

We have centred our interests more on Cantabrians for this edition of *healthbites*. The series of earthquakes has been pretty nerve-racking to many, even to some of the hale & hearty. The repercussions of these last six months are enormous and will be for quite some time. These times will be stressful for many people, and now that time has elapsed since the quakes, and the devastation becomes more of a reality to each person, stress will be setting in a very real way for some, even signs of depression.

But what are the solutions? Is there some tips that may be of help? We are not going to be able to do full justice in this short script, but here are some points that will help.

Deal With Stress Naturally

Many people resort to using over-the-counter, chemical stress relievers, but these are neither a safe nor healthy solution to dealing with or eliminating stress. They can tend to cause a lot more problems than they remedy. Thankfully, there are many natural alternatives that will help you deal with stress without troublesome side effects.

Stress can manifest itself in many forms: such as migraines, tension headaches, body pain, loss of or gain in appetite, depression, infections, high blood pressure, indigestion, fatigue, disturbances in sleep patterns, and there are many other symptoms. Many of these are able to be dealt with by using safe, natural remedies.

Stress relief can include dietary changes and exercise, along with using herbal supplements and lifestyle changes.

Exercise results in the depletion of adrenaline in our bodies which enables relaxation. It also relaxes tensed muscles and helps distract the mind from the stress, and will help produce beta endorphins which results in a sense of well-being.

Herbal help can come from kavakava, passion flower, St John Wort, chamomile, catnip and hops. These have been used for many years to assist in relieving stress.

A simple hot bath with your favourite essential oils added will work wonders to relax the body and relieve stress.

Pouring boiling water over a teaspoon of dried sage leaves and sweetening with raw honey if needed also makes a wonderful drink that will assist in relieving the symptoms of stress.

Dietary help can come from sprouts, alfalfa and black molasses. Eliminating caffeine, alcohol, tobacco, and other stimulants will also help relieve stress, as these are known to deplete vitamin B stores in our bodies, adding to the stress load.

A diet high in organic fruits and vegetables as well as keeping the diet low in refined carbohydrates and sugars will also be beneficial to the stress load.

Anti-oxidants which will assist include vitamin A, vitamin E, Gingko Biloba and selenium. Aromatherapy oils such as ylang ylang, sandalwood, rosemary, tangerine, frankincense, chamomile, marjoram, lavender, peppermint and rose oils are also effective tools as they are able to help the body relax and de-stress. Check with your Naturopath on use of essential oils, as some may not be suitable for pregnant or breastfeeding mothers.

Taken from NaturalNews.com by Shona Botes, 17 February 2011



Quote of the Month

The relation that exists between the mind and the body is very intimate.

When one is affected, the other sympathizes.

—Ministry of Healing, pg. 241

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little bites

Eating colourful vegetables linked to longer life

NaturalNews, 18 February 2011

People who eat more brightly colored vegetables live longer and may have a lower risk of cancer and heart disease, according to a study conducted by researchers from the Centers for Disease Control and Prevention and published in the Archives of Internal Medicine.

Junk food can lead to lower IQ in children

NaturalNews, 22 February 2011

Researchers in Britain have discovered that feeding your children junk or processed foods can actually lower their IQ. The diets and general health and well-being of 14000 children were monitored at ages three, four and a half, seven and again at age 8. It was found that a poor diet during the early developmental years could in fact lead to a lower IQ by the age of 8.

Low Vitamin D Levels Linked to Allergies in Kids

ScienceDaily, 25 February 2011

A study of more than 3,000 children shows that low vitamin D levels are associated with increased likelihood that children will develop allergies. The latest dietary recommendations calling for children to take in 600 IU of vitamin D daily should keep them from becoming vitamin-D deficient.

Many Patients Do Not Change Diet After Heart Attack

EmaxHealth, 21 February 2011

Most heart attacks are caused by a blockage of one of the coronary arteries either due to a blood clot or a buildup of plaque made of cholesterol and other cells. Because heart disease risk factors include diabetes, obesity and high cholesterol, one would assume the first step a heart patient would take after a cardiac event would be a diet change. Unfortunately, however, that doesn't appear to be the case.

Music Can Heal

Studies in music indicate that it is a natural healer. Proven to release dopamine responsible for pleasure, music shows promise in the treatment of mental and somatic illnesses. Similar research also suggests that it may be useful for patients with traumatic brain injury and as therapeutic intervention for problems associated with aging.

Pleasure Booster

A recent study published in Nature Neuroscience (2011) indicates that listening to one's favourite music leads to the release of dopamine, a neurotransmitter associated with the pleasure system of the brain. Even just anticipating the sounds of the music one likes will trigger the release of dopamine.

Depression Lifter

A review of five randomized studies was conducted by Maratus, et al, (2008) to determine if music is effective in reducing the symptoms of depression.

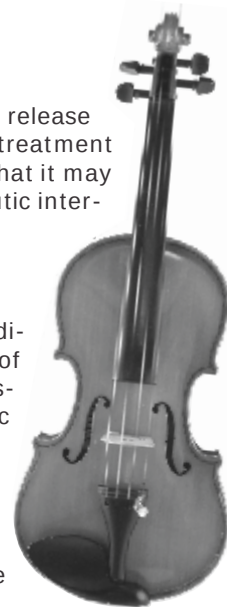
Results showed that four of the five studies reported significant reduction in depression among participants who were selected at random to music therapy compared to those receiving standard care conditions. Participants in the music therapy reported improvement in their moods and mental state.

Dr Neil Nedley in his studies on depression has an interesting result of his research. While each person tends to have musical preferences, even listening to these musical favourites will not always improve mood after the music stops. He says that not all music will improve the mood or the mind. Here are some music therapy facts.

- 1) The mental health benefits of music have been well proven
- 2) Not all kinds of music are beneficial.
- 3) Classical music has been found to be most effective, even among those who do not know it or even prefer it.

Music can automatically capture attention and may distract attention from negative experiences such as pain, anxiety, worry and sadness. Similarly, it is effective in the treatment of affective disorders such as depression, pathologic anxiety, and post-traumatic stress disorder. It is beneficial in the treatment of tinnitus and in facilitating Alzheimer's patients adaptation in long-term care facilities, and it has also been shown to improve executive function in the elderly, including those who suffered stroke and Parkinson's disease.

Taken from NaturalNews.com by Amy Chaves, February 10, 2011 & *Depression; the Way Out* p84



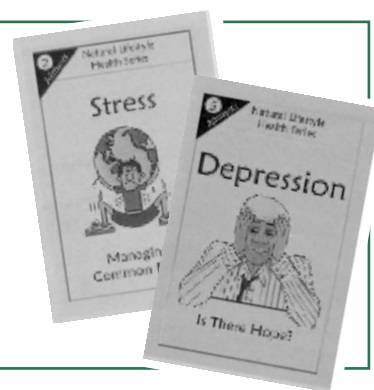
Stress & Depression

These two pocket booklets from the Natural Lifestyle Health Series give you further insights into these two pressing topics.

Each one has a basic overview and fascinating information of the topic and then offers practical lifestyle related tips to assist in dealing with these ailments.

50c each +pp

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Recipe of the Month

Black Eye Beans

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|------------------------------|--------------------|
| 1 ½ c dried black eyed beans | ¼ t cayenne pepper |
| 1 large onion | 2 t paprika |
| 125g tomato paste | ½ t cumin |
| 1 can coconut cream | 1 t salt |
| 1-2 T tahini | 2 t honey |

Cook the beans until soft. Saute onions until soft and add tomato paste, coconut cream, tahini and seasonings. Stir until it forms a smooth creamy sauce. Drain cooked beans and combine with sauce, simmer gently for 5-10 mins. Serve on top of rice or toast.

