

Mack Newton on... FEAR AND DESIRE

Fear and desire are two sides of the same coin. We have lots of things we're afraid of—financial loss, failure, rejection, aging, being alone, death, and others too numerous to mention. Habitual fearful thinking is so prevalent that we don't even categorize it as fear—we excuse it as rational thought, logic, or "realistic thinking."

Fear is the cause of more unhappiness and unfulfillment than almost anything else. It is a treacherous enemy that can paralyze you, steal your peace of mind, steal your dreams and enslave you. Ralph Waldo Emerson said, "We are afraid of truth, afraid of fortune, afraid of death, and afraid of each other."

The things we want out of life, our desires, have to be stronger than the things we're afraid of... If we're serious about being successful.

—Mack Newton

Life doesn't require that you identify and overcome each individual fear. The big secret to courage is to "grow" your desires and your love until they are bigger than the fear. Fear will never completely disappear, but you will be able to act in spite of your fear if your desire and love of life are stronger.

If a person has 100 pounds to lose, they've got 100 reasons to be in the workout class. When they have lost 96 pounds, they now only have 4 reasons to lose the weight. Fears will begin to surface and become more obvious now. It's much easier to give up when you have only 4 reasons for continuing than when you have 100 reasons.

That's why a lot of people stop just when they are near success, because they have run out of reasons to continue. They ran out of desire and the fears took over again after a critical point. Your desire must be stronger than your fear. Desire must build until it is a fire that will rage past your fears.

**Inside
Edition**

As a speaker, MC and auctioneer for the Kiva School, Mack raised

more money for the school than any previous event in its 45-year history says Molly Boyd, a parent and organizer of the auction. "He gave a powerful speech and was a tireless auctioneer," she says. "He went all out."

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Mack will be delivering another motivational speech to the Peak Performers group in 2003.

9/11 MEMORIAL LINKS HANDS WITH MACK AND SEQUOYA SCHOOL CHILDREN



Left to right are Mack Newton, sculptor Jennifer Forman, Scottsdale Mayor Mary Manross, and Governor Jane Hull.

Mack Newton was an important part of the Sequoya Elementary School's memorial for the September 11 terrorist attacks.

Created by sculptor Jennifer Forman, the 11x20 foot wooden American flag was formed with the plaster casts of the hands

of every student and staff member at the school. Mack delivered the keynote speech and also had a cast of his hands laid on the red, white and blue.

Attending were the Governor, Secretary of State, Scottsdale Mayor and other dignitaries. The sculpture, titled *One Nation Indivisible*, will be on display May 13-31 at the State Capitol at 1700 W. Washington in Phoenix.



Mack Newton with sculptor Jennifer Forman

AMERICAN DIET VS. 3-2 EATING PLAN



An area of great misunderstanding and confusion is the failure to properly understand and interpret the changes which follow the beginning of a better nutritional program, such as the 3-2 eating plan.

What does a better nutritional program mean? Simply put, it is the introduction of higher quality in place of lower quality foods.

Lower quality foods have undergone more preparation, or processing. Preservatives, salt and other ingredients have been added—for example processed lunchmeat is far inferior to a steak or piece of salmon. Canned vegetables are inferior to fresh.

The closer food comes to its natural, unrefined state, the higher its quality. In this condition enzymes are found intact, amino acids are in their finest form, the minerals, vitamins, trace elements, carbohydrates and “life force” are present. The life force comes from the sun. We can’t create energy from the sun, but plants can. When the life force is present, we consume it in green vegetables and we also eat the animals that have digested this life force. Leafy green vegetables also contain minerals as well as vitamins, all of which our bodies, muscles and bones need. This life force creates very strong healthy tissue.

The 3-2 is a superior nutritional program because it doesn’t allow any processed foods whatsoever. We also eliminate certain foods that can be toxic, such as coffee, tea, chocolate, tobacco, salt, and other foods that the body has trouble digesting or foods that are simply synthetic and refined, such as bread, pasta, creamy dressings, soda and alcohol.

The American diet is nutrient-deficient. We are bread-oriented, soda-pop-drinking, salt-on-everything consumers. We destroy our taste buds and digest a lot of empty calories, then use vitamin supplements because we don’t eat much real food—we eat food products. With synthetic supplements, we may only absorb 10% of the nutrients and none of the life force.

There is nothing in processed food that we really need. We eat processed food for two reasons: convenience and taste. The convenience is an illusion because most of the recipes listed on my website can be fixed faster than driving to a take-out place and bringing it home.

What are the symptoms or signs which become evident when we begin to omit the lower grade foods and instead introduce the superior foods contained in the 3-2 Eating Plan? When the use of toxic stimulants such as coffee, tea, chocolate, or cocoa are suddenly stopped, headaches are common and a letdown occurs. This is due to the body’s discard of the toxins caffeine and theobromine. Before these agents are eliminated, these irritants register in our brain as pain—in other words, a headache. Stimulants also



force a more rapid heart action on the body, which produces a feeling of exhilaration. With the introduction of more natural foods, the heart and pulse rate slow, which may temporarily produce a depressed state of mind.

Usually within 3 days, these symptoms vanish and we feel stronger due to the recuperation and formation of new healthier tissue. The moment you start eating good food, the body begins replacing connective tissue built from lower grade materials with that which is built from higher-grade materials. This happens from the inside out, and won’t be immediately apparent. However, if you continue with a healthy eating plan and exercise, you will eventually see a lean, firm body on the exterior as well.

It is also important to understand that it is more important WHAT you eat than how MUCH or WHEN you eat. Many people think that they gain weight because they eat dinner late. This will not be true if you are eating 3-2 foods. However, the typical late-night foods, such as cookies, muffins or cake, will simply be converted into fat and stored in your body.

Also, if you restrict calories in an attempt to lose weight, your body goes into starvation mode and starts to conserve the very thing you want to get rid of, which is fat. It will even try to create more fat to prevent this stupidity of forced starvation. Rather than starve the body, you need to give it plenty of what it craves naturally—energy and calories in the form of lots of lean protein, green vegetables, fruit, and water. You can begin to add more to your eating plan, such as other types of vegetables and whole grains, later after you have rebuilt your body with the strict 3-2.



SMOKED CHICKEN AND SUGAR SNAP PEA SALAD WITH MINT

Serves 4

2 (6-oz) Smoked Chicken Breast Halves with skin, chicken cut crosswise into 1/4-inch-thick slices

1/2 LB sugar snap peas, trimmed and cut diagonally into thin slices

1 English cucumber, halved lengthwise, seeded, and cut diagonally into thin slices

3 scallions, cut diagonally into thin slices

1/4 cup fresh mint chopped

1 teaspoon minced peeled fresh ginger

1 1/2 tablespoons olive oil

1 1/2 tablespoons fresh lime juice

Toss together all ingredients and season.

GOING FROM ZERO TO SIXTY

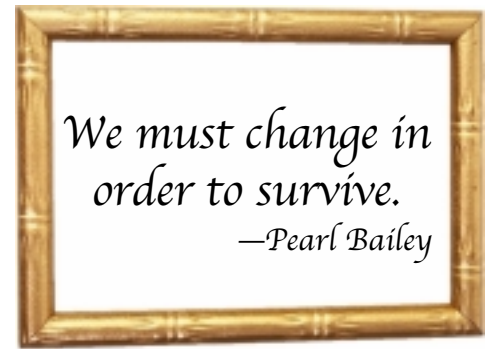


When Rachell Hall saw friends who had drastically altered their bodies at Newton Fitness, she decided to give it a try. “When I started, I was in very bad shape,” she says. “I have never been an athletic person and I’ve never worked out before.”

The 44-year-old Rachell also had some other misgivings. She had been seeing a specialist for lower back pain, and was worried that she would be unable to do the workouts. “I also didn’t know how I was going to get the time commitment into my day. But I totally regained those hours because now I get up at 5:15 am raring to go. I have a lot more energy and I’m so much more productive.”

With the muscular strength she has gained, particularly in the abdomen, her lower back problems have disappeared. “My back has never been better,” she says. “And what I love so much about this program is that the way you get strong is to build lean and beautiful muscle rather than big and bulky muscle.

Not only did she lose 28 pounds in five months with Mack, but she began with 40% body fat and is now down to 25% and still dropping. Now at a trim 125 pounds, she says that her biggest surprise is how much fun she is having. “At first the workouts were really hard, but now I absolutely love it. On Sunday night, I realize I can’t wait to go to the studio on Monday. Considering the shape I was in, I’ve gone from zero to sixty.



THE D FACTOR IS COMING!

Mack Newton is writing another book with co-author Michele St. George. Titled *The D Factor*, he says it is a continuation of the process that produced his first book, *A Path to Power*.

“I’ve always wanted to share what I’ve learned with people to help them reach their fullest potential. When I teach groups in the studio, people have often told me how much they derived from what I said in addition to the physical benefits of the workout itself.

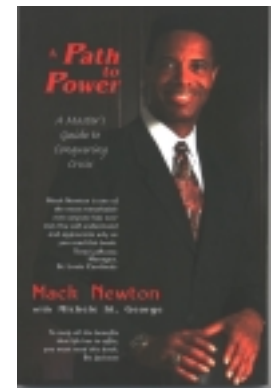
“From 1987, which was the year I got my hip replaced, my life assumed a new slant and a different perspective. By the mid 90s I was doing a lot of speeches and tapes, and the idea of a book was in my head but I didn’t know where to start. It was serendipitous when the writer Michele St. George came in my office and proposed a book. She had previously written a very accurate magazine article about me, and she just seemed to ‘get it.’

“The process of writing a book was difficult for me, because of the life events and thoughts I exposed that I had never previously made public. As scary as it was, it was very cathartic for me as well.

“Since *A Path to Power* was published in 1997, I have grown in a different way, perhaps because more has been expected of me. I’ve been working harder, reading more than I ever have in my life. I listen much more intently to people. I want *The D Factor* to take people to another level.

“There may actually be five or six books in this whole series. I also plan one on the 3-2 eating plan and its effects on the body.

“I’m going to continue to write. In my own little way, I think it’s helping to make the world a better place. I want to repay some of the people who have helped me—not repay them personally, but repay the universal debt, and to help people to get as much out of life as I’ve received.”



DISCO FRIDAY

Held the last Friday of every month for the conditioning class, Disco Friday has sparked some vigorous competition. The winner for best costume receives a reserved parking space for a month, a day at the Pucci Salon & Spa, and a 5,000 mountain climber credit. Recent winners were Deb Capaldi (pictured at left) in March and Rebecca Purdy in April.

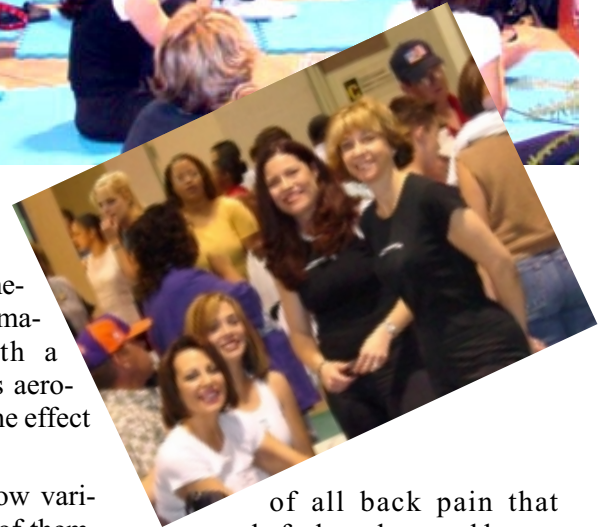


LEARNING ABOUT EXERCISE AT WOMEN'S EXPO

An April exercise class held during the Women's Expo at the Civic Center was a revelation for the more than 200 people who watched or participated. Mack Newton launched the fitness speech and workout at the suggestion of Channel 3's Marty Velasco-Hames.

"It was really for people who don't exercise and don't know how to start," says Mack. "We kept the exercises extremely simple and basic, so they were something they could use. At the end, we also did a seminar on the 3-2 eating plan and its effects on the body."

For people who only walk or bike, or don't exercise at all, they are unaware of the effects movement has on their body. "Walking is an excellent exercise," says Mack, "but you only use certain muscles and it is very repetitive. If you are not stretching properly, you could actually be shortening your hamstrings by the repetitive motion. Also, only one major set of muscle groups is receiving oxygen, unlike here in our classes where you are working several major muscle groups all at the same time, resulting in far greater heart action and circulation.



When you introduce somebody to exercising several major muscle groups with a strength-related as well as aerobic component, they feel the effect right away."

Mack also explained how various exercises, or the lack of them, affects the body. Back pain, for example, frequently is the result of lack of muscle tone in the stomach, tight hamstrings as a result of not stretching, and weakness in the quadriceps' insertions. "Between those three things you have a tremendous recipe for back pain," says Mack. "Probably 85 to 95 percent

of all back pain that people feel can be cured by exercising properly.

"You actually have to do something. You can't drink anything, you can't take a pill, and you can't read a book on it. You have to actually do it. So this class was a discussion of the problems and a demonstration of the solutions."



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