



A Guide to Health Newsletter

Providing an understanding, caring and safe environment to explore and access ways for balance and healing

Issue No 1 - January, 2006 - Happy New Year!

Welcome to the first edition of A Guide to Health's Seasonal Newsletters.

Our commitments to you through these newsletters are:

- ⊗ to keep you in touch with the latest research and news on diet and lifestyle
- ⊗ to bust myths and media sensationalism
- ⊗ to offer seasonal recipes and best fresh products
- ⊗ to keep you meditating
- ⊗ to inform you about various conditions and what you can do to help balance and heal

Happy reading! We welcome questions and comments from you regularly – remember question everything until you find the answer that rings true to you.

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Please note that information in this newsletter is intended for general health information only and not to be used for diagnosis and/or treatment. If you have and health concerns, always speak to your GP and other professional health care practitioners.

Nutrition ⊗ Meditation ⊗ Relaxation ⊗ Education

Nutrition consultations and lectures, Meditation courses and weekly groups, Stress management and support sessions

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Latest health research

What is in the papers or on the radio?

Low in fact and high in sugar – get ready for the new food labels

SMH. December 30, 2005. Writer Dr Gyorgy Scrinis

<http://www.smh.com.au/news/opinion/low-in-fact-and-high-in-sugar--get-ready-for-the-new-food-labels/2005/12/29/1135732689717.html?page=2>

Summary: This article speaks about the potential impact of draft regulations proposed by the food industry. The draft regulations propose to allow for claims made on processed foods to state health benefits that reduce the risk of disease such as heart disease or weight gain. Dr Scrinis outlines the potential harm already happening with existing advertising claims such as “Reduced Fat” – although the product does not contain a high quantity of fat, what is not mentioned is the high calorie (or kilojoule) content. His concerns extend to claims used when breaking the whole foods down to components even when the nutrients are chemically added - nutrients on their own are not always as beneficial as they are as part of the whole food. If this draft goes ahead, there is a victory for product advertising at the cost of potentially misleading information.

GTH Comment: As mentioned above, “reduced fat” or “XX% fat free” claims are misleading in that you will find their sugar content and often sodium levels are high. Generally, fats are used among other things to enhance the flavour of cooking. There are good fats and bad fats, the body needs a small amount of good fats daily. To make the fat-free or reduced fat claim, if the company lowers the fat content, it is therefore required to increase the sugar and salt content to enhance the taste and make it marketable. From food, carbohydrates (include fruit, vegetables, wholegrains, starches: white rice/flours/sugar, natural sweeteners) all turn to glucose in the body. Glucose is used primarily for energy and therefore, if you are not utilising that energy straight away (such as exercise) then it is stored in the body as fat.

GTH Tip: Learn how to read food labels. Briefly, for the label to apply to you, you need to know your BMI (Body Mass Index = weight in KG / height in m²) and then your recommended daily calorie or kilojoule intake.

Energy:

The Energy amount per serving will give you an indication of how much of the product you can consume daily for a healthy weight maintenance.

Protein:

As a general guide to healthy protein intake, 1gm of protein per 1kg of body weight

should be consumed daily. E.g. 70gms of protein divided into a day for a 70kg adult.

Fat:

The body needs a small amount of good fats per day. The average body weight should not exceed 25g daily. Good fats are omega 3 & 6 rich fats such as oily fish, avocado and olive oil.

Sodium:

“The current Food Standards Code states that a low salt food has a level of less than 120mg/100g” (<http://www.betterhealth.vic.gov.au>). A small amount of good quality salt is required daily for Iodine. Iodine is very important for thyroid function which governs and regulates body temperature and calcium metabolism among other things. Quality salt is sea or rock salt as they are high in iodine. Iodine can also be sourced from food from the sea, especially seaweeds.

For more information, A Guide to Health has booklets on General Healthy Eating and on Proteins – send a \$1 stamp and A4 envelope to PO Box 533, Gympie 2227. Tania Smith can help you with a comprehensive personal nutritional guidelines, eating plan and lifestyle enhancements through a nutritional consultation. Also, A Guide to Health will be putting on a community lecture on How to Read Product Labels.

Myth busters

Where to get complete information for informed decisions

We look forward to hearing from you if you come across health-related article, news story, advertising claim that seems “too good to be true” or unbelievable or if the story seems one sided. Here is where we will research the facts and offer you the truth through more than one side of the story.

The power of the press and advertising

One example could be given as mentioned in the first article of “Fat free” or “XX% less fat” claims are being made and are misleading at only ½ the information provided. The best defence against this is to research the facts and gain qualified information as well as to question the informant’s intention or personal interest in the claim.

Goal of Mythbusters: To get you to question everything that does not sound complete and to gain and share qualified information – rather than sharing “... they say ...”. Who are they?

Health Issue Focus

A common condition will be highlighted in each issue. If you would like to know more about a condition or disease, contact us and we can send you more information.

It is important to note that this section is for general health information and not as a basis for diagnosis and/or treatment. If you have any concerns, contact a professional health care practitioner.

DYSBIOSIS (pronounced dis-by- -sis)

Definition	Overgrowth of inappropriate bacteria in gastrointestinal tract
Symptoms	indigestion, bloating, nausea, diarrhoea, rheumatoid arthritis
Treatment	Small Intestine: address cause of small intestine bacterial overgrowth; decrease sugar consumption; increase dietary fibre; restore secretory IgA, reduce stress; pancreatic enzymes Colon: high fibre diet; adequate fluid intake; exercise; retrain bowel

Dysbiosis is a common condition that be caused by inappropriate diet. Often high sugar and processed diets or from poor eating habits – eating too quickly, too much or ignoring food intolerances.

The small and large intestines are inhabited by many strains of bacteria. There are beneficial bacteria that help to digest the food and actually produce and make available some nutrients (such as B vitamins) for absorption. The beneficial bacterial also consumes harmful bacteria and/or parasites that enter the body through food and drinks. When the balance of bacteria is disturbed, this causes damage to the lining of the intestines which in turn lowers the absorption of nutrients from food into the body and leads to ill health and nutrient deficiencies. Thus the symptoms above.

Eating too quickly or too much or eating foods that you may be intolerant to all result in bloating. The bloating is the gas produced by the bacteria left on the poorly digested food in your intestines.

Seasonal recipes and best fresh products

What should we be eating in Summer?

Summer foods

Summer is an energetic time, the time for lots of cool foods – fruits, raw vegetables, light cooking such as stirfrys, steaming, marinated fish and light meats.

The body wants to cool down so avoid bulky, comfort foods such as stews/casseroles, hot soups and “hearty” meals.

Salads, cold seafoods and meats --- Dips and veges, juices, light meals and small snacks through the day --- Raw, cold and juicy.

Lots and lots of water – generally 1 – 2 litres a day, even more on the hotter days and when exercising.

Seasonal fruits and vegetables

From December: berries, stone fruits, lemons, mangos, melons, oranges, passionfruit, pineapples, asparagus, avocado, beans, capsicum celery, choko, cucumber, eggplant, lettuces, onions, snowpeas, sugar snap peas, peas, squash, corn, tomato, zucchini

From January: apricots, bananas, nectarine, peaches, plums, rambutan

From February: apples, grapes, figs, guava, kiwifruit, nectarines, pears, leek, okra

Recipes

Experiment with summer fruits and vegetables in salads. Include lots of greens and other colours for optimum nutrition.

Include a protein such as nuts (slithered almonds, pinenuts, walnuts), tinned salmon or tuna, egg, cheese, legumes such as chickpeas or lentils. Remember salads can be warm or cold.

Add a good fat in a dressing using good quality olive oil or other cold-pressed oil such as almond, sunflower, sesame oils. Avocado is another good fat. If you have watched Jamie Oliver, you will notice that he puts dressings on almost everything he prepares.

Salad dressings (can be warmed or room temperature)

⊗ **1 part olive oil, ½ part vinegar (balsamic is best), ½ part maple syrup** – shake in a jar and pour

⊗ **1 part olive oil, ½ part lemon and/or lime juice with zest, shaved or grated parmesan cheese** – shake in a jar and pour

⊗ You need a beater or processor for this one: **2 eggs, 2 teaspoons vinegar, 2 teaspoons lemon juice, 1 teaspoon mustard, pinch of paprika and salt** – process or blend then while mixing slowly pour in **1 cup olive oil** and blend until creamy – then stop

For a “Caesar Salad” style dressing, **skip the mustard** and **add** to the first lot of ingredients – **½ cup grated parmesan cheese** and **¼ cup capers**

Dips

- ⊗ Mexican: Blend ½ **tin of tomatoes in thick sauce** (or **blended fresh tomatoes with basil and other fresh herbs** then strained/drained) add ½ **tin of refried beans** (or **blended kidney or navy beans with chilli, cumin, paprika**)
- ⊗ Avocado: Mash an **avocado** with **lemon juice**, and **sweet chilli sauce**
- ⊗ In **plain yoghurt**, add **chopped cucumber, dill** and **lemon juice**
- ⊗ Humus: Blend **1 tin cooked chickpeas, 2 cloves garlic, 2 tablespoons tahini** (or sesame seeds), **juice of 2 lemons** and **pinch of paprika**

Guided Meditation script

Two 15 minute mp3 files can be downloaded from www.guidetohealth.com.au – just follow the links to Meditation. One is an introduction and the other is Loving Kindness.

Remember the golden rules of Meditation:

Centring is the intention to relax and meditate, you centre by creating a quiet environment ensuring no disruptions, sit or lie comfortably, close your eyes, breathe deeply and gently and focus throughout your body until you feel relaxed.

Focus is your tool to become and stay calm and present in the meditation. A focus can be a candle, music or your imagination – be creative and be present.

Grounding is the most important part of the meditation. Remember that meditation is a different state of consciousness than every-day awareness.

Therefore, grounding is important to make sure your state has returned to the state of awareness and alertness required for day-to-day functioning. You can ground yourself by intention, breathing, moving, thinking of and doing daily tasks such as washing, drinking or eating. Always be aware of your state of awareness after a meditation as when you are not grounded, you will most likely cause or have accidents.

Finding your star

Centre yourself in whatever works for you ensuring you will not be interrupted, that you are safe and relaxed.

Picture in your mind that you are sitting on a tree stump. From this stump, follow the roots into the ground as they hold you firmly in place and stable on this earth.

Take your focus up now through your backbone and follow your focus as if it were a light or thread that moves up and out the nape of your neck. Follow this up through the ceiling, up through the roof, past the treetops to the clouds. It moves through the clouds higher still into the universe where you are surrounded in darkness lit only by the stars.

There is one star that attracts your attention. Take your focus to that star, as you do so, the star moves closer to you until the star is facing you. Take in the look, feel, smell of the star and comfortably and safely merge with it. Sit in this sensation for a while and allow images, sounds and feelings to come to you.

When you feel you are ready to return, thank yourself for this time and thank your star and any other senses that have come to you in this time. It is time to separate from the star so that it is in front of you again. Feel the star and yourself returning now, knowing that you have access and can visit this space whenever you wish.

Return your focus as you return down towards the earth's sky, clouds, moving down through the treetops, into the roof of your room, through the ceiling and back into your body at the nape of your neck. Draw the roots from the earth at the bottom of your tree stump back towards you.

Begin to focus on your breath. As you do so, your breathing becomes more deliberate. Become aware of your body, your position, your environment. Begin to move gently, stretch yawn. When you are ready, open your eyes and ground yourself with whatever works best for you.

What's happening

The first project of the year is the re-commencement of the Meditation groups in January – the sites are:

Caringbah – Thursday 19th January

Kirrawee – Saturday 21st January and

Grays Point (TBC) – *I need to confirm numbers before commencing so let me know if you are interested in this one.*

In February, another two 8-week Meditation workshops begin with the St George & Sutherland Community College at Engadine and Jannali.

Proposed in March is the Menopause community lecture. This will either take place at the Women's Centre at Caringbah or at Hazelhurst Galleries, Gymea. Last June, the lecture was run with positive feedback. The lecture consists of:

- ⊗ definitions
- ⊗ the female cycle leading up to menopause
- ⊗ understanding related symptoms and possible causes
- ⊗ diet and lifestyle suggestions to prepare for and help ease symptoms
- ⊗ food tasting throughout and recipes to take home
- ⊗ the how and why of particular foods and nutrients
- ⊗ getting help and what can you do

It is a great excuse to get together with other women who are going through the same stage and share information, eat great food and enjoy a good laugh. The cost is \$45 per head with \$5 going to the Cancer Council NSW on your behalf (receipts are issued separately). Please contact Tania for more information.

April or May will see the next community lecture – Food labels: Nutrients and numbers – what do they mean?

Q & A and Keep In Touch

Your comments, questions and opinions on health, meditation, relaxation and diet are really important as sharing this information helps us all to know that we are not alone and not the only ones having these experiences.

This section is open for discussion, questions and comments. We would love to hear from you – your contributions can be anonymous or loosely identified. It is envisaged that this section will grow with you as our important client and contributor.

Services and Schedule of Fees

Nutrition consultations

Together we look at your current diet and lifestyle choices through a questionnaire and establish the potential impact on your health. We then create a plan and realistic goals to help you towards a better quality of life through diet and lifestyle. After the session, you receive a report on the session, your eating plan, recipes/resources and any other recommendations offered.

First consultation 1 ½ - 2 hours \$75.00

Follow up consultation up to 1 hour \$50.00

Note (as at Dec '05): Health funds that cover Nutrition are Aust. Country Health, Aust. Health Management, Aust. Union Health, Aust. Unity Health Ltd, Cessnock District Health, CBHS Friendly Society, Grand United Friendly, Illawarra Health Fund, Manchester Unity, NIB Health Fund. Call first to confirm eligibility.

Meditation

8 week Introduction to Meditation – \$126.00 (through St George and Sutherland Community College)

Weekly Meditation groups \$50.00 per 4 session blocks (allows 6 weeks to complete a block) or
\$15.00 (pay per session)

Stress management and support sessions

This session offers one-to-one meditation and guidance to help you understand your physical and emotional patterns, how best to work with your strengths and weaknesses and to teach you how to relax, rest and rejuvenate.

You will come out of this session relaxed and with a sense of wellbeing, with techniques to access and achieve this relaxed state and achieve health and balance.

Duration is 1 hour. Cost is \$50.00

Timetable

Meditation – an Intro Course – Term 1, 2006

An 8 week program introducing 8 different meditation techniques - their uses, theory and practical exercises. This course is offered through the St George & Sutherland Community College <http://www.sgsc.nsw.edu.au>. Two groups are scheduled for Term 1, 2006:

Wednesday nights 7pm to 9pm at Engadine High School commencing 15th Feb.
Friday mornings 10am to 12pm at the Jannali Campus commencing 17th Feb.

Meditation Groups - ongoing

Thursdays
10am to 11.30am at
Caringbah Women's Health
Information Centre
346a Kingsway, Caringbah

Saturdays
1.30pm to 3.00pm at
Southside Yoga Centre,
429 The Boulevard, **Kirrawee**

Mondays (TBC)
7pm to 8.30pm at
Grays Point Community Hall,
Grays Point

Consultations

Tania Smith is at the Clinic on Thursdays and Saturdays (by appointment) for Nutrition and Stress Management consultations. The clinic is at Caringbah Women's Health Information Centre, 346a Kingsway, Caringbah. Bookings and general inquiries: 9525 4874.

Loyalty Program

Would you like free meditation sessions?

Meditation is an important skill that helps balance the mind, body and soul. Meditation helps you to know yourself better and is understood and accepted throughout the health professions.

A Guide to Health is introducing a client incentive program. You will receive a thank you voucher for two free meditation sessions for every 2 referrals you bring to the group.

For more details on conditions and how to register, go to www.guidetohealth.com.au and follow the meditation links or call Tania Smith on 0412 725 895.