

Summer is surely with us and by now many will be back at work starting off the year's routine again. But don't forget some basic principles to make every day easier through this new year. This healthbites focuses on women a little more, but every woman can take this into the home and encourage their family. This month sees us at two functions especially suited to the needs of women.

High Activity Staves Off Pounds

It seems taken overall, that it is the fairer gender that often suffers from packing on the pounds so to speak, but a recent study releases some, yes, perhaps well known facts, but we can certainly read up on new research to reinforce what we already have some idea of.

ScienceDaily (Dec. 20, 2010) People will gain significantly less weight by middle age -- especially women -- if they engage in moderate to vigorous activity nearly every day of the week starting as young adults, according to new Northwestern Medicine research.

Women particularly benefitted from high activity over 20 years, gaining an average of 13 pounds (5.8kg) less than those with low activity; while men with high activity gained about 6 pounds (2.7kg) less than their low-activity peers. High activity included recreational exercise such as basketball, running, brisk walking or an exercise class or daily activities such as housework or construction work.

"Everyone benefits from high activity, but I was surprised by the gender differences," said lead author Arlene Hankinson, M.D., an instructor in preventive medicine at Northwestern University Feinberg School of Medicine. "It wasn't that activity didn't have an effect in men, but the effect was greater in women. Now women should be especially motivated..."

There were many ways to achieve the study's definition of high-activity levels, Hankinson noted. One way was 150 minutes of moderate to vigorous activity a week.

The study participants -- 1,800 women and nearly 1,700 men -- are part of the Coronary Artery Risk Development in Young Adults (CARDIA) Study, a multi-center, longitudinal and population-based observational study designed to describe the development of risk factors for coronary heart disease in young black and white adults.

"This paper is another example of how the CARDIA study has contributed to our knowledge about the importance of initiating healthy habits early in life and vigilantly maintaining them," said paper co-author Stephen Sidney, M.D., associate director for clinical research at the Kaiser Permanente Division of Research. "Common medical problems such as heart disease, diabetes and obesity have their origins in childhood and can generally be prevented by maintaining a normal weight, not smoking, exercising regularly and eating a healthy diet throughout life."

"The study reinforces that everyone needs to make regular activity part of their lifestyles throughout their lives," she said. "Not many people actually do that." The active group in the study comprised only 12 percent of the participants.

Lower levels of activity had a negligible effect on weight gain in the study. "High activity was the only kind that made a significant difference," Hankinson noted.

Taken from ScienceDaily (Dec. 20, 2010)



Quote of the Month

For a diet to be effective for losing weight, it must supply fewer calories than those the body burns

—Healthy Foods, pg. 270

healthbites

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little bites

A rebounder is the best exercise for the immune system

NaturalNews, 31 January 2011
Bouncing on this simple contraption has an amazing number of health benefits. One such benefit is how it strengthens the immune system by quickly and efficiently flushing out the lymphatic system.

Deficiency of Dietary Omega-3 May Explain Depressive Behaviors

ScienceDaily, 31 January 2011
Dietary insufficiency in omega-3 fatty acid has been implicated in many disorders...In industrialized nations, diets have been impoverished in essential fatty acids since the beginning of the 20th century.

Steam broccoli to preserve the enzyme myrosinase

EmaxHealth, 30 January 2011
Much has been studied and written about the cancer fighting and anti-inflammatory properties of broccoli and one of its ingredients, sulforaphane, which is credited with these benefits. However, you can virtually eliminate these advantages if you overcook broccoli or depend solely on broccoli powder supplements.

Feminine Affairs Shows

We have been requested to exhibit at a series of shows in the lower South Island. These shows are designed specifically towards women and their lifestyles. They saw our display at the Christchurch A&P show and felt we had something to exhibit in their shows.



Timaru Feb 20
SBS Events Centre,
70 Morgans Rd, Timaru

Ashburton Feb 27
Ashburton Trust Events Centre
211a Wills St, Ashburton

www.lifestyl matters.co.nz

Weight Control

If a person is heavier by at least 20% than the average for his height and weight, they are looking at an overweight problem. Overweight, or obesity, is an excess of body fat: too much is being stored. It is also consuming more calories in the diet than one can use.

Poor diet, fatty foods, and a lack of exercise are common causes. Other factors can include diabetes, hypoglycemia, endocrine glands not functioning properly. Boredom, tension and love of food are other causes, with another factor of inadequate intake or absorption of key nutrients, which cause the fat to be stored instead of used.

The article overleaf emphasized exercise, and there is no doubt that that is a crucial factor, but there are some other basic principles that can offer great value to weight control.

Choose a diet that is made up from fruits, grains, nuts and vegetables. This should be the basis of your whole diet programme, and stick to it.

Do not overeat at any one meal and when the meal is complete, eat nothing until the next, each meal should be about 5 hours apart.

People who are struggling with weight would do best to eat as much food raw as possible rather than cooked. If cooked, the food should be baked, steamed or boiled – never fried. It would be well to go on a cleansing juice fast one day a week.

A regular exercise programme is needed, aerobic exercises are better than other kinds. This simply means exercise done out in the open air. It helps lose weight and build strength. It strengthens the heart, arteries, and veins. It also invigorates the vital organs and endocrine glands.

Walking uses up to 120 calories per hour while jogging burns up 440 calories per hour, but weighing up all factors, walking still remains the best exercise.

Regular bowel movements are important. Keep your water intake well up, it stops dehydration but keeps the stool soft on the fruit, grains, nuts and vegetable diet high in fibre. This is an ideal recipe to keep the bowel moving and clean.

Finally parents, do not overfeed children. Children who are overfed, and consequently become overweight by the age of two, turn into overweight adults more frequently than others.

—Natural Remedies Encyclopedia, page 389, 390.

Healthy Foods

George Pamplona-Roger

A research physician describes with scientific clarity and precision the composition, curative properties, and usage of nearly one hundred "star" foods. Their regular consumption can do as much for our health as most medicines and other medical treatments. Additionally, an indication is given as to which foods we should take advantage of, and which ones ought to be shunned when suffering from some of the most common diseases and maladies.

383 pages, Hardback \$35.00+pp



Recipe of the Month

Carob Mousse

- | | |
|-------------------|--------------------------|
| 1 c chopped dates | 4 T carob powder |
| ½ c water | ½ t salt |
| 3 c soy milk | 2 ½ T psyllium powder or |
| | 4-5 T psyllium flakes |

Simmer dates in water for a few minutes to soften. Put all ingredients, except psyllium, into blender and blend till smooth. Now add the psyllium and blend until it begins to thicken. Pour quickly into serving bowl and sprinkle with coconut. Cover and refrigerate.

