

What better promotion for a total vegetarian lifestyle than a testimony from a person who has experienced it! More relevant being a Kiwi. Yes, we may well say we know of someone who is 96 and smoked and drank all their lives and they are fit and healthy. That cannot be debated, there are people who have a strong constitution from birth. But there are others who have drawn a shorter straw in life and while they may live to a grand old age, a few changes in life may give a better quality of daily living. May you draw inspiration from this friend of ours in the Palmerston North region.

Over the page we look at the importance of potassium and share more littlebites.

Testimony of one Kiwi Vegetarian

When I was about 8 yrs of age, my family was introduced to the concept of vegetarian diet and lifestyle, with recommendations that we become vegetarian. Meat was from that time eliminated from our diet, but that was the only change, so for the next 19 yrs I was a lacto-ovo vegetarian. When I was 22 I attended a senior college in Cooranbong, Australia. While at this college, a friend of mine, one of the librarians at the college, was disposing of some 'old' books. I read this book, which has become known today under the title of 'Counsels on Diet and Foods' from cover to cover. At that time my roommates and I were running a lucrative sweet stall in our room. The village dairy was complaining that we were taking their trade! We were also eating all the profits, not the best of health options! After reading the book my understanding of the better lifestyle slowly improved but it was still lacto-ovo. When my wife and I retired we went to Thailand in 1989 as volunteers and helped with the setting up of a Health Food business. Our lifestyle took another turn. We observed, and didn't appreciate how the hens were treated, so eggs went off the menu. I didn't like the taste of milk on its own, with powdered milk being worse, so circumstances demanded we become vegan. This was over 23 years ago. Since then I have lived on a total vegan diet with the odd exception when out visiting. Someone once said 'Knowledge is Power' and I have been helped by accumulating some 400 odd books on the subject of nutrition – some helpful and some not so.



I've now celebrated my 84th birthday. On my last visit to my doctor his comments were "you are the healthiest 80 year old I have and your liver is like that of a man 25 years younger." I don't have any aches or pains; head-aches are a thing of the past, so from a personal point of view I can fully recommend the CHIP (Coronary Health Improvement Program) lifestyle.

When I visit an old folks home and see people being fed and then washed and dressed for bed because they are incapable of looking after themselves, I thank God for directing my life in His way of living as found in Genesis 1:29, "And God said, Behold I have given you every herb bearing seed which is upon the face of all the earth, and every tree, in which is the fruit of a tree yielding seed to you it shall be for meat." Vegetables were added after Adam and Eve sinned. I've now added to my diet Green Smoothies. These consist of freshly picked greens such as, silver beet, spinach, Bok Choy, beetroot greens and any other green uncooked leafy plant. These, with a banana, are blended until broken down to an homogenous green drink. These greens contain helpful phytochemicals that are destroyed by cooking. We are benefitted by having foods "as grown," to quote Dr Hans Diehl.

A couple of years ago I was having difficulty starting my lawn mower. I didn't have the strength to easily start it with the pull cord. To remedy this issue I joined a gym and in a very short time overcame the problem. Exercise is an essential component of a healthy lifestyle.

My ability to think more clearly has improved too, so from a personal point of view CHIP is everything it claims to be. My advice is 'keep to CHIP principles - you WILL be benefitted.' —Testimony of a vibrant 84 year old

Quote of the Month

"The real secret of good health for all ages boils down to having mind over platter!"

healthbites

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little bites

New Way Meat Causes Heart Disease

PCRM, 9 April, 2013

People who eat meat produce more artery-clogging intestinal byproducts than people who follow vegan and vegetarian diets, according to a new study from the Cleveland Clinic. Researchers followed 2,595 heart patients and categorized them as omnivores, vegans, or vegetarians and found that those who consumed the most carnitine, present in animal products, increased their risk for heart disease by producing more artery-clogging metabolites. This study lends insight into other components of meat products, besides saturated fat and cholesterol, that may elevate the risk of heart disease.

Exercise Helps Alzheimer's Patients

HealthDay News, 15 April, 2013

Regular exercise slows disability and prevents falls in patients with Alzheimer's disease without increasing overall costs, a new study from Finland says.

The findings suggest that exercise, particularly when tailored to an individual's needs and performed at home, may help Alzheimer's patients maintain their independence and delay the move to a nursing home.

Study Suggests Women Make Better Decisions Than Men

Science Daily, 25 March, 2013

Women's abilities to make fair decisions when competing interests are at stake make them better corporate leaders, researchers have found.

A survey of more than 600 board directors showed that women are more likely to consider the rights of others and to take a cooperative approach to decision-making. This approach translates into better performance for their companies.

*Over 150 health books and products online at www.lifestylematters.co.nz

Eat More Potassium

Potassium is a big deal, at least to the World Health Organization, which has recently stated that adults should consume more than 4 grams daily. Other medical experts agree that potassium is critical for health, especially when salt (sodium) intake is decreased.

Potassium protects your heart and brain. British Medical Journal determined that increasing the amount of potassium in the diet along with reducing the amount of sodium can lower blood pressure and reduce risk of stroke. Benefits also extend to kidneys as it was discovered that increasing potassium did not have an adverse effect on kidney function or hormone levels.



A Must-Have Mineral

You literally cannot live without potassium. That is because this mineral's main job is to help trigger your heart to contract and send blood on its mission through the body. Not only does it help adults, but children can be helped with healthy potassium levels. As an increasing number of youngsters are being diagnosed with high blood pressure, obesity and type 2 diabetes, they can be helped immensely by simply increasing fruits and vegetables rich in potassium.



Other benefits of sufficient amounts of potassium are stronger bones, helping the prevention of osteoporosis, also in the prevention of non-alcoholic fatty liver disease and metabolic syndrome and type 2 diabetes.

Valuable Sources

So, what sources can you turn to, to receive adequate supplies of this vital mineral? It is simply making sure we consume the right foods in our daily menus. Beans (white, adzuki, soy, kidney, black, lima, pinto), bananas, spinach, dried apricots, baked potatoes, silver beet, dates, avocado, raisins, papaya and rock melon, are all good sources and will supply all the body's needs.

Make sure your kidney function is normal. If not, potassium levels may accumulate in the body and cause serious problems. Never take potassium supplements without proper advice. While you must have sufficient levels in your body, too much potassium in the blood stream can be lethal. If you have any underlying condition that causes high potassium known as hyperkalemia, get medical advice about the best approach.

—EmaxHealth, April 6, 2013

ANTIOXREDS

Antioxreds is a delicious blend of fruit and vegetable powders including blueberries, goji berries, pomegranate and beetroot. The naturally occurring red pigments and unique phytonutrients have been further enhanced by fortification with specific nutrients including lycopene and grape seed extract.

Antioxidants can stabilise free radicals which can end their damaging chain reaction. In this way, antioxidants may help to prevent cellular damage that can cause illness and disease.



\$40.00 each



Recipe of the Month

Avocado & Basil Hummus

1 zucchini	1 avocado
Juice of 1 lemon	2 cloves garlic
1 t salt	2T olive oil (virgin cold pressed)
¼ – ½ c fresh basil	

Place all ingredients in blender and blend until smooth.

