

# Quote of the Decade

**Every now and then you hear just one sentence that not only warms your heart but also has the power to completely change the way you view your world, and in some cases to completely change your life. The following short story should help you change the way you look at your body and what you put into it.**

An 87-year-old man was interviewed for a local Irish television station in the 1970s. He had been living on the streets for many years, but despite having no home or job he looked not just OK, but super well and healthy. He was also incredibly happy and explained that living on the street was a lifestyle choice as he loved being a “free spirit.” When asked what his secret was he replied, “It’s simple. I don’t eat any junk food.”

Now clearly this man didn’t have a chance to cook, but he was incredibly fussy about what he put into his body and made sure he got plenty of good, nutrient-packed food every day. It turned out that he would go to the markets at the end of the day and get a couple of bags of fresh fruit, vegetables, and nuts. He also got friendly with some restaurant owners who would, every now and then, rustle him up some wholesome cooked food.

When the interviewer asked him why he insisted on never eating junk food, he replied with a sentence that has to be one of the most profound ever aired, and you may need to read it twice, or at least think about it for a few seconds to fully understand it. His exact words were:

“ The reason why I  
**don't eat junk  
food** is because if I  
don't look after my body,  
**I'll have nowhere  
to live.”**

*And how true is that for all of us? If we don't look after our body we really will have nowhere to live. We may have somewhere to *survive*, but rarely will we experience the mental and physical vibrancy that will enable us to truly excel in *every* area of our life; rarely will we feel the power of what it's like to live every day in a powerful, light, slim, trim, energy-driven body.*

## It's No Good Being the Richest Person in the Graveyard!

I know that may sound over-dramatic, but as a former fat, chain-smoking heavy drinker, who grew up in a very rough part of London, experience has taught me a valuable lesson. There's a world of difference between just "getting through" life, surviving from day to day, and having the raw energy to truly suck the juice out of each and every day.

The old man who lived on the streets would be seen by many as poor. But mentally and physically he was far wealthier than most people. He may not have had financial wealth, but he was truly *content* with his life—something most people never achieve—and his health bank account was well and truly in the black, something most people only dream of.

Now at this stage I already know you are financially much, much better off than that man, but no matter how much money you have, unless you are physically and mentally wealthy—you are poor. Unless you wake up looking forward to the adventures that the day may bring—you are poor. Unless you love your body and have the raw energy to play and excel every day—you are poor. Unless you have the energy to manifest your dreams—you are poor. If you "can't be bothered"—you are poor. If you spend your life working from morning till night in a job you hate and are exhausted at the end of each day—you are poor.

**Amazing health, like true love and affection, is about the only thing you cannot buy or cheat at—you can only *do* health.**

No matter how much money you spend on liposuction, external creams, magic potions, botox, or plastic surgery, the fact remains that you cannot buy mental and physical vibrancy—you can only earn it.

## Digging Your Grave with Your Teeth

Your body is without question the single most important thing you will ever have the good fortune to use while you're on this planet, and yet most people are digging their own graves with their teeth. Everything we eat and drink, the way we move or *don't* move our bodies, the environment we live in and how we think all affect our entire biochemistry and every single aspect of our lives. Your life and how you feel on a daily basis is a direct reflection of your internal and external health. When your body feels good, you feel good, and when you feel good, you are more productive, content, and happy in every single area of your life.

The fact is, like that wise old man said, if you don't look after your body, you really will have nowhere to live. That is why most of this book focusses on what you put into your mouth and how you move your body, as without the right fuel for your body and mind it's almost impossible to turbo-charge your life and live your dreams.

Equally, if you don't look after your *mental* health—the thoughts you have daily; the way you see the world—you will also have nowhere to truly live.

**Our thinking determines everything we do: our food choices; what we drink; whether we exercise; our work; how productive we are; how much love we give; and what we strive for in life.**

The way we think can also generate incredible stress, which can be more damaging to physical health than the worst foods and drinks on the planet. This is why as well as focussing on the most amazing super-fuel for the body, which will power you to amazing physical health, I will also be concentrating on changing the way you *think* about food, exercise, and life in general.

**Unless you change the way you think, everything remains the same.**