

# An Attitude for Brilliance

Samantha Backman had an attitude by the time she was five, but she tells Aldwyn Altoney that her new attitude has led to a 'bloody brilliant' life.

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It's remarkable when people come from being physically and sexually abused as children to making an amazing life for themselves. The ever-flamboyant Samantha Backman is living proof that it can be done.

Born in Victoria, Australia, Samantha copped regular bouts of physical, mental, emotional and sexual abuse from her mother and stepfather since birth. "My mum was 15 when she was pregnant and 16 when she had me. She was too young to really understand motherhood," Samantha says.

## Growing Up With an Attitude

She grew up with her grandparents until the age of five, by when she already had an attitude. When she was returned to her mother, Samantha couldn't stand the smell of her, "because she gave me away. I had no connection with her. She was a stranger to me."

The violence in the family wasn't restricted to Samantha, "My mum was physically violent, including with my stepfather. She used to beat him. You didn't want to mess with her, she'd hit you and ask questions later." She even knocked out two guys in a pub once and won a bravery award for helping an officer in distress.

Samantha was raised on a dairy farm with wheat, sheep and beef cattle. "I grew up with great common sense due to growing up on the land, but my childhood wasn't happy." She ran away from home at age 15 and 'life began from there'.



## Leaving Home

She left home with \$7, one suitcase of clothes and two suitcases of make-up. "I just wanted the fake eyelashes, make-up and push up bra. I wanted to be the woman I wasn't allowed to be. Now, I'm quite feminine as a girl. You never see me in pants and there's always hairspray on."

She found work as a waitress and barmaid, before launching into her own business ventures which included purchasing several massage centres over 15 years, hairdressing and beauty salons, restaurants, a jeans shop, promotions and studying both medicine and natural medicine fields.

She went through a down period in her 30s, trying to commit suicide three times.

"Until then, I was into self-pain and mutilation — tattoos, piercings, etc. With the physical abuse, you feel you have no power and with the sexual abuse, you feel very low self-esteem, so mix these forms of abuse and I felt my family was better off without me," she reveals.

## Making the Most of it

While some people can take on the victim role under such circumstances, Samantha has since taken her history on board and made the most of it. "I went through a period of hating my whole upbringing, I was angry, but looking in hindsight, I have no problem with what has happened because it has made me the person I am now. I understand some people can blame their past for their problems in life. With me, it's made my life. To be honest, with the family history, I'm more than happy to be a self-made millionaire. I wanted to do it on my own."

Now based in her dream hilltop house in Burleigh Heads on Australia's Gold Coast, Samantha has four children (three of whom have left home) and lives with her long-term husband Cash Backman (a well-known country singer).

## Bloody Brilliant

She runs three businesses — Alicia International Pty Ltd (female health and lifestyle products); A Bloody Brilliant Life with Samantha Backman; and Revivalife (health and wellness products, education and services).

This year, she aims to grow her companies to be well-known throughout India, the Middle East, the Asia Pacific and US markets, and to open up the European market.

She also aims to set up an educational program for third world women.

Her businesses require her to travel extensively. In 2006, she was overseas for four months of the year. This year, she will be overseas for 10 months including regular stops in Mumbai, Dubai, Kuala Lumpur, South Africa and the USA.

## Death by Knife and Food

As a homotoxicologist, Samantha is passionate about promoting health and well-being.

"Until recently, I worked in the private hospital medical system with degenerative diseases which are diet-related," she said. "During my studies, I discovered that nearly 80 percent of diseases are diet-related. In other words, eight out of every 10 people are feeding themselves their own disease. I call it, 'death by knife and food'."

"I was one of those eight out of 10. Our food was cooked

to death — high in sugars and processed grains; and all sorts of chemicals and sprays were used on the animals and in the fields. Not to mention the chemicals I was using on my own body — shampoos, deodorants, perfumes, etc."

A personal cancer scare led Samantha to study nutrition and dietetics. "I believe what you put in your body several times per day — every day — will have far more impact on your well-being than anything else you do. It's about time we take charge of ourselves and stop digging our graves with our teeth."

## Don't Wait Until It's Too Late

With seven years of study completed, she became consumed with understanding and studying how human beings function — physically, emotionally and spiritually. "The thing that astounds me most is that with all the research available into diet and disease, most people still look to someone who specialises in disease management, rather than disease prevention."

"Many times a day, I found myself saying to patients, 'Don't wait until it's too late. Make the decision to invest in your health today — it's far cheaper than the cost of disease.'"

"I believe what you put in your body several times per day — every day — will have far more impact on your wellbeing than anything else you do."

"It never ceases to amaze me that our natural biological diet and lifestyle habits are the true way to heal not only the body, but also the mind and spirit. I became fully committed to inspire and teach people to discover unbelievable health, energy and freedom from degenerative diseases."

## A Star Succeeds

Since Samantha became an XL Life Member in 2006, she has embraced her Wealth Dynamics Star profile. She has taken onboard a team according to the Wealth Dynamics Profiling system to complement her, which she says has been a major reason for her success.

"Over the years, I have been a part of many networking organisations," she says. "Being able to pick people according to their Wealth Dynamics Profile has allowed me to not waste time with business contacts who are not in-line with my path."

She has launched a TV series in Dubai and India, with one being on healthy living, and the other on healthy living with a look behind the scenes of her life. She has finished seven of nine books covering topics aimed at educating women in third-world countries, such as health, diet, menstruation, virginity, cultural beliefs that cause discrimination to women, and the biology and physiology behind the female orgasm.

"It's never too late to be what you might have been. Take the opportunity to learn who you are and follow your true path before it is too late."



### Reaching One's Destiny

"I believe XL has been one of the best things that has ever happened to me. My business takes me travelling throughout the world, and in doing so, I am able to spread the word of XL. I believe that XL is the best system/path to reaching one's ultimate destiny."

After doing a variety of motivational seminars and reading hundreds of books in the search to find something that was going to inspire her to be the person she knew she could be, Samantha found clarity through XL.

"XL showed me my true nature and by following that path or the path of least resistance, which XL calls it, I found that my life had a natural structure that was meant to be followed. In other words, I found the person I was meant to be. By doing so and by dropping a lot of things that were not in my best interest, I found things not only starting to go right, but more importantly, nothing went wrong. This was the ultimate experience I had been searching for.

### The Forces of the Universe

"Things just happened. It was like all the forces of the universe were working to ensure that I reached my true destiny. It's kind of scary and as the saying goes, 'Be careful what you wish for because you just may get it!' I found that by being clear in my focus and following the path that is right for me, that as soon as I decide I want something to happen, it does so within weeks."


In the past, Samantha said she would often spend energy on what she calls "introvert" activities. "By removing self-doubt and going with activities that best suit my nature, my businesses have exceeded beyond expectations. I always knew in my heart that I was put on the planet to make a difference, which I am finally now living."

Two of her greatest joys in life are being a guest speaker — she loves to share with people simple, powerful health solutions that will slow the aging process, give unlimited energy and prevent the onset of degenerative diseases that are most common to western society — and as a comedienne at clubs and pubs around Brisbane and the Gold Coast.

### Samanthism

"It's never too late to be what you might have been. Take the opportunity to learn who you are, and follow your true path before it is too late. We are all here for humanity and we are all here to make a difference. Become the destiny you were created to be and allow others to be the same. Never listen to well-wishers — listen to what is in your heart. This is the only way you will reach that destiny."

With the term 'Samanthism' dubbed on her in India, there's no doubt we will be seeing and hearing a lot more about Samantha Backman in the years to come. And in her trademarked words, that's 'bloody brilliant'!

For more details on Samantha Backman, visit [www.samanthabackman.com](http://www.samanthabackman.com) 

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