

Healthy Wednesday Club

Newsletter Issue 7



March 19, 2008

It's great to have some Summer weather, even if we had to wait for Autumn to get it! It was a great weekend to launch our Healthy Lifestyle Afternoon program. Richard Hill and Susan Davis presented a load of fascinating information about insulin resistance, diabetes II and the obesity epidemic that is behind our huge rise in chronic illness like arthritis, polycystic ovaries and cancer. The best part of the session is when we find out how easily we can change this pattern and that there is a fabulous healthy eating program that we can all use to get the change started.

The program was presented twice on the weekend and Richard presented his brand new technique for releasing emotional barriers. This 'hand and heart' technique was very well received and should prove to be something that can help people all around the world. You must all come to one of our Healthy Lifestyle Afternoons just to learn this technique!

Our next meeting is this Wednesday, 19th March, 2008. Please RSVP straight away. The presentation is by AXA Insurance on how common abnormalities are assessed and how these effect the premium. Also, how lifestyle is linked to these factors and how we can reduce our premiums by modifying our lifestyle.

Your 'insurance planning' can't afford to miss this presentation!

PLEASE NOTE DIFFERENT VENUE AND TIME

When: 19th of March, Wednesday, 2008

Where: 383 Kent Street, 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: Now

9 ACTIONS FOR MAINTAINING GOOD HEALTH

1. Have a healthy eating plan – low fat, high in fibre and low-medium GI
2. Regularly exercise – not just the once a week binge, something every day.
3. DON'T smoke – at all – none – not a bit – no no.
4. Drink in moderation – have 2 alcohol free days each week.
5. Keep an eye on cholesterol levels, blood pressure and blood sugar – once or twice a year at least
6. Have regular eye and teeth examinations.
7. Take good quality nutrient supplements – good balance of vitamins, minerals & antioxidants
8. Maintain regular visits to health care professionals.

BUT THE MOST IMPORTANT THING IS TO

9. Enjoy your life and create wonderful out of *whatever* is available to you.

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

FABULOUS LOW GI FOOD

Try this really simple recipe – **Poached egg with asparagus and shaved parmesan cheese**

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

Delicious as an entree or as a light meal

2 bunch fresh asparagus
6 free range eggs
30 grams parmesan cheese
olive oil
black pepper

Preparation:

Heat 1 cup of water in a wok. Lay a large bamboo steamer over the top and bring the water to the boil.

Method:

Oil 2 small Pyrex dishes and crack an egg into each one. Place the eggs into the steamer. Cover and steam for 4 minutes. Drop the asparagus around the edges of the steamer and steam for a further 3 minutes.

Remove from the heat. Lay the asparagus on a dinner plate. Arrange the eggs on top then using a potato peeler shave the parmesan cheese over the top. Season with cracked black pepper and serve.

Serves 3.

HEALTHY WEDNESDAY ACTIVITIES

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

Body: A really great bit of exercise is to take the dog for a walk. People often use this as an excuse to get out of the house and play around in the local park. There are, however, a few other things you can exercise with. You can always take your kids out for a play. Drag them away from the computer and have a go. Your partner can also be quite a bit of fun to take for a walk, especially in the twilight as the Moon rises. Why not just take yourself out for walk. On your way you can play with other people's dogs, say g'day to parents playing with their kids and be inspired by the romantic couple walking hand in hand.

Mind: If you are sitting in a high backed chair, settle back and close your eyes. Try to get a sense of your back touching the chair. As you become more aware of the sensations from your back, move a little. Feel the fabric of your shirt, blouse or dress as it rubs against your skin. Start to sway from side to side and build the focus of feelings on your back. After a short while (5-10 seconds) stop and realise how you have stopped thinking about your front. This just shows that we notice and what we pay attention to. We pay attention to what we think is important or relevant or is a strong enough sensation to enter our conscious mind. Our back is often left out of our daily awareness. I wonder what else we relegate to the back bench of our mind?

Soul: Go into your storeroom or shed or storage box and look around for things that have not been used or even thought about for years. If they inspire a memory or something that you've let drift out of your awareness, then bring it out and put something into action. Otherwise clear it out of your life, let it go, throw it out or give it away.

Updating the 'deadly sins' against healthy living!

The father of medicine, Hippocrates, gave sagely advice for those who wished to pursue a healthier life around 500BC:

"In order to keep well – avoid too much food and too little toil."

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

The Industrial Revolution of the 19th Century was the beginning of a change where machines began to replace people. This made physical effort to gather food less necessary. At the same time we began to manufacture food which increased availability of energy rich food.

As a result the Hippocratic ‘prescription’ needs to be expanded:

To the above we can now add – “and don’t smoke, don’t eat too much fat, don’t drink too much (or too little) alcohol, try not to get anxious or depressed, don’t do too many drugs (of any kind), don’t have unsafe sex, eat breakfast, keep regularly active, sleep well and long enough, do some stretching and strengthening work every other day, wear sunscreen, use a moisturize, avoid air conditioning, floss regularly and remember moderation in all things – including moderation! (Garry Eggar, “Lifestyle Medicine” 2008)

It used to be so easy – ‘go forth and prosper’ – but now we have to be much more thoughtful about how many things are being done that help some businesses prosper, but at our personal health expense.

It’s taken us a while to get into this mess and so it will take us a while to get out of it in a way that doesn’t ruin established businesses. But nothing will change if we don’t start the process. We must give the food manufacturers a customer base for whom they can provide good quality food.

This may well be a battle and the evidence is all around us. People still choose to take up smoking which they know full well could kill them. People still drive at speeds and after too much alcohol even though they know full well that they might cause injury and death. It seems that we are not a very good species at resisting temptation.

But equally evident is the opposite message where people can create change if they really put their minds to it. Smoking has lowered from 76% of the population to 17% and the tipping point has been passed so we expect that the figures will keep dropping.

So, what about healthy diet? That’s the next challenge. We will have to face hearing many more times, ‘Aw, you just want to take all the fun out of life. You party poopers!’ As if diabetes, arthritis and cancer are fun. They are, of course, the punishment or the price we pay for that momentary spike of sugary pleasure that we now inflict upon ourselves multiple times every day.

Let us be the change.

Richard

See you Wednesday March 19th for our fabulous session on Insurance.

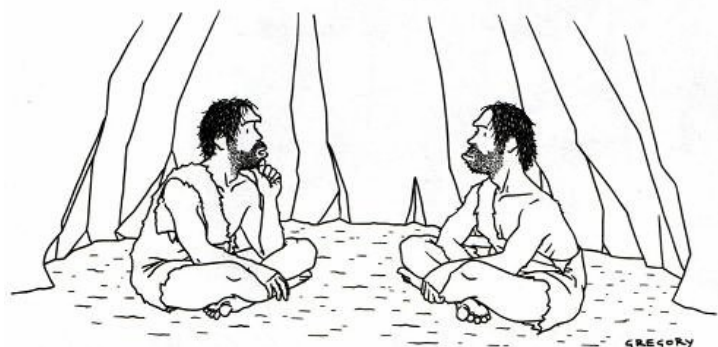
Looking forward to sharing more thoughts, suggestions, news and making a very Healthy Wednesday connection with you!

Take Care,

The Healthy Wednesday Team

‘For the first time in over 100 years we may have to lower the age of life expectancy.

It’s all about Lifestyle



“Something’s just not right—our air is clean, our water is pure, we all get plenty of exercise, everything we eat is organic and free-range, and yet nobody lives past thirty.”

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