

## Meditation - key to inner peace

Learn the different techniques and the physiological effects of meditation ....

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## Broccoli helps fight cancer

This study shows why you should eat your vegetables. Learn about the wonder chemical's effect with your genes .....

[Read More >](#)



## Understanding recycling codes

Learn what the different symbols mean and how you can make a difference .....

[Read More >](#)



## Turn over a new leaf

Make a difference - by pledging to cut the amount of disposable bottles you use. By refilling a bottle from your BRITA jug to take out with you and you can say "no" to the eco-cost and landfill impact of bottled water. Go to [www.mygreenbottle.com.au](http://www.mygreenbottle.com.au) and make your pledge and BRITA will seed a tree in recognition. Why not get your own mygreenbottle or a Fill & Go sport bottle - and enjoy the natural taste of BRITA water



## May 2009

"Better Living" is committed to bringing you news, views and ideas that are relevant to your active, health-conscious lifestyle. We hope you enjoy the articles this month !

### • BRITA Competition:

# WIN

Win a BRITA gym backpack, complete with a Fill & Go Sports bottle and a microfibre towel

### • Health and Wellbeing News:

Broccoli helps fight cancer  
[Read More >](#)

### • Health Update: What's on in May

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### • Recipe of the month

Broccoli and ricotta cheese logs  
[Read More >](#)

### • Ask Catherine -

You can email Catherine Saxelby with any questions or problems you have with food, diets or nutrition!

[Read More >](#)



### • Your Say

[Read More >](#)



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### **Meditation - key to inner peace**

During the day we are constantly subjected to sensory input and our minds are always active in the process of thinking. We engage in constant mental commentary, sort of an inner "The Drama of Me." Usually people aren't fully aware of all the mental thought activity that we are constantly engaged in.

Meditation allows all this activity to settle down and often results in the mind becoming more peaceful, calm and focused. In essence, meditation allows the awareness to become "rejuvenated."

Experiences vary from one individual to another so it's best not to have any expectations. Expecting too much can be a strain. Also since meditation involves becoming more aware and more sensitive to what is within you, facing unpleasant parts of oneself may well be part of meditation.



Having a time of day set aside for meditation helps in maintaining routine. Start with 10-15 minutes and after a while you may be able to meditate for 20-30 minutes once or twice daily. The right duration and frequency is for each individual to decide

### **What are the different meditation techniques?**

Meditation involves concentrating on something to take our attention beyond the random thought activity that is usually going on in our heads. This can involve a solid object or picture, a mantra, breath, or guided visualisation.

- Objects include a candle flame or a flower, pictures include mandalas – a highly coloured symmetric painting or a picture of a spiritual teacher in a high meditative state.
- Mantras are sounds which have a flowing, meditative quality and may be repeated out loud or inwardly.
- The breath is also a common focal point.
- Guided visualisation can help to bring one into a meditative state and visualisation may be used to produce various results.

### **What are the physiological effects of meditation?**

The most common are reduced blood pressure, lower pulse rate, decreased metabolic rate and changes in the concentration of serum levels of various substances.

## Broccoli helps fight cancer

"Everybody says eat your vegetables, but nobody can tell us why," says Richard Mitten, a biologist at Britain's Institute of Food Research. "Our study shows why vegetables are good."

A specific chemical found in the green veggie is the cancer-fighting key. According to Mitten, this wonder chemical sparks hundreds of genetic changes, activating some genes that fight cancer and switching off others that fuel tumours.

"When people get cancer some genes are switched off and some are switched on," Mitten says. "What broccoli seems to be doing is switching on the genes that prevent cancer developing and switching off other ones that help it spread."



## Broccoli is best

While the researchers noted that other cruciferous vegetables that contain the compound isothiocyanate, such as brussels sprouts, cauliflower, cabbage, rocket, watercress and horseradish, would also be beneficial, broccoli also contains another stand-alone ingredient, the compound sulforaphane. And it's this compound that researchers believe gives broccoli its potent cancer-fighting kick.

## Go back for seconds

While the focus of this study was primarily on prostate cancer, researchers say it's likely that these vegetables will also work in the same way in other parts of the body, and are more than likely capable of fighting a range of other cancers.

And the best bit — according to Mitten just a little bit of the healthy green stuff will have big benefits. "You don't need a huge change in your diet," he says. "Just a few more portions make a big difference."

<http://health.ninemsn.com.au/article.aspx?id=695545>

See our recipe this month for Broccoli and ricotta cheese logs – kids will want to eat their broccoli.

## Understanding recycling codes

Currently plastics with the numbers 1, 2 and 5 are the most common recycled plastics. Some councils are beginning to recycle plastics 3, 4, 6 and 7 – check with your local council or look on the sticker on your recycling bin to find out which number plastics you can recycle.

Australia produces more than 1.3 million tonnes of plastics every year, which is more than 71 kgs per person. Recycling 1 tonne of plastics saves enough energy to run a refrigerator for a month.

The Society of the Plastics Industry (SPI) has developed codes to assist with recycling. Here is a run down on the different ones and what they are used for:



Polyethylene Terephthalate (PET)

<sup>PETE</sup>  
Used in soft drink bottles and many injection moulded consumer product containers. Also used in fibre for carpet and textiles – nickname is Polyester.



High Density Polyethylene (HDPE).



Used to make bottles for milk, juice, water and laundry products.



Polyvinyl Chloride (PVC): Can be divided into rigid and flexible materials.

Rigid included: bottles, packaging sheet, pipes and windows. Flexible includes: floor coverings and medical tubing.



Low Density Polyethylene (LDPE)



Polypropylene (PP)

Has a high melting point and is good for hot-fill liquids. Also in large moulded parts for automotive and consumer products. Resistant to heat and grease.



Polystyrene (PS)

Can be rigid or foamed. General purpose polystyrene is clear, hard and brittle. Applications include packaging, containers, lids, cups, bottles and trays.



Other

Use of this code indicates that the package is made with a resin different to the ones above or a multi-layer combination.

Ref: [www.inhold.com.au/images/pdf/Resin-Identification-Codes.pdf](http://www.inhold.com.au/images/pdf/Resin-Identification-Codes.pdf)  
[www.cleanaway.com.au/clwywr/lib51004/fact20plastic.pdf](http://www.cleanaway.com.au/clwywr/lib51004/fact20plastic.pdf)

Learn the facts on Australia's disposable bottles and how you can make a difference [www.mygreenbottle.com.au/learn-the-facts](http://www.mygreenbottle.com.au/learn-the-facts)

See the implications of waste in this link for "sea of shame"  
<http://sixtyminutes.ninemsn.com.au/article.aspx?id=598914>

## Win Win Win

# WIN WIN WIN

We are giving you the opportunity to WIN 1 of 5 BRITA gym backpacks, complete with a Fill & Go Sports bottle and a microfibre towel. To enter, simply complete the [entry form](#) and in 100 words or less, tell us "your favourite healthy winter meal."



Here are the winners of last months contest "your favourite food for keeping healthy."

"A glass of warm water first thing in the morning with a tespoon of honey and two teaspoons of organic apple cider vinegar it it."

**CS, Vic**

"My favourite healthy food is natural almonds. A handful curbs hunger pangs and almonds are a good source of fibre and vitamin E, low in salt and have no cholesterol."

**JB, NSW**

"My favourite food is Paw Paw. I was diagnosed with Irritable Bowel Syndrome

by a naturopath who assured me that I could cure the problem with the right diet. I was to avoid gluten and lactose - and given a recipe for brekkie. A smoothie consisting of banana and Paw Paw, with a spoonful of flaxseed oil and water (BRITA filtered). I'm delighted to say that I've never looked back!"

**RB, Qld**

"I just love fresh tossed salads with boiled eggs and salmon tossed through. It makes me feel really cleansed. Also drinking lots of fresh filtered water with lemon juice in it."

**LB, Tas**

"My wife's chicken pasta. It's to die for!"

**RS, Tas**

## Health Update: What's on in May

### National Families Week

10th-16th May 2009



Celebrate how everyone makes a difference

National Families Week 2009 will be held between 10-16 May 2009. The central aim of National Families Week 2009 is to encourage all Australians to think about and celebrate the many different people within families. Take the time to go for a family picnic, have that game of backyard cricket you planned all summer, catch up with friends/relatives for a walk in a local beauty spot, spend some time talking and listening to all members of your family.

Ref: [www.familiesaustralia.org.au/familiesweek/index.htm](http://www.familiesaustralia.org.au/familiesweek/index.htm)

### Walk Safely to School Day

15th May 2009



National Walk Safely to School Day provides the perfect opportunity to start a conversation and take action to teach children that walking all or part of the way, to and from school, is a good thing to do and it teaches them about road-crossing and road safety skills.

Ref: [www.betterhealth.vic.gov.au/bhcv2/bhcevent.nsf/pages/1C02479850579887CA25753B00822C49?opendocument](http://www.betterhealth.vic.gov.au/bhcv2/bhcevent.nsf/pages/1C02479850579887CA25753B00822C49?opendocument)

### Mother's Day

Sunday 10th May 2009



A great time to let your mother know you care. Get the family together and have a picnic or if not possible to get together, phone and say hi.

### Gear up Girl Grape Tour

16 - 17 May, 2009

Southern Highlands, NSW



Bike riding, wine tasting, relaxing and chatting with friends in a picturesque surrounding.... a great way to spend a May weekend in the beautiful Southern Highlands for the Gear Up Girl Grape Tour. Get your girlfriends together for a fun weekend away, places are limited so get in quick.

ref: [www.gearupgirl.com.au](http://www.gearupgirl.com.au)

Events coming up to put in your diary:

## MS Walk & Fun Run

Sunday 14th June 2009

Hyde Park & North Sydney.



BRITA will have a stand at Hyde Park and will be serving free filtered water. Come along and have a great day out and help support MS Australia.

[www.mswalk.org.au/nsw/index.asp?gclid=CMi0lmz\\_pkCFRUUpAod5BrHFw](http://www.mswalk.org.au/nsw/index.asp?gclid=CMi0lmz_pkCFRUUpAod5BrHFw)

## City of Sydney Spring Cycle

Sunday 27th September 2009

North Sydney, Blacktown, Liverpool, Olympic Park



Join us for for a fun family day out on the bicycle and help support MS Australia. BRITA will have a stand at Hyde Park and will be serving free filtered water.

[www.springcycle.com.au](http://www.springcycle.com.au)

## Earth Ride

Wednesday 30th September 2009



The countdown has begun! Earth Ride Day aims to have millions of people right around the globe on their bikes! Earth Ride is about encouraging everyone to engage in a solution now that we already know offers significant benefits towards the goal of a low carbon future. Riding a bike for transport will significantly reduce your carbon footprint in comparison to taking the car

and is even better than riding on public transport. The savings are as endless as the journeys we all undertake - riding to school, the shops, to visit friends and family - wherever you need to go! In addition to helping create the future environment you want, riding a bike is a convenient, healthy and fun way to get about!

Register now at [www.earthride.com.au](http://www.earthride.com.au)

## Recipe of the month

### Broccoli and ricotta cheese logs

*Kids will enjoy eating broccoli !*

#### Ingredients:

500 g broccoli, fresh  
2 potatoes, small  
1 1/2 cups ricotta cheese, fresh  
1 cup wholemeal breadcrumbs, fresh  
3 eggs  
olive oil, spray



#### Method:

1. Steam broccoli until tender. Chop finely.
2. Steam potato until soft. Mash well.
3. Heat oven to 160°C.
4. Spray a baking tray with vegetable oil and set aside.
5. In a large bowl, combine all ingredients and mix well.
6. Shape mixture into 4cm logs and place on baking tray.
7. Bake for 20-25 minutes. Turn logs over after 15 minutes.

Note: Logs can be rolled in a mixture of toasted breadcrumbs and grated parmesan cheese before cooking for extra flavour and texture.

## Ask Catherine

**Do you have a question for Catherine? Simply [click here to email Catherine](#).**



### Tea with tisane?

*Q: What is tisane?*

A: An infusion of leaves, flowers, bark or spices in hot water. Usually applied to herbal teas.

### Lycopene 160d?

*Q: I've seen 160d as an additive - what is it?*

A: Lycopene is an important carotenoid found in high concentrations in tomatoes and tomato products. A powerful antioxidant, several studies have linked lycopene to lower rates of cancer of the prostate, pancreas and stomach. Used to impart a red-to-orange colour in foods. Additive code 160d. Rich sources: tomatoes, tomato paste and sauce, pink grapefruit and watermelon.

### Vitamin B12 (Cobalamin)

*Q: What does vitamin B12 do?*

A: B12 is found almost entirely in animal foods and likely to be borderline in long-term strict vegetarians. Required for the formation of red blood cells. Deficiency leads to pernicious anaemia and the utilisation of protein, fat and carbohydrate in the body .

\* Visit Catherine's website at <http://www.foodwatch.com.au/>

## Your say

**Each month we reproduce in this newsletter a few of the wonderful comments we receive from the ever expanding family of BRITA users. Please write in and share your good experiences, ideas, recipes or suggestions.**

"I really loved the jug I use at home and was very interested when told about the sports bottle. It's so "easy" to use - frees me up to go exercise - no buying bottles anymore! No plastic waste! Brilliant!"

**CH, WA**

"Congratulations BRITA!! The On Tap product is amazing, the change to the taste was incredible. Unbelievable and so easy to install, good value too!"

**MB, NSW**

"The impact of impure, unfiltered water on our health is larger than I previously knew. As a student of applied kinesiology, I have come to be aware of how detrimental the lack of filtered, clean water is."

**ND, NSW**

"BRITA Fill & Go Sports bottle just makes my life easy. No looking for a shop that sells water. No getting ripped off. All I do is find a tap. Easy!"

**LG, NSW**

"I recommend BRITA because I'm a "tea" nut and a "water" nut. Besides I'm

always having to explain that strange looking thing attached to my tap."  
JK, NZ



Questions, comments, feedback and ideas?

E-mail us at [solutions@brita.com.au](mailto:solutions@brita.com.au)

Phone: 1300 557 762

Visit us at [www.brita.com.au](http://www.brita.com.au) and our new site where you can turn over a new leaf and change the environment at [www.mygreenbottle.com.au](http://www.mygreenbottle.com.au)

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