

spring is just around the corner...

The last month of winter is upon us and we are therefore starting to come out of hibernation and realising that we have developed a few extra wobbly bits over the winter months.

Our increase in food intake, sleeping a lot and staying indoors over the colder months will mean that many of us will have reaped the rewards of a sedentary life by gaining a few extra kilos. Now is the time of year to start thinking about the warmer months - long hot summer days, the beach, t-shirts and shorts. Every women's magazine at this time of year starts promoting this diet and that diet to get us "skinny" for the beach. However, being healthy is about being healthy, having a well balanced nutritious diet and increasing the amount we exercise.

The newsletter for August provides you with some information about basic nutrition. It is never too late to start eating well. Our body responds remarkably quick to a change in diet; quickly eliminating toxins and making you feel and look great!!

thought for august

Food for all is a necessity. Food should not be a merchandise, to be bought and sold as jewels are bought and sold by those who have the money to buy. Food is a human necessity, like water and air, it should be available.

Pearl Buck

nutrition ...

There are many nutritional guides out there about what, when and how you should be eating, which can make preparing and eating food overwhelming and tedious. You may well remember being taught the pyramid of health or nutrition at primary school. Latest research has shown that this model of healthy eating is not-so- healthy any more!

The New Pyramid recommends:

Fats and Oils

Include a handful of nuts and seeds daily and 2 tbsp of healthy oils daily (such as raw olive oil)

Starchy Carbohydrates

Such as rice, bread, pasta, potatoes. Have 2 small serves a day.

Fruit

A minimum of 2 pieces or one cup of fresh fruit per day.

Protein

Include a protein-rich food in every meal or snack. Red and white meat, fish, eggs, tofu and legumes are sources of protein.

Vegetables

Have a minimum of 3 cups of fresh vegetables everyday.

Water

Drink a minimum of 8 glasses per day or 1lt. per 30 kgs of body weight. Filtered, room temperature water is best.

None of these food groups in isolation can do the job of sustaining the body, therefore, it is important to eat a variety of nutritious foods to ensure our needs are met. Even organic produce does not have the same nutritional content as produce grown 30-50 years ago. It is advisable to take a good quality multivitamin and some essential fatty acids (EFA's or fish oils) every day in order to maintain good nutrition, health and wellbeing! .

food as medicine...

Hippocrates once said "Let your food be your medicine and your medicine be your food". Dr Sandra Cabot supported this idea in her book "The Liver Cleansing Diet" in which patients followed the Liver cleansing diet for 8 weeks and found that their high blood pressure, cholesterol, eczema, allergies and energy levels, improved dramatically!

Although this diet is not for everyone, a few simple changes to our eating regime can have a significant affect on our health and wellbeing. For instance, by increasing fish, green leafy vegetables and nuts in the diet, or taking Essential Fatty Acids (fish or flax seed oil) one can alleviate symptoms from aching joints to depression without using medication and causing damage to the organs such as the kidneys, stomach and the liver.

The old adage "you are what you eat" is very true when it comes to health. If you are consuming low quality vegetables (most supermarket veg!), regularly eating junk and processed food, drinking soft drinks, including diet drinks, chances are your system is overloaded with toxins and unable to function properly. Signs of a toxic system are tiredness, brain fog, sluggish digestion, reflux, smelly bowel movements, skin problems, depression and/or irritability. Not only does the type of food have a direct effect on our health, but as all the food we consume interacts with one another, the type of food we eat also effects the way in which the body interacts and absorbs other nutrients.

With water making up 95% of the human brain water, 82% of the blood and 90% of our lungs, a small change in the water levels in your body will have a wide spread affect. Dehydration can bring about short term problems including fuzzy short-term memory, trouble with basic math, and difficulty focusing on smaller print, such as a computer screen. By simply increasing the amount of water you drink in the day can improve energy levels and concentration. We have to remember that what we put into our body affects our health!

eat nutritionally, buy locally . .

Within Melbourne there are many markets where you will find fresh organic produce, with great variety! Not only is there a wide selection of vegetables, meat and poultry but you will also be supporting local farmers and creating less carbon emissions.

Some local markets include:

Abbotsford Convent Market
Fourth Saturday of each month
from 8am till 1pm

CERES Fruit and Veg Market
9am—1pm Saturday and Wednesday

Collingwood Children's Farm
Second Saturday of each month

above - down - inside -out

above

Above is about life force. The power that made the body heals and coordinates function and life potential.

down

Down is about bringing life force or energy into the body and helping the master control system, 'the brain' communicate the wellness message throughout the body, via the nerve system.

inside

Inside is the generator. Without your control system working properly, we can hardly expect optimal life expression.

out

Out is about doing it! Allowing the pure expression of growth, health, energy and enthusiasm for life that is expressed when our body is free to do so!

clients of the month...

Chiropractic research enables us to provide you with the most revolutionary care.

The following clients will have their fees donated to the Australian Spinal Research Foundation this month.

Thank you to:

**Greg Serong
Helen Mitchell
Tim Hodges**



events...

Creating Wellness Lectures

Have you attended?

Do you understand Chiropractic?

What else could you be doing to support your care?

Book Now

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greater life!