

# NUOCLOCK

**THE ALKALINE DIET,  
A ROUTE  
TO WELL-BEING**

THE ALKALINE DIET, A  
ROUTE TO WELL-BEING

DELICIOUS SMOOTHIES  
ALL UNDER 200 KCAL !

**KAYLA ITSINES**  
THE FITNESS STAR TALKS ABOUT  
HEALTH AND JUNK FOOD ADDICTION

BEING ALONE — YOU CAN GET  
THROUGH IT  
THE SUPERPOWERS OF SLEEP

**PUBLIC SPEAKING — ADVICE FROM A JOURNALIST AND PRESENTER**

# About



Health. Fitness. Well-being. All three of these things come together to boost your happiness in life. At NUOCLOCK, that is our chief concern: your happiness. This magazine, the brainchild of editor-in-chief, author, blogger, and businesswoman Nu, combines research, expert interviews, and anecdotes for your long-term benefit.

Nu was born in Belgium, earned her degree in the United Kingdom, and now lives in Istanbul, Turkey. Integrating her experiences with her education, Nu is proud to present her audience with life-changing tips via blogs and books, with a focus on mental and physical health. Networking with successful businesspeople around the world, Nu has come to understand the secrets of good management and organization, and she has been featured as a health and well-being blogger in global media.



**NODDICTION**  
HEALTHY MIND. HEALTHY BODY

NUOCLOCK has been incubating for more than a year, and the early reactions have been very positive. With more than eighteen thousand followers on Instagram and a worldwide readership, NUOCLOCK is spreading the good word about a healthy mind in a healthy body, changing thousands of lives for the better.

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# The Alkaline Diet, a route to well-being

Every year, in fact every season, our media stars get passionate about a new diet, sometimes a totally outlandish one. However this time, the alkaline diet they're promoting is good news. It is a weight-loss diet, but more than that, it's a new way to eat that's healthier and better adapted to the body's real needs. It's often the solution to all our little everyday aches and pains. It means well-being and high spirits!

## So what is the alkaline diet?

Depression, aches and pains, indigestion - our physical and psychological ailments are often closely linked to poorly balanced pH levels in our bodies. When we digest the food we've eaten, it influences the pH of our blood. Ideally it should have a pH of about 7.4. In reality it's usually too acid, which causes a lot of discomfort. To reach this pH balance, we need to eat 65% alkaline foods, in other words foods that, when we digest them, make the pH of our bodies more basic. What foods are these? And how do we achieve balance?

## The principles of the alkaline diet

The basis of the alkaline diet is a return to the simplest and most natural products, preferably seasonal ones. The nutritional enemies that make our bodies more acid are found, basically, in ready-made meals and highly-processed industrial foods. Dairy products and gluten should also be eaten only in moderate quantities, or even avoided altogether depending which medical problems you're suffering from. Re-establishing the pH balance in your body is all about eating more vegetables and fruit, both cooked and raw, pulses such as peas, beans and lentils, and milk substitutes like soy milk. Meat can be eaten in small quantities but only very high-quality meats such as grain-fed poultry raised outdoors. There's no ban on fats, either.

## Why has the alkaline diet met with such success?

The reason it's so attractive is basically that it works! You quickly get a feeling of well-being, and the change of diet provides swift relief. Not only that, but it allows you to treat yourself, to eat everything. No starving yourself, no going hungry, and no risking dietary deficiencies. It makes excellent sense and appeals to the whole family. The alkaline diet is more than just a diet - it's a real lifestyle choice!

# BEING

# ALONE

## YOU CAN GET THROUGH IT!

### When solitude hurts...

It's well known that "man is by nature a social animal". This famous maxim is attributed to Aristotle, who seems to have been blind to a huge chunk of reality, because today more and more people complain of loneliness and try to escape it. They have developed defence mechanisms to guarantee that they're always in company - multiple romances, total submission to a partner, living with their parents in adult life, etc. It's enough to make you think that being alone is a slow poison, and that you have to take all possible steps to protect yourself against it. The result is a state of dependence on others, because the

fear of being left alone may lead to submissive behaviour, making them accept the intolerable, such as emotional undermining by their partner, or undue influence from parents or friends. It's best to take action before this sort of situation arises.

### Happiness with little or no socialising?

Emotional dependence is a modern plague, increasingly recognised as a disorder requiring medical treatment. However it's not every situation that calls for a consultation with an expert in psychology. Here's the biggest problem faced by people who can't stand being alone - the difficulty of appreciating that it's possible to live happily with limited social contact. When somebody needs other people in order to blossom, keeping them in strict isolation is like depriving a plant of light. However they can look around them for examples of people who have succeeded without outside help or, even better, people who have experienced a period of solitude and been all the better for it.

Solitude need not necessarily be seen as a dark experience, or associated with unattractive images like that of the savant who studies the world at a safe distance after retreating into his ivory tower, or the old man confined in his hermitage high in the mountains and embittered by solitude. That's the lonely kind of solitude. However, being happy and being alone are not incompatible. The trick is to keep active, and not get fixated on the situation. In terms of happiness, some people see a bit of solitude as part of a healthy lifestyle.

### Being on your own is not being at a standstill

Finding yourself alone at some time in your life can be an opportunity to make some big changes. Doing sport for its own sake, enjoying a visit to the cinema, improving yourself, going on holiday to the ends of the earth, seeing new things; these are all activities which can help with a personal renewal. Solitude can be time to take stock, time to make up your mind and move forward. The best way to put yourself in the way of new opportunities is to profit from solitude as a time for increasing your personal potential. By taking advantage of being alone so as to improve yourself, you reduce the pain of isolation, and you position yourself for a rapid and fully-equipped return to the community.



# THE SUPERPOWERS OF SLEEP

Irritability, stress, feeling jumpy ... these are the most obvious consequences of lack of sleep, which everybody has experienced at some time. Sleep deprivation also forms part of the most effective tortures dreamt up by dictatorial regimes. In many ways, sleep is really restorative.

“Did you sleep badly? Did you get out of bed on the wrong side?” Popular common sense often reminds us that lack of sleep affects our appearance and our behaviour. More than the most elaborate creams and ointments, a good night makes us look better, and naturally gets rid of dark circles and bags under the eyes. Researchers at the University Hospitals Case Medical Center in Cleveland have proved it - the effects of skin ageing are greater for bad sleepers. The reason is that our cells regenerate three times faster at night than in daytime.

Sleep has many other powers too, as shown by another study, carried out this time by the University of Rochester in New York State. While we're awake, neuronal activity is such that waste products accumulate. The role of sleep is to get rid of them. This restoration of brain cell function is a real catharsis, and good restorative sleep reduces the risk of a stroke and of Alzheimer's. It goes without saying that with young children, a good sleep lets them fix and consolidate their memories.

The amount of sleep we need remains to be established. Clearly it varies from one individual to another. The ideal would be to wake naturally in the early morning, which would mean going to bed in the evening as soon as you start to feel sleepy. That's the price you have to pay for all the benefits of a good restorative sleep.

**LET'S TALK  
ABOUT  
HEALTH AND  
JUNK FOOD  
ADDICTION...**  
with  
Kayla Itsines



Kayla Itsines is an Australian personal trainer. At the age of 23, she has a following of millions of Internet users from the four corners of the world. No media fanfare or extravagance, just a passion that seems to have no frontiers – today Kayla receives tour offers from all over the world! What is it that charms the 4.6 million fans who follow her daily life on Instagram, and the 5 million on Facebook?

Kayla has created a guide to get you into shape within 12 weeks, the Bikini Body Guide (BBG), with impressive results. The proof is in the inspirational pictures she has posted.

However Kayla's approach doesn't stop at fitness coaching. She has developed a real community which allows women to exchange information, encourage and help each other. She also uses her celebrity status to give healthy motivational messages. Above all, she shares our philosophy: "A healthy mind in a healthy body".

How can we live a healthy life and beat junk food addiction? Let's hear Kayla's advice for life with sparkle!

## Where did your passion for fitness come from?

Once I graduated high school, I actually started studying beauty therapy. However, my love of sport and basketball lead to me to take up Personal Training, and that's

when I discovered how much I loved helping people to become healthier and happier!

## What are your health tips?

Consistency and dedication. When it comes to making changes, it is important to have realistic goals so that they can easily be maintained in the long run. Find what works for you and STICK to it. A lot of girls put their body under a lot of stress as they 'yo-yo' between taking their health seriously and not at all. When you find something that works for you, stick to it, even if it's just small changes! They will soon become a habit and you will find it easier to continue to make other changes in your life.

## How would you define your approach in your BBG?

The guide is focused on a healthy, balanced lifestyle that is maintainable for the long run – it's the best thing about my program, it doesn't have an expiry date, it is purely a guide for women worldwide to be able to stay on track and maintain a healthy lifestyle in order to feel healthy, happy and confident for all 12 months of the year. When committing to a new lifestyle, I strongly believe that education is important, which is why I incorporated such an extensive education section in each of my guides.

## Best tip for weight loss?

Less is more! Most people are under the illusion that you have to train twice a day, seven days a week and weigh all your food to the gram to get results. This could not be further from the truth. Overtraining places a lot of unnecessary stress on your body and quite often girls burn themselves out by going too hard, too fast which will not return any results. Most of the time this is overtraining and cutting out calories like there is no tomorrow. This not only will cause fatigue but also can put a heavy drag on weight loss.

## How To Beat Junk Food Addiction?

First of all, a huge part of resisting the urge to chow down on junk is mental. So many people use excuses as to why they eat junk food, and the more they believe them, the harder it will be to stop. If you continue to make yourself feel upset because you shouldn't eat junk food it will be very hard to resist bingeing. Instead, turn it around and think about the positive effects cutting junk food has. I would recommend you clear out your cupboards to avoid temptation. Also to eat protein with each meal; protein helps to balance blood sugar levels and keeps you feeling fuller for longer, curbing those sugar cravings.

Another important point is to avoid the triggers. A lot of the time what we eat is an emotional



thing, which is why we should try to identify the problem. Knowing WHY you crave junk food can be a really good starting point for you to change those habits.

## What do you think of 'cheat meals'?

Is it better to eat one big unhealthy meal or are we better off getting smaller treats more often? Personally I believe that a single meal a week outside of your eating plan is enough! You need to make sure you're keeping things realistic and not being too strict or you'll end up caving in and giving in to all those sweet treats you've completely cut out of your diet and having a big binge.

Try creating some small healthy snack treats such as protein balls so that you can treat yourself with those to satisfy that sweet tooth craving, these are really handy for when you're on the go too!

## What would be your cocktail of choice?

## Can you drink alcohol on your program?

## If not, why don't you recommend it?

I personally don't recommend drinking alcohol and will never promote the consumption of it recreationally. Despite this, whether or not people consume

alcohol is entirely their choice, but as a role model I need to send certain messages to educate my clients and in this case I strongly recommend not drinking alcohol. Liver stress, toxicity and metabolic stalling are all negative effects that alcohol consumption has on the body and are a few of the reasons why I personally haven't consumed any alcohol in nearly 3 years.

## Do you have a message, an invaluable tip?

Consistency. Set yourself achievable goals that can be obtained with a realistic lifestyle. Stick to that and you won't go through the ups and downs. People who go too hard, too early, can sometimes end up further backward than they started.





# Public speaking

Advice from a journalist and presenter

It's such a strain when all eyes are on you! And it's difficult to just be yourself when you're in front of a group. If any proof is needed, speaking in public is often said to be one of the deepest and most widespread fears. All your fears get concentrated when speaking exposes you to the gaze of other people. There's the fear of disappointing people, fear of getting it wrong, of looking ridiculous, of other people's reactions, and so on.

However there are ways to feel more confident when you're speaking, and who better than a television presenter to tell us what they are. The TV screen highlights mistakes, and preserves each word, gesture or blunder for all time. Imagine the conflicts going on in the heads of these presenters! How can

you balance all these demands when you first appear on camera? Romy Cordivani, journalist and presenter at Standard TV, which is Standard Liège football club's TV channel, has an answer to that question.

Romy has been in her present post since the start of October 2015. Even with eleven broadcasts to her credit, she admits that there are still moments when the camera intimidates her. It can be a huge help to have access to the experience of people who've been in the business for a while. In Romy's case, it's her cameraman Kevin who gives her a steer and above all reassures her when she's uncertain. With a good basis in the world of television, it's Kevin who is responsible for choosing the best shot. The more broadcasts and rehearsals Romy does, the more confident she feels. The demands of personal appearance are important both in television and for your self-esteem, and Romy advises taking care about how you look. She follows her own advice, and it works, but that's not the whole of her job. Romy works hard for a perfect final result. She writes her own material, which she learns by heart because she doesn't use an autocue or crib cards.

What else ... well, you have to know how to take criticism, how to be self-critical, and to keep on adapting. At least, that's Romy's profound conviction. She watches her own broadcasts, asks her friends and family for advice, and works constantly on any points that she's not totally satisfied with. Passionate about her work, she's a perfectionist. In the same way, it's important to work on body language and breathing. Talking about body language leads us straight on to the smile, which is your best friend in public speaking. Don't skimp on the smiles throughout your presentation - you can never smile too much!

However don't over-work the words that you're going to say. They should be as close as possible to the way you usually speak. It goes without saying that you should, as far as possible, use short sentences and make sure you speak clearly and at a consistent speed. Speaking slowly makes it easier for people to understand you; and if you're not yet completely at ease in front of the camera, moving can help make you feel less stressed.

Do you think you're making mistakes? You're probably right, and it's perfectly natural. That's how we learn, and the more you get used to the situation, the more confident you'll feel.





**4** WAYS  
TO FIND  
MORE  
ENERGY FOR  
SPORT



We all need to stay active to maintain our health. Sport is a great way to do so, but if you need to boost your energy levels to join in, here are four important tips.

- 1. Focus on your diet.** Many people take the word 'diet' to mean starving yourself to attain a desired weight, but crash diets can lead to nutritional deficiencies. A far healthier alternative, and one that is recommended by health professionals, is a balanced low calorie diet. This means reducing the amount of food intake while raising the quality. So avoid refined foodstuffs and ready meals laden with sugar and salt. By eating well you will enjoy good physical condition and generate plenty of energy for sport.
- 2. Don't overdo it.** You may have promised yourself that you will exercise regularly, but overtraining should be avoided, as it can lead to injury and overexertion. An imbalance between your energy consumption and energy reserve is likely to reduce your sporting performance.
- 3. Get sufficient rest.** Alternate between muscle groups during training sessions and then allow plenty of recovery time. Remember that your muscles need from 2 to 3 days to reach optimum condition again. Making sure you have plenty of sleep is also essential, as this is the time when muscle tissue is repaired and rejuvenated.
- 4. Stay fully hydrated.** It's crucial to drink water before, during and after exercise to avoid a drop in performance. During exercise water is lost from your body as perspiration, and as water is a vital ingredient in your body's many chemical reactions, a lack of it can lead to severe fatigue, making recovery difficult.



# Antioxidants

our allies against ageing

The effects of ageing are the result of the release within our bodies of free radicals which damage our cells. The solution is on your plate, in the form of antioxidants that neutralise these particles. The production of free radicals is a normal part of the way our body works. However pollution, cigarette smoking, stress and too much sun can increase the rate at which they're released, causing an imbalance which accelerates cell ageing. Free radicals are also behind some cancers and cardiovascular problems. Antioxidants, vitamins, minerals and trace elements contained in our food act to block and neutralise free radicals, providing our cells with natural protection.

You don't need to turn your lifestyle upside down to get more antioxidants! The main antioxidants are vitamins A, C and E, as well as zinc and selenium. To increase our intake, we need to eat more fruit and vegetables. For example, citrus fruits, exotic fruits and cabbages contain a lot of vitamin C; and nuts and spinach provide good levels of vitamin E. That said, we shouldn't discount foods of animal origin. Seafood is an excellent source of zinc and selenium, and so are eggs, which also provide vitamin A.

***A balanced diet, varied and with lots of natural, healthy, good quality products, is your best ally in the struggle against free radicals and ageing. Now's the time to start!***

# DELICIOUS SMOOTHIES

all under 200kcal!

Smoothies are a great way to pack a nutritional punch, especially on the go - it's the ultimate 'healthy fast food!' Whether you need a hearty, healthy breakfast, or an energy-packed snack, a smoothie is a quick, easy way to stay healthy and happy, no matter where you are. Typically, a smoothie is made from fruits and/or vegetables, and blended together with water, ice, some type of dairy, etc. This process makes everything thick and, of course, 'smooth.'

One of the greatest things about smoothies is that you can 'hide' vegetables in them, masked by the sweetness of fruit. It's a great way to get a lot of nutrition into picky eaters, or to add a boost of energy and vitamins into your day.

To get started making your own delicious smoothies, try one of these tasty recipes below - all under 200kcal!

## Strawberries & Cream Smoothie

2 cups frozen strawberries  
 1 ½ cups almond milk (or dairy of your choice)  
 1 tsp. vanilla  
 1-2 Tbl. maple syrup (depending on how sweet you like it!)

Mix all ingredients together in a blender, and blend until smooth and thick.  
 (Serves 2)

## Almond Chocolate Smoothie

1 cup unsweetened vanilla almond milk  
 ½ scoop chocolate protein powder  
 8 raw almonds  
 3 ice cubes

Mix all ingredients together in a blender, and pulse until almonds are chopped and everything is creamy.  
 (Serves 1)





# NODDICTION

HEALTHY MIND, HEALTHY BODY