

With the up-and-coming holiday season, it is a time – well should be a time, to unwind and enjoy the company of friends and family. The whole holiday season is based on the Christmas story of which "God so loved the world that he gave his only begotten Son, that whosoever believeth in him should not perish but have everlasting life." —John 3:16

In this edition of **healthbites**, we look at how showing a bit of compassion and love, especially to our spouse, can have a positive effect on our health. You might be surprised at the answer.

Over the page we look at the benefits of grains despite some bad press they have received and in **littlebites** we have a look at a varied selection of topics from Bolivia's lack of Mc Donalds to tips for storing lettuce!

How Your Love Life Affects Your Health

Have you ever wondered if love can affect your personal health and well being? The answer is "Yes!" Studies have shown that a relationship with a balanced foundation and a strong healthy partnership helps us avoid illness, pursue healthier habits and live a longer happier life. Unhealthy relationships are breeding grounds of stress, causing our immune system to weaken. There are so many contributing factors to consider when it comes to our love life and health. The behavior we conduct with each other, as well as habits we may pass on, are factors to consider.



Whether you happen to be dating casually, hooking up, in an open relationship or married monogamously, keep in mind there are ways that your romantic bonds may influence your mind and body:

Weight Gain: It is a common belief that couples "let themselves go" after settling down with a partner. According to a 2012 review, people do tend to put on weight as they settle into marriage and lose weight when a marriage or partnership ends. Other studies have shown quite the opposite. A couple that is genuinely happy can motivate each other to stay healthy and fit. They can go to the gym together, set goals and take responsibility for each other as a unit. When couples do pack on the pounds, it may be a symptom of conflict in the relationship. Dissatisfaction in our love life can lead to passive-aggressive eating habits and sleep problems, which can contribute to weight gain.

Stress: One of the best stress reducers is, you guessed it, sex! Physical intimacy helps reduce stress as well as boost overall well being. Sex is an important aspect in your relationship. However, your significant other's behavior outside the bedroom can easily send your stress level to the moon and back. Stressful behavior most commonly pertains to parenting disputes, disagreements over finances and chores in the household, all increasing your stress level.

Hormone Levels: University of North Carolina researchers found that men and women had higher amounts of our body's natural feel-good hormone called oxytocin after being physically touched such as by hugging or kissing. Women surprisingly had lower blood pressure and stress hormone cortisol post-hug. These kind gestures are more important than we know. A touch on the arm, holding hands or a soft touch to the shoulder all take a mere few seconds to stimulate our oxytocin levels that help overcome daily stress and anxiety. Love is a powerful thing working in mysterious ways.

Evaluating your love life is definitely something to pay closer attention to for a healthier, longer life. —NaturalNews.com, 16 September, 2013

Quote of the Month

"Anything that would mar the peace and unity of the family should be firmly repressed, and kindness and love should be cherished."

—White

healthbites

healthbites is a production of Autumn Leaves NZ Ltd.

All content is for information and reporting purposes. No intention is made to bring total solutions for any health condition.

Many articles in this paper are condensed from larger articles from renowned sources, contact us for the complete article and we will supply if available.

Subscribe yourself or a friend to **healthbites** by contacting us.

Autumn Leaves NZ Ltd

PO Box 654
Rangiora 7440
New Zealand



Ph 03 313 7762
health@autumnleaves.co.nz

www.lifestyl matters.co.nz

little bites

No McDonalds in Boliva

NaturalNews, 13 June 2013

After 14 years of financial losses, McDonalds closed its last store in Boliva. The rejection isn't necessarily based on the taste or the type of food McDonald's prepared. The rejection of the fast food system stemmed from Bolivian's mindset of how meals are to be properly prepared.

Twins Show Smoking Effects

NaturalNews, 18 November 2013

The facial aging of 79 pairs of twins was compared to their varied smoking history. The results showed the smoking twin had more pronounced wrinkles, more facial sagging, and a lack of healthy glow to their skin.

Washing Produce

NaturalNews, 9 October 2013

Organically grown produce is best but sometimes not practicable. Spraying the produce with hydrogen peroxide and vinegar then rinsing off is reported to help remove spray residues. Soaking for ten minutes in water with salt and lemon juice is also said to be beneficial.

Deterring Flies

NaturalNews, 28 September 2013

Flies are one of the most common household pests, but fortunately there are many safe control methods you can utilize to curb the invasion. Leave out citrus skins from oranges, lemons and grapefruit etc. The odor from these peels act as a repellant for flies. Mint can also be utilized in a similar way. Crush up some leaves and it will act as a natural deterrent to flies and other insects.

Rip Up Your Lettuce

NaturalNews, 7 September 2013

Tear your lettuce into bite size pieces before storing. This activates it to produce more phytonutrients to protect itself from predators!

Going Against the Grain

We eat grain in the form of cereal, bread, pasta, baked products, as a component in many processed foods, and of course, by itself. There have been claims that diets thick with grains are supposedly unhealthy for you: block arteries, cause ultra-high sugar levels contributing to diabetes and contributes to increased colon cancer risk.



It is true that some people are intolerant to grains or parts of them or even the chemicals they are grown with, but this in itself is not a strike against grain, as people are intolerant to lots of different foods, not just grains. If you were to avoid all foods that people are intolerant to, your diet would be ultra limited. If a food or drink makes you feel lousy, don't consume it. Meanwhile, if you are not intolerant to a certain food; the food goes along with your values; the food provides nutrients; and you enjoy the food, then why would you spend time trying to avoid it?

Consuming grains is just as healthy as consuming raw fruits, vegetables and nuts. After all they were considered part of Adam and Eve's original diet in paradise.

There is little justifiable evidence for the anti-grain crusade but the rest is just fiction. Established evidence shows that generally the more whole grain consumed, the better the chances one is at attaining and maintaining good health. When grains are eliminated from the diet the result is often over eating of other foods to compensate, and this can amount to more body fat.

After numerous studies, many scholars claim that a diet rich in whole grains can significantly decrease the effects of coronary heart disease, particularly a diet balanced with soluble fiber and insoluble fiber grains such as oat and wheat. In addition, consumption of grains have actually demonstrated inverse correlations to aggressive prostate cancer, particularly when consumed along with fruits and leafy greens. A cold cereal breakfast containing minimally processed whole grains can contribute to decreased risk of diabetes in women typically in the ages 40-65.

Common sense goes a long way! To give yourself cancer, heart disease, or any other type of illness from eating grains, one must eat an overabundance of it for several years in a row several times a day to offset the wrong genetic chromosome codes which will often lead to illness and disease. (Such consumption can be made worse if the type of grain consumed is refined rather than whole). Avoiding foods made with refined grains such as white flour based bread, rolls and/or rice can significantly decrease your chances for ill health. And remember; too much of any one item is never recommended as it can result in toxicity.

Grains are not the next dietary evil. Excess food/calories, processed fats, sugars, and processed meats are what we still need to be concerned with.

—Angelina Lepre, NaturalNews.com, 18 November 2013; Ryan Andrews, PrecisionNutrition.com



Recipe of the Month

Quick 'N Easy Pastry

1 c wholemeal flour
1 c oat flour
1/3 c oil
1 t salt
1/2 c hot water

Mix well together in a bowl. Roll pastry between two sheets of plastic. It is ready to be placed in a pie-pan.

This pastry is ideal as a base for quiche and savoury dishes, and fruit dishes.

Note:

To make oat flour, place 1 1/4 c rolled oats in food processor and blend until fine. Sweeten with 1T honey for use in sweet pies. Bakes well in pie makers as well.

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

