

Healthy Wednesday Club

Newsletter Issue 8



March 26, 2008

Easter has come and gone very early this year, but it was very timely for us to have a few days away the hurly burly. It is a great time of year to contemplate no matter what your religion or faith. That many different religions have important events at a similar time is interesting, but it creates an atmosphere of hope and connection that is very good for us all.

It was very interesting to have a program from an insurance company that paid attention to health. It makes sense, of course, but AXA must be congratulated for making the effort to spread the message of good health – even if the motivation is largely the ‘bottom line’.

Our next meeting is this Wednesday, 9th April, 2008. Please RSVP by April 8th. The presentation is by Jill, a senior management representative from USANA speaking on how it is possible to build a great business from the booming market for nutritional supplements. This is a one-off opportunity to have someone so high up in the USANA speak directly to our group. Don't miss it.

Adding another income stream is great for the health of your finances

PLEASE NOTE DIFFERENT VENUE AND TIME

When: 9th of April, Wednesday, 2008

Where: 44A Thomas Street,
McMahons Point

Time: 6:45 pm for 7.00 pm Start to 8:30pm

Phone: Helen on 0419 446 960 **RSVP: Before April 8th**

7 ELEMENTS FOR HARMONY

from Richard Hill's book – How the ‘real world’ Is Driving Us Crazy!

To be:

1. **Happy** – being able to express the person you feel on the inside, in the outside
2. **Able** – having the skills to achieve your needs
3. **Receptive** – taking in the messages and information around you
4. **Mindful** – living in the present moment without restrictions of yesterday or the fears of tomorrow
5. **Open** – to give out the messages and information within you
6. **Nascent** – to believe that what you are doing will lead on to something more and fulfilling
7. **Yes** – to feel a positive sense of anticipation and possibility without the limitation of expectation

Our biggest mistake may well be our pursuit of happiness. Happiness is one of a number of indicators that allow us to find harmony in our lives. It is harmony that frees us from the restrictions of rigid patterns of living and from chaotic confusion that leaves us feeling unstable and out of control.

When you don't feel good think about each element, find which ones are not functioning or not functioning well and take some steps to improve that element. Often it is not happiness that is the problem at all!

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

FABULOUS LOW GI FOOD

Try this really simple recipe – **Tofu and Cabbage Wraps**

Dairy free, Low carbohydrate, Low sugar.

350 grams firm tofu
300 grams mushrooms, finely chopped
1 red chilli finely chopped
½ lemon juiced
2 tbsp organic shoyu
4 shallots thinly sliced
2 tbsp pine nuts
3 coriander roots finely chopped
¼ bunch coriander
1 tbsp olive oil
½ Savoy cabbage

Preparation:

Cut the tofu into cubes and place in a pan with water. Bring to the boil until the tofu rises to the surface of the water. Drain the water and add the tofu to a food processor. Mince the tofu into small pieces. In a small pan dry roast the pine nuts until golden taking care not to burn them. Remove from the heat and set aside.

Method:

Heat wok over a high heat until hot before adding the oil, mushrooms chilli and crushed coriander root. Stir-fry for 4 minutes. Add the minced tofu and stir-fry for a further 2 minutes. Add the shoyu and most of the shallots (reserving some for decoration). Stir through the lemon, pine nuts and coriander leaves. Carefully separate the cabbage leaves trying to keep them whole. Steam the leaves in a bamboo steamer for 5 minutes. Fill each cabbage leaf with the soy mixture - top with chopped shallots and if desired extra soy for seasoning.

Health Note: Cabbage is part of the cruciferous family of vegetables. It contains numerous antioxidants and is believed to be particularly beneficial to protect against cancer of the colon.

Serves 6. Ready in 35 minutes

HEALTHY WEDNESDAY ACTIVITIES

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

Body: When you're shoulders and back are feeling tight from working too long or driving or the like, do a little stretching. If you have a chair with arms, then put both hands on the left arm. Keep your legs pointing to the front and let your waist twist. Slowly (stop if it hurts) pull your right shoulder toward your hands, twisting at the waist. Do the same on the other side. Then sit back and lift your arms above your head whilst holding your hands. Push up with your hands and create a stretch around the shoulders and chest. Do this a few times a day to help you feel a bit looser.

Mind: Quickly look around your desk or whatever you have nearby that has a lot of 'stuff' on it. About 10 seconds. Now turn away from and see if you can answer some of these questions:
1) List the items that you would use to write something down. 2) List the items that are adhesive or stick to things. 3) List the electrical items. 4) List the items that are your personal property. 5) List the things that have metal in them. 6) List the things that you don't really need to have on the top. 7) List some other things that you could make a list of! Then turn back to your desk and check off the items on your lists AND notice all the things you missed!

Soul: Look out a piece of classical music or something from a film score or an instrumental with a strong emotive theme. Find a time when you can listen without interruption. Sit comfortably or even lie down and let the music take your imagination away with it. Look for the companions of strength, wisdom and/or compassion that join you in this imaginative journey.

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From – “50 Facts That Should Change The World” Jessica Williams

Every day, one in five of the world’s population – 800 million people – go hungry.

It is extraordinary to think that this number of people suffer the pangs of hunger in a world that seems to be over-laden with food. Certainly as I walk around the shopping aisles there are hundreds of foods that I don’t even want and simply walk past. Yet over half the deaths of children under the age of five (10 million per year) is associated with malnutrition.

A healthy diet is determined to be around 2,500 calories a day. The average American consumes 3,600 calories and the average Somalian, 1,500. For many the difficulty is money and/or lack of resources to produce their own food. For far too many the problem is armed conflict. During war crop yields fall and whole generations of men lose the art of farming. All they know is the art of fighting.

The Catch 22 is that if poor farmers had more to eat they would be able to produce more food. A study in Sierra Leone showed that a 50% increase in calories per farm worker would increase agricultural output by 16.5%. WHO is urging the world to consider that proper nutrition and health as fundamental human rights.

It must be noted, though, that in the last 200 years the number of people that go to be hungry has dramatically decreased. Certainly one in five go hungry today, but before the industrial revolution it was more like 4 in 5. The issue is not that things have improved. Isn’t that enough? But that availability of food has increased to the point where no-one needs to go hungry – yet 800 million do every day.

Even more disturbing than this is that the food rich countries of the western world have turned a plentiful supply of food into the mass production of food products that compete for ‘market share’. To win this battle we have filled our food with addictive sugar and fat. We may well feed ourselves, but people who are obese are dying of malnutrition, just as are those who are unable to find enough food to survive.

There is much to be done, but I think it is reasonable for the populations of the developed countries to start by taking control of their health by taking control of what they put in their mouths. There are countless millions of calories to share with the world, but while we are greedy enough and addicted enough to eat them all then there is no incentive for food manufacturers to shift their attention to people in the developing world.

By becoming healthier, reducing my insulin resistance and improving my glucose tolerance I simply do not need or want to eat so much. If we all eat less the surplus will have to go somewhere. It seems that there are 800 million needy mouths ready and waiting.

Richard

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

Take Care,

The Healthy Wednesday Team



**“Welcome to the Weight Loss Forum.
To lose one pound, double-click
your mouse six million times.”**

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