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HEALTH SECRETS OF SUCCESSFUL PEOPLE

A healthy lifestyle has helped these high achievers. By **Eloise King**



“
I stick to an alkaline diet”

ANTHONY ROBBINS, 51
FOUNDER OF ANTHONY ROBBINS EMPIRE

+ HIS SUCCESS: Robbins has been an adviser to world leaders, including Nelson Mandela and former US

president Bill Clinton, and is an authority on peak performance and a best-selling author.

+ HEALTH SECRET: “My number one health tip is to look after the delicate acid-alkaline balance in the body, which can be measured with a urine or saliva test. The easiest way to do that is to ‘go green’ by introducing lots of fresh green vegetables like spinach, broccoli, asparagus, cabbage and bok choy into your diet. The vast majority of organs, and especially your blood, have to be slightly alkaline for good health. This keeps oxygen flowing into the blood cells.”



“
I believe in breakfast”

ITA BUTTROSE, 69
JOURNALIST AND BUSINESSWOMAN

+ HER SUCCESS: Buttrose is a popular motivational speaker and rose to prominence when she teamed up with the late Kerry Packer to launch Cleo magazine in 1972. She edited the

Australian Women’s Weekly and became editor-in-chief at The Daily Telegraph and The Sunday Telegraph. She works with several charities.

+ HEALTH SECRET: “I really believe in breakfast. I start the day with a piece of fruit before I exercise and after that I’ll have something like mushrooms or scrambled eggs and grilled tomato on toast. So many people skip breakfast, but it’s really vital to keep your energy up and your metabolism going. I walk for at least an hour every morning and I go to the gym some days as well. If I am away from home, I have a routine I can do in my hotel room.”

“
I don’t eat wheat”

NAOMI SIMSON, 47
FOUNDER OF REDBALLOON.COM.AU

+ HER SUCCESS: Last year, Red Balloon, an online experiential gift service, generated \$33 million in revenue across Australia and New Zealand.

+ HEALTH SECRET: “You are absolutely useless to anyone unless you have your health. Soon after I started Red Balloon I gave up wheat. It doesn’t work with my body and I was bloated and puffy all the time. I recently got the flu, but that was the first time I had been sick in 13 years and I believe not eating wheat has a lot to do with that long run of great health. I believe exercise should counter-balance your lifestyle so I do yoga and walk as an antidote to my busy work and family life.”



“
I don’t drink”

DONALD TRUMP, 65
BUSINESS MAGNATE AND TV PERSONALITY

+ HIS SUCCESS: The host of reality TV show The Apprentice has a net worth of about \$US2.7 billion (\$A2.6 billion).


+ HEALTH SECRET: “I had an older brother named Fred who... became an alcoholic. Ultimately, he died,” Trump said in a recent interview. “He was one of my great teachers. He got me not to smoke, not to drink.”



“
I opt for alternative treatments”

ROBERT KIYOSAKI, 64
FOUNDER OF RICH DAD, POOR DAD EMPIRE

+ HIS SUCCESS: Robert Kiyosaki self-published Rich Dad, Poor Dad in 1997 because nobody else would touch it. It is now available in 109 countries and has been translated into 51 languages.

+ HEALTH SECRET: “I am into health, not medicine. I love alternative practitioners such as naturopaths, acupuncturists and chiropractors. I eat heavy amounts of dark greens like broccoli, rocket and bok choy and combine that with light protein such as fish or chicken. I take natural herbs and vitamins every day to supplement my diet.” 

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