Healthy Living – index.html

“To insure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness and maintain an interest in life.”  ~William Londen

A nutritious, well-balanced diet along with exercise is the foundation for healthy living. Healthy eating includes consuming food from the different food groups;

1. Protein
2. Carbohydrates
3. Heart healthy fats
4. Vitamins & minerals

Eating foods rich in the above will help to maintain your body’s everyday functions, promote ideal body weight and reduce the risks of developing chronic diseases.

Managing Stress in your Life – page two

The life of an average person is more stressful nowadays than it used to be. The pressures from jobs, body images, relationships and financial struggles are just some of the difficulties we face on a daily basis. From time to time this can all prove to much on us. Most people do not realise how stressed they are until it is too late.

What we can do about managing our situation

1. Have at least one good friend that you can confide in.
2. Express yourself through sport, art, music, These are great ways to rid yourself of tension.
3. Practice some relaxation and breathing techniques
4. Meet up with friends. Chatting to others about their lives can take the focus of your own problems and can sometimes help to find answers to your own problems.
5. Put away smart phones and read a good book.
6. Go for a walk. Exercise releases endorphines which are healthy chemicals that make you feel good.
7. Join a class. Work on building your self worth and esteem by keeping busy with a healthy, enjoyable activity where you can make new friends.
8. Helping someone in need like an elderly neighbour or a struggling mother can also help release healthy endorphines which combat stress.

If you need support contact Aware

Alternative Healthy Desserts – page three

1. Adapt your favourite recipes. Use less table sugar, butter and cream and more fresh, dried or tinned fruit, nuts and seeds, oats and low fat yoghurts.
2. Mixed berries topped with yogurt with oats, honey and raisins
3. Poached pears
4. Frozen yoghurt
5. Oat and cinnamon topped fruit crumbles
6. Fresh fruit salad with Greek style yoghurt or low fat fromage frais
7. Rice pudding made with skimmed milk and sweetened with fruit
8. Baked apples with prunes and natural yogurt
9. Stewed rhubarb or apple with low fat custard or crème fraiche
10. Mango sorbet

Foods that Heal – page four

Foods that fight inflammation

* Your immune system is activated when the body recognises anything that should not be there such as toxins or chemicals. This triggers a process called inflammation. If inflammation is ongoing many diseases can develop.
* Many of the most powerful tools to combat inflammation come from the grocery store. Studies have shown that components of foods have anti-inflammatory effects.
* By choosing the right foods you will be able to reduce your risk of chronic illnesses for you and your family.

Foods that inflame

* Avoid or limit these foods as much as possible:
* Refined carbohydrates, such as pastries or white bread
* Potato chips or any fried foods
* Fizzy drinks or any sugar-sweetened drinks
* Processed meat - burgers, ham, corned beef and sausages
* Margarine

Foods that fight inflammation

* Olive oil
* Green leafy vegetables, such as kale, brocolli and spinach
* Nuts, almonds and walnuts
* Fish - salmon, tuna, sardines and mackerel
* Fruits - apples, berries, grapes & tomatoes

Ginger

Ginger is widely known for its positive digestive effects. Apart from being a spice that can be added to enhance many healthy dishes. It is often used to soothe pain and inflammation too.

It is best eaten fresh. You can grate and add to hot tea. You can toss some into a salad or stir fry. You can even add to smoothies or juices.

The world's healthiest foods

Manuka Honey

Manuka is no ordinary honey. With powerful properties over those found in other honeys, it has been proven to have natural anti-inflammatory, antibacterial, antifungal, antiseptic, antiviral and antioxidant properties, making it a genuine wild natural medicinal super-food.

Healing properties in manuka honey