

Healthy Wednesday Club

Newsletter Issue 11



April 16, 2008

Our meeting last Wednesday was quite a privilege. Gill Stapleton is the General Manager of USANA Australia and New Zealand. I think that a company is prepared to speak to a small group of members bears witness to the company values.

I really enjoyed hearing the message of the importance of each individual within the USANA system. I could feel the genuine conviction that people needed to be involved in what they believe in and what they are passionate about. We are all very pleased to have been there.

Our next meeting is still being organised. We'll let you know as asap!

Brain Teasers – The Answers

1) 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?

Answer: It was winter and they walked across the frozen river.

2) Aoccdrnig to a rscheearch at Cmabrigde Uinervtisy, it deosn't mtttaer 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?

Answer: In principal this is true, but it's not so easy to read if the letters are more jumbled or if the jumbled letters spell short words within the jumble. Lots of short words means there is less to jumble and context is also necessary. See how hard it is to unjumble a 7 + letter word out of context e.g. anutcoacs

3) 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?

Answer: Surprisingly, exactly the same as the previous time this was asked! The next question is – Who is proof reading this newsletter? (Apologies tendered by Richard)

4) Name an English word of more than 5 letters that both begins and ends with the letters 'he' (in that order). (Actually, there are two possible correct answers -- and "heehe" is not an acceptable solution.)

Answer: headache and heartache

5) What fruit has its seeds on the outside?

Answer: strawberries (anutcoacs – accounts)

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

FABULOUS LOW GI FOOD

King Prawn and Mango Salsa Salad

This fresh tasting dish is delicious as a lunch or light dinner - for added luxury, serve the prawns around a large baked salmon with the salsa at the side.

Ingredients:

16 fresh king prawns (jumbo shrimp)
2 limes juiced
4 handfuls mixed rocket (arugula) and english spinach leaves
1 large mango, cut into small cubes
½ spanish (red) onion finely chopped
1 small red chilli, seeded and finely chopped
1 cup fresh coriander (cilantro), chopped
2 small avocados, sliced
cracked black pepper to taste

Preparation: Shell and de-vein the prawns and sprinkle with half the lime juice. Wash and dry the salad leaves.

Method: To make the mango salsa, mix the mango, spanish onion, chilli, coriander and remaining lime juice in a bowl. Arrange the salad greens on a plate, spoon over the mango salsa and top with slices of avocado and king prawns. Top with the pepper and garnish each serving with a sprig of coriander.
Serves 4.

HEALTHY WEDNESDAY ACTIVITIES

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

Body: It's a good idea to have a bottle of water at your desk so that you can keep hydrated during the day without having to resort to soft drinks or going somewhere that has a tempting biscuit jar or cake box. You can also use that bottle of water during the day for exercise. It's a very handy weight! You can use an old coke bottle as that has a great shape for getting a good grip. While you're at your desk or watching tv or the like, you can grab the water bottle and do some work on your biceps by lifting the bottle from the desk toward your face; the triceps by lowering the bottle from your face to the desk; shoulder and chest by lifting the bottle with a straight arm forward side and back. Remember to give each arm an even workout. 10-20 lifts a few times a day will really get your arms and shoulders going. To alter the weight just alter the amount of water in the bottle. Easy!

Mind: There are 2 really great nutritional supplements for the brain: Omega 3, for better brain activity and Ginko, for better blood flow and therefore a good flow of energy to the neurons. Mind exercises are even more beneficial with these supplements. Each day for the next week see if your memory can improve with practice. Only do this for about 5 minutes or so. No need to wear your brain out! Open the phone book randomly and see if you can look at and then remember 1 phone number. Try 2 numbers and so on until you cannot remember them. Sometimes it is your memory that improves, but equally important is improving memory skills of seeing patterns and numbers in groups and any other memory enhancer. It's all about how many phone numbers you can remember in whatever way you can. Is your performance better at the end of the week.

Soul: Close your eyes and imagine a glowing ball in front of you. Allow the ball to move or rotate or sparkle - wherever your imagination takes you. This is simply about journeying in the wider universe of your imagination. See what else manifests and what message that might be.

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

Eating by Colour



Food colour is, not surprisingly, affected by the nature of the phytochemicals they are made of. It is quite reasonable to discover that the colour of a food is a good indication of the benefits within.

Of course, we have to be mindful of the fact that many things that grow in the garden may be coloured to notify that they are poisonous or some other danger, so apply the 'colour test' to foods that are already in the green-grocery shops. That way you can be assured they are edible!

RED fruit and vegetables are packed with anthocyanins and carotenoids such as lycopene and contain healthy levels of vitamin C, fibre and potassium. With similar benefits to the purple group, these foods contribute to heart health.

Types: Tomatoes, red apples, blood oranges, cherries, red grapes, pink/red grapefruit, pomegranates, raspberries, strawberries, watermelon, red peppers, radishes, red onions and rhubarb.

WHITE/BROWN fruits and vegetables may not have the vibrancy of other groups, but they still contain valuable nutritional compounds including phenols and sulphurs, plus the phytochemical, allicin. The white group helps with heart, immunity and cholesterol health.

Types: Bananas, brown pears, dates, white nectarines, white peaches cauliflower, garlic, ginger, Jerusalem artichoke, mushrooms, onions, parsnips, potatoes, shallots and turnips.

YELLOW/ORANGE fruits and vegetables have extremely high levels of antioxidants with carotenoids and flavanoids giving them their bright colour. Eat them for fibre, folate, potassium and calcium. This group can help build a strong immune system and contribute to heart and vision health.

Types: Carrots, pumpkin, squash, sweetcorn, sweet potato, yellow peppers, yellow apples, yellow tomatoes, apricots, rockmelon, grapefruit, lemons, oranges, mangoes, nectarines, peaches, paw paw and pineapple.

GREEN fruits and vegetables are rich in antioxidants, flavonoids and carotenoids as well as the phytochemical lutein and indoles. High levels of vitamin C, the B group and minerals including iron, calcium and potassium are present. Fibre and folate round out this very beneficial colour group. Eat them for healthy vision, strong bones, healthy heart, and general immune fitness.

Types: Green apples, green grapes, kiwi fruit, limes, artichokes, asparagus, broccoli, brussel sprouts, capsicum, Chinese & leafy vegetables, beans, peas, cabbage, celery, leeks, lettuce, cucumber, spinach and zucchini.

PURPLE fruits and vegetables have their vibrant colour due to anthocyanins which are phytochemicals that act as a powerful antioxidant. They are great for urinary tract health, memory function and are thought to have anti-aging and cancer preventing properties. There is ongoing research on this.

Types: Blackberries, blueberries, plums, raisins, purple grapes, cranberries, goji berries, eggplant, beetroot, red potatoes, purple lettuce and cabbage.

(source: MACRO Wholefood Market information brochure)

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

Take Care,
The Healthy Wednesday Team

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