

Welcome to this last edition of *healthbites* for the year, and we wish you a healthy and happy holiday season. It is so easy to neglect our health at this time of year, but its important to keep it up all year round. In this issue you will read about the tragedy of suicide and how prevalent it is in New Zealand. We learn about an initiative to raise awareness of this and offer hope as an alternative.

Over the page you will find an interesting article on food combinations, this topic is often talked about, but not well understood and normally neglected. You'll also find a seasonal recipe and some fascinating *littlebites* in the side column.

Dare2Hope for Suicide in New Zealand

Approximately 10 New Zealanders commit suicide every week. Last year from 2009/2010 the actual figure was an astronomical 541 suicides. 401 of those male and 140 female. That's approximately 1 out of every 7000 New Zealanders taking their lives each year.

In 2003 it was the ninth cause of death in the general population, above car accidents and other injuries. It was the second leading cause of death for young people.

Information from the Child and Youth Mortality Review Committee reveals that 10% of deaths of 10 year olds in New Zealand are from suicide, and that suicide amongst young women shows an upward trend.

The leading causes of suicide are linked with depression resulting from a sense of hopelessness and lack of purpose and value. There are also physiological causes resulting from poor lifestyle, nutrition, and medication. Solutions revolve around having a proper balance in diet and lifestyle to keep the body and mind functioning properly as well as having purpose, value and hope.

There is a growing awareness of suicide in the community and a growing demand for better information about it. Dare2Hope is a project to raise awareness of hope as an alternative to suicide. Surfer and student, Karl Taaffe intends to walk 2012 km from Bluff at the bottom of the South Island of New Zealand to Cape Reinga in the North Island to bring about a greater awareness of suicide. His epic journey began on November 15—covering an average of 31 km a day. He will spend about 76 days on the road inviting New Zealand to Dare2Hope again.

Karl emphasises the 8 natural doctors of nutrition, exercise, water, sunshine, temperance, air, rest, and trust in God as keys to developing and maintaining better physical, mental, and spiritual wellbeing. These principles not only keep him in good shape for his walk but also are key lifestyle factors in preventing and treating suicidal tendencies.

Here at Lifestyle Matters we have teamed up with Dare2Hope to offer our *Make a NEW START* booklet with further information on the 8 natural doctors to those whose interest in improving their health and wellbeing is stirred up by this project. Visit www.dare2hope.co.nz for more information on this project.



Quote of the Month

*For I know
the thoughts
I have
toward you,
thoughts of
peace and
not of harm
to give you a
HOPE for the
future.*

—Jeremiah 29:11

healthbites

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little bites

Whole Grains Link to Lower Body Fat

ScienceDaily, 20 October 2010

People who consume several servings of whole grains per day while limiting daily intake of refined grains appear to have less of a type of fat tissue thought to play a key role in triggering cardiovascular disease and type 2 diabetes, a new study suggests.

Anti-cancer Compound in Broccoli

NaturalNews, 24 October 2010

New research out of the University of Illinois has proven that sulforaphane, an organosulfur compound found in broccoli and other cruciferous vegetables, is transferred directly from the digestive system into the body through the "good" bacteria that live in the gut. When operating at optimal capacity, the body is able to absorb the most sulforaphane and gain considerable anti-cancer benefits from it.

Breast Milk Transmits Drugs & Medicines to Baby

ScienceDaily, 24 June 2010

A new study by Spanish researchers has found that nicotine, caffeine, alcohol and drugs are transmitted through the mother's milk to the baby, and can cause sedation, lethargy and poor feeding habits. In terms of anti-depressant medications they were seen as a cause for concern during breastfeeding.

Roads are Bad for Your Health

Sydney Morning Herald, 27 Jun 10

The largest international study on vehicle air pollution and health research has found that traffic pollution within a 500-metre radius of a major thoroughfare was likely to exacerbate asthma in children, trigger new asthma cases across all ages, impair lung function in adults and could cause cardiovascular illness and death.

The Art of Food Combining

All too often when it comes to our food, we are accustomed to think that if we desire something, we should consume it. Some people are "grazers" and eat at anytime of the day or night. Others are better regulated in their eating habits and keep their meals to definite times throughout the day, but what they eat is left to be desired.

The times we eat during the day is as important as what we eat. Two to three meals is plenty sufficient to supply our daily needs, then let the digestive system rest between meals. But we can do much to help our digestive system in its work.

Food combinations play an important part in our total health. It is the process of orchestrating our meals in such a way as to keep out stomachs sound and happy. No one likes a grumbling stomach, and bad diet choices can absolutely ruin a good day. Gas, indigestion, distention, sour stomach, and acid reflux are all too common in modern society. Drugs to quell these complaints are among the best sellers in pharmacies.

If good digestion was simply a matter of chemical combinations, we could satisfy many unanswered questions with a combining chart. Indeed, many people walk around with food combining charts in their pockets and whip them out in advance of every gulp, but it doesn't need heavy science degrees to still enjoy our food but still avoid the many stomach ailments that plague our societies and doctors rooms.

There are simple principles to follow that can give much relief to our all-to-often overworked stomachs and result in clearer minds and more vibrant health.

“True happiness is impossible without true health, and true health is impossible without a rigid control of the palate.” —Mahatma Ghandi

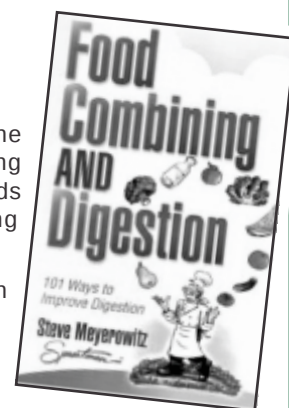
Food Combining and Digestion

Steve Meyerowitz - 101 Ways to Improve Digestion

Is your digestion energizing and nourishing you? Or, are the stresses of digestion and elimination taxing and draining your health and longevity? This easy to follow book leads you through the process of stopping indigestion and getting more nutrition from the food you eat.

- Stop Gas & Indigestion
- Produce More Enzymes
- Reduce Weight
- Optimize Nutrient Absorption
- Increase Energy
- Eliminate Dinner Fatigue

118 pages, paperback \$19.50



Recipe of the Month

White Christmas

2 c Puffed rice
1 c Mixed fruit
½ c Honey

1 c Coconut
180 g Kremelta / Copha
5 T Soy milk or
coconut cream powder

Mix the dry ingredients together in a bowl. Melt the Kremelta, pour into the bowl and mix all together. Press into a tray and refrigerate until set. Cut into squares. Keep in fridge. —Vegan's Delight, pg 113

