

# Healthy Wednesday Club

## Newsletter Issue 5



**March 5, 2008**

Autumn is upon us. In case you missed it, we've had Summer. It was wetter and cooler than we've had for a while, but that is the effect of the La Nina as different from the hotter and dryer el Nino.

Not having so many days when we could get out and laze in the Sun may be a blessing in disguise. The effect of Sun on our skin is getting a lot of discussion at the moment, especially with that very sobering skin cancer commercial that has been on the tv of late. That is one of the reasons why our talk this month will be about the skin.

We don't need to know everything there is to know, but we need to know some. It is no longer safe to just 'leave it to the experts'. As with our nutrition we need to get a few facts under our belt and have a few good practices to follow that we understand.

Our next meeting is Wednesday, 12<sup>th</sup> March, 2008. Please RSVP before March 10<sup>th</sup>. 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: **12<sup>th</sup> 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**

### SKIN FACTS

- It's the largest organ in the body and grows faster than any other organ.
- The average adult has 21 square feet of skin (2 sq m) which weighs 7lb (3.2 kg) and has approximately 300 million skin cells.
- Skin is thickest on the palms & soles (1.2mm to 4.7mm) and thinnest on the lips and around the eyes.
- On average each square half inch of skin contains: 10 hairs, 15 sebaceous glands, 100 sweat glands and 3.2 feet (1m) of tiny blood vessels
- You have approximately 19,000,000 skin cells on every square inch of your body.
- Every 24 hours, the surface of the skin sheds a layer of dead cells, constantly renewing about every 28 days.
- Dead skin cells make up about 90% of household dust.
- An average of 40 kilos of skin is shed during a lifetime
- Provides a waterproof barrier to prevent excess loss of body fluids, and penetration of external substances.

**And there's so much more than just the dry facts  
– make sure you join us March 12<sup>th</sup>**

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

## FABULOUS LOW GI FOOD

Try this really simple recipe – **Lemon Za'tar Chicken with Chargrilled Zucchini and Spinach**

### **Dairy & wheat free, low carbs, low GI.**

How to make Za'tar

3 tbsp sesame seeds

1 tbsp lemon zest, finely grated

4 tsp dried thyme

2 tsp dried marjoram

2 tsp sumac

Dry roast the sesame seeds and lemon zest in a heavy based pan over a low heat for about 6 minutes or until the seeds darken and become fragrant and the zest dries out. Grind the thyme and marjoram to a powder using a mortar and pestle or spice grinder. Mix the powder through the sesame seed and lemon zest mixture along with the sumac or sea salt.

Now the Dish!

This is a great dish for people who are trying to lose weight - served alongside simple steamed greens, the za'tar gives life to the meal. Healthy and low-fat shouldn't mean low flavour!

4 organic corn-fed chicken breasts

1 egg white lightly beaten

4 tbsp za'tar,

4 zucchinis

2 tbsp olive oil

sea salt to taste

1 lemon cut into 3mm (1/8 in) slices

1 bunch English spinach

Lightly score the chicken fillets before dipping them in the egg white and coating with the za'tar. Wash the zucchinis, cut lengthways into strips about 5mm (1/4 in) thick, brush each strip with olive oil and sprinkle with sea salt.

Heat a well-oiled barbecue or chargrill pan and grill the chicken fillets for 6-8 minutes each side, depending on their thickness. Add the zucchini strips 5 minutes after you put the chicken on to cook, and grill for about 3 minutes each side.

Add the lemon slices in the last 2 minutes.

Steam the spinach for 2 minutes and drain well.

Serve the chicken with the zucchini and lemon slices on top and the spinach on the side.

Serves 4 and only takes about 30 minutes.

## HEALTHY WEDNESDAY ACTIVITIES

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

**Exercise:** Helpful exercises for the skin. You gotta loosen up to tighten up!

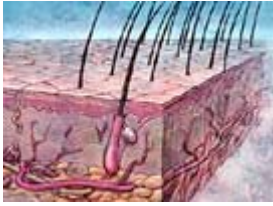
**Neck and throat facial exercises:** A great exercise is to sit upright, tilt your head back looking at the ceiling while keeping your lips closed and then start a chewing movement. You will feel the muscles working in your neck and throat area - and will be truly amazed at the results. Repeat 10 - 20 times. **Forehead exercises:** Sit upright facing forward and while bringing your eyebrows down over your eyes, wrinkle your nose as far up as possible while flaring your nostrils. Keep for a count of 10, relax and repeat 5 times.

**Mind:** Make a series of funny faces and allow yourself to feel what that expression feels like. Better still, watch yourself in the mirror. Feel free to let laughter take over. Even better is to do it with someone else. One keep a straight face while the other pulls faces, then swap. Let even more laughter and astonishment rise as they wish. This one is good for the **soul** as well!

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## More Skin Stuff

The skin is the largest organ of the body and yet most of us don't do enough to maintain our skin's health. Americans spend millions on body products every month, but are they buying the right ones?



How much do you really know about what your skin needs, what type of skin you have, what kind of soaps and lotions are the best for your skin? What about those products that promise younger-looking, wrinkle-free skin, do they work?

One of your skin's functions is to eliminate a portion of the body's waste products through sweating. If toxins escape through the skin they disrupt the skin's health integrity. This is one of the key factors behind many skin disorders including acne and possibly eczema and psoriasis.

Two decades ago skin cancer was rarely discussed, and was usually a problem mainly for older people. Today, the threat and reality of skin cancer is very real. Approximately one out of every five Americans will develop skin cancer in the course of his or her lifetime. In fact, skin cancer is the most common cancer that doctors see. Skin cancers represent fifty percent of all new cancers. Learn how to stay safe in the sun and protect your health and your looks! Even dark skin can get cancer.

Of course, if you are a young adult or teenager ACNE is a main concern for you. I hate to tell you that adults struggle with acne too at times, but most people do outgrow acne.

From [www.coolnurse.com/dermatology.htm](http://www.coolnurse.com/dermatology.htm)

You might also check out [www.mydr.com.au/default.asp?Section=skin%26hair](http://www.mydr.com.au/default.asp?Section=skin%26hair)

See you Wednesday March 12<sup>th</sup> for more answers and recommendations.

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

Take Care,

The Healthy Wednesday Team

*Do you think I'd look better with a tan?*



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