

Healthy Wednesday Club

Newsletter Issue 10



April 9, 2008

So pleased to see daylight first thing in the morning. I was beginning to feel like an underground troll. I expect that the leaves will begin to change colour, especially on the exotic plants. It is a constant reminder of change and regeneration.

We have a fabulous business building opportunity on April 9th. There is so much to know about business and particularly in the development of multiple streams. See you there – information below.

Our next meeting is this Wednesday, 9th April, 2008. Please RSVP by April 8th. The presentation is by Jill from USANA speaking on how it is possible to build a great business from the booming market for nutritional supplements. This is a one-off opportunity to have someone so high up in the USANA speak directly to our group. Don't miss it.

Adding another income stream is great for the health of your finances

PLEASE NOTE DIFFERENT VENUE AND TIME

When: **9th of April, Wednesday, 2008**

Where: **North Sydney**

Time: **6:45 pm for 7.00 pm Start to 9:00pm**

Phone: Office on **02 9231 2133** or Helen on **0419 446 960**

RSVP: Before April 8th

Brain Teasers

Three kids from Bristol went for a walk. About a mile into the walk, they came to a deep, wide river. There was no bridge. They didn't have a boat or raft, or any materials to make one. None of them could swim. How did they get across?

Aoccdrnig to a rscheearch at Cmabrigde Uinervtisy, it deosn't mttar in what oredr the ltteers in a wrod are, the olny iprmoetnt tihng is taht the frist and lsat ltteer be at the rghit pclae. The rset can be a total mses and you can sitll raed it wouthit porbelm. Tihs is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe. Amzanig. Is this really true?

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Name an English word of more than 2 letters that both begins and ends with the letters 'he' (in that order). (Actually, there are two possible correct answers -- and "hehe" is not an acceptable solution.)

What fruit has its seeds on the outside?

Answers next week!

Call now on **02 9231 2133** and Join our **Healthy Wednesday Club** call now.

FABULOUS LOW GI FOOD

Chickpea, carrot and zucchini burgers

Keep blood sugar levels steady and energy levels up by eating five small meals a day and making sure you include protein such as eggs, fish, chicken and lean red meat. For vegetarians by combining grains with legumes (like chickpeas with brown rice) you will help boost the protein level of you meal.

Ingredients:

- 450g Chickpeas
- 1 Zucchini grated
- 1 Carrot grated
- 1 Onion finely chopped
- ½ cup Ground almonds
- ½ cup Cooked brown rice
- 2 tbsp Fresh coriander and parsley
- 1tsp Olive oil
- 1 tsp Mustard seed
- 1 tsp Cumin seed
- 1 tsp Tumeric
- 1 tbsp Curry powder



If you have a bread roll, try some sourdough or wholemeal or Turkish. Avoid high GI white, sweet bread.

Heat the oil in saucepan, roast the cumin and mustard seeds with the lid on until you hear them popping. Remove from the heat and stir in turmeric and curry powder. In a food processor or using a stick blender, blend chickpeas, carrots, zucchini and onion. Add to saucepan and stir well until combined with spices. Stir in almonds, rice and squash into patties. Cook on lightly oiled tray or on greaseproof paper in a moderate oven for 15-20 minutes. These are great with a salad or just on their own as a snack.

HEALTHY WEDNESDAY ACTIVITIES

Try to do just one, if not all, this Wednesday

Body: Stretch those tired legs. The tiredness may not be from anything more than they have been still for too long and the muscle fibres have contracted making it feel like it hard to get the ol' legs going. Stretch the ankles by simply rotating the foot for a count of 10 on each foot. Also, while sitting, have the legs slightly bent and stretch the toes up and then lift the heels up as you push the toes down – 10 times. Stand up and lift your foot up to your hand, then pull the leg backwards to stretch the muscles in the front of the thigh. Now put one leg about 2-3 feet in front in a bent position. Bring the bent knee back and straighten the leg while bending the back leg in a rocking motion. Swap legs, 10 times.

Mind: Close your eyes and focus on your hands. Sense how they feel, how big they are, their temperature and weight. Do the same for the feet, lips and ears. You might find it very easy to get a sense that these parts of you feel larger than they really are. Check out a few other areas of the body and see if they feel as large. This is concerned with the somatosensory cortex which thinks of the body shape in relation to the amount of nerves. Hands, feet, lips and ears have very high nerve concentrations.

Soul: When you have a moment to contemplate, like when in a café or walking from one place to another, let your mind focus on a problem or difficulty in your life. When you have visualised or imagined the problem, look around you and see if you can discover a metaphor for your issues in the general actions of the people or the animals or the scenery or the smells or whatever. Maybe you can suddenly be inspired to an answer or a resolution. Let the simple actions of life around you be an inspiration that helps to break through a barrier or hesitation.

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How to balance your body...

We love these hormone balancing tips.



Hormones are complicated little things that have a huge impact. They're the tiny messengers that whiz around our blood controlling the function of the body. Hormones are very sensitive and are easily affected by diet, toxins from processed foods, chemicals and pollution can disrupt this delicate hormonal balance.

For example, in premenstrual syndrome (PMS) there is usually an excess of the hormone oestrogen and a lack of progesterone which can create emotional and physical symptoms such as depression, mood swings, acne, water retention, headaches, insomnia, cramps and cravings. To help balance hormone levels it's important to keep your liver and bowel healthy. Avoid caffeine, alcohol, refined carbohydrates, fat and processed foods, and that includes chocolate. There are also some specific nutrients that may help to balance hormones:

Good oils such as evening primrose oil, omega 3 and omega 6 fatty acids help reduce inflammation. Omega 3 and 6 are found in nuts, flaxseeds and fish oils, and may help overcome cramping and reduce PMS symptoms. A very important omega 3 oil, DHA (not to be confused with the steroid hormone DHEA), is really important in healthy brain activity. That is why omega 3 is really good for children with learning or concentration difficulties

Fibre in vegetables and flaxseed meal can help to reduce excess oestrogen by promoting healthy bowels. When you have more fibre in food it lowers the GI. Adding a 1/3 of a teaspoon of psyllium husks to your breakfast porridge or cereal can lower the GI and make you feel satisfied for longer. So simple!

Protein in legumes, nuts, lean meat, fish and organic chicken and organic eggs help balance blood sugar levels, provide energy and keep the liver functioning at its best. You may be surprised to know that peanuts are not nuts, but legumes, albeit slightly unusual ones. Just as surprising, is that bananas are an herb, but still a very yummy fruitlike snack.

Vitamin B6 helps our main hormone producing gland produce hormones and is known to help reduce fluid retention and depression. B6 can be found in walnuts, oats, sunflower seeds and salmon.

Magnesium is found in nuts, seeds and wholegrains and helps reduce fluid retention and cravings for sugar. So reach for nuts and seeds instead of chocolate. Calcium is very important in these things as well and magnesium is most important because it helps our bodies to use calcium

Phyto-oestrogens are plant compounds that have mild oestrogenic and antioxidant effects and may help balance hormones, they're found in soya beans, flaxseeds, legumes and mung beans.

Cabbage family vegetables such as broccoli, cauliflower, brussel sprouts, and radicchio contain a substance called 'indole' which is said to speed up the clearance of excess hormones from the liver.

Stress Reducing stress and taking regular exercise also helps regulate hormones, removes toxins, boost mood and libido. Repetitive exercise, like walking, promotes serotonin in the brain which acts to balance and moderate mood.

Looking forward to sharing more thoughts, suggestions, news and making a very Healthy Wednesday connection with you!

Take Care,
The Healthy Wednesday Team

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