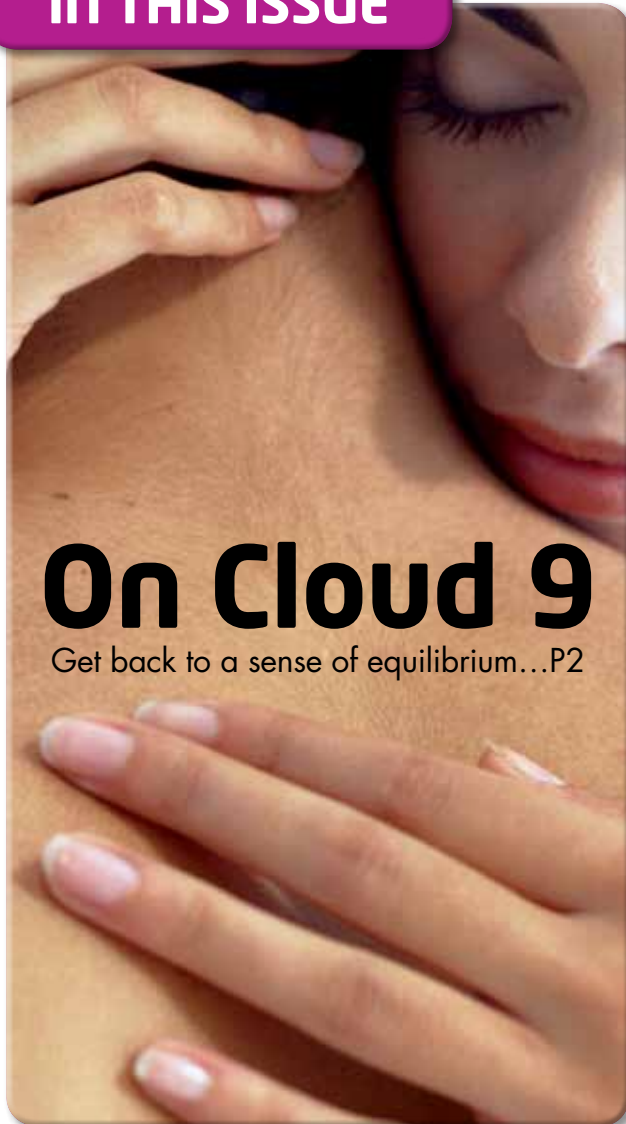


IN THIS ISSUE



On Cloud 9

Get back to a sense of equilibrium...P2



Strengthening Core Muscles

...P4



Kinesiology

...P5

FLU VACCINATIONS	5
RECIPE	6
10 THINGS TO DO WITH EGGS	6
GINGKO & HIBISCUS TEA	7
INTERESTING BITS	8

PLUS

ON CLOUD 9

PART 1

Are you relying a little too much on a glass of red or a block of chocolate to turn the never-ending bad days around?

Maybe it is time to try a few other methods to lift your spirits and get you back to a sense of equilibrium.

Use your Nose



Nostalgic smells from childhood can transport you back there and Dr Alan Hirsch from the Smell and Taste Treatment and Research Foundation in America states 'smell is different from our other senses; this adds credence to smell's connection to emotion and explains the olfactory-evoked nostalgia such as cut grass'. Lasting memories can be accessed when one's emotional consciousness is tapped into with childhood smells. What are some of your childhood aromas that take you back in time to those stress-free days? Is it the smell of your mother's freshly baked bread straight from the oven, the smell of your kindergarten smock or the first whiff of the fresh sea air on your annual family holiday?

Connect and Cherish those Hugs

Who makes up your support network? Are they generally positive people or do they always have something to complain about? Developing positive people connections is important, as it can help you when everything seems out of reach. It has been shown that those who do have positive support networks are more emotionally resilient during a crisis. Gaining support will lift your spirits and give you a sense of connectedness. There is also nothing better than receiving an energising hug – a beautiful form of connection. Hugging rejuvenates the mind, body and soul and scientists say hugs can lift your mood, boost your immune system, induce sleep and help relieve stress. Maybe it is the simple action of touch and the feeling one gains from it – someone cares.



FEATURE STORY

Listen to your Favourite Tune

Research shows that music with a tempo of around 110 beats per minute is ideal to lift your spirits and transport you to a relaxing place of inner calm. Your body changes its rhythm as your breathing patterns respond to the tempo. Singing is also a way of letting out frustration and anger – the shower being the most obviously perfect place if you have not been blessed with a melodic voice. Playing an instrument can also help alleviate stress and depression – perhaps it is time to dig out your old guitar.

Move! Move! Move!

Often the last thing you feel like doing when you are down is heading outside for a jog or going to your group exercise session in the park. There are a number of reasons why exercise is thought to improve your mood and here are some of them:

- releasing feel-good brain chemicals (neurotransmitters and endorphins)
- reducing immune system chemicals that can worsen depression
- increasing body temperature, which may have a calming effect

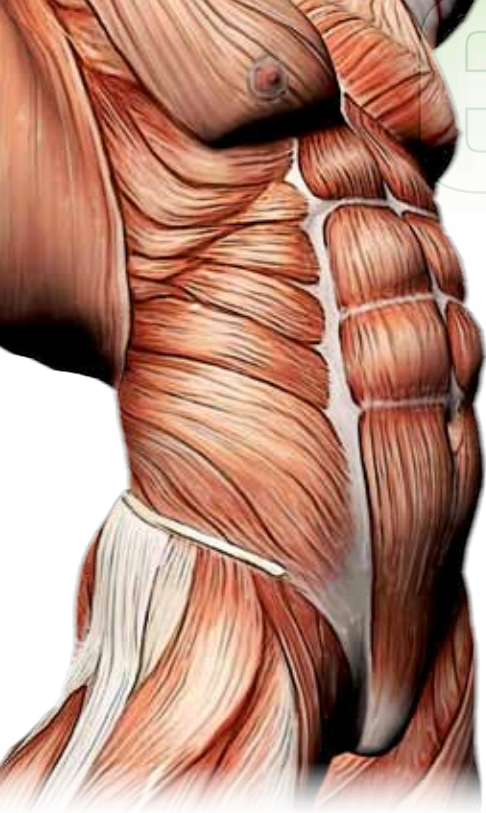
- psychological and emotional impacts:
 - giving you confidence – meeting exercise goals or challenges can boost your confidence and getting into shape can also make you feel better about your appearance
 - taking your mind off your worries – exercise is a fabulous distraction that can get you away from the cycle of negative thoughts that feed anxiety and depression
 - giving you social interaction – exercise may give you a chance to meet or socialise with others. Just exchanging a friend smile or greeting as you walk around your neighborhood can help your mood

In a 2007 study in the journal, *Psychosomatic Medicine*, depressed people who were engaged in an exercise program recovered about as well as people who took medication. Both groups did better than a third group that received only a placebo.

Be sure to check out Part 2 in the winter newsletter edition: we will be looking at the effects that breath, nutritional and herbal supplements and food have on mood.

Flu Vaccinations

According to the Centre of Disease Control and Prevention, 'The single best way to protect against the flu is to get vaccinated each year' ('Key Facts about Seasonal Flu Vaccine', Centre of Disease Control and Prevention, 16 October 2009, 5 February 2010). The flu shot is an inactivated vaccine (containing killed virus), which is approved for use in people older than 6 months, including healthy people and people with chronic medical conditions. Each seasonal influenza vaccine contains three influenza viruses – one A (H3N2) virus, one regular seasonal A virus, and one B virus. The viruses in the vaccine change each year based on international surveillance and scientists' estimations about which types and strains of viruses will circulate in a given year. About 2 weeks after vaccination, antibodies that provide protection against influenza virus infection develop in the body. It is not known at this stage whether the 2010 influenza shot will contain the H1N1 virus.



EXERCISE

Strengthening that Core

The 'core' actually consists of many different muscles that stabilise the spine and pelvis and run the entire length of the torso. These muscles stabilise the spine, pelvis and shoulder and provide a solid foundation for movement in

the extremities. It is not just all about the abdominal muscles; in fact, they have a very limited and specific action. Core conditioning exercise programs need to target all these muscle groups to be effective.

The muscles of the core make it possible to stand upright and move on two feet. These muscles help control movement, transfer energy, shift body weight and move in any direction. A strong core distributes the stresses of weight bearing and protects the back.

There are over 10 core muscles identified and they include rectus abdominis, erector spinae, multifidus and internal and external obliques, transverse abdominis, hip flexors, gluteus medius and minimus, gluteus maximum and hip adductors.

It is weak and unbalanced core muscles that are linked to low back pain. Weak core muscles result in a loss of the appropriate lumbar curve and a swayback posture. Stronger, balanced core muscles help maintain appropriate posture and reduce strain on the spine.

Training the muscles of the core also corrects postural imbalances that can lead to injuries. The biggest benefit of core training is to develop functional fitness – that is, fitness that is essential to both daily living and regular activities.

Core strengthening exercises are most effective when the torso works as a solid unit and both front and back muscles contract at the same time; multi joint movements are performed and stabilisation of the spine is monitored.

Strengthening the Core Muscles

There are many exercises that will strengthen the core, as well as exercise equipment that will aid this training. Some of the best products for developing core strength include:

- medicine balls
- stability balls
- balance products such as the bosu ball, balance boards, wobble boards
- dumbbells

No Equipment Core Strength

Body weight exercises are very effective for developing core strength. They are also the type of exercises many athletes and coaches rely on for regular core training. They include:

- abdominal bracing: this is the main technique used during core exercise training. It refers to the contraction of the abdominal muscles. To correctly brace, you should attempt to pull your navel back in toward your spine. This action primarily recruits transverse abdominis. Be careful not to hold your breath – you should be able to breathe evenly while bracing
- plank exercise
- side plank exercise
- push-ups
- v-sits
- squats
- pump
- back bridge
- hip lift
- Russian twists
- lunges
- side lunges

Both pilates and yoga are excellent ways to build core strength. For a simple core strength program you can begin with push-ups and crunches and remember – it is not the number of exercises you do, it is the QUALITY of them.

We suggest you seek a personal trainer's advice on what is most appropriate for you and to gain knowledge on correct technique.

KINESIOLOGY

Modality Review

As a system of natural healthcare originating in the 1960s, kinesiology (the science of movement) combines muscle testing and monitoring with the principles of traditional Chinese medicine to assess energy and body function, applying a range of gentle yet powerful healing techniques to improve health, wellbeing and vitality.

Styles of Kinesiology

There are many different styles of kinesiology, which generally fall into three groups:

- 1) Applied kinesiology, used by chiropractors, osteopaths, medical doctors and dentists
- 2) Traditional kinesiology, which is mainly biomechanics and exercise physiology
- 3) Specialised kinesiology, which incorporates several modalities including Touch For Health, Neural Organisation Technique, Applied Neurogenics, Hyperton-X, One Brain, Manual, Applied Physiology, etc.



What does a Kinesiologist do?

All specialised kinesiologists and applied kinesiologists use manual muscle testing as a tool in their work, which tests the function of the muscles, which in turn reflects the body's overall state of structural balance. They also recognise that there are flows of energy within the body that relate not only to the muscles but also to every tissue and organ that make the body a living being. The client is observed as a whole organism rather than a collection of symptoms.

Ultimately, kinesiology relies upon the muscle feedback system that measures how the nervous system controls its muscle functions and the channels of the brain and body. In this way it helps the body into a better position to heal itself or reach a specified goal by 'balancing' its energies. It is thought that all stress, imbalances and blockages in the nervous system can be detected by testing the tension in certain muscles.

Benefits of Kinesiology

Kinesiology does not treat named diseases, nor does it diagnose them. It is, however, used for the relief of pain, stress and confusion, depressive tendencies, digestive disorders, fatigue and tiredness, back pain, learning disabilities, allergies, nervous disorders, sports injuries, personal development and general wellbeing. Patients generally remain fully clothed during a treatment. It is beneficial to have a series of treatments. Muscle testing is totally painless in a kinesiology session. Sessions usually last 30 minutes. Depending on the level of private health insurance you have, and the company you are with, will determine whether or not you can claim on your treatments.

“So many people spend their health gaining wealth, and then have to spend their wealth to regain their health”

A J Reb Materi

RECIPE

Moroccan

Egg and Beef Salad

Ingredients

1 cup parsley leaves, roughly chopped
2 cups rocket leaves, roughly chopped
2 Lebanese cucumbers peeled, deseeded and sliced
12 cherry tomatoes, cut in half
½ Spanish onion, finely sliced
120 grams lean beef fillet, trimmed of any visible fat
4 eggs
2 teaspoons sesame seeds, roasted
2 pieces wholemeal Lebanese bread

Dressing

3 tablespoons tahini
1 lemon, juice only
2 cloves garlic, crushed
approximately 3–5 tablespoons water

Preparation

Arrange the salad ingredients together in a bowl.

Method

Brush the beef with a little olive oil and seer on a hot grill pan for 3–4 minutes each side depending on how well you like your steak cooked.

Wrap the beef in foil to rest for 10 minutes before slicing thinly.

Combine the dressing ingredients to a smooth, runny consistency and drizzle over the salad ingredients and sliced beef.

Poach 4 eggs until the egg yolk is still slightly soft but the white is cooked through. Blot any excess water from the egg and place on top of the salad.

Spoon a little toasted sesame seed over the egg and a drizzle of extra dressing.

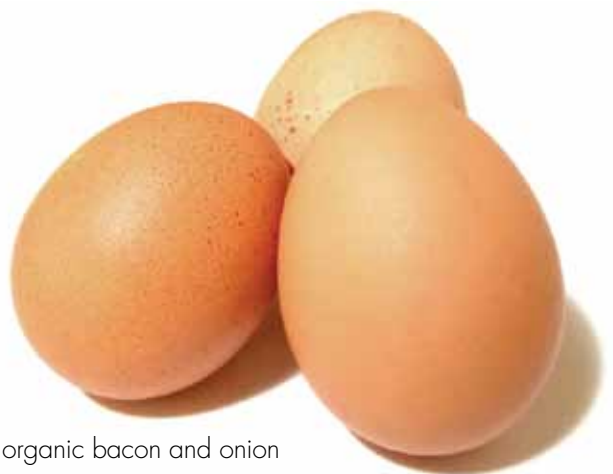
Serve with cracked pepper and lightly toasted wholemeal flat bread.

Serves 4

10 Things to do with Eggs

1. Poached with sautéed mushrooms and avocado for brunch
2. Soft boiled with wholegrain sourdough soldiers for breakfast
3. Poached in your salad
4. Softly scrambled with goats' feta and sundried tomatoes
5. Vegetable frittata
6. Sunday morning omelette with a heavenly treat of chopped-up organic bacon and onion
7. Soft-boiled for a snack at work
8. Mini egg and spinach frittatas (using a muffin tin) – a fabulously satisfying snack
9. Real homemade whole-egg mayonnaise
10. Soft-boiled, rolled in dukkah, then squashed onto a piece of crunchy toast drizzled in olive oil

The list could go on and on!

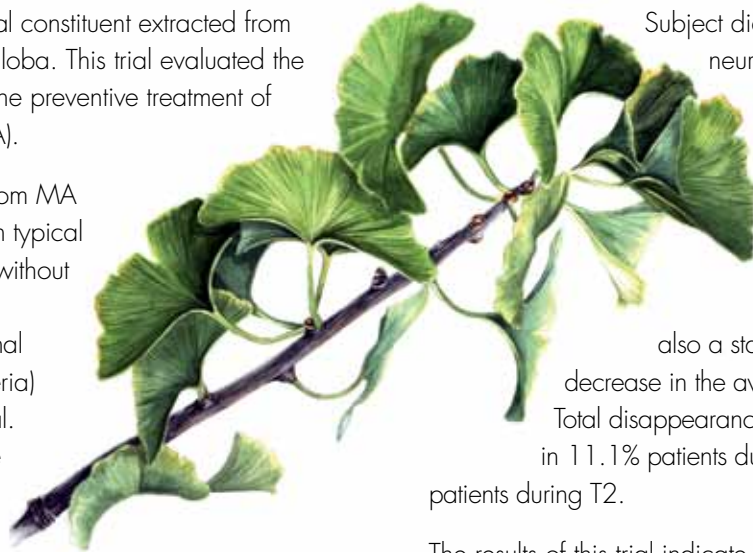


RESEARCH

Ginkgo Extract for Migraine Prevention

Ginkgolide B is a herbal constituent extracted from the leaves of *Ginkgo biloba*. This trial evaluated the use of ginkgolide B in the preventive treatment of migraine with aura (MA).

Fifty women suffering from MA (including migraine with typical aura or migraine aura without headache, diagnosed according to International Headache Society criteria) entered the 6-month trial. Study participants were advised to avoid the use of prophylactic medication during the initial two-month run-in phase. During the successive four-month treatment period (subdivided into two terms, T1 and T2), subjects received a combination of 60 mg ginkgo biloba terpenes phytosome, 11 mg coenzyme Q10, and 8.7 mg vitamin B2 (Migrasoll), twice daily.



Subject diaries were used to report neurological symptoms, duration, and frequency of MA.

The number of MA episodes significantly decreased during treatment. There was also a statistically significant decrease in the average MA duration. Total disappearance of MA was observed in 11.1% patients during T1 and in 42.2% of patients during T2.

The results of this trial indicate that ginkgolide B is effective in reducing MA frequency and duration. The effect is clearly evident after two months of treatment and is further enhanced after four months of treatment.

Andrea D, Bussone G et al. Efficacy of Ginkgolide B in the prophylaxis of migraine with aura. *Neurol Sci.* 2009 May;30 Suppl 1:S121-4.

Time for a cup of Sour Tea

How it Influences Lipid Profiles

Hibiscus sabdariffa (sour tea) may benefit patients suffering from metabolic disorders such as diabetes due to its hypoglycaemic (blood sugar lowering) and hypolipidaemic (blood fat lowering) effects. This study compared the hypolipidaemic effects of sour tea compared with *Camellia sinensis* (black tea) in type II diabetic patients.

Sixty type II diabetic patients were recruited for this clinical trial. Participants consumed sour tea (ST) or black tea (BT) twice daily for one month. Fasting blood samples were evaluated for lipids at baseline and following intervention.



Mean high-density lipoprotein cholesterol (HDL cholesterol = good cholesterol) increased significantly for both ST and BT post-intervention. Mean total cholesterol, low-density lipoprotein cholesterol (LDL bad cholesterol) and triglycerides decreased significantly with ST.

This study indicates that *H. sabdariffa* (sour tea) is superior to *C. sinensis* (black tea) in positively influencing the blood lipid profile of patients with diabetes.

Mozaffari-Khosravi H, Jalali-Khanabadi B et al. Effects of sour tea (*Hibiscus sabdariffa*) on lipid profile and lipoproteins in patients with type II diabetes. *J Altern Complement Med.* 2009 Aug;15(8):899-903.

INTERESTING BITS

“ Every human being is the author of his own health or disease ”

Hindu Prince
Gautama Siddharta
Founder of Buddhism

How Hot do you Like your Tea?

According to the British Medical Journal, drinking very hot tea at a temperature of greater than 70 degrees Celsius was associated with an eighth-fold increased risk of throat cancer compared with sipping warm or lukewarm tea at less than 65 degrees Celsius. How can you monitor this, you may ask? Well, people who regularly drank tea less than two minutes after pouring were five times more likely to develop the cancer compared with those who waited four or more minutes. It is not clear how very hot tea might cause cancer, but one idea is that repeated thermal injury to the lining of the throat somehow initiates it.



Is your Boss too Bossy?



Bullied workers have more backaches. A study by Baltimore's Johns Hopkins School has found a link between having an overbearing or unfair boss and experiencing upper and lower back pain.

Artificial Sweeteners: You Know they Aren't Good

According to behavioural neuroscience, saccharin may cause weight gain. The body is designed to think that sweet food is high in kilojoules, so our metabolism rises in anticipation of burning them off. However, artificially sweetened foods don't trigger this response, so the body stores excess kilojoules.