

Define Yourself

health and career coaching



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“Healthy is as healthy does” This retreat at the Ojai Valley Inn May 8, 9, 10 is designed to expand your senses and create a path for change. Visit www.defineyourself-coaching.com/secondarypages/classes.html for more.

Simple Truth

“There is no secret so close as that between a rider and her horse.”

-Surtees circa 800 A.D.

Healthy Body and Soul

NEW PAGE

“Health Links”

[Click link](#)

<http://www.defineyourself-coaching.com/healthybodysoul.htm>

Why think like a Horse?

By entering the horse’s world of natural instinct, away from our human self-absorbed focus, we increase our empathy with the greater universe.

The domesticated horse, like the cat, does not deviate much from its original design, unlike the human species. Horses do not become egocentric or self absorbed. They exist true to their original form just as nature had intended.

The fabled centaur, half man, half horse, represents an attempt to harmonize our human and non-human traits, perhaps our light side and our dark side. Getting in touch with our animal sense can allow us to be as forgiving as our equine friends.

Our narcissistic focus on our selves, and our problems, to the exclusion of everything else, reinforces our modern plague. An equine connection makes us look deeper into our own heart by observing and respecting the splendor of nature and the simple natural way the horse has of being.

The sheer physical grace and power of the horse commands our attention and evokes a level of quality of experience.

Horses act as larger than life size mirrors of who we are being in the world. They are like an antennae reading without bias the signals we send, whether we are conscious or unconscious of our transmissions.

Horses make us think about the “source” of all of nature’s beautiful perfect creatures. They inspired us to be more spiritual, intuitive, deeper listeners and thinkers, less aggressive, and more sincere.

Equine relationships take nurturing and time. Coming from patience, respect and timelessness, we establish connections. The more you give of yourself the more you receive in return.

Distinction:

Attraction vs. Seduction

Attraction One attracts by being in sync with goals and values, by getting needs met and by present living, and by being whole.

Seduction is the act of over promising, the siren calls, the lure of the pleasure without the foundation for its support.

Tools:

Healthy is as healthy does

Come treat yourself to two days and three nights of

- Daily guided morning exercise
- "Living Health Conscious" workshop
- Daily instructional trail rides
- "Being Extremely Selfish" workshop
- Daily one hour art class
- "Healthy Foods For You" workshop

For program schedule, fees, what to bring, and directions visit:

<http://www.defineyourself-coaching.com/secondarypages/classes.html>

Now it is Functional Food.

Last week after reading the New York Times article "Unhappy Meals" I was mad as hell about the hype that sold us nutrient dense foods. This week, in a fitness publication, I am exasperated by the propaganda for functional foods.

Is it any wonder that Americans get fatter and fatter as they become more and more food confused. The minute scientists, journalists, or our neighbors tells us that blackberries made the American Journal of Clinical Nutrition list for having the highest antioxidant level per serving, we have a need to buy blackberries.

Did you know that sterols were recognized by the National Cholesterol Education Program, in their Adult treatment 111 Report, to impact risk of CVD? Would I recognize a sterol?

Enough already. We are out of control and allowing our ingestion to be dictated by the latest capitalistic, big money marketing trend. All large businesses can, and most often do, conduct studies supporting the validity of their product. While these tests may be valid, in that they measure the content accurately, for example, water that actually has one drop of O₂ in its bottle, is there any transferred value? Can that one-drop change my life. The predictive validity is sketchy at best.

Even if the predictive validity of that one-drop of O₂ proved itself, how on gods plentiful earth are we going to get all the hoopla stuff in us, by overeating?

Let's get back to the basics as suggested in the Times article by Michael Pollan. Eat real food. Not too much, and mostly plants. Eat the food that your grandmother would recognize.

Remember the food guide pyramid with the pictures of known fruit, vegetables, grains, milk products, meat and beans; perhaps this is a good place to revisit.

The USDA in its effort to clear the muddle about what to eat has revised the pyramid. See <http://www.mypyramid.gov/index.html>.