

HANDY HINTS FOR GOOD HEALTH

**Most people die before their time due to lifestyle choices.
This is your chance to reduce the risk of being in that group.**

1. FIND WAYS TO RELAX

One method is right under your nose. Any time of the day or night and when you're feeling tense try this:

Take some deep breaths and concentrate on making them deeper, slower, quieter and more regular.

(Excellent CD Guide "Breathing – the master key to self healing." www.drweil.com)

Performance does not have to be driven by stress. (Dr Craig Hassed)



2. DON'T STAY UP LATE

Most people don't get enough sleep. Yet sleep contributes to our health, mood and productivity. Sleep deprivation can lead to depression, obesity, accidents and stress.

Most people need 8 hours a night.

(www.well.com/~mick/insomnia/insomnia.html - for tips on getting to sleep.)

SHORT NAPS (less than 30 mins.) can boost energy and reduce the risk of heart disease.

There is no chemical substitute for sleep.
(“Dead Tired” DVD www.mindfulmedia.com.au)

3. EXERCISE

Exercise can reduce the risk of heart attack, obesity and developing diabetes. It can lift your mood and give you more energy.

As a minimum, try for 30 minutes of moderate-intensity physical activity, such as brisk walking each day.

The maximal benefits of exercise can be gained with one of the following activities, or a combination of them regularly throughout the week.

- ▶ Walking briskly for 3 to 4 hours per week;
- ▶ Swimming for 3 to 4 hours per week;
- ▶ Cycling for 2.5 hours per week;
- ▶ Running for 2 hours per week;
- ▶ Gardening for 4 hours per week.

(Source: “The Essence of Health” by Dr Craig Hassed, Ebury Press, 2009.)



4. ENJOY HEALTHY FOOD

Take some deep breaths before you start eating, eat slowly and chew your food well. Avoid eating in noisy and stressful situations.

- 1. Don't skip meals**, especially breakfast. If you're not hungry, eat something light.
- 2. Eat more vegetables.** Aim for five (5) servings a day of different colours. Soups and salads are a good way of doing this.
- 3. Limit refined, quick digesting carbohydrates** such as white bread, pasta, cakes, potato crisps and biscuits. These raise and lower your blood sugar level quickly, leaving you in a low mood and hungry.
- 4. Choose slow digesting (low GI) foods** for lasting energy. These include whole grain bread, rye, sourdough, sweet potato, oats, barley, basmati rice, sweet corn, baked beans, soy beans and peas. *Take ¼ teaspoon cinnamon twice a day to help regulate blood sugar levels.* (Prof. Sali.)

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5. Snack on fresh or dried fruits, nuts and seeds. If you're hungry have a salad sandwich made with a quality bread.

6. Cut down on salt.

7. Watch out for unhealthy fats and oils.

These are 'saturated' (animal & full fat dairy). and 'trans-fatty acids' (pies, doughnuts, chips, cakes, biscuits and margarine). Eat less fast & convenience foods, dairy and meat.

Eat more omega-3 fatty acids (avocado, oily fish, walnuts, sunflower seeds and flaxseed oil). Omega-3 fatty acids can help prevent cancer, depression, bipolar psychosis, Alzheimers, high blood pressure, diabetes, macular degeneration, MS and hot flushes.

8. Limit tea, coffee and energy drinks. Drink lots of green tea – it's hydrating and great for brain function.

9. Drink water. Water is vital for good health. An insufficient water intake can lead to tiredness and headaches. We need 1.5 – 2L day. (More in the tropics.)

10. Learn more about healthy ageing to live as well as you can for as long as you can. (An excellent DVD is 'Healthy Aging' www.drweil.com)

Your body is the house you live in. If you destroy it, you'll have to leave.

5. SUPPLEMENTS

These are a small part of good health. But they can insure against gaps in your diet. As a minimum we suggest a multi vitamin/mineral capsule and plenty of fish oil. Selenium if you have a family history of bowel cancer and make sure your Vitamin D level (by blood test) is up the high end of the scale. (Dr Carole Hungerford, 2009)

Nobody ever died from vitamins.
(Prof. Sali, 2009)

6. HEALTH CHECKS

Your health can be assessed by yourself, your GP or an holistic GP. The latter tend to be more thorough but may cost a little more. To find these doctors visit www.acnem.org/referrals.

Checks for men: Blood pressure, diabetes and cholesterol once a year. Prostate check if you are 45yrs or over (40yrs if you have a relative with prostate cancer.)

Colon cancer and skin cancer tests at any age especially if you have a family history. Testicular self examination for lumps or weight differences can be done in the shower by rolling the testes gently between thumb and fingers using both hands.



Checks for women: Add to your own monthly self-breast examination, a more thorough one from your doctor each year. Include a mammogram if you are over 50yrs and/or have a family history of breast cancer. Pap smear every two years until you turn 70yrs. Blood pressure, diabetes, cholesterol and lifestyle checks once a year.

7. WASH YOUR HANDS

80% of colds and flu viruses are transmitted by hand-to-hand contact – door handles, computer key boards, taps etc. Wash your hands with soap and water after you blow your nose or sneeze and always before touching your food.

