

Welcome

Welcome to the first issue of the Good Health -- Great Future newsletter.

As a business manager I receive many newsletters, updates, journal articles and the like. The fact is that I have not the time to read them all -- often it's a quick skim and click the delete button. Thus we understand the demands on people. Over ten years we have written books and thousands of pages of material, so it is with some difficulty that we limit each issue to a few tips, a recipe and some web sites -- three pages once a quarter is the limit. If you need specific information -- we suggest you search the web. Being careful to choose credible sites you will find it a tremendous resource.

We hope you find this of value.

Rob Edwards and Health Futures Team

Saving Your Own Life!

For those of you who have taken part in the Good Health -- Great Future program you may remember receiving tips and information (in your report) encouraging personal cancer surveillance. In particular self checking for skin, bowel, breast and testicular cancers. Indeed we have had many people contact us over the years with their stories of finding something suspicious and following it up -- often with significantly positive outcomes.

Recently a man (in his early thirties) shared his story of an event that had taken place a couple of years ago. He was visiting his in-laws and had drifted out of the conversation (*occasionally happens at the in-laws*) and picked up a Readers Digest magazine on the coffee table. He read a small article on self checking for testicular cancer. He followed the advice and noticed a small lump and reported it to his family doctor. A small cancer was identified and treated successfully. His doctor commented that his chance reading of the article probably saved his life.

If your pap smear is over due or it's time for a mammogram or you are yet to discuss your family history of bowel cancer with your doctor or you have noticed a suspicious spot on your arm or you don't check for spots or you don't check your stools for blood etc. -- act now rather than putting it off until "tomorrow". You just could save your life -- dozens of people over the years have told us they have done just that.

For more information see the pamphlets supplied with your report or talk to your doctor or search the Internet for credible sites -- www.cancercouncil.com.au is a good one.

Replacement Reports

For those who have taken part in the Health Futures' appraisal program -- the CD report has changed considerably since this first newsletter was distributed. For information about receiving a current copy of the report refer to the latest issue in this series of newsletters.

"The great dividing line between success and failure can be stated in five words:

"I did not have time"

HENRY
DAVENPORT

Don't Forget:

Eat at least 2 pieces of fruit per day. The fibre and antioxidants have many benefits such as reducing the risk of cancers, in particular bowel cancer.

Fruit is not energy dense -- that means it is a good choice if you want to lose weight. It fills us up without fattening us up.

*"There are
3,000,000,000
women in the world.
Only 8 are super
models."*

*Anonymous
(but sensible)*

Don't Forget:

Your body needs plenty of fluid.

Drink 8 cups of water per day. More when you exercise, particularly in hot weather.

Coffee, cola and alcohol don't count.

Limit juice to one serve per day -- it can add unwanted energy.

Worth a Look

Here are a few web sites with quality user friendly information. We often refer to these sites in the delivery of the Good Health -- Great Future program.

www.heartfoundation.com.au

The National Heart Foundation has a vast amount of information on cholesterol, blood pressure, heart disease, stroke, cardiac rehabilitation, recipe books and much more.

www.foodwatch.com.au

Dietitian, Catherine Saxelby, has extensive nutrition information from food allergies to easy healthy recipes. Subscribe to a free newsletter. We particularly recommend Catherine's book: "Nutrition For Life" -- an easy to read book covering key areas of healthy eating.

www.mayoclinic.com

The Mayo Clinic has an extensive site with a wealth of high grade information. It includes detailed and current information about over 500 diseases and conditions.

www.diabetesaustralia.com.au

Over 1 million Australians have diabetes (50% are unaware), it's the 7th leading cause of death in Australia. Diabetes Australia is a well resourced site and certainly worth a visit.

Minestrone: A Serious Soup

Serves 8

3 cups cooked dried beans (red kidney, haricot, black eye, chick peas or canned beans are fine)
5 thin slices of hot salami, finely chopped.
2 large onions, chopped
3 cloves garlic, crushed
3 cups celery, chopped
3 carrots, diced
1 & 1/2 cups shredded cabbage
2 zucchini, chopped
6 cups chicken stock or water
800 gm can No Added Salt tomatoes

3 tablespoons tomato paste
3 tablespoons chopped fresh parsley
1 teaspoon mixed herbs or bunch of fresh
1/2 cup brown rice

Put all ingredients except beans in a large pot and bring to the boil. Reduce heat and add beans then simmer for one hour. Season with ground pepper.

But salami is high in fat! True, but it's a good example of taking advantage of small amounts of strong tasting foods that are not so healthy. The total amount of fat in this meal is still very small.

Healthy Changes -- it's not that bad!

Recently I was offering advice to a person who had discovered she had high cholesterol, as is the case for 45% of the people we meet. She had a moment of horror and listed the things she could not eat -- no cheese, no lamb roast, no chocolate and on it went. I suggested that it might be smarter to consider the things she could eat: firstly they were all the things she mentioned, but in smaller quantities and as treats, sausages and chips could be replaced by lean meat and veggies, have ice-cream on Fridays and alternates on other days -- a fresh mango is not that bad! She agreed and started getting the good ideas herself.

Change is not always easy, but it is much more enjoyable if we approach it as a positive adventure and exploration of new ideas and alternatives. You'll get a healthy result and a lot more out of life.

Good Health -- Great Future

Issue A1

**Stressed?
Tight muscles?
Sore neck?**

**Try these 3 or 4
times each day:**

Regular stretching helps relieve muscle tension, correct bad posture, improves circulation and gives you a mental break from your work.

The stretches should be repeated several times on both sides, aiming to gradually stretch a little further each time.

When stretching remember:

stretching is a gradual process and should be done slowly

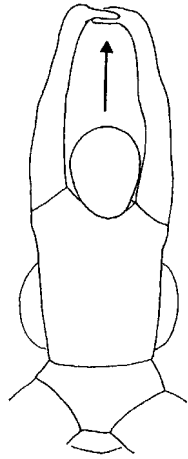
- take the movement to a point where you feel the stretch not pain

- hold the tension for 10-30 seconds

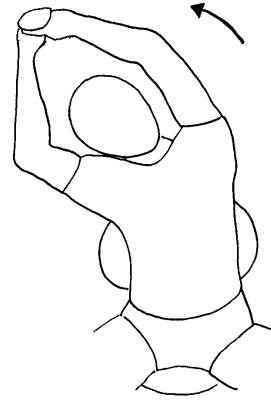
- no bouncing

When stretching you should not feel pain. If you do -- follow up with an appropriately qualified health professional.

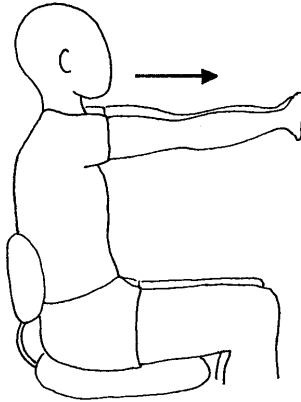
Perhaps keep this page on your desktop as a reminder.



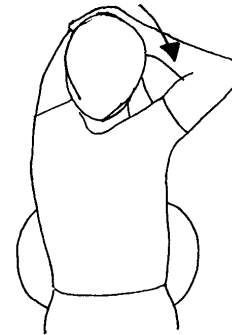
Arms, shoulders, upper back: Link fingers, palms facing upwards and slightly backwards so arms are behind the ears. Push palms upwards.



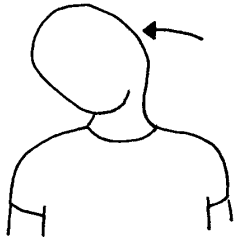
Shoulder, arm, torso: Arms above head, grab left hand and pull left arm towards the right. Keep torso upright aiming not to flex forward at the hips.



Arms, upper back: Link fingers, holding arms in front of chest. Palms facing outwards, push arms away from body.

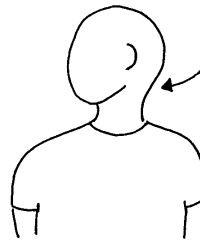


Triceps, shoulder:
1) Arm bent behind head, gently push elbow down with opposite hand. 2) Push elbow up into supporting hand for 5 sec and repeat step 1.



Neck 1:

1) Gently lower ear to shoulder, keeping shoulders in a relaxed position. Return to centre. 2) Repeat on other side.



Neck 2:

1) Gently turn head to the side to look over shoulder, then return head to centre. 2) Repeat on other side.



Neck 3:

1) Gently lower head towards the chest, keeping shoulders relaxed. 2) Gently lower head backwards looking towards the ceiling.

