

# A Guide to Health Newsletter

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

## Sensational Spring!



## Issue No 4, Spring, 2006

Spring symbolises New Life!

September brings lots of new things to A Guide to Health:

- ⊗ **New Clinic:** Cronulla Osteopathic Centre,  
Level 1, 23 Cronulla Plaza, Cronulla  
Mondays and Fridays
- ⊗ **New Projects:** See "What's Happening" section
- ⊗ **New Look Website:** [www.guidetohealth.com.au](http://www.guidetohealth.com.au)
- ⊗ **New Meditation Groups:** Monday nights at the centre

## In this Issue

Spring is allergy season for many, so this is the focus for this newsletter. Latest health news and research "Life on a String" a look at **Anaphylaxis**. Health Issues on **Allergies vs Intolerances**. Spring fruits and vegetables are abundant and beautiful - lots of variety with protein filled yoghurt and salad recipes. **A Breathe Easy** Meditation Script to begin **and enjoy a terrific season**.

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ATMS Member (Nutrition)

## Latest health research

*What is in the papers or on the radio?*

### Life on a string. SMH, Steve Dow, 4<sup>th</sup> May, 2006

<http://www.smh.com.au/news/allergies/life-on-a-string/2006/05/03/1146335801213.html?page=fullpage#contentSwap1>

**Summary:** This is a story about Anthea Cottee, a cellist from the Australian Brandenburg Orchestra. Both her 2 children have the most severe form of food allergies – anaphylaxis. Her boys are 3 and 1. Her 1 year old must be constantly watched in public because of his sensitivities to the allergens.

"We imagined as parents we'd be going out and experimenting with food and taking the kids to yum cha and so on because we love food," Cottee says. "So it's a completely different world from the one we expected." Both her and her husband love food but have found that their lifestyle has changed dramatically.

Oliver, her eldest stopped putting on weight at 3 months. He was diagnosed with a dairy and egg allergy and had a reaction to breast milk. He can break out in hives from a kiss by someone who has sipped a cup of tea with milk.

Oliver had an anaphylactic reaction at 12 months – he broke out in hives as previous reactions, but his lips swelled and airways were restricted. Now, his list of allergens includes: dairy, nuts, sesame, soy, peas, potatoes and fish. His allergy to wheat has improved but they have now found that he is allergic to rice and corn.

Alexander, the youngest has had hives, swelling and rashes from wheat, buckwheat, avocado, banana and pumpkin have improved. Anthea is so careful with her diet while she is still breast feeding.

Anthea is allergic to aspirin and her husband gets asthma and eczema. There is growing evidence of genetic/hereditary allergies.

This article was promoting a fundraiser organised by the orchestra to raise funds and awareness of food allergies.

Statistics in the article mentioned 10 Australians a year die from allergic reactions. 3-5% of children in Australia have food allergies and this figure seems to be rising according to Anaphylaxis Australia. Some children grow out of most allergies but they are finding those with peanut allergies are not improving.

It is difficult for Anthea and her husband to lead normal lives as their children need to be constantly monitored – they cannot even share each other's food and need to wash their hands before touching each other.

The president of Anaphylaxis Australia shared several hypotheses on why such severe allergies are increasing. Where there is a more hygienic society, the immune does not get a great chance to develop, also children are eating a greater variety of foods than earlier generations.

**GTH Comment:** Imagine a life where you need to prepare the day's food before you go out, imagine having to pay for a personal child care worker in your own home, imagine worrying everyday you send your child off to school about whom and what he/she comes into contact with.

Anaphylaxis is the most severe form of allergy. It is the body's hypersensitive reaction to a previously encountered antigen (e.g. nuts, medication, insect stings etc). The reaction may begin with a localised rash and itching, the blood vessels dilate, the airways spasm and swell and the person can go into shock.

An Epi-pen (Epinephrine – the American term for Adrenaline) contains synthetic adrenaline. It is sold on prescription only and comes in 2 doses – adult and child. The epi-pen has a once only dose and should never be used by anyone other than whom it was prescribed to. The adrenaline constricts the blood vessels and releases the airways from spasm.

**GTH Tip:** Be aware of allergies and intolerances as reactions can vary and are unpredictable. As nuts and nut products are currently the most common offender, respect that if you are asked to keep away or not to have nut products with you – especially with children who do not have the attention span and/or diligence to be aware of these things.

For more information on Food Allergies vs Food Intolerances – we have repeated the Food Intolerances vs Allergies Health Issue Focus in this issue.

Keep up-to-date with CPR or do a first aid course – you can one day save a life and it could be that of your own family!

#### References

1. <http://www.allergyfacts.org.au/>
2. Mosby's Medical, Nursing & Allied Health Dictionary 6<sup>th</sup> Edition. 2002. Mosby Inc.

## 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. Perhaps you have heard an “old wives tale” and want to know the origin of facts behind it. Here is where we will research the facts and offer you the truth through more than one side of the story.

## Fats – the Good, the Bad and the Ugly

Incorporating the allergen theme with Facts about Fats. This season's Myth Busters is dedicated to Take Away / Fast Food. After sharing the article, there will be a summary on the definitions of Essential Fatty Acids, Mono-unsaturated fats, Saturated fats and Trans fats – so you can decide for yourself.

## " McDonald's fries contain potential allergens "

By Dave Carpenter, SMH, February 15, 2006

**Article summary:** McDonalds' fries had been advertised as having no allergens, stating that the fries were gluten and dairy free.

At the beginning of this year, two disclosures were made by McDonald's Corporation firstly that the fries had more trans fats than originally thought. The other was that they use wheat and dairy ingredients for flavours and thickeners. Wheat and dairy products are among the most common food allergens and can cause allergic or other reactions in food sensitive consumers.

This was disclosed "quietly" via their website in February this year added to the french fries listing on their site.

This quiet disclosure was made because of new rules by the US Food and Drug Administration (FDA) in regard to packaged foods. The presence of common allergens must be disclosed – they include milk, eggs, wheat, fish or peanuts.

McDonalds said that the potato suppliers removed all dairy & wheat derivatives from the product but they new that the oil used to fry them contained the wheat and dairy for flavouring – "technically" there are no allergens in their French fries.

Since the disclosure – there has been a public outcry especially from those with celiac disease (an autoimmune disorder triggered by gluten). "They should never have been calling them gluten-free" says a New York resident who has celiac disease.

**Trans Fats issue:** In September, 2002, McDonalds pledged to change the oils to lower trans fatty oils. This was delayed – McDonalds saying that product quality and customer satisfaction were priorities.

When asked about this, the McDonalds' spokesperson said "It's a very high priority and we are very committed to continuing with testing and lowering the level of trans fat without raising the level of saturated fat. ... It's a lot harder than we originally thought but that is not stopping us."

**GTH Comment:** It is important to be aware of the technicalities that allow packaged food manufacturers to get away with non-disclosure – especially where there are allergies involved.

#### **GTH Note on Fats:**

All fats and oils oxidise at high temperatures and can become **dangerous trans fats** if heated higher than 210°C. Fats are used in the body as storage and insulation (saturated fats), cell membranes, hormones and metabolism (mono/poly – unsaturated fats).

Oils and fats should be kept cool and out of the sun as they are easily damaged (they go rancid) by heat and light.

Fats are needed by the body **in small doses**.

#### **Essential Fatty Acids – the good – liquid oils**

Good fats (Essential Fatty Acids) are needed (essential) for important functions such as producing brain and nerve tissue; enabling absorption of fat soluble vitamins – A, D, E & K; and for strong, shiny hair and beautiful, smooth skin.

Sources of good fats (Omega 3 & 6 Essential Fatty Acids) are:

- ⊗ Oils\* – Olive, flaxseed oil, sunflower safflower or sesame
- ⊗ Small, deep sea oily fish (from highest to lowest source) – eel, mackerel, salmon, lake trout, herring, sardines, roe (of Cod, pike, haddock, herring), lobster/crab/oysters, abalone, mussels, cod, snapper;
- ⊗ Green leafy vegetables.

\*Ensure any oils other than olive (ie sunflower safflower, flaxseed or sesame) are labelled cold pressed and unrefined.

The best fats to cook with are olive oil and butter<sup>#</sup> as these are stable and least likely to turn into trans fats.

<sup>#</sup> Butter is a saturated fat and it can raise cholesterol levels and can contribute to weight gain. If choosing butter ensure it is unsalted and preferably organic.

### **Mono & Poly unsaturated fatty acids (MUFA & PUFA) – liquid oils**

MUFAs and PUFAs are stable enough for quick/low heat cooking, i.e. shallow frying, baking – but turn into trans fats in deep frying (see below). These are fluid fats that offer nutrition to our bodies.

Sources of MUFA are:

- ⊗ Oils - Olive, almond, hemp, peanut, pistachio, pecan, canola, avocado, hazelnut, cashew and macadamia oils.

### **Saturated fats – the bad (if consumed to excess) – solid oils/fats**

The distinct characteristic of saturated fats is that they are solid at room temperature.

An excess of saturated fats can cause health problems for the heart and blood vessels – mainly causing sticky platelets in our blood.

Saturated fats include:

- ⊗ All animal fats – including meats, eggs and dairy products
- ⊗ Non-animal fats – coconut, palm kernel & oil

### **Hydrogenated products and Trans fats – the ugly**

Trans fats are fats and oils that have been damaged through excess heat in deep frying or chemical processing such as hydrogenation. These fats can interfere with the way our body processes fats **which are damaging and affect our health**. Trans fats alter our body on a molecular level and research has discovered that they have a profound effect on cell division, coordination, sensory function, mental imbalance and vitality.

Hydrogenation is done commercially to transform natural oils to spreadable products with longer shelf life. Unfortunately, manufacturers can start with cheap, low quality oils to turn them into margarines.

### **Reference:**

Fats that Health, Fats that Kill. Erasmus, U. 1993. Alive Books

# 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.

## Food Intolerances vs Food Allergies

<b>Definitions</b>	<b>Intolerance:</b> a condition characterised by the inability to absorb or metabolise food or other substance (such as medication).	<b>Allergy:</b> a hypersensitive reaction to common substances. An allergy brings on an immune reaction.
<b>Symptoms</b>	<p>In its essence, an intolerance is not life threatening but if suspected, medical/professional advice is recommended to learn how to (a) diagnose/confirm substance and (b) to learn how live with the intolerance.</p> <p>Symptoms include, bloating, constipation and/or diarrhoea, discomfort, swelling (due to undigested food/substance) as well as nutrient deficiency (due to the inability to absorb the substance) which can lead to bed-wetting, chronic and/or recurring infection, anxiety depression, hyperactivity, fatigue, headache, itchiness and irritation.</p>	<p>Medical attention is required for both mild and severe conditions.</p> <p>Can range from <b>mild</b> (such as rhinitis, conjunctivitis, mild inflammation) to <b>severe</b> (such as anaphylaxis and swelling of the tongue, shock and death).</p>
<b>Treatment</b>	<p>The only treatment for intolerances is to avoid the offending substance.</p> <ul style="list-style-type: none"><li>• Learn from a Nutritionist about how to compensate for the nutrients provided by the avoided food. There are many alternatives in a fresh, varied wholefood diet.</li><li>• If a reaction has flared there are methods of easing the symptoms until the body fully eliminates the offending substance. See your naturopath or nutritionist for assistance.</li></ul>	<p>It is more important that you know exactly what is in all foods and drinks that you consume.</p> <p>Education as to the food/substance and alternative descriptions used for the offending substance is important as is your ability to communicate to the food/substance provider (e.g. in a restaurant).</p> <p><b>Treatment for any reaction is Urgent Medical Attention.</b></p>

Allergies can be diagnosed by allergy tests – whereby substances are added to the blood by way of a skin prick test and a “wait and see approach” for signs of reaction follows. This is the quickest and simplest method but please note that all **Allergy Testing should only be done by a GP as reactions can still be severe**. A great resource for Allergies is <http://www.allergy.org.au/> - The Australian Society of Clinical Immunology and Allergy.

Food intolerances can be seen to have many non-specific symptoms, this is why it is so important to have your intolerance properly diagnosed by a health care professional. Leaving out certain foods from your diet without ensuring that you obtain those nutrients can cause chronic illness and some of the same symptoms described above under intolerances.

# Seasonal recipes and best fresh products

## Spring foods

### *Seasonal fruits*

**September:** apples, avocados, sugar bananas, blueberries, cherries, coconut, kumquat, custard apple, grapes, grapefruit, guava, kiwifruit, lemon, lime, mandarin, Indian mango, melons, nashi pears, nectarines, olive, orange, passionfruit, paw paw, pears, pineapple, rhubarb, strawberries and tangelos

**From October:** peaches, plums, raspberries

**From November:** apricots, boysenberries, star fruit, lychees, plums, rambutan

### *Seasonal vegetables*

**September:** artichoke, asparagus, bamboo shoots, beetroot, bok choy, broccoli, Brussel Sprouts, cabbage, capsicum, carrots, cauliflower, celeriac, celery, choy sum, choko, cucumber, eggplant, fennel, kale, leek, lettuce, mushrooms, onion, okra, parsnip, peas – shelling/snow/sugarsnap, potato, pumpkin, radish, shallots, silverbeet, spinach, spring onion, sprouts, squash, swedes, corn, sweet potato, taro, tomato, turnip, watercress, zucchini

**From October:** lettuce (asparagus), watercress, spring onion

### *Spring herbs*

Basil, chilli, chives, coriander, dill, garlic, ginger, mint, parsley, pepper, tarragon, thyme, water chestnut

### *Recipes*

Always include lots of greens and other colours for optimum nutrition. Steaming is a useful cooking method that minimises loss of nutrients. Keep the water afterwards for soups and stocks.

Proteins to include in your meals can be meats, fish, egg, cheese, legumes such as chickpeas or lentils. Remember salads can be warm or cold.

Remember the good fats – they don't make you fat! (keeping in line with a balanced diet) Avocados are in season and it is perfect weather for steamed oily fish\* such as Atlantic salmon, bream, sardines, mackerel, small tunas, kingfish and mullet (remember to keep the skins on and do not over-crisp them). Olive oil is another nutrient-rich beneficial source of essential fatty acids.

## Home Made Yoghurt

<p>1 litre milk – can be dairy or soy</p> <p>1 tablespoon plain yoghurt or culture</p> <p>.</p>	<p>Warm milk on medium/low until bubbles appear around the edge and steam rises from the surface.</p> <p>Remove from heat and cool to body temperature.</p> <p>Add culture/yoghurt to a cup of the heated milk and blend.</p> <p>Pour the mixture into the rest of the milk stirring until blended.</p> <p>Fill the jars and heat for 6 to 10 hours (depending on desired tartness and firmness)</p> <p>Chill the jars – can be kept refrigerated up to 2 weeks</p>
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## Chicken and Melonball Salad

<p>Chicken breast diced and stirfried golden</p> <p>Rock melon – balled</p> <p>Sprouts – snowpea, alfalfa, mungbean</p> <p>Celery – sliced</p> <p>Grapes (preferably seedless)</p> <p>Mayonnaise (see 3<sup>rd</sup> one below)</p> <p>Almond flakes or Sesame seeds or Pinenuts</p>	<p>Stir fry the chicken until golden, cool</p> <p>Ball the melon</p> <p>Slice celery</p> <p>Dry fry nuts and/or seeds</p> <p>In a large bowl mix chicken, melon, sprouts, celery, grapes and mayonnaise.</p> <p>Top with seeds/nuts.</p> <p>Enjoy!</p>
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### 3 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 “Ceasar Salad” style dressing, **skip the mustard** and **add** to the first lot of ingredients – **½ cup grated parmesan cheese** and **¼ cup capers**

# Guided Meditation script

Two 15 minute mp3 audio files and one 5 minute mp3 audio file can be downloaded from [www.guidetohealth.com.au](http://www.guidetohealth.com.au) – just follow the links to Meditation and save them to your iPod/mp3 player or CD. Keep an eye on the website [www.guidetohealth.com.au](http://www.guidetohealth.com.au) for release dates of the meditation CDs – for kids and adults.

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.

## Breathe Easy for Spring

Centre yourself – create a quiet space and focus in your breathing.

Begin a counting exercise – for the count of 4:

Breathe in (2, 3, 4) - Hold your Breath (2, 3, 4) - Breathe out (2, 3, 4) - Hold your Breathe (2, 3, 4)

Repeat this 3 times and rest. As you feel comfortable, extend the count gradually

## Clear your Sinuses

Sitting comfortably, block your nostrils – one side with your thumb, the other side with your middle finger (you can rest your index finger on your brow centre).

Repeating the above counting exercise:

as you breathe in, release your middle finger (i.e. breathing in through one nostril)

hold your breathe by holding both nostrils

as you breathe out, release your thumb (i.e. breathing out through the **other** nostril)

Repeat this 3 times, rest then swap hands and thereby swapping the cycle of breath.

Rest, sit in silence and notice the change in your breathing.

Relax and Enjoy and remember to consciously return to your state of alertness (grounding).

# What's happening/What happened

I had a wonderful group at the St [George & Sutherland Community College](#) for **Meditation 2 – More Meditating, Less Talking**. We would like to continue as a group and invite you to join us:

the first **8 Monday nights of every school term** (next session – **Monday 16<sup>th</sup> October**),

there will be a **regular Meditation group sitting**

from **7:00pm to 8:30pm** at the **Cronulla Osteopathic Centre**

Cost is **\$100 for 8 weeks or \$60 for 4 weeks**. Payment is due the 2<sup>nd</sup> week for first timers.

The **[Healthy Mind Healthy Body Lecture and Food Tasting](#)** on Tuesday 12<sup>th</sup> September was a great success. This is a lecture package aimed at parents/carers and adolescents (approx **age 8 to 16**). It is a talk about hormones, communication, common issues, the benefits and practical uses of meditation and nutrition (of course!) including food recommendations and tasting.

There were 2 sessions at Grays Point Public School – 2pm to 4pm and 6:30pm to 8:30pm. Everyone walked away with a smile on their face and with satisfied tummies.

It was a thrill for me to see the children get excited about fish, chickpeas and lentils!

This package will now be marketed to other schools and I look forward to spreading the good word about happiness, communication, understanding and the importance of food and fun!

**[Meditation in Schools](#)** plan is slowly coming together. We are gathering interest from many areas. The next step is putting together a Train the Teacher package so that teachers can incorporate meditation during the school day either at regular intervals or to enhance mood, behaviour and concentration.

The year 6 classes were treated to a visit by a woman who practises Sufi meditation. Sharon Carr from the Australian Centre for Sufism based in Lavender Bay spoke about being a Muslim, her daily prayer schedule, explained Mecca – why they face Mecca when praying and how to find it, she demonstrated the prayer positions and we experienced a Sufi chanting meditation.

The next day at the school assembly, the year 6 students were commended for their excellent behaviour and respect for their visitor.

Please come and visit my **[New Clinic](#)**: **Cronulla Osteopathic Centre,  
Level 1, 23 Cronulla Plaza, Cronulla**

I am there Mondays and Fridays and Thursdays by appointment. Park behind Franklins and walk up the lane way where the Cronulla Surf Travel Co is, there is an optometrist on the corner of the mall end (Richard Bell Optometrist), enter the optometrist centre and walk up the stairs.

**Important – Please note:** you have received this newsletter because you have previously indicated interest in A Guide to Health. If you do not wish to receive further correspondence, please contact Tania Smith either – SMS “Remove” and your Name to 0412 725 895 or email [inquiries@guidetohealth.com.au](mailto:inquiries@guidetohealth.com.au) with “Remove” and your Name. Any questions – just ask!

## Services and Schedule of Fees

Working with A Guide to Health – you have support all the way.

When you are ready to make a change for the better, a personal eating and lifestyle plan is produced with easy to follow steps including recipes and other resources.

Compliance is boosted by realistic and gradual changes to reach your goals.

Imagine, the decision of what to shop for, prepare and eat for a whole month has already been made and agreed by you – this can include feeding the family as well.

A month's diary drawn up and appointments booked for lifestyle changes already done. Making your life goals accessible and easy to achieve.

### 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	\$85.00	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.
Follow up consultation up to 1 hour	\$65.00	

### Meditation

8 week Introduction to Meditation – \$126.00	}	Through St George & Sutherland
8 week Meditation – less talking, more meditation – \$126.00	}	Community College
Weekly Meditation groups:	<b>Groups resume first week of school term 4 – Monday 16<sup>th</sup> October - 7pm to 8:30pm at the Centre (see below).</b> Costs: \$100 for 8 weeks or \$60 for 4 weeks	

### 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 – 1 ½ hour(s). Cost is \$65.00

### Consultations

Tania Smith is at the Clinic on Monday afternoon/evenings, Thursdays and Fridays for Nutrition and Stress Management consultations as well as Meditation groups.

The clinic is at **Cronulla Osteopathic Centre  
Level 1, 23 Cronulla Plaza, Cronulla.**

**Bookings and general inquiries: 9527 3322 (clinic) or 0412 725 895 (direct).**