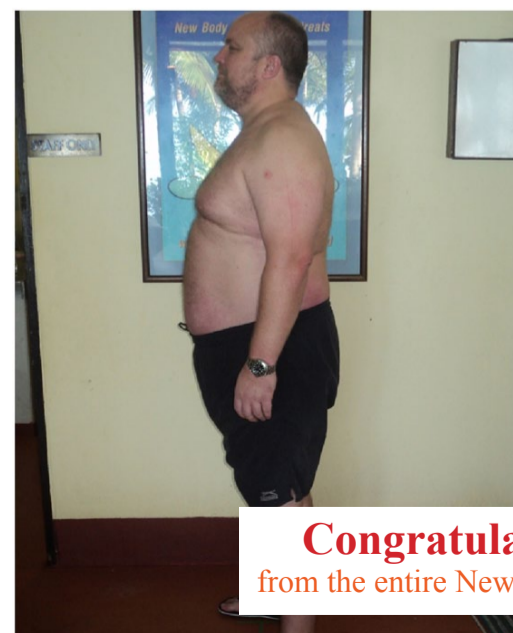
Day 30: end of my stay, last weight in, 22kgs lost, gone forever..! 2.5 kgs lost over the last week when I was eating !

How do I feel ? Very clean, lighter, full of life, nothing seems too much .. Can face life full on .. Birthday in July... My goal weight 85 kgs, happy days !

P.S. plane seat feels like club class ! Loads of room & seat belt is a walk in the park, easy fit..

If you fancy a detox, my advice would be stick to the program they give you at New Body and Mind Retreats, it will work... The staff are worth their weight in gold..! Get yourself a good pair of trainers and some good books to read !

Happy detoxing and good luck !
Dave



Congratulations to Dave
from the entire New Body and Mind Team !