

Healthy Wednesday Club

Newsletter Issue 4



February 27, 2008

This month we celebrate 29 days of February. For all those born on this auspicious day, we wish you well. If you're my age I figure you are celebrating your 12th or 13th birthday. Well done!

Issues of health and well being are popping into the press almost every day. We had a fantastic meeting last week which left as many questions as answers. We need to give this subject much more time. The article this week looks at the issues a bit more and gives an essential summary of what was said. We also announce a new initiative of the Healthy Wednesday Club that will begin soon.

Our next meeting is Wednesday, 12th March, 2008. Please RSVP before March 10th. The presentation is **Skin Health & Care – The Largest Organ in the Body**. The skin is our first line of defence and our main interface with the environment. The importance of the skin is easily forgotten. Show you care!

Your body can't afford to miss this presentation!

When: 12th of March, Wednesday, 2008

Where: Level 11, 6- 10 O'Connell Street, Sydney, NSW 2000

Time: 6:15 pm for 6:30 pm Start to 8:00pm

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

RSVP: March 10th

BRAIN EXERCISE

Last week we asked:

A mute person goes into a shop and wants to buy a toothbrush. By imitating the action of brushing his teeth he successfully expresses himself to the shopkeeper and the purchase is done.

Next, a blind man comes into the shop who wants to buy a pair of sunglasses; how does HE indicate what he wants?

ANSWER

He says, "Can I have some sunglasses"

The blind man is able to speak! If you fumbled a bit, thinking how he was going to pretend to put sunglasses on, then you were trapped by mental priming and combination. This is where our mind is put into a frame of thinking which is biased in relation to that frame and common things are combined together.

FABULOUS LOW GI FOOD

Try this really simple recipe – Barbecue Steak with Balsamic Mushrooms

Dairy & wheat free, Low carbs, GI & sugar,

The slightly acidic marinated mushrooms are a nice contrast to the steak, and will help with digestion as well. The mushrooms have a soft but meaty texture, so this meal will satisfy any meat-eater's craving.

4 large flat mushrooms thickly sliced

½ cup olive oil

½ cup balsamic vinegar

1 pinch sea salt

cracked black pepper

4 eye fillet steak trimmed

1 cup semi dried tomatoes, chopped

Preheat a barbecue plate on high until hot.

Reduce heat to medium. Brush both sides steaks with oil. Barbecue 4 to 5 minutes each side for medium or until cooked to your liking. Transfer to a plate and cover with foil to keep warm.

Drain the mushrooms and add to the barbecue plate.

Cook, tossing for 3 minutes until just tender. Transfer to a bowl. Add tomatoes and stir to combine.

Place steak onto plates. Spoon over mushrooms and serve immediately.

Serves 4.

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

HEALTHY WEDNESDAY ACTIVITIES

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

Exercise: Stretches for upper back and neck: Put your hands behind your head with elbows out. On an inward breath stretch your elbows back toward the wall behind you. On an outward breath bring the elbows in so that your forearms close around your face. Let your head roll forward, pulling down GENTLY with your hands. Repeat 5 times slowly 3 Or 4 times during the day.

Mind: Look around your desk or the general surrounds of wherever you, inside or out and look for a particular shape. Look for circles, look for squares, cones, triangles, whatever. Look in 2 or 3 dimensions. Look for shapes within shapes. Do this for a few minutes, put your hands into your lap. Close your eyes and take 4-5 deep breaths.

Soul: Call somebody that you have been thinking about. Maybe family, friend or someone from the past. It may just be to say hello. That may be enough!

Wow! What We Don't Know About a Healthy Lifestyle!

The Healthy Wednesday meeting last week was like opening a door to an unexplored universe. The questions were thick and fast. Clearly there is so much we need to understand about what we eat, what Insulin Resistance is all about and what we can do about it. At Healthy Wednesday we plan to be as active as we can to help. More news on that later.

There are a basic facts emerging in the media from very serious thinkers and researchers. Obesity in general, but particularly childhood obesity could cause more death and illness than smoking and lead to the first fall in life expectancy of Australians in more than 100 years. Doesn't that make you stop and think for a moment?

Former World Health Organisation adviser and head of the University of Queensland's school of population health, Alan Lopez, said obesity was being underestimated in the same way tobacco was 40 years ago. "Obesity will be a very large public health problem, and potentially a larger problem than tobacco," he said. "We've had in Australia very substantial declines in vascular disease, coronary heart disease and stroke over the last three decades. We run the risk of that slowing down and even reversing."

What is interesting about these comments is the comparison of obesity to tobacco, which I think is not an entirely accurate comparison. We can relate obesity to lung cancer as the disease that come from smoking tobacco. The proper comparison to tobacco is sugar. This, however, is also overly simplistic. The problem is when we eat foods that result in *too much* sugar (glucose) getting into the bloodstream, *too quickly*, when we *don't need it*.

Putting this in practical terms – when we eat high/rich/refined carbohydrates that are quickly digested when we are not exercising or active. We can figure out the first part of the issue – is the food high in fast and high digesting sugars – by following the GI or Glucaemic Index: low GI less than 55; medium 50-70; and high 70+. There's lots of great information at www.glycemicindex.com which comes from the team at Sydney University.

The exercise part is obvious. We are designed to be active. You can tell that because we have arms, legs and muscles that are supposed to be used. We are designed to be hunter gatherers, so we have been built to get out and about regularly. Exercise of around 30 minutes a day is often recommended. Clearly that is way under what we are designed for, but it's a good rule of thumb to start from.

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Michael Booth, a director at the University of Sydney's Centre for Overweight and Obesity, said teenagers were already showing signs of serious illness caused by their weight. "... a proportion of 15-year-olds are already showing significant signs of organ damage associated with being overweight."

Dr Booth said the increasing level of Type 2 diabetes would result in many children developing potentially deadly diseases by the age of 30 or 40. "For kids with signs of insulin resistance, if they don't improve their health, by their 30s they will be suffering all the morbidities that people used to suffer in their 60s, such as amputations, blindness, liver failure, kidney failure and heart disease."

The causes of the obesity pandemic were described eloquently recently by Professor Tim Lang and colleague Geoff Rayner from London's City University food policy unit. They wrote of "the rise and rise of car culture and other advances marginalising daily physical activity: widening distances between homes and work or shops; the over consumption of food accompanied by its unprecedented, plentiful availability; the culture of clever and constant advertising flattering choice; the shift from meal-time eating to permanent grazing; the replacement of water by sugary soft drinks; the rising influence of large commercial concerns framing what is available and what sells."

Although the subject is very detailed and complex, we can reduce the central message to this: less glucose in your blood means less insulin is produced. The excess glucose that our cells don't need because we are not being active enough or we've eaten too much or the cells are refusing because of insulin resistance, is very efficiently turned to fatty compounds and stored in the muscles, liver and other organs. That is what insulin is designed to do and the only reason that insulin is turning all this excess glucose into fat is because we put the excess carbohydrates in our mouths in the first place. Simple as that.

Now the tricky bit. What is the right balance of food to eat? That is going to take more space than we have here, but we don't go in for crazy diets or over-zealous exercise campaigns. It's just about getting back to a viable starting point and choosing what you want in your life, rather than what is forced on you. We will soon begin running short afternoon sessions of education, motivation and program setting. These will be free to attend and will definitely be run more than once. Get a Healthy Wednesday approach to a *Lifestyle* that gives you life – both now and in the future. We do not have to trade off our future health in order to have pleasure now. Who or what made us think that our long term health is expendable, anyway? I'm sure you have a few thoughts on that question.

Stay tuned for announcements.

Richard Hill

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

Take Care,

The Healthy Wednesday Team

**Sometimes we might just help
a little bit *too* much ...**



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