

Healthy Wednesday Club

Newsletter Issue 6



March 12, 2008

My local council is having their household rubbish cleanup this week. It has been quite a cathartic experience throwing out all those old things that have just become clutter. Old business promotional material just had to go, but what a great message of new beginnings to send out (not to mention making my mother happy).

All this cleaning out is also being done on the inside as well. I figured that I'd better practice what I preach, so I've made a determined action to break free of my own sugar cycle. It's time to stop using the excuse that it is all too hard to avoid high GI food!

I have found that being firmly aware of what is happening inside my body, plus a great focussing technique and an excellent meal replacement & sensible exercise program has been rewarded with the effortless loss of 5 kilos in 3 weeks. We'll be holding regular sessions about this program at The Davis Health Centre in Gordon. Stay tuned for dates!

Our meeting is this 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

9 ACTIONS FOR SUCCESS

1. DON'T spend more than you earn.
2. DO save for a rainy day.
3. DON'T live payday to payday.
4. DO set achievable goals.
5. DON'T try to keep up with the Jones'.
6. DO improve yourself.
7. DON'T invest in things you don't understand.
8. DO administer your bills and taxes

BUT THE MOST IMPORTANT THING IS TO

9. Be **HEALTHY** and **ALIVE** so that you **CAN** do these things!

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

FABULOUS LOW GI FOOD

Try this really simple recipe – **Baked Mushroom with Broad Bean and Semi-Dried Tomato**

Gluten free, Low carbohydrate, Low GI, Low sugar, Wheat Free

Delicious as an entree or served as a light lunch with salad.

2 cups broad beans, cooked and shelled
4 flat field mushrooms large and peeled
½ cup semi-dried tomatoes, chopped
100 grams feta cheese
½ cup mint, chopped
pinch sea salt

Preparation:

Brush or peel the mushrooms and place in a baking tray. Using a pastry brush, brush them with olive oil and sprinkle with a pinch of sea salt. Cover with foil and bake for 20 minutes.

Method:

While the mushrooms are baking, cook the broad beans by boiling in water for three minutes. Drain the water and leave to cool before removing the beans from their tougher (and often unpleasant-tasting outer shell). Mix the mint, broad beans, semi-dried tomatoes and feta in a small bowl.

Remove the mushrooms from the oven, fill each with a spoonful of the bean mixture and return to the oven for a further 5 minutes.

Serve immediately.

Serves 4.

HEALTHY WEDNESDAY ACTIVITIES

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

Exercise: This simple exercise for the neck will help relieve a sore neck and also help to strengthen the neck at the same time. Muscle strength (not like a weightlifter, just normal strength) is important because it is the muscles that hold the bones in place and help them to move! Uneven use of muscles is what causes many of our aches and pains. Resetting the balance is a very simple start to feeling better.

Don't do any exercise if it causes pain.

1. Lightly stroke the muscles along the back and side of the neck to 'wake up' the muscles you are going to exercise.
2. Place the hand on the back of the skull and use the muscles of your neck to press your head back into your hand. Resist with your hand so there is no actual movement. Hold for a count of 3.
3. Repeat with the hand on each side of the head and then the forehead.
4. Gently stroke the neck muscle to say thankyou for stretching and strengthening.
5. Repeat 2 or 3 times during the day

Mind: As you relax your neck muscles and move your hand away from head to change positions, move the hand slowly and imagine that all the unwanted and unnecessary things in your mind are leaving your brain and following your hand. Imagine these unwanted things continuing to travel beyond your hand and out into the distance. Make sure that these unwanted things have gone past your hand before placing it on the next position on your head.

Soul: When you are walking around a built up area and you come across a park or little garden or even a vacant block, stop and listen for the living creatures: the rustle of the lizards, the chirping of crickets. It's not all a concrete jungle after all!

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When Food Looks Like What It Does!

A sliced Carrot looks like the human eye. The pupil, iris and radiating lines look just like the human eye...and YES science now shows that carrots greatly enhance blood flow to and function of the eyes.



A Tomato has four chambers and is red. The heart is red and has four chambers. All of the research shows tomatoes are indeed pure Heart and blood food.

Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows that grapes are also profound heart and blood vitalizing food.



A Walnut looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds are on the nut just like the neo-cortex. We now know that walnuts help develop over 3 dozen neuron-transmitters for brain function.

Kidney Beans actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.



Celery, Bok Choy and Rhubarb look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet the body pulls it from the bones, making them weak. These foods replenish the skeletal needs of the body.

Eggplant, Avocadoes and Pears target the health and function of the womb and cervix of the female - they look just like these organs. Today's research shows that when a woman eats 1 avocado a week, it balances hormones, sheds unwanted birth weight and prevents cervical cancers. And how profound is this? It takes exactly 9 months to grow an avocado from blossom to ripened fruit. There are over 14,000

photolytic chemical constituents of nutrition in each one of these foods (modern science has only studied and named about 141 of them).



Figs are full of seeds and hang in twos when they grow. Figs increase the motility of male sperm and increase the numbers of sperm as well as help to overcome male sterility.

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Sweet Potatoes look like the pancreas and actually balance the glycemic index of diabetics.



Olives assist the health and function of the ovaries.

Grapefruits, Oranges, and other Citrus fruits look just like the mammary glands of the female and actually assist the health of the breasts and the movement of lymph in and out of the breasts.



Onions look like body cells. Today's research shows that onions help clear waste materials from all of the body cells They even produce tears which wash the epithelial layers of the eyes.

So, it might be said that a picture paints a thousand words or perhaps, some fruit and vegetables are like a visual onomatopoeia. I find that you can never be quite sure if there is a pattern in everything or humans will always look for and find a pattern, but regardless, isn't this a fascinating correlation of appearance and benefit?

From Richard and Helen

See you Wednesday March 12th for our fabulous session on Skin.

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

Take Care,

The Healthy Wednesday Team

But some things are just weird no matter how you look at it!



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