

# KAKADU

  
Wild Weight-Loss Way



**Eat as much as  
you want and  
lose weight**

by Clare and Vic Cherikoff

# Work like a Caveman

**"Having a job is a relatively recent phenomenon"** says **Professor Jim Dator**, head of the Research Centre for Futures Studies at the University of Hawaii.

"Many of us find it hard to understand that for most of our history, **humans lived very well without working**," he said. "It would seem absurd to our hunter-gatherer ancestors that **we now waste so much precious time working** because they spent almost all of their time in leisure but with more than enough food, clothing, shelter and material goods around them."

And yet today we don't just work - **we overwork**. And this could get worse unless the technology of the future (and an understanding of the past) allows us to return to a way of life where leisure is prized more than labour. Once upon a time, that was expected of email.



The reality was different: Email revolutionized productivity but that efficiency was created at the expense of addicted workers unable to unplug from a wired working world.

The ideas behind the **Wild Weightloss Way** stem from the 'caveman' and hunter-gatherer lifestyles.

Our intention is to base our well being on the wild and other nutritional foods in **Kakadu Complex®** as well as introduce you to a new cooking concept that's perfect for **weight loss**. We want to help anyone achieve their ideal weight in a safe, interesting and rewarding fashion and recover a few years or even decades.

In addition, we can show you how to **cover the cost** of our program even **earning a substantial part-time income each month**, and create **discretionary time** along with the **ability to enjoy it**.

Sure. It takes **focus, planning and action** to make this happen but we are offering to guide, direct and hopefully inspire a select group of entrepreneurs who join us in our quest.

**Ask us how to get thin, do it for free (as you grow your income) and regain the time to enjoy both.**



**[www.kakaducomplex.com/healthnwealth](http://www.kakaducomplex.com/healthnwealth)**

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**This diet is a sophisticated and easy way to permanently lose weight and be healthy eating like a hunter-gatherer.**

There are four stages:

- 1. Quick Slim** - 5 to 10 days
- 2. Slim Down** - until you reach your desired weight  
(Approximately 3 days for every pound you want to lose)
- 3. Stay Slim** - 5 days for every ½ kg (pound) lost
- 4. Slim Forever** - a protein only day once a week

- ✓ You will have a vast array of real foods to eat
- ✓ You never need to go hungry again
- ✓ You will permanently lose fat
- ✓ We recommend that you weigh yourself daily and be excited and motivated by the weight loss.







**The Wild Weightloss Way** is based in part, on the popular and proven **Dukan Diet** developed by French MD, Dr Pierre Dukan. Some 5 million people have used the diet in France alone and worldwide the number is many times this. We refer you to The Dukan Diet (Hodder & Stroughton; 2010) for specific details on the system although **in this ebook** we have summarized the relevant approach and **expanded the concept** to make it **more effective** and **easier** to follow than the original.

This has been achieved with **two innovations**:

**The first** is our addition of **Kakadu Complex™** to your dietary regime as a whole food health tonic and an essential component prior to each meal. This unique food combines 11 Australian wild foods with another 15 global superfoods. It effectively transforms modern foods into their wild equivalents (from a blood sugar perspective) and delivers high levels and a wide range of antioxidants\* along with a host of other functional benefits.



**Australian Wild foods in Kakadu Complex™ are scientifically proven to be the most nutrient dense ingredients in the world and played a protective role against the diseases of nutrition so common today.**

**The second** innovation is our use of **Slim'n Sticks™** (heat activated, flavor-infused skewers) as a means to boost metabolic rate, as an additional source of antioxidants and to provide interest and ease of food preparation. **Slim'n Sticks™** impart no sugar, no fat, no salt and leave no goo on the cooking surface and are a great alternative to high fat, sugary sauces, added salt or sprinkles of seasonings that just burn on cooking. The flavours infuse from the inside out and are sophisticated, clean, impactful and totally natural.

\*Antioxidants reduce our cellular insulin resistance (induced from consistently high blood sugars from our modern diet) and therefore reduce the amount of circulating insulin in our bloodstream and our fatty tissues. Storage fat (and particularly our visceral adipose tissue (VAT) absorbs insulin which acts on an enzyme (lipoprotein lipase) resulting in an increase in fat cell numbers and size and switches our metabolism from running on sugar to storing fat. Reduce insulin levels and we have some chance of losing weight permanently.

# Why the Wild Weight-loss Way?

We could just say it's 'wild' because it works. But the really wild feature is the concept behind the Dukan Diet and its similarity to the diets of hunter-gatherer civilizations and primarily traditional **Australian Aborigines**.

A recent survey of 181 hunter-gatherer communities around the world gave the food energy contribution as 65% from meats and seafood and the remainder from plants. Interestingly, none of these cultures relied on grains or pulses as significant foods. In contrast, agrarian cultures are founded on a basic 9 staples – wheat, corn (maize), rice, sorghum/millet, barley, sugarcane, soybeans, potatoes, sweet potato/yams – which provide 75% of the plant food energy.

Most nutritionists define a healthy balanced diet as one short on saturated fats and refined sugar and long on the carbohydrates they call natural - fruits, vegetables, grains, beans and cereals. **We disagree with the concept of 'good carbs'** from fruits and vegetables because sucrose is sucrose, refined or not. We are breeding sucrose into most of our fruits and many vegetables, dietary fibre is bred out and watery, sugary and nutrient-dilute foods are the result. Even some captive reared animal meats should be avoided eg grain fed beef, chicken, pork, geese and duck.

However, the real story on wild foods is their **superior levels of antioxidants**. One theory of why we tend to over-eat on modern foods is that our bodies are instinctively 'hunting' for these important nutrients. We are no longer calorie starved. We are antioxidant deficient and our instinct is to keep eating until our metabolism is supplied with the antioxidants it craves. Unfortunately, the more 'food' we consume, the more antioxidants we need to handle the free radicals formed on digestion of the large volume of poor quality foodstuffs.

**The answer is that the closer your food is to being wild the better it will be for you.**

## Nutrient rich - feel the benefits



**The addition of Kakadu Complex™** to the high protein Dukan method provides the antioxidants we need to lower blood sugars. They normalize blood pressure; and counteract the many inflammation inducers which are part of our modern lifestyle.

More specifically for a high protein diet, Kakadu alleviates the **loss of energy** caused by the diet in the first phase which we call Slim Quick. It also appears to eradicate the ketone breath, which is the halitosis characteristic of a protein-rich diet.

And the antioxidants in Kakadu go a long way to help **maintain muscle mass** while we metabolize body stores of fat and also help our digestion of the protein load.



Our **Slim'n Sticks™** also have that wild quality, both in the convenience of cooking 'speared' foods; their range of 'wild' tastes; and in the delivery of functional flavours for a healthy outcome.

You will find **Slim'n Sticks™** add convenience to preparing real food and you won't have to take on a drastically new food repertoire. Instead you'll have the **simplest of concepts** to follow, along with access to foods that your body was meant to have. You'll also be thrilled with **the weight you'll lose**, your improved **energy** and **well being** and importantly, the psychological support in maintaining a positive attitude to food.



**Why wear the fat and sugar hidden  
in a sauce when you don't have to?**

## **Slim'n Sticks™**

Heat activated flavour infused skewers  
All the flavour none of the fat



Garlic

Chilli

Coconut

Pepper

Thai Basil

Rosemary

Lime

Smoke

# 1. Quick Slim Phase

3 to 5 days is sufficient for most people who want to just trim down, otherwise,  
5 to 10 days for those needing to lose more than a few kilograms before moving onto the **Slim Down** stage

You can eat any of this . . .



# Quick Slim Phase

- 20ml (2/3 fl oz) of Kakadu Complex™ before meals
- Eat as many Slim'n Sticks™ with protein as you want.
- All permitted red and white meats
- All seafood and shellfish
- Pancakes made from using 1½ tablespoons of oat bran per day (see recipe)  
Makes 2-3 small pancakes.
- Eggs (2 with yolks per day or if more are needed, use egg whites only)
- Low fat dairy products (low fat yoghurt, milk, fromage frais, quark and cottage cheese)
- Drink a glass of water before, during & after meals
- Herbs and spices
- Tea and coffee, low carb sodas, mineral water



## An example of a day on the Quick Slim Phase

**Breakfast**



Scrambled eggs and fish  
on Coconut Slim'n  
Sticks

**Snack**



Low fat yoghurt on oat  
bran pancake and  
sprinkled with cinnamon

**Lunch**



Prawns on Thai Basil  
Slim'n Sticks

**Snack**



Smoked salmon and  
cottage cheese on oat  
bran pancake

**Dinner**



As many fish, chicken  
or beef on Slim'n Stick  
as you want



## 2. Slim Down Phase

Continue until you reach your desired weight (approximately 3 days for every pound (500g) you wish to lose)  
Alternate protein-only days with protein and vegetable days

Protein	Protein & Vegetables	Protein	Protein & Vegetables
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You can eat all this . . .



# Slim Down Phase

- 20ml of Kakadu Complex™ before meals
- As many Slim'n Sticks™ with listed protein and vegetables as you want.
- Alternate between protein-only days and protein with vegetables days.
- All acceptable red and white meats, all seafood
- Pancakes made from using 2 tablespoons of oat bran per day (see recipe) Makes 2-3 small pancakes.
- Eggs (2 with yolks per day or if more are needed, use egg whites only)
- Low fat dairy products listed (low fat yoghurt, milk, fromage frais, quark and cottage cheese)
- Drink plenty of water before, during & after meals
- Herbs and spices
- Tea and coffee, low carb sodas, mineral water



## An example of a day on the Slim Down Phase (protein and vegetables day)

### Breakfast



Poached eggs with  
smoked salmon on oat  
bran pancake

### Snack



Chicken and  
vegetables on Lime  
Slim'n Sticks

### Lunch



Prawn and egg salad

### Snack



Low fat yoghurt sprinkled  
with cinnamon

### Dinner



Meat and vegetables  
on Chilli Slim'n Sticks





### 3. Stay Slim Phase

Continue for 5 days for every 500g (lb) you've lost  
(if you've lost 20 pounds then stay on the Stay Slim Phase for 5x20 days=100 days)

Note - You can now include: two slices of wholemeal bread per day, approx 40 grams of hard cheese per day, one piece of fruit per day (not bananas, stone fruits or dried fruit), two servings of starch per week, two meals of whatever you want per week, every Thursday have **Slim'n Sticks™** with protein-only for the day



**You can eat all this . . .**

<p><b>Slim'n Sticks™</b> all the flavour none of the fat</p>						<p>Oatbran pancake</p>	
<p>Low fat dairy products listed</p>							
<p>A piece of fruit</p>		<p>some cheeses</p>		<p>2 slices of wholemeal bread</p>		<p>As many Slim'n Sticks as you want</p>	
<p>Plenty of water</p>		<p>2 meals with starch per week</p>					
<p>Coconut</p>				<p>Rosemary Garlic</p>		<p>Chilli Thai Basil</p>	
<p>Heat activated 8 flavours</p>							



# Stay Slim Phase

- 20ml (2/3 fl oz) of Kakadu Complex™ before meals
- As many Slim'n Sticks™ with protein as you want.
- All the listed vegetables each day \*
- All red and white meats listed
- All seafood and shellfish
- two meals with starch per week \*
- one serving of fruit per day \*
- 2 slices of wholemeal bread per day \*
- 40g of hard cheeses a day \*
- Pancakes made from using 2 tablespoons of oat bran per day (see recipe)
- Eggs (2 with yolks per day or if more are needed, use egg whites only)
- Low fat dairy products listed (low fat yoghurt, milk, fromage frais, quark and cottage cheese)
- Plenty of water before, during & after meals
- Herbs and spices
- Tea and coffee, low fat sodas, mineral water
- two meals of whatever you want per week \*
- every Thursday have Slim'n Sticks™ with protein only for the whole day



\* except Thursdays

The reason you stay on the Stay Slim Phase for 5 days for every pound (500g) you have lost is to re-educate your body's set fat-point. Once we have been overweight our body thinks that is the weight we should be and struggles to regain the weight again.



Fortunately, we can re-educate our body.

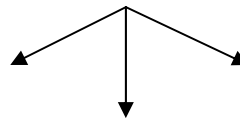


## 4. Slim Forever

- Include ALL FOODS in your diet
- ONCE a WEEK have SLIM'N STICKS™ with PROTEIN ONLY for ONE WHOLE DAY
- Continue taking the Kakadu Complex™ before meals to control blood sugar levels
- Use the principles you've learned from this program to guide your eating habits
- Use Slim'n Sticks™ as a way to flavour food rather than using sauces
- Continue to eat plenty of protein
- Include plenty of vegetables
- Consume starchy food and grains infrequently
- Drink plenty of water before, during & after meals
- Continue taking a few tablespoons of oat bran each day as a cereal or pancake or sprinkled over food



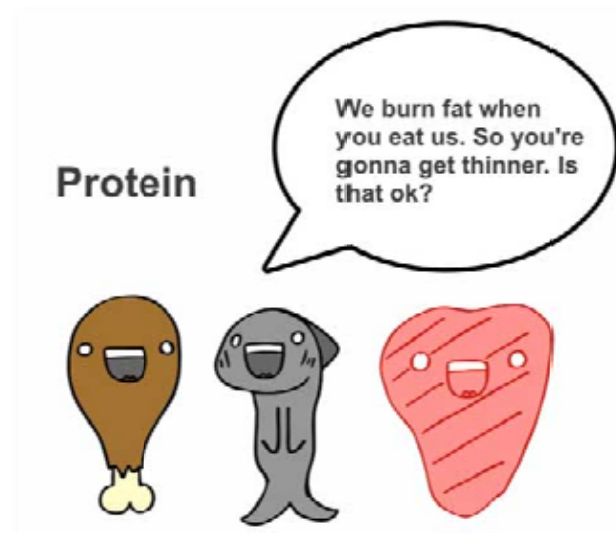
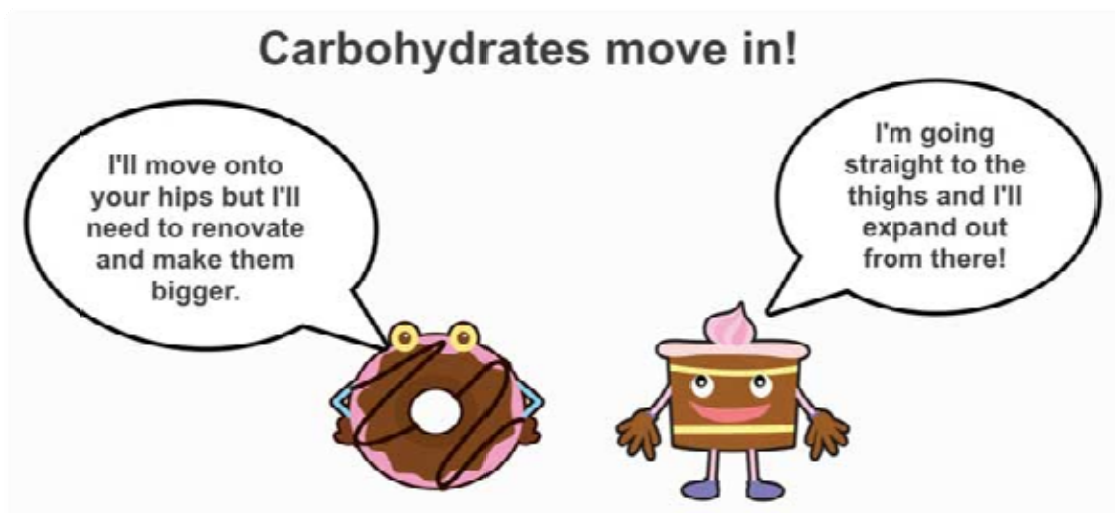
Monday	Tuesday	Wednesday	Protein Slim'n Sticks™ Thursday	Friday	Saturday	Sunday
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## Why follow a high protein diet using real foods?

- The weight **drops off fast**.
- You can **eat as much as you want**.
- If you cut out proteins as on starvation or calorie restriction diets eg fruit juice fasts, your body uses up muscle mass. This leads to an unhealthy state as reflected in lacklustre hair and skin condition, lack of energy and general lethargy.
- When you follow an intense but short 'protein only' programme you **shed weight quickly**. This is both exciting and motivating. (Following the four stages in this plan gives you healthy ways to gradually incorporate all other foods. It is by predominantly eating or intermittently returning to a high protein diet that will keep the weight off.)
- You feel **full** and **satisfied** because proteins take a long time to digest.
- The body has to **use calories to digest** the calories in protein. (Bonus!)

But for carbohydrates it's a different story . . .





## Why do Slim'n Sticks™ boost your diet to success?

We love flavour but sauces are fatty and sugary and many seasonings are high in salt, sugar and flour. But protein can be dull on its own making diets hard to maintain so we turn to fatty foods to feel taste-satisfied. The **Slim'n Sticks™** provide lots of flavour but none of the hidden fats and sugars (they are also no goo and salt and gluten free).

There are **8 different varieties** which can be used singly or in combination, to go with the vast array of meats, fish, poultry and vegetables on this plan. Your taste buds are **better satisfied** from the impactful flavours (which are nutrients in themselves) and the combinations you can choose.

The clean, natural favours in the **Slim'n Sticks™** also give you 'fine dining on a stick' because the flavours are so sophisticated. You can have a gourmet dining experience that you can share with friends without anyone knowing you're dieting.

They provide **an easy low fat cooking** concept to follow rather than a special diet or complicated recipes to make. They can be used to flavour roasts, whole fish and chicken drumsticks in the oven, kebabs, meatballs, prawns, scallops, chicken and steaks on the stovetop, bbq hotplate or grill.

You'll find that the Wild Weightloss Way™ is a **satisfying program** that delivers **immediate results**. What we have is an **easy concept to follow** and one that **is simple to incorporate as a lifestyle** because it is so **convenient and normal**. So many diets border on the weird - gallons of herb tea for a week or disgusting lumpy powders that won't dissolve or sour grapefruit with dry morning toast. Worse still are concoctions that give you diarrhea or pills to replace whole meals entirely. Or there are dense cookbooks with intricate recipes that require study and time and an obsession with the diet.

**When a diet isn't normal then we don't really have a lifestyle, we have a fad and as we all know fads tend not to last.**



# Health properties of the Slim'n Sticks™

Several varieties of the **Slim'n Sticks™** impart aromatic principles which are beneficial to health maintenance and weight loss.



**Capsaicin** in the **Chilli Sticks** is well researched as a metabolic stimulant and up-regulating our metabolic rate helps burn calories.

Allicin in the Garlic Sticks is also a weight loss potentiator and aids in reducing LDL cholesterol, raises HDL cholesterol (the good fats) improving the health of the cardiovascular system. It is also antioxidant.



**Limonoids** in the **Lime Sticks** have strong antioxidant properties and research suggests a powerful anticancer action. Rosemary Sticks are flavoured with a natural extract of rosemary. This natural oil is rich in such chemical components as camphor, bornyl acetate, cineol, linalol, thujone, pinene, verbenon, alpha-terpineol, borneol, beta-caryophyllene, a number of antioxidants (rosmarinic acid, caffeic acid, carnosic acid, etc.) and other useful compounds. Benefits include memory enhancement and improved weight loss.



Piperine in **Pepper Sticks** is just one beneficial phytonutrient. It has many antioxidant qualities even supporting our own cellular antioxidant enzymes, amplifying their effectiveness. It also enhances the absorption of beneficial compounds in foods, counteracts the negative effects of saturated fats and may also be anti-tumor and anti-cancer. Piperine also improves the motility of the gastro-intestinal tract and increases the digestion power by increasing gastro-intestinal enzyme secretions. It has also been found that piperine can increase absorption of selenium, B-complex vitamins, beta-carotene, as well as other nutrients in the food. Other constituent compounds in the Pepper Sticks such as eugenol, kaempferol, myrcene, quercetin and rutin, contribute to its antioxidant capacity.



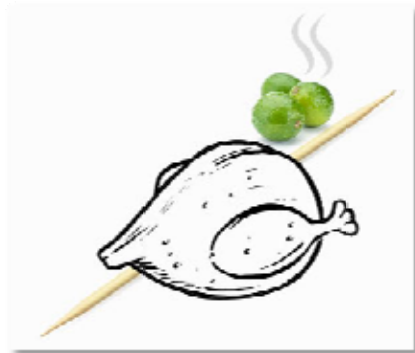
Like **Rosemary**, **Thai basil** contains a potpourri of essential oils, which are antioxidant, anti-inflammatory, anti-ageing and aid digestion among other benefits.

**Coconut Sticks** provide the full flavour of coconut with none of the calories.

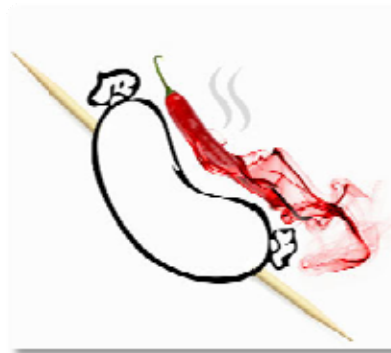


And last but not least, the **Smoke Sticks** taste great and as we appear to be drawn to smokey flavours almost instinctively, there may be health benefits of which we are still unaware.

**Slim'n Sticks** not only make flavoursome kebabs but are also a great way to flavour any cuisine or cooking style; eg pan fried steaks or fillets of fish, baked whole fish, chicken or beef cooked in the oven or sausages under the grill. You can skewer a number of chicken drumsticks in a row and bake them in the oven. It does away with the need for fatty gravies, sauces and mayonnaises and gives a host of options as you mix and match the flavours. For large portions of proteins, use 1 **Slim'n Stick™** per 350g (3/4 lb) of meat.



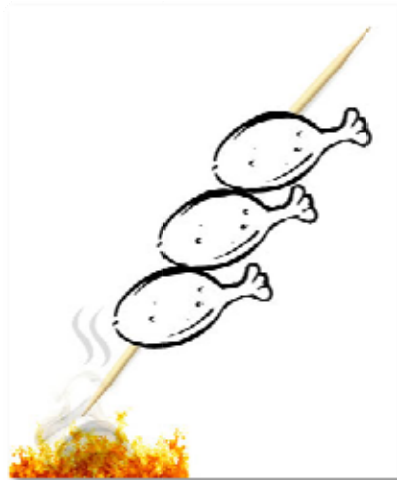
Roast chicken with the  
Lime Slim'n Stick™



Sausage with the Chilli  
Slim'n Stick™



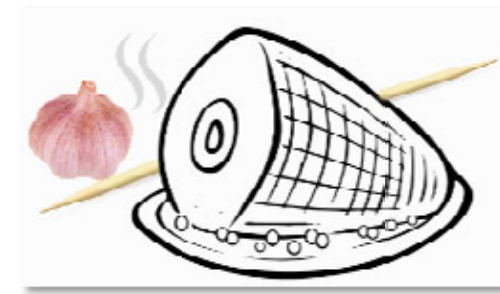
Whole fish or fillet baked  
or pan-fried with  
Coconut Slim'n Stick™



Chicken drumsticks (skinless)  
oven baked with the  
Smoke Slim'n Stick™.



Steak panfried with Thai  
Basil Slim'n Stick™



Roast beef with  
Garlic Slim'n Stick™  
(1 Stick per 350g or 3/4 lb)





## Oat bran Pancake Recipes

### Basic recipe

1½ tablespoons oat bran

1 egg

½ cup milk

1 heaped tablespoon (low fat) cream cheese, ricotta, quark, cottage or farm cheese, fromage frais etc

Combine the ingredients and leave it to stand for 10 minutes. The bran soaks up liquid and may need a little more milk (or water) added.

Heat a griddle to medium hot, preferably with a non-stick sheet (Hot Sheet or grill sheet) to avoid using fat or oil. Alternatively, use a spray oil on the griddle. Pour on batter to form a pancake about 100mm (4") diameter.

Allow to cook until the edges of the pancakes furthest away from the heat appear dry as the middle tends to cook more quickly. Carefully slide a flip under the pancake and flip over. The second side generally cooks in half the time.



### Variations:

- Add a heaped teaspoon of cocoa powder (low fat if possible)
- Include chopped fresh herbs or spices
- Sweeten with stevia if desired
- Reduced fat coconut milk (to replace the milk)



Serve with combinations of smoked salmon, cottage cheese, squeeze of lemon or lime, grilled low fat sausage and yoghurt, yoghurt and cinnamon, cold roast beef and low fat mustard, grilled chicken or prawns on Slim'n Sticks™ ...etc

## Water, water and more water - Flush the fat!



Drink at least 2 to 16 cups (0.5 to 2.5 litres of water per day) depending on age, physical activity and climate. Many older people are chronically dehydrated.

Additionally, if you are pre-disposed to high uric acid levels, double this amount.

Burning fat for energy in this diet produces wastes that are best eliminated by drinking plenty of water. High protein intakes also lead to dense stools and more water means less constipation. This is why the Dukan diet also recommends a daily intake of oat bran as it is so high in soluble dietary fibre.

Considering desert-dwelling Aborigines, their preference for just-cooked meats provided liquid (minimum blood loss in rare-cooked game meats) where water was scarce. They also relied on plant sources of water.

Dr Dukan recommends low mineral sparkling water and fizzed tap water fits the bill well on this without the massive cost of bottled water. Soda Stream kits are easily available on-line and CO<sub>2</sub> refills obtained from major retailers.

Water is absorbed rapidly and moves through all our tissues including, for women, stores of cellulite. As it leaves our tissues, it carries soluble wastes and cellulite has been shown to reduce on high protein diets as a result.

Alternative sources of water include herbal teas, coffee and vegetables. However, consider the other ingredients that accompany the water. Artificial sweeteners are still not proven to be totally safe, particularly during weight loss stresses. Until natural stevia sweetened beverages are more available, diet sodas with synthetic chemical loads cannot be recommended for the Wild Weightloss Way.



# In Your Pantry





## Quick Slim and Slim Down Phases: Select from the following foods...

### White Meats:

chicken, quail, crocodile, pigeon, turkey, guinea fowl

### Fish:

any type of fish (fresh, smoked, canned but not in oil, etc.)

### Seafood

prawns (shrimp), oysters, mussels, crab, scallops, calamari, clams, cockles

### Red Meats

fillet of beef, beef steak, rump steak, sirloin steak, roasts, veal escalope and veal chop, rabbit, hare, calves' liver, tongue, kidney, kangaroo (this is the least fatty of all the red meats) emu, ostrich, low fat sausages

### Vegetable Proteins

tofu

### Eggs

hen or quail, poached, scrambled, omelette (with prawns (shrimp), chicken or meat flavoured from a **Slim'n Stick™**), fried (using an egg-ring on a Hot Sheet™ or similar), hard or soft boiled.

One of our favourite dishes is prawns (shrimp) on the Chili **Slim'n Sticks™** added to an omelette.

### Dairy Products

low fat milk, low fat cottage cheese, low fat quark, low fat fromage frais, low fat yoghurt

### Carbohydrate

oat bran (oat bran pancakes as used on the Dukan diet)

### Flavourings

balsamic vinegar, low fat vinaigrette, lemon juice, pepper, herbs, spices (especially cinnamon), low fat cocoa, stevia (stevia is a sugar substitute and is available in different zero-calorie flavours too)

### Extras

drinks: tea and coffee, green tea, diet sodas, mineral water



## Slim Down Phase: Include the following on the protein with vegetable days

### Vegetables

broccoli  
spinach  
cabbage  
French beans  
mushrooms  
capsicums  
lettuce leaves (all types incl. sorrel, rocket, watercress etc)  
tomatoes  
eggplant  
beetroot  
cucumber  
radish  
asparagus  
artichoke  
carrots  
celery  
onion  
pumpkin  
squash  
fennel  
leek  
rhubarb  
swede  
turnip



**Make up lunch boxes with salads and  
Slim'n Sticks™ to take to work**



The important point is to always have the **Kakadu Complex™** before any meal so that the simple carbohydrates do not lead to elevated insulin levels and our metabolism stays fueled on sugars and not pushed to store fat.

## Stay Slim Phase: Add these foods:

Continue eating as much of the protein and vegetables listed. Maintain your protective **Kakadu Complex™** before each meal plan.

You can now add a small serving of fruit, a couple of slices of bread and a small serving of cheese per day. A couple of times a week you can now have some starchy food such as pasta. Go easy on the rice or potatoes.



## What about alcohol with your meals?

Alcohol is high in sugars and alcohol provides as much calories per gram as sucrose. Abstain if possible until you are through the first two stages. If not, ensure you have 20ml of **Kakadu Complex™** prior to drinking to lower the rate of absorption of the sugars and drink small amounts of alcohol only.

## What about chocolate?

Abstain if possible until you are through the first two stages. If not then only choose dark chocolate (85%) and only have small pieces infrequently. Again, make sure you have **Kakadu Complex™** prior to eating chocolate to lower the rate of absorption of sugars.

**Some interesting research** on chocolate (and which applies equally to other sweet foods) showed that we need to avoid conditioning ourselves to seeing a high fat, high sugar treat as a food for when we are hungry. We can enjoy, say a small amount of chocolate right after a meal but not as a solution for our cravings. So make sure you eat chocolate only when you are already satiated.





**Slim Forever Phase:** From here you have a wide choice of foods but be guided by the preceding lists of healthy foods and include ...

**A Slim'n Stick™ protein-only day once a week forever**

(not to say that you can't use the **Slim'n Sticks™** at any time – they are still a great alternative to unhealthy sauces and sugar-laden seasonings)

Monday	Tuesday	Wednesday	<b>Protein Day</b>	Friday	Saturday	Sunday
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# Tips

Be organized and stock up your fridge and freezer so that there's always some ready to prepare protein at hand. Here are some handy tips:



Have bags of green prawns (shrimp) in your freezer. They make a delicious meal or a convenient snack on any of the varieties of **Slim'n Sticks™** and are very easy to prepare quickly.

Use a Soda Stream® or equivalent to make your own bubbly water. It's cheaper than buying mineral water at the shops and easier than dragging home heavy bottles.



Have frozen egg (or egg white) sachets in the freezer for convenience or when you run out of eggs.



Sprinkle cinnamon on yoghurt daily. It's a powerful metabolism raiser. A half a teaspoon a day is enough to burn an extra kilo a month.



Sip green tea. It boosts fat oxidation and resting metabolic rate by 20%.



Source a non-stick grill sheet as a way to cook without adding oil.

Use a flat, non-stick griddle pan or use a grill sheet cut to size. The flat pan also gives you plenty of room to fit the **Slim'n Sticks™**. Use both the grill sheet and the flat griddle pan to cook all your pan-fried steaks, chicken, fish, prawns and pancakes without having to add any oil.



Regularly refer back to this e-book for meal suggestions.





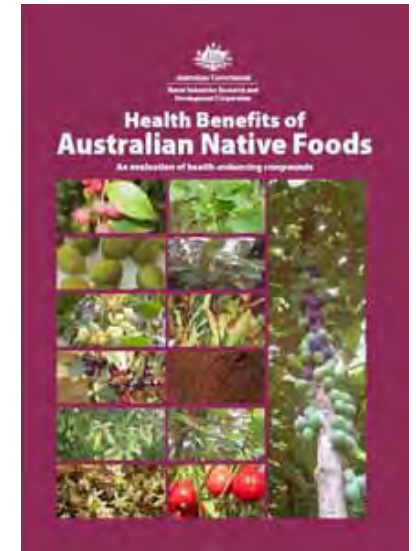
# Wild Foods



In this chapter we will introduce the nutritional benefits of wild Australian fruits, which have been found to be **more nutritionally dense** than the watery, high sugar, high GI, nutritionally dilute produce available in our supermarkets today. For more detailed information plus a number of informative videos, go to [www.kakaducomplex.com](http://www.kakaducomplex.com).

The Australian Government backs up our findings in regards to these wild foods and the 11 wild 'superfoods' currently used in **Kakadu Complex™** are well complemented with the 15 other global superfoods in the blend. The result is the world's best, whole food, high antioxidant nutritional solution and the only one based on wild foods of the longest living culture on the planet.

There are many testimonials from users benefiting from Kakadu. The most common response from users is that of weight loss and increased energy. There are also many testimonials from diabetics whose blood glucose response has significantly improved after taking Kakadu regularly.



**The world's largest, multi-market, diet study**, entitled Diogenes (Diet, Obesity and Genes) was conducted across eight European countries - with results recently published in the **New England Journal of Medicine**. It investigated the optimum diet composition for preventing and treating obesity - testing over 773 participants on five different diets over the course of six months.

The results revealed that a **low GI** (glycaemic index or the rate of glucose absorption) **and high protein diet** combination may be the key to avoiding weight re-gain and maintaining shape.

**Professor Jennie Brand-Miller** from The University of Sydney, a renowned Australian GI expert and a leader in her field, says she's thrilled to see low-GI diets achieve the international recognition they so deserve. Her research team is currently including **Kakadu Complex™** in an assessment to quantify its impact on blood sugars following carbohydrate meals.

However, **there is more** to this than is immediately apparent. **The key to weight management** and ensuing good health is actually **insulin** and how our cells react to whatever your pancreas secretes in response to your diet. Lots of sugar in the blood from high GI foods and plenty of insulin gets pumped into the system.

The problem is that our cells soon become **resistant to insulin** and our **blood sugars stay high**. This leads to changes in the liver and with

the insulin's second role, **sugars turn to fat** which is stored in the liver, around all our organs and forms the lethal visceral adipose tissue or VAT, from which so many of us are dying early.

The effects of insulin are the real challenge for anyone wanting to lose weight. More precisely, it is the combination of sugars (and particularly sucrose) and fat that makes **losing weight (permanently and easily) so difficult without Kakadu**.

Sucrose is a disaccharide and is made up of a molecule of fructose and one of glucose. Its GI is relatively low at around 65. Sucrose from sugar cane or sugar beets in Europe is a common food additive and not only acts as a delicious sweetener but has good mouth feel in beverages and foods while helping to provide structure in desserts and even shelf life in jams and preserves. **Sucrose** is even being bred into our fruits and vegetables with high levels in mangoes, stone fruits, melons, corn and soon we'll even have sweet tomatoes. However, the combination of **sucrose and fat** is what's known as **insulinogenic** or an inducer of elevated insulin in the blood. It short, **it makes and keeps us fat**.

Fortunately, **Kakadu provides some serious protection** from insulin's 'Dark Side'.

Wild fruits such as wild rosella, rainforest lime and Davidson plum are very rich sources of **organic acids** which slow gastric emptying. They physically **drop the GI of meals** following the acidic fruits. This is the first protective mechanism of Kakadu.

Next, **antioxidants in a cascade** of different components in association with one another have the dramatic effect of stopping cellular insulin resistance. This allows our cells to mop up sugars, keeps our metabolism functioning on sugars for energy and stops the VAT deposition.

**Kakadu Complex™ is a good source of antioxidants.**

Watch our testimonial videos at [www.kakaducorporation.com](http://www.kakaducorporation.com) for comments about weight loss. From testing we know that by drinking just **20 to 30ml (~1 fl oz) of Kakadu** before each meal or snack, some people lose weight without dieting or exercise. It is important to avoid the need for large amounts of insulin to be called upon to lower blood sugars from food you eat. The **Wild Weightloss Way** is a program to accelerate your weight loss by avoiding simple carbohydrates while boosting your protein intake; getting additional antioxidants from **Kakadu Complex™** and using the functional flavours from **Slim'n Sticks™**.

The good news is that once you begin to lose weight it becomes **easier to exercise** and the desire to eat energy dense (high fat, processed, high GI) food drops. These two factors plus **adequate sleep** and **reducing stress** all help drop the kilos.

Added to the weight control, **a cascade of antioxidants** also helps allay all the other diseases of nutrition which have been estimated to account for **70% of visits to GPs**. With Kakadu some people have also found that to **stop smoking** was easier. The outcomes from achieving your ideal weight include a general **improvement in health, extended longevity**, a more healthy **mental attitude** and moving around is just so much easier.

### kakadu plum



Holds the world record for vitamin C content. A phytonutrient feast full of antioxidants, folic acid and iron. High in ellagic and gallic acids which are anti-microbial and anti-carcinogenic.

### illawarra plum



High in soluble fibre and anthocyanin antioxidants. Research has shown that components in Illawarra plums both, inhibit fat cell growth and replication and the ideal weight loss fruit.

### goji



A natural cornucopia of nourishing vitamins including A, C, E and B, antioxidants amino acids, essential oils, anti-inflammatories and proteoglycans.

### rainforest limes



Contains vitamins C and E, limonoids, folate and lutein. Limonoids turn on our own internal cellular antioxidant systems by up-regulating the highly reactive, free radical quenching, glutathione enzyme pathways.

### wild rosella



A rich antioxidant food with incredibly high levels of the 2 most active anthocyanins which are known to reduce high blood pressure. Used in many countries as a restorative after illness, stress and even exercise.

### blueberry



A well known health food full of flavour, fibre, phenols, vitamin C and potent antioxidants including resveratrol and numerous bioflavonoids.

### pomegranate



It is not the juice but the pith under the skin that we use as it contains the abundance of anti-inflammatories and many antioxidant bioflavonoids including ellagic acid.

### quandong



Second only to Kakadu plum in antioxidant capacity due to the many polyphenolic antioxidants it contains.

### cherry



Well known for its potent anti-inflammatory and anti-arthritis (anti-gout) efficacy. Also a source of malic acid and numerous bioflavonoids.

### grape skin & seed



We don't use grape juice, only the skins and seeds which contain numerous fatty acids and powerful antioxidants including resveratrol which is important for the health of our cardiovascular system and brain function.

### mangosteen



The crimson pith just under the skin is full of xanthones. These are anti-inflammatories, anti-carcinogens and also appear to suppress appetite.

### cocoa bean



Contains a multitude of active compounds for cardiovascular health, lowering cholesterol and possibly preventing cancer.

### barley grass



A concentrated green food rich in enzymes, proteins, antioxidants, vitamins, minerals and chlorophyll which may be lacking in modern processed food diets.

### flax seed



A source of omega 3, 6 and 9 oils, lignans and other forms of dietary fibre and plant proteins - all important for a naturally nutritious diet.

### acai

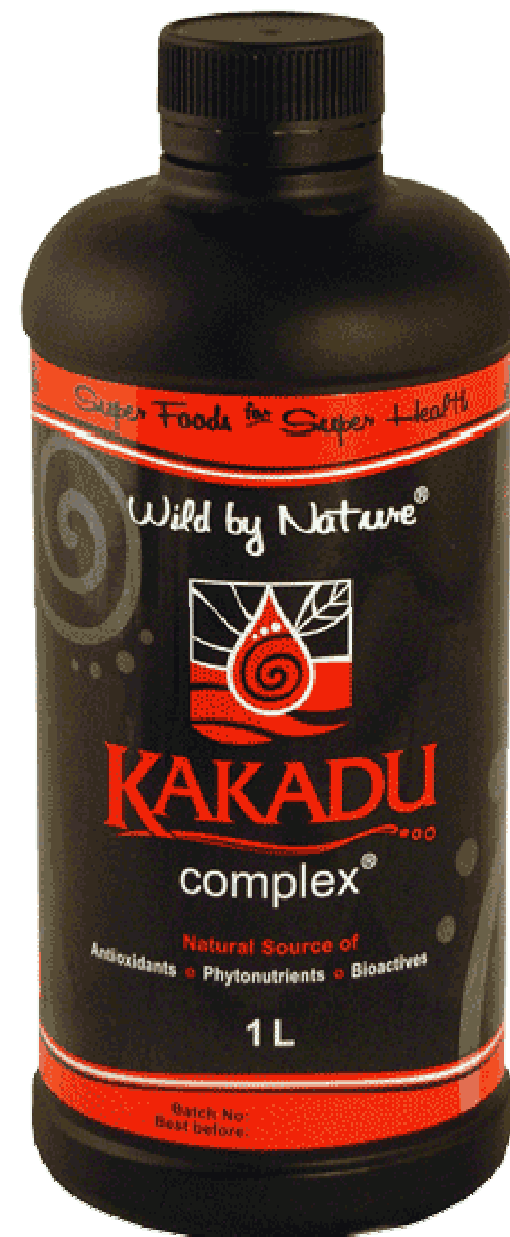


A feast of flavonoids, omega 3, 6 and 9 oils, vitamins & sterols. A health-food favourite of the native South Americans with a taste like chocolate cherries.

Dozens of Aboriginal families in many communities in Central and Northern Australia are involved with sustainable wild harvests, all following Fair Trade principles. This economically supports the preservation and appreciation of Australian Aboriginal culture.

The illustrated ingredients are not the complete list in Kakadu Complex™ which contains 11 Australian wild foods and 15 other superfoods from around the world.

For more information, go to:  
[www.kakaducorplex.com](http://www.kakaducorplex.com)





# What to expect ...

- a dry mouth, particularly on waking, during the protein-only stage – drink plenty of water
- some tiredness on the first or second day – ensure you are taking 20ml Kakadu Complex™ before every meal
- 'protein breath' - Kakadu reduces or eliminates this
- you may be more thirsty than normal - drink plenty of water.
- night-time muscle cramps are more common - take slow K and magnesium/B6 tablets morning and night
- constipation from the low fibre intake - drink plenty of water and make sure you are eating your oat bran pancakes.
- at certain times of the month remember that your body (if female) retains fluid and weight will fluctuate at that time.
- it may seem initially strange having only protein for an entire meal but very quickly this becomes normal
- you will feel full for quite some time after eating but then you may be suddenly hungry. Be prepared for a quick low carb snack eg low fat yoghurt topped with cinnamon
- easy weight loss (clothes will become baggy, **warning:** do not buy clothes at start of this diet)
- a love affair with your scales as the weight comes off

**Trivia** While you may think it 'normal' to have cereal in the morning, we offer this peculiar and off putting trivia and one which may alter your perception of cereal forever. **Cornflakes were developed to stop people masturbating.** In the early part of this century, John Harvey Kellogg gained a reputation both as a nutritionist and a sexual adviser. The foods that Kellogg created (including the now-famous corn flakes) were designed to promote health and decrease interest in sex. Mr. Kellogg thought sex was the ultimate abomination and remained celibate even in marriage. Masturbation was the worst sin imaginable to him. He believed it led to leprosy, tuberculosis, heart disease, epilepsy, dimness of vision, insanity, idiocy, and death. He also preached that masturbation led to bashfulness in some people, unnatural boldness in others, a fondness for spicy foods, round shoulders, and acne.

<http://psychcentral.com/lib/2007/do-kelloggs-corn-flakes-help-control-masturbation/>

# What if you are invited out or you happen to cheat?

- If you are invited out, then go. You can easily resume this diet at your next meal. Just make sure you take 20ml **Kakadu Complex™** before you go out to lower the blood sugar levels from whatever you eat.
- If you cheat the same applies. Remember. You can lose weight on just **Kakadu Complex™** alone but it is slower
- If you visit a restaurant, order high protein dishes or take some **Slim'n Sticks™** and ask the chef to grill your choice of protein for you.
- Go easy on the alcohol and desserts. Both are high calorie and while a pre-dose of Kakadu can mitigate the fast release carbs, the additional fat and alcohol are not nutrients you need. And remember the fattening effect of the combination of fat and sugars.

## Some recommendations:

- A high protein diet imposes environmental consequences and we encourage you to consider the impact of your choice of proteins. Game and seafood is generally more sustainable although some farmed seafood can rely on synthetic feeds which can have a large environmental cost. Certainly sustainable fishery practices are to be supported so a little research is warranted.
- Avoid grain fed animal meats eg corn fed chicken or beef as their fat is generally higher and saturated fat levels predominate compared to the relatively polyunsaturated fat composition of game animal meats.

And please note:

- This e-book provides weight loss information and is intended only to assist users in their personal weight loss efforts. You are urged to seek the advice of a physician before beginning any weight loss program. This e-book is intended for use by healthy adult individuals. The site is not intended for use by minors, pregnant women, or individuals with any type of health condition. Such individuals are specifically warned to seek professional medical advice prior to initiating any form of weight loss program.

# Wildly Convenient

Use **Slim'n Sticks™** at barbeques, when **camping** or **partying** or pre-cook your meal and **take the pre-prepared Sticks to work** for lunch. You'll be able to enjoy the gourmet flavours and won't need to add fattening, oily and sugary sauces.



Share them with the family. **No-one will even know you're dieting** until they see all the weight you'll lose. For some unknown reason when we share with others that we are on a diet people love to say "You're not fat." (regardless of our size) and immediately invite us to eat their offering of fatty food. But because the **Slim'n Sticks™** are also **'fine dining on a stick'** no-one needs to know and you won't be invited to immediately abandon your diet. If you are an adult you'll know what it can be like when you visit your parents. You'll be able to simply say you've found a delicious new way to flavour food. You can share the **Slim'n Sticks™** as a gourmet skewer and they won't know you're on a diet and it won't invite the usual well meaning but irritating comments about your health and weight.

*Harry likes the  
Thai Basil*

*Josh likes  
the Chilli*

**Satisfy the  
whole family . . .**



*Luke likes  
the Garlic*

*I like the  
Coconut*

**. . . in one meal.**

If you are a parent and want to introduce healthy eating to your children you can cook with **Slim'n Sticks™** and they'll love the flavours and have no idea they are being healthy.

You can have protein on **Slim'n Sticks™** for any meal or as a snack if you feel hungry.



## A word about dieting and children



While the **Slim'n Sticks™** are a fun addition to meals, a protein-only regime is too strict for small children.

The Dukan Diet book offers sensible and precise advice for adolescents. We refer you to Dr Dukan's book for more details.

You will find that **Slim'n Sticks™** loaded with protein and vegetables will make a healthy snack or meal for children, teenagers and adults.

## A word about preparation

**Slim'n Sticks™** are easy to use. The flavour will not be activated until the loaded sticks are heated through and so you can pre-prepare your meals even up to a day beforehand chilled or freeze for longer storage.



**Simple to use . . .**

**Pre-prepare and chill**

**Flavour activated when heated**

## A word about cooking with Slim'n Sticks . . . easy!

Panfry, grill, oven roast or barbeque. If cooking on an open BBQ grill soak the blunt ends of the Sticks in water for a few minutes (or wrap them with aluminium foil) to stop them from burning.

When using the **Slim'n Sticks™** in roasts or whole fish, position them about 10mm ( $\frac{1}{2}$ " ) from the surface and use one Stick per 350g ( $\frac{3}{4}$  lb) of protein.



**Cook with Slim'n Sticks™ in the OVEN, on the STOVE TOP,  
under the GRILL, on the BARBIE, take them CAMPING or  
CATER a party**

# Exercise like a hunter-gatherer (without hunting or gathering)

According to the American Journal of Medicine . . .

*We have exercise patterns ideally suited to the rigors of **life as a hunter-gatherer** and for which we remain genetically adapted. Our innate exercise capabilities evolved via natural selection over thousands of millennia and remain essentially the same as in ancient times.*

*Marked deviation from those patterns predictably results in physical disability and disease. An understanding of the typical hunter-gatherer's physical activity pattern would seem to be an **ideal template** from which to design a modern exercise program.*

*A growing body of data indicates that many of the **benefits of exercise** accrue at relatively low to moderate levels of exercise. For example, continuous, high-level activity (such as jogging 32 km/week) was statistically **no better** than walking 19 km/week for reducing features of the metabolic syndrome.*

***Combined aerobic and resistive activity** has been shown to be superior to other means for improving glycaemic control for individuals with type 2 diabetes. Additionally, **intermittent intense activity** results in more weight loss and better glucose metabolism than equivalent amounts of lower intensity continuous activity.*



Caveman's gym class

Dr Dukan incorporates walking in his 4 dieting phases and also recommends never using lifts or escalators again and attacking climbs with some intensity but stopping as required in the initial stages as fitness is being improved. With the **Wild Weightloss Way**, we add Kakadu Complex™ which helps lift your energy levels throughout the program, reduces muscle soreness, enhances stamina and recovery and provides many other metabolic boosts. Added to some early weight loss, regular exercise becomes possible, easier and enjoyable.

We then take the recommendation of intermittent intense workouts 3 times a week and suggest an **enhanced exercise program** (EEP) based on the research at the Medical Faculty at the University of NSW as a means to increase metabolic rate. This proved that a 20 minute workout on a running or rowing machine or stationery bicycle (swimming, power walking, stair climbing are other modalities) consisting of 8 seconds of sprint exercise followed by 12 seconds of relative recovery (20 minutes all up) resulted in a greater fat loss than 40 minutes of steady state exercise.

More recent research suggests that **even 10 minutes** of this routine has disproportionate benefits over conventional exercise but in reality, any exercise you are happy doing is better than doing nothing.

Weight training with free weights or machines is added to the EEP to build muscle tone, mass and caloric burn, also for joint integrity and weight bearing capacity and stronger bones, particularly on ageing.



# Personality types and weight loss

So many of us are familiar with starving ourselves as a way to get thin, only to discover that severe calorie restriction doesn't work as a permanent weight loss solution. Worse, it conditions us to see food negatively and the yo-yo dieting compromises our biochemistry



Pills, potions and powders to suppress our appetite don't give us a healthy relationship to food either. They are unsatisfying in every way. We enjoy tastes and textures of food in our mouth and the feeling of a good meal in our stomachs. Deprivation and pills don't ease the dilemma of the need to eat, both for our daily needs as well as socially.

The **Wild Weightloss Way** gives us a positive relationship with food. We can eat as much as we like, still lose weight and are fully nourished. We're more in control now and food is no longer our enemy.



You may have noticed though that not only can food trigger all sorts of responses from us, we can also have unconscious patterns that are triggers to over eat. For those who may be interested in patterns of behaviour around food, we offer this chapter on the Enneagram, which explores the different personality patterns we each use.

This chapter is not essential for the **Wild Weightloss Way** to be successful but it can help and may be of some personal interest to understand how you tend to think and act.

It's thought that there are 9 survival strategies or 9 personality types that evolved in ancient times and it is worth considering how they may influence our attitude to food. Each personality type can have particular habits around food and it's liberating to discover which of our unconscious responses to life make us choose foods or eating habits that aren't in alignment with a healthy slim body.

The behavioural traits appear to be inborn, which seems to suggest a genetic blueprint. However, understanding ourselves as well as others around us better can provide freedom from some of the more limiting patterns while making good use of the innate positive qualities the personality types possess.

The nine Enneagram personalities each tend to have a different body type, a different perspective on life, a unique way of communicating and thinking and a different relationship with food. When we know our type and know what triggers can cause us to overeat, it becomes easier to change our response to food.

This chapter will offer you a quick overview of the nine personalities and this should speed the process of typing yourself and recognizing which strategies you may have been unconsciously using.

To help you recognize yourself we have included photos and other images of 'typical' types within each personality group. There are exceptions to the rule so you may not immediately recognize yourself but you should get a general sense of the types.

The types are simply called Type One, Type Two etc. We will begin with Type Nine

## Type Nine



Of all the personalities, The Nine is the most harmonious and easy going. They are often hard workers and are especially talented at seeing all sides of a situation. They are able to act as peaceful intermediaries and bring about resolution where there is conflict. They can easily enter rapport and make others feel comfortable and at ease in their presence. They don't like conflict or feeling uncomfortable. In particular, they don't like confrontation and this is where they may have problems.

Rather than confront someone with an issue they will eat instead as a way to block out the discomfort. It is usually rare for them to express anger and they may over eat as a way to repress their anger. They can also spend many hours on the computer or working or watching tv as a way to feel at ease. They can unconsciously eat huge amounts of food as a way to zone out and be comfortable.

Nine's are divided into two types; the lanky and lean, or the voluptuous rounded figure. The **Wild Weightloss Way** works well for this type as it reduces the fat on the legs and hips, which is where this type often accumulates fat. Nines need to be aware of when they're reaching for food as a way to feel comfortable. Stopping themselves from eating as a way to avoid conflict is key for them. Even though their intention is positive and peaceful it isn't a choice that ultimately makes them happy. This can be an ingrained habit, which may be hard to stop. Drinking Kakadu, preparing **Slim'n Sticks™** with protein, avoiding carbs and drinking plenty of water will at least mean they won't put on weight.



## Type Eight



This is the powerful leader or the bully depending upon whether they use their strong energy for good or ill. They can be exceptional leaders (as can all the types) however this personality type naturally has a commanding presence. They are either puritanical (strict with themselves) or hedonistic. They often alternate between the two styles.

Eights generally have a big energy and are usually the easiest to recognize of all the types. They have a temper and speak bluntly and directly. While they can be enormously loving and generous they are also energized by conflict and actively seek it out believing they are simply being truthful and honest. They are unaware that others may feel hurt by their encounter with them. Beneath their tough exterior they are easily wounded and when hurt they fight back in anger or revenge.

The problem they can have with food stems from an innate belief that more is better. This equates to more sex, more food, more work, more play or more power. There are slender eights but more often they have big bodies and if they don't exercise regularly and follow a plan they are the second most likely of all the types to put on weight. Of all the personalities this one needs to exercise. This will give them a better avenue to expel their energy and anger. This type should return to the **Wild Weightloss Way** if they slip back into a hedonistic lifestyle.

## Type Seven



Sevens enthusiastically chase all the best life has to offer. They are talented at keeping their world upbeat, happy and entertained. They are very talented motivators and often have unique and inspiring ideas. Everybody loves a seven because usually they are extremely good communicators, entertainers and naturally have a happy disposition.

This type can though be a glutton for more and more experiences in life. They see what's good and they go for it. Quite often they are extremely health conscious and are the first to embrace the latest food craze. However, they can also party hard and over-indulge in food and alcohol and need to be aware of when they are living to excess.



## Type Six

All the nine types can be divided yet again into three sub categories, which are Self Preservation, Social and Sexual. In the other types there is enough of a similarity in look and body type that it doesn't warrant special mention in this overview of the Enneagram. However, the three sub-groups do differ significantly in the Type Six and so I will describe them to make it easier for a Type Six to recognize themselves.

Sixes are warm, kind, loyal and faithful. They are the best organizers and often the best team leaders. They have an active, intelligent and questioning mind. They have a natural instinct for danger and providing safe solutions. Yet they have an undercurrent of fear driving their lives and it manifests as a doubting questioning mind, which is advantageous in dangerous situations. Often their sense of fear is buried sufficiently deep and this type will usually doubt they are a Six until they recognize that their over-active mind is covering this fear. Many will go back and forth in their minds doubting once again that they are a Six and even reject the idea of a categorizing, potentially limiting system. This too is how the mind of a Six works. (In fact, the Enneagram does not limit us. Rather it highlights where we have unconsciously limited ourselves and it offers a way out.)

### Self Preservation Six



This type is the most outwardly nervous of the three types of sixes. They are very friendly but as most will often confess, they're only friendly so they won't be harmed or threatened.

Their system is on high alert for danger and this manifests as personal anxiety and external attempts to keep their lives and those of their families within set limits.

## Social Six



This type has a strong sense of social justice and safety. They will debate intelligently and passionately and aren't aware of the underlying fears driving their purpose in life.

They are aware of being loyal to their group or their family and of the need to organize everyone. They have a keen sense that they are the one who needs to be responsible.

Social Sixes want to trust but their doubting minds make them distrust people, concepts and certain foods.

## Sexual Six



The term 'Sexual Six' does not mean this type is more sexually active than the other types. It simply means that having a sexual identity is one of the driving forces in their lives. This type also has a doubting, questioning mind.

They are usually athletic and have either a beautiful or a strong body that they like to keep buffed and fit. Many with this type but not all are drawn to dangerous sports or situations as a way of overcoming their fears.

Sexual Sixes like the philosophy; "Feel the fear and do it." Often this type is what we see in the action movies. The athletic buffed hero facing their fears and rescuing others from danger.

All Sixes will benefit from the nutrients in **Kakadu Complex™**. Their nervous systems are tightly wound taking a physical and mental toll. The Sexual Sixes will also benefit from this lifestyle plan as it will maintain their healthy slim bodies. Out of the three subcategories it's the Social Six who is more likely to put on weight as they will be the ones quite likely cooking for their family and organizing social gatherings.

## Type Five



If you've ever watched The Big Bang Theory on TV then you'll know the type five. They are the 'brainiac', the geek or the introverted, quiet artist or recluse. They have extremely retentive minds and like to spend much of their time alone and thinking. They would prefer to live in their heads and not have to deal with a body (let alone exercise it.)

They are often concerned about their health and follow special diet theories that take their fancy. They are normally very thin as food is seen as a necessary fuel rather than an enjoyable pastime. They believe that less is better. There are some overweight fives but they are the exception. Those who are extremely thin are often undernourished and will benefit from the antioxidants in Kakadu and any additional protein in their diet. Certainly the **Slim'n Sticks™** may be more of a way to cook quickly before getting back to more cerebral things.

## Type Four



This type is often talented at contributing unique ideas and projects. They are usually artistic in their style of dress and external surroundings as well. They loathe the idea of being ordinary and yearn for and often achieve a unique and extraordinary life.

They swing between high and low moods and their emotions can be physically draining. They are one of the most dramatically expressive of all the types and are easily overwhelmed by emotion.

They want to be valued for their uniqueness and find the commonplace deflating and depressing. Even though they would abhor the idea of discipline they actually benefit and excel when they are disciplined with their artistic offerings, their work, diet and exercise. Fours have a couple of triggers that may influence poor eating habits. One is excessive drinking as a way to alter their mood and the other comes from their good taste in all things including gourmet food in which they may over-indulge.

The **Wild Weightloss Way** allows a Type Four to have their gourmet meals and still lose weight.



## Type Three



This type is usually efficiently and productively climbing the ladder of success. They are often thin, however, Threes can get over-weight.

They are normally highly aware of their image and extremely well groomed. They are so busy multitasking and achieving, (they don't seem to understand the word RELAX).

Threes have a tendency to eat on the run or for vanity purposes, eat very little. They will probably see the **Wild Weightloss Way** as an efficient way to be successfully thin and to stay in keeping with their gourmet standards. They will also be getting the nutrition they need from **Kakadu** as they work themselves to exhaustion.

## Type Two



This type usually has a very sweet personality. They are extraordinarily kind, generous and big hearted. They are talented at making others feel good about themselves. They are usually offering advice and flattering others to make them feel better.

They are the ones looking after everyone else but neglecting themselves. They have been known to smother and suffocate people with love.

Twos may indulge in carbs as a way to feel loved. Of all the types, Twos need to take time out to look after themselves with proper food and exercise rather than only looking after other people.

## Type One



Type Ones have an innate sense of goodness, fairness and justice. They are disciplined and have a strong sense of right and wrong. They prefer their lives to be clean, orderly, neat and correct. They strive and often achieve impeccability in all that they do but worry they won't achieve perfection.

They often say it is like having a judge in their head demanding correct manners, politeness, fairness and cleanliness. They work extremely hard and often have lean bodies and a tenseness that makes them appear stiff and wooden. Their clothes, hairstyles, house and desk will be impeccably neat and clean.

They are naturally disciplined with their food and of all the types, Ones are most likely to under-eat as a way to maintain a sense of control in their lives. If dieting, they need to be aware of when they are taking it to extremes. However, even though they are normally regimented in their approach they do have another side to them. Rebelling from their strict lives and principles they may reach for alcohol and indulge in gourmet food as a way to relax.

**Regardless of which personality we have, we all have imaginations that can deceive us.**



Our imagination is not our stomach and yet often it pretends to be. Of its own accord it runs off and fantasizes about food and informs us we are hungry. This is when we can be discerning and more wily than our imaginations. There are several ways in which we think. We picture things in our minds, sometimes it's still like a photo or we can run movies or just a soundtrack. We can 'hear' whole conversations in our heads.

Next time you 'think' you may be hungry try this exercise and see if it's your mind or your stomach talking to you: Is there a picture of food in your head? Are you talking to yourself? Now place your attention on your stomach. Pull your awareness away from your thoughts and solely focus on your stomach. If you're not actually hungry you'll tap into a bodily sensation of a perfectly satiated stomach. It can be quite enlightening discovering the difference. If you are actually hungry there will be that hollow feeling and your stomach will be growling. But oftentimes you'll discover that tuning into your body as opposed to your imagination delivers a completely different message. It is satisfying when we do this and find out that we are fine.

Often our imagination (with the best of intentions) wants us to **avoid feeling uncomfortable** or upset and suggests food as a solution. Rather than eating, place your attention upon the feeling in your body. Begin to notice where in your body you feel angry or emotional or uncomfortable. Take note of its size and location.



You may be calling it 'anger' or 'sadness' or 'fear' or you may have another name for it. De-label the sensation and call it 'energy'. Let yourself just feel it as energy. Do you notice a difference when you just call it energy? This is a way of neither repressing what's happening or acting it out, it's not denying it or indulging in it. We are simply letting it be what it really is. Oftentimes we discover that when we call it energy we actually like the sensation. We are tuning into ourselves at a more 'real' level than imagination. Our mind spins on stories and tries to analyze what's happening and this can lead to story after story. Use this approach to stop your imagination running amuck and instead, be empowered by your own energy.

If you would like more information please visit Clare's website at [www.understandingpersonality.com](http://www.understandingpersonality.com) where you'll find film clips, cartoons and books that help us laugh at ourselves to break free of limiting patterns.





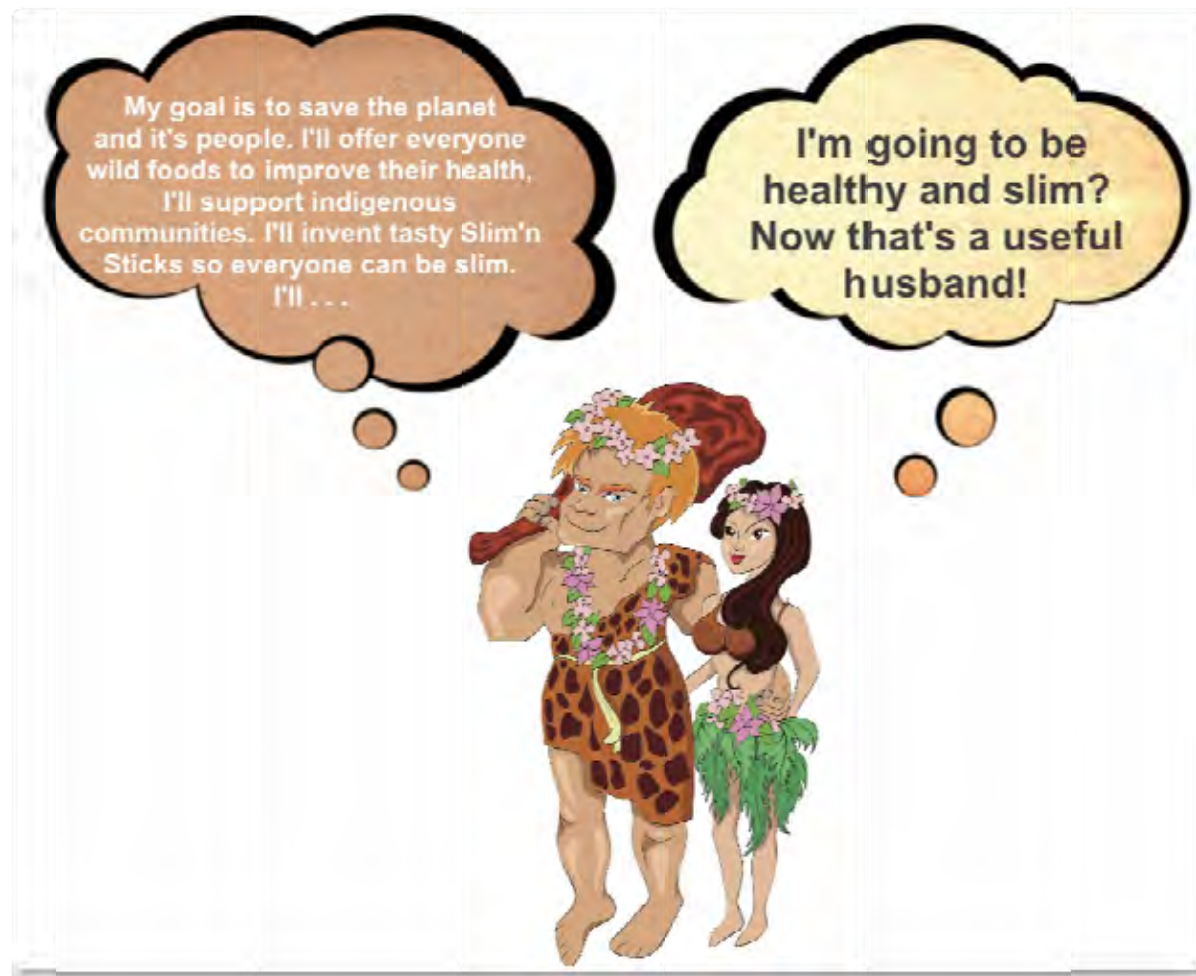
# About the Authors

## Clare Cherikoff

I've tried a range of diets but never quite managed to feel truly slim. I may be able to hide the flaws beneath black clothes, long shirts and high heels but as most of us know there is still that cruel mirror that tells all. It was a eureka moment when I saw the marriage between Vic's philosophies, the science, his projects and inventions and knew I was going to personally benefit. Forget the fact that the flavor-infused skewers are gourmet. This is making me SLIM and it's easy!

The aim in writing this book has been to make the diet fun and simple and be an easy guide to read and follow. It amazes me how much the weight drops off and how such a simple new cooking concept can be so satisfying.

When I am not prancing about in front of the mirror and being totally vain over my trim figure I am working with Vic in our various businesses as well as writing, cartooning and creating films for my site on the Enneagram. This site is about how the mind works and how we delude ourselves by defaulting to one of nine primary patterns of thinking. As you may have read in my earlier chapter, these often do not help us form or maintain a healthy relationship with food.



My background is as an author, cartoonist, documentary maker and international teacher. My other books include:

- **Lifting the Veils of Illusion** an illustrated manual on the Enneagram, NLP and the nature of trance patterns
- **Spellbind** - which is a Harry Potter style novel but within the fast paced story you inadvertently discover concepts of the Enneagram and the Power of Now and of gaining a deeper understanding of ourselves.

The story is about an unlikely super hero with a difference. Her job is to wake up (enlighten) the world. She is a hero who shows us how to wake up from our own illusions and lead us to a life of freedom. But Max has to first wake up from all illusions . . . spells from within, external spells, personality spells . . . before she can wake up the world.

*Clare, I've read Spellbind in a day and a night and love it. Then it was my 11 year old daughters turn - she couldn't put it down either and it sparked a lot of fruitful communication re the bird spells in our family and how to look beyond the mask of pain someone's displaying! Great stuff!!! Narayana Urban-Winterfield UK*

*I thoroughly enjoyed Spellbind. On one level it's a fast and quirky adventure story that will totally captivate children (and adults). On a more subtle level, it masterfully weaves together a deep understanding of personality and the trances we human beings unwittingly live by, and how to wake up from them by using the proven techniques of NLP and present moment awareness. Lorna Stewart – Professional NLP, Coaching, training and facilitation Australia*

Just to finish off this blurb about me I'll tell you about Vic's and my first date (16 years ago). I had recently finished college studying nutrition and botanical medicine when we met. Vic needed to photograph someone eating a witjuti for Australian Geographic Magazine. What a unique pick up line! I was of course intrigued, said yes and there is now a photo of me in that magazine with a witjuti in my mouth. I think I knew I was in for a wild life when I met Vic.

## Vic Cherikoff

### Australian Wild Food Scientist and Joint CEO of Kakadu International and inventor of Slim'n Sticks™

Vic describes himself as a **scientist, author and entrepreneur** but others have called him a visionary due to his passion for bringing the **ancient, traditional food and medicinal resources** of the Australian Aborigines into the modern-world sciences of nutrition, food science and pharmacology. Although qualified in **Applied Biology** and actively involved in many research projects as **instigator, co-supervisor, industry partner or collaborator**, Vic's three businesses are based on product innovation (and the wild foods he helped commercialize) for the food, health and cosmetic industries.

His pioneering work began with half a decade of research into the **pharmacology** of biochemically active compounds and their effects on brain chemistry and neurotransmitters. This work led to changes in the understanding of diseases such as Parkinsonism, Huntington's Korea and schizophrenia but the work in pharmacology also assisted Vic's understanding of the functional effects of components in **wild Australian plants** on human biochemistry.

Following on from this, was six years of analytical research into the **nutritional value of Australian wild foods**. His pioneering research in this field gave insights into the qualities of the foods **traditionally eaten by Aborigines** and which sustained their rich and diverse, yet environmentally sustainable culture for over 60,000 years, making them the **oldest living culture on the planet**. Vic is convinced that we still have much to learn from them.

The food-medicine interplay became further evident in his work on the **Kakadu plum in 1982** which he analyzed and was the first to prove as the **world's highest fruit source of vitamin C**. Some 30 years on and this record has not fallen. But the discoveries didn't end there. There was a whole plethora of super-foods of many and varied forms and loaded with high quality macro-nutrients (high protein sources, healthy mono and poly-unsaturated fats, protective low GI complex carbohydrates and more). As well, many foods exhibited incredibly **high levels of anti-oxidants** (both water and fat soluble) and foods which appear to provide tonic effects including anti-carcinogens, recovery accelerators, adaptogens, immune-stimulants, phyto-estrogens and with sedative, relaxant, narcotic and anti-arthritic effects and more.

The research into wild foods still continues today with development of an extraction technology to isolate a group of bioactive anti-cancer molecules from an Acacia species. Other work investigates the anti-inflammatory effect of the high antioxidant wild foods including **Kakadu Complex™** itself as well. A whole new medical condition called metaflammation has been defined to describe the symptoms of the many diseases of nutrition which are now considered to be the result of inducers such as our poor quality foods; a lack of exercise (or too much of it); inadequate sleep; environmental and internal stresses; chemicals and other toxic compounds we eat, breathe or to which we are exposed; and so on.

Many of these superfoods are now an integral part of **Kakadu Complex®** which not only improves our nutrition and fine-tunes our metabolism for ideal health but also provides the nutrients more closely aligned with the diets with which we **evolved as human beings**.

And then there are the wild medicines from the pharmacopoeia of 600 traditional Aboriginal Nations that are beginning to be unlocked. Many of these are finding their way into cosmaceuticals or functional cosmetics since the pharmaceutical route and patenting analog molecules is time consuming, prohibitively costly and unfair to the communities originally providing the information on use. Vic's strategy is to either use the actives in cosmetics that work (skin healing creams, moisturizers, conditioners etc) or where the actives are derived from food products such as the anti-cancer components from Acacias, to add them to formulations such as Kakadu Complex™ in order to add efficacy in treating our modern nutritional diseases.

Some of Vic's inventions/developments include **Herbal-Active™**, a powerful antimicrobial yet a product that is a GRAS (Generally Regarded As Safe) blend of essential oils from foods. This is used as an ingredient by cosmetic and food manufacturers replacing more synthetic preservatives and is finding a growing market as a dipping solution. This natural food rinse can extend the shelf life of fresh produce, meats, seafood and even cut flowers. It can reduce food waste dramatically assisting governments to find solutions for food security issues as our global population burgeons and our food resources dwindle.

The **Slim'n Sticks™** are another of Vic's creations. Having trained chefs in the use of wild food ingredients, he was fully aware that flavours infused into the skewers needed to remain inert until the skewers were heated. If they began bleeding flavour, pre-loaded skewers would quickly become inedible from too much flavour intensity. Try any of the variants and the impressive result of this innovation will be apparent.

The flavours themselves are also functional biochemically making the **Slim'n Sticks™** an integral part of the Wild Weightloss Way program. They make the lifestyle change easy to follow as meals become an adventure in taste and the weight just falls away.