

Sunny's Tips-n-Tricks for Health

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Several people have asked me to put to paper some of the things I have learned in recent years. You can use this as a guide to improve your physical, and eventually, mental well-being. There are many people who would like for modern medicine to find the cure for their current physical malaise, whether it be the common cold or cancer. From what I have read and, more importantly, experienced, there really does not seem to be such a thing as a cure, just a suppression of symptoms, and, consequently, a lack of understanding of the real problem. For example, if you have a cold, it is the body trying to tell you that you have a build up of toxins, and needs rest, so it can heal itself. It is not looking for a hot bowl of your mother's chicken-noodle soup! So, not only did we not cure the cold with the chicken soup, but we further aggravated the situation by adding more toxins to the body. It may have made us feel better for the moment, but this is just temporary. Whatever it is that caused the cold, will be back again, and it's not a virus we're talking about here!

Daily we are bombarded with data about what we should and should not do; eat, sleep, exercise, work, play, etc. As an engineer, I know that this is not *information*, since *information* is defined as *useful data*, and most of this stuff is not useful! *Research* is never holistic; it is the result of piecemeal studies done by disparate groups, each with their own agendas, always trying to prove a point. The results may seem *promising*, but, sooner or later, recognized as not much more than the legendary snake oil. E.g., yesterday Study ABC on the benefits of Vitamin X states that it is good for such-and-such ailment. Tomorrow, another Study DEF shows that too much of Vitamin X causes something else, which, of course, can be *cured* by taking Vitamin Y. Each study comes from a reputable university, but is usually, *conveniently* funded by some pharmaceutical company or the other; most likely the marketers of Vitamin X, or Y, as the case may be. Humans are holistic beings, so how can we separate the effects of external force (therapy) from one part of the body to the next. What is considered a *positive* result in one area due to a therapy will consequently be found to produce a negative reaction in another. These are usually, considered to be *acceptable levels of failure* of the therapy!

Of course, there are many things out there that one can use to manage our health. I do not mention them here, as I don't have any experience in them. But, please do go ahead and experiment on yourself! Here you will find a more holistic approach of prevention, rather than a litany of methods of how to cure problems. It is important to not think of the suggestions provided here as a weight loss or exercise program, but rather, a more natural way of living.

Also, remember that a lack of disease does not necessarily mean good health. One may not *look* sick and may function *normally*, but internally there may be problems which will surface in the many manifestations of disease categorized by the medical community. This is why when certain diseases appear, they are already full-blown; the body appeared to be functioning normally on the outside, but inside havoc was being wrought!

Exercise

Taking up some sort of physical exercise is essential to living a healthy life. Whether it is yoga, working out, walking, running, biking, whatever, as long as it is physical, and energetic, even for 20 minutes each day. Do something; just don't do nothing! Yoga is a great place to start, and there are different types to suit your needs; Iyengar, Ashtanga, Bikram, Kundalini, Bihar School of Yoga; basically any type of hatha yoga. The most important and only thing to remember is that if you do not do it consistently everyday (okay, you can take Sundays off!), then you are not helping yourself very much. Physical problems will occur, with the stresses of daily life. This builds up, until you end up with something dramatic requiring medication or worse, surgery. Remember, prevention is much better than the cure! Doing physical exercise will reduce the intensity and recurrence of these problems, allowing you to better handle the ups and downs.

Nourishment

Being unhealthy and putting on weight is very easy. All you have to do is eat unhealthily and not exercise (and work too much!) Keeping healthy and losing weight is the difficult task. Keeping it off is even harder. You have to completely change your mind set. Meaning, if you are not willing to do this for yourself, then you might not want

to try changing at all, which basically is the situation you are in right now. You may not be ready for change, but the fact that you have received this information through asking, means that internally there is some need, so don't shy away from the change!

Unfortunately, modern man and his marketing and media campaigns are only geared to making money promising *health and beauty*. Apparently, it is not working very well for most people, as more and more of them head towards obesity. A majority of the people on a *diet* and/or *working out* are really doing it to keep their weight down and to look *good*. This may sound great, but being a lean-mean-fighting-machine with tight buns, is not what it's all about! They consume highly concentrated or processed foods touted to be good for their health, one better than the other. This is very unhealthy for the body. Products that are manufactured are by nature unhealthy and poisonous to our bodies! They have to be marketed for people to buy them. On the other hand, nature does not need to market her products, since we know from our natural instinct that they are good for us in their unaltered state. If nature wants us to have *better* products, she will provide them to us.

I have learned most of the following from The Health Awareness Center (THAC) in Mumbai (Bombay), a small grass roots organization, which was started around 1988 by Dr Vijaya Venkat (PhD in Nutrition). In short, she questioned the system and determined that most of the information provided to us by companies, experts, governments, etc. was always motivated by an agenda, and therefore could fundamentally not be trusted. She was not suffering from paranoia, as she experimented on herself and her family and determined from her *own* experience, what was good for our bodies. A lot of the information provided by them is based on Natural Hygiene, with an Indian twist! In addition to this, my experience with raw food has also led me to modify a few things that they do.

The Theory Behind It All!

One of the main premises of Natural Hygiene is that humans are not omnivores. In fact, we also are not grainivores. We are basically herbivores or fruitarians. This means we are supposed to be eating fruits and vegetables and nuts and seeds have been added to the fray as well!

The body tends towards alkalinity; meaning if the body was tested using a piece of pH paper, it should appear above 7.0. When foods are consumed they leave an ash-like residue in the body. This residue is either acidic or alkaline. This is not the same concept as acidity, when a person is referring to uneasiness in their stomach after eating rich foods, although the result of eating these foods is causing the earlier-defined, ash-like residue left in the body to be acidic. Fundamentally, raw foods leave an alkaline residue and cooked foods leave an acidic residue. Therefore eating raw foods is the better way to go, but this can be very hard to do in this day and age. Please note that nuts tend to be acidic in nature, so should be kept to a minimum as well. Raw fruits are considered to be cleansers and vegetables, the builders. Eating large amounts of fruit will cleanse the body of toxins and mucus, while vegetables provide the building blocks for muscles.

A cereal can be defined as any food that needs to have water added to it [primarily, to cook]. Cereals have a mucus creating effect on the body. If possible avoid them. If you must eat cereals, try to eat only one type at each meal. Mixing of cereals should be avoided as much as possible, or entirely. Therefore, traditional combinations of dal (lentil soup) with rice or chapatti (Indian flat bread) should be avoided, instead combinations of rice/chapatti with cooked vegetables, or a dal-based vegetable soup can be used. Curries based on coconut or nut milks can also be substituted for dal. Multi-grain breads and all boxed cereals no matter how organic should be avoided. Amongst the commonly used cereals, wheat creates the most mucus in the body, followed by legumes like soybean. Brown rice, millet, and sorghum have a much lower mucus creating effect and should be used instead of wheat, if a cereal is to be consumed.

What to Eat?!

So, here is a quick run down of what *you* can do from a food perspective:

Breakfast (waking till 12 PM):

- All the fruit you can eat. 1 Kg (2 lbs) minimum. E.g., apples, apricots, avocado (only if ripen and tasty), blackberries, cherry, cucumber, figs (green/violet), grapes (green/violet), kiwi, lemons, limes, mango,

olives (without chemicals...), oranges, papayas, peaches, pears, persimmon, persimmon, pineapple, plums (red/yellow), pomegranate, raspberry, strawberry, tangerines, tomatoes, melons (water, musk, honeydew)

- Be creative, eat what you like, and sometimes things you've avoided in the past!
- If you have problems with gas, try to eat one type of fruit at a time; not fruit salads. Wait a while between each type of fruit.
- Eat lots of grapefruit and other citrus fruit, as they *cut into* the fats you have eaten, and reduce weight.
- Try not to mix citrus and pulpy fruit. Eat citrus fruits first, wait a while, and then eat the pulpy ones.
- If possible eat a meal of fruit at one sitting, and try to digest it before eating your lunch.

You may experience one or more bowel movements from the fruit in the morning; this is a good thing!

Lunch/Dinner:

- To ensure you are eating enough fruit, eat some before your meal.
- 25-100% salad. It can be as large as you like. Your body will tell you when to stop eating; it knows better!
- If necessary, eat a small amount of cooked food; preferably brown rice, steamed potatoes, yams, other vegetables, eaten after the salad. Mix if you wish as well. Enjoy it!

Snack between Lunch and Dinner:

- Small amount of fruit; couple of apples, pears bananas, etc.

Salad Recipe (now world renowned!):

- 1-2 stalks of celery (contains lots of natural minerals/salts).
- Half a capsicum (red, orange, yellow).
- Large handful of lettuce, kale, spinach, large green leafy vegetables.
- Handful of raw nuts; preferably one kind only. You may, in water, soak overnight, nuts with brown covers, like almonds, walnuts, Brazil nuts, hazel butts. Remove the coating if possible; easy with almonds, not with others.
- Sprouts (mung, channa, matki, soybean, etc.)
- Finely chopped ginger, if you like it raw; helps with digestion!
- Sea salt to taste.
- Squeeze ½-1 lime/lemon.
- Half a tomato (adds the liquid to the salad).
- Half an avocado; makes the salad creamy.
- Add 1-2 dates chopped up, or raisins, figs, apricots, any dried fruit.
- No need for salad dressing; sometimes I add a little RAW honey.
- Other raw things to put in, if you like, cauliflower, broccoli, fennel, raw green beans, carrots.

The salad should look large enough to feed 2-3 people. This is what I eat at a sitting. Put in a large water-tight glass, or plastic container, and shake vigorously. Let sit for a while, if there is time; it tastes much better after a few hours, and the skin of the nuts are also softer. Having all these tastes in one meal helps your body not crave things outside of meal time.

Lime Shots

THAC recommends what are referred to as lime shots. A lime shot is the juice of 1-2 limes squeezed out with one of those orange juice squeezing devices; basically completely. Depending on how much you need (weight, how you eat, etc.), you can take a shot before and after each meal. If you are thin, keep the lime to a minimum. If you are

eating out or not very healthy, make sure to take one before and after the meal. If you are eating primarily healthy, home-cooked food, then at least have a shot after your meal. You may drink it by itself, or with a little water; but no sugar or salt. In India, people drink sweet or salty *limboo pani*; this is *limeade*; lemonade made with lime, with either salt or sugar. This is not necessary; just follow with a mouthful of water, which will make the mouth sweet. If you find it too strong, then feel free to mix with half a glass of water.

If you have Gastro esophageal Reflux Disease (GERD), acid reflux, heartburn, gas, bloating, or any other gastrointestinal discomforts then you most likely have a large amount of gastric acid build up, usually caused by eating badly and mixing different types of foods. Most people will do the following:

Drink Water	May help, but usually increase pressure in the stomach; GERD can get worse, because the higher pressure causes more leakage.
Drink Milk	Old mothers tale that milk is alkaline and will neutralize the acid. Milk is alkaline outside the body, but acidic inside!
Antacid	Works temporarily, but causes dependency, and the idea that you can eat whatever you like without caring for your body.
Prescription Drugs	Causes dependence to strong pharmaceutical drugs (chemicals) whose long term side effects are generally unknown; some recognized ones are memory loss and tiredness. By the way, http://www.GERD.com is sponsored by the pharmaceutical giant AstraZeneca!

THAC recommends a *lime shot*. Medical doctors will tell you that taking citrus fruit is an absolute no-no for people with these problems. This is absolutely incorrect! Like the old mother's tale about milk above, lime has the opposite effect as well. It is acidic outside the body, but very strongly alkaline inside. So, when you have one of the problems cited above, which most people would after a cooked meal, then a lime shot is the way to go. Try it for yourself and see the results!

Note: *If you are out and about, and are unable to find a source for a lime shot, then suck or chew on ¼ or ½ of a lime after your meal. Lime, or in the West, lemon is common on restaurant tables and can easily be requested. In India, you should always be able to get a limbo paani (lime water) without water, salt or sugar!*

Juicing

If you like vegetable juices, then the one juice recommended by Dr N. W. Walker (he lived to be 107!) in his book *Raw Vegetable and Fruit Juices* is carrot-spinach juice; it appears for all sorts of maladies. Make sure that the vegetables are organic and add small pieces of ginger and lime/lemon for flavor. To make the juice even sweeter (spinach makes it sweet), you can also add a handful of wheatgrass. Don't mix too many vegetables together, as well as *always* strain through a fine strainer before drinking. A lot of the vegetable fibers (bulk) still comes through the juicers, and takes very long to digest. Consume juices before a meal, on an empty stomach.

In General

- Always try to eat organic, live foods. If organic is not possible, then buy produce that looks good, not dehydrated due to transportation, and generally old-looking.
- Just because a processed product says organic, does not mean it is good for you!
- Eat more fruit. You cannot eat too much, or enough! There are many people who have only eaten fruit all their lives (fruitarians), so fears of dying are unfounded! Since most of us will not be going to this extreme, eating more than we normally do is a good idea.
- Always eat a raw salad with your meal (lunch/dinner), 25-100% if possible.
- Eat all kinds of nuts RAW (try to avoid blanched/cooked/salted; they are usually sweet anyway); almonds, cashews, hazelnuts (filberts), brazil nuts, pine nuts, walnuts, pecans, macadamia, etc. Peanuts are really legumes, and can be eaten raw, but are not recommended.

- You can also keep your nuts separate from the salad, and eat them first on an empty stomach.
- When you do eat nuts, which are more acidic and mucus generating then eat green leafy vegetables to bring the body back to an alkaline state.
- Instead of drinking a lot of water, use small amounts of water, if needed, or better yet, eat an orange or other fruit, they all contain water.
- For weight loss, lots of orange juice (not the stuff with sugar in it), and ample lime shots (see below).
- Cut out all milk products. If you feel you have to (why?!), occasionally drink a little raw, organic goat's milk, or its cheese. If you already have respiratory issues like asthma, or constant nasal drainage (excessive bodily mucus), then avoid milk at all costs, and these symptoms should abate in a few days.
- The same goes for eggs. The white (albumen) in eggs creates much mucus in the body.
- Eat sprouts in your salad. If you have a problem with gas, steam the sprouts slightly.
- Try not to eat spicy foods with cayenne pepper, etc. The creation of mucus (runny nose) helps to protect the body from damage, and is an indication that the plant is not meant to be eaten. Children instinctively don't eat spicy foods. They are only trained to do so by their parents force feeding them over time.
- Sesame seeds are an excellent source of calcium. Eating about a tablespoon worth each day will give you more absorbable calcium than any other source including dairy and soy products.
- If using honey, get RAW honey, and do not heat it in any way, as in cooked or baked recipes. Breads with honey are not good for you, as they coat the insides of your intestines with a gooey mass that inhibits digestion. Cook honey and see what happens to it!
- Avoid processed foods as much as possible; white rice, bread, crackers, candy, salt, sugar, preservatives, oils, etc.
- Try to reduce wheat intake, especially white flour; bread, pasta, pastries, cookies, biscuits, etc. It is the #1 weight gainer and mucus generator!
- Cut out white sugar completely. If you need a source of sweetness, use unsulphured blackstrap molasses, or *jaggery* (*gur*) instead, but remember these are foods created through a manufacturing process.
- Stop eating table salt (NaCl), and get sea salt; it has between 20 and 80 minerals, depending on what region it is from. I don't know about *kosher* salt; hey, maybe, it is harvested by a rabbi-by-the-sea! A good source is <http://www.celtic-seasalt.com>, but you can also get the same stuff at your local natural foods grocery store. Try to get the grey, wet harvested sea salt, not the clean, white stuff! You may also want to carry a little bag with you when you go out to eat. Rock salts work as well, but try to avoid anything that pours easily, as it has been heated to about 1500° C to create the flowing effect of packaged salt.
- Eliminate soft drinks, coffee, tea, sugared fruit juices, etc. These have chemicals and artificial sugars your body can do without.
- Try not to eat an excess of soy products like tofu, etc., since tofu has a highly acidic effect on the body. Asians tend to eat too much of this, although *they* do say, eat all you can!
- If at all possible, try to be quiet when you eat; no reading, TV, conversation, computers, games, etc.
- Try to eat dinner before 7 PM or sunset, so the body has some 8-12 hours to digest, and assimilate the food you have eaten.
- Do not eat fruit after your meal, especially, bananas, melons, papayas, or any pulpy fruit. If you have to (why?!), then stick to citrus fruits like oranges, lemons, or limes.
- Best way to not eat something is to not buy it!

Starting Off

This is what I am recommending for you to start your journey in whatever direction you are going to go. Right or wrong, whatever it is, you will figure it out!

Understanding

Most importantly, realize that you are doing this for yourself. Try not to make a big thing out of it. Don't tell anyone what you are doing. Just learn to eat and treat your body correctly, and keep quiet for right now. This is for your personal edification, not anyone else's. Do not let the satisfying of other people's egos be to your detriment. Meaning, don't eat just to make someone else feel good or important. I take my own food to friends' houses when I go; they get used to it after the first few times! If needed, you can ask them not to make an issue of it.

Your body will thank you, by becoming happier and your mind will be clearer! It is far easier than most people think it is. Once you do it, you have won the battle. Things are more difficult to do when you are not doing it. Once you have done it, then you know how to do it, and it is not difficult – stating the obvious here! This is not difficult, and, subconsciously, your body will know you are doing what is good for it, and you will be content in a day or two.

Support

One of the most important things is to have someone to provide the support. Most spouses are not usually supportive right away. But, remember everyone is capable of changing at least the way they think. They may not follow what you are doing, but may end up at least supporting you in the long run. This definitely does not happen overnight or over months. It took you a long time to decide to make a change in your own life. Chances are it will take longer for them to even support you! So, you need to have someone from the outside. You can contact me here in the USA. In India, you can get in touch with some of the people there; we are more than happy to help out. Changes like this can be overwhelming, and having someone to reinforce what is provided here, as well as bounce ideas off, helps tremendously. I have been through this a few times myself, as I have changed things in my life and helped others in their journey!

First Few Weeks

To start off, I recommend eating fruit for 3-10 days. It is much easier to do than you think. Society puts far too many requirements on what we should and should not do, which is what makes it hard. Also, all the requirements for protein, carbohydrates, etc., just create more confusion in the process. Ignore this information. I have done my best rock climbing, eating just fruit all day!

If you can, start with eating just fruit only. No more drinking, eating out, etc. for the next tens days. Try to reduce your TV, reading, etc. Rest as much as you can, and even at work, try to be quiet; hey, you'll appear contemplative and wise! This will help to clean out and detoxify your system. I would suggest getting a large red water melon or two. You will eat only this for 2-3 days. Cut up what you need, and put the rest in the fridge. If you are going to eat it the next morning, leave it out on the counter overnight, so it is at room temp in the morning; cover with plastic wrap. You will, more than likely, have some intense bowel movements. Be patient, the junk is just coming out!

Sometimes in the first few days, there may be what is commonly referred to as a *cleansing reaction* or *healing crisis*. This is the body's way of telling you to relax and get some rest. Heed its warning. Basically, when we get sick, it is our body providing us a built-in signal saying the very same thing, but we avoid this signal due to fear and medicate ourselves to reduce or get rid of the symptoms. Often, we resort to surgery to *remove* the problem! Therefore, a healing crisis can manifest itself in many forms; any and all forms that the body uses to show other *diseases*. E.g., headache, fever, giddiness, mild to severe cold symptoms, vomiting, elevated heart rate, sweating, skin eruptions, dark urine, excessive bowel movements, flatulence, and many more! Let the healing crisis continue. Do not be afraid, it will pass! If needed, you can eat some watery vegetables or have green juices to assist the process, although it will slow down the cleansing process.

Following the water melon, pineapple (let sit for a couple of days to ripen), grapes, grapefruit, oranges, (forget what you have not liked in the past; it is irrelevant in this new context!), mangoes, peaches, nectarines, bananas, apples, pears, strawberries, blue berries, etc. These are just examples, so try to find more. No dried fruit right now. I would take lots of fruit to work, and eat as much as you like for these 10-15 days. Eat whenever you are hungry; this may be between 30-90 minutes. If you can, try to eat one kind of fruit at a time, wait a while, and then eat a whole lot of another fruit. You can drink a little water, but you may not need it, as you will urinate a lot as well;

most fruit is ~90% water. Try to eat everything at room temperature, if possible. When you shop for fruit, buy in large quantities!

If you are going to go somewhere, eat lots of fruit before you go and on the way, and then when you are there, either eat your fruit or salad before you go, and eat just a little bit of what is offered. Declining to eat entirely is not out of the question; you can either offend the person offering you what they think is *healthy*, or offend yourself later from the consequences! It's up to you! If you do end up eating out, then before you eat, take a lime shot, and definitely after the meal as well. It will dissolve the indigestion caused by fats, oils, and other things that are not good for you.

After the Fruit

After these first couple of weeks of just fruit, switch to eating fruits and vegetables, to further clean you out, and to bring nutritional balance back to your body. Later on, if you like, you can transition to eating cooked foods as prescribed above with regards to the salads, cooked vegetables, and cereals.

Thoughts

The following are some general thoughts of which some or all may apply to you:

In the world today, most people feel they do not have control of their lives, whether it be the running of a household, a business, the money they have to make, the schools they attend, the air they breath, the water they drink; basically, everything! The one thing they feel they have control over is the food they eat, because they have full control of feeding themselves. Meaning, that because people feel this is the one thing they have control over, it is something that no else should dictate, and any external pressure opposes the desperately needed change. Also, food is seen as a form of pleasure; it has to taste good, and should provide pleasure when eaten. But, in this day and age, the taste and content of the food we eat for these reasons, is determined mostly by large corporations supplying processed foods that don't have much nutritional value to them and are actually harmful to the body. So, to gratify these pleasures, we end up abusing our bodies, and filling them with all sorts of manmade substances. Subsequently, we don't really have control of this one thing that we have held onto! Therefore, we need to take control of what we put into our bodies, by getting away from *dead* processed foods, and move towards live, healthy, natural foods.

Also, please don't blame your spouse or other family members for cooking/eating the way they do; this is the way they were brought up, and it has worked for them. They may not have the same problems you have, and regardless of what we think is happening we make all decisions for ourselves. You don't have to eat what is put on the table, if you truly believe it is not good for you! If you don't want to eat what is provided and you don't do the grocery shopping, give your spouse a list of things to buy at the store, and then you can prepare yourself, or request that they do it for you. In the end, it is up to you to create the environment to succeed in. Stop whining!

Forget how you have liked to do things in the past, and just follow the instructions provided. Most times, what one has done in the past has not worked health-wise, so try not to improvise, or second-guess the new approach. You will improvise when you have a better understanding of what you are doing for yourself. It is a learning process and takes time just like anything else, so experience it first, and then modify it to your own needs.

Don't think too much about how hard it is going to be, but rather, how much better you *might* feel after trying it. It's a leap of faith! You have to have faith that there is something better *and* that you are going to do something for *yourself* to get there.

Change

Whenever we believe we need to change, especially when we are considering food, this change has to occur at the moment the thought comes to our mind. It is not something that can wait for the next break in our lives. When you get sick, the body does not wait for an opportune moment for it to happen. In fact, it usually happens at the worst times! So, if you are going to make a change, then make it when you have decided to do so. This way, when you are under pressure to make other changes in your life, you are not predisposed to do it at the *best* time. The *best* time to do something is when it occurs to you!

When you start to change, the body and mind will rebel against it. Meaning, you will want to revert back to whatever behavior you are most comfortable with; i.e., what you were doing before, because this is safe, and requires no work, but actually, in the end, it creates more work! This is normal for humans. E.g., when you start a work out regimen, the first few weeks your body will ache. This is sort of a resistance to the physical change that is occurring. After the body gets used to it, the aches usually go away, and then the progress begins and the benefits are realized. The same happens with changes in ones mind. We resist because we are concerned about what everyone else will think of the changes we are making; they will not see us in the same light, etc. We don't want to seem *abnormal* to our family, friends and associates. As it is, we already may have low self esteem. Creating one more thing that will make it appear that other people are judging us, is not what we are looking for!

Remember, it is our view of ourselves that causes us to have low self-esteem, not others' views, although it appears that others are the cause of our unhappiness. These are just self-created obstacles. The bearing of others should have the least impact on our decisions. So, when we decide to make a change, then we have to decide ourselves, for ourselves, and not for the gratification of others. This way, the process of change is much easier, and in the end, we feel better for ourselves, as we will realize that we indeed have control of our lives. These are core beliefs that one needs to get through, and once acknowledged, you might more easily be able to transcend *bad* habits.

As described above, initially the resistance against this change will cause you to think that you have to put much effort into the process. As soon as you think you have it down, and don't need to try anymore, that's when you will slip up. Try not to concentrate on all the reasons why you cannot do it, but rather, make all the effort in the world to just do it. Not much more! The human body is far more capable of doing things than we give it credit for. Everybody is capable of doing anything ... ANYTHING. All you have to do is put your mind to it. We all make excuses, me included!