



Stress is a process, not a diagnosis

An imbalance between demands & resources. How to manage

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March 2008

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Stress is a process, not a diagnosis

Stress is experienced when there is an imbalance between the demands being made on us and our resources to cope with



those demands. An event which may be extremely stressful for one person can be a mere hiccup in another person's life.

The following factors all play a part:

- How a person thinks about a problem
- The different ways a person copes with difficult situations
- Life experiences and life history
- A person's self-esteem
- Whether they have people around who can provide support.

How to manage stress

- Exercise regularly
- Avoid conflict – avoid situations that make you feel stressed as much as you can. Avoid unnecessary arguments and conflict if you find them stressful (although ignoring a problem is not always the best way to reduce stress). Assertiveness is fine but becoming distressed is not.
- Relax – make sure you give yourself some time to relax each day and try to spend time with people who make you feel good about yourself.
- Eat well – a nutritious diet is important.
- Keep hydrated – drink 8+ glasses of filtered water daily.
- Sleep – a good sleep routine is essential, so do something calm and relaxing before you go to bed like listening to music or reading if you have difficulty falling asleep.
- Enjoy your life – it's important to make time to have some fun and to get a balance in your life.

Things to remember

- Stress affects people in different ways.
- A balanced lifestyle helps you manage stress.
- Issues that cause stress cannot always be resolved but changing your expectations of a problem may help.

Ref: http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Stress_in_everyday_life?OpenDocument



Gardening for health – grow things you can eat

Working in the garden provides benefits that include enjoyment, exercise, relaxation, fresh food and appreciation of food growing. Some examples include:

- Herbs – rosemary, basil, chives, sage, mint, oregano, coriander parsley and thyme.
- Seeds and berries –pumpkin, and sunflower.
- Vegetables – lettuce, tomatoes, silverbeet, shallots, corn, capsicum and beans.
- Fruits – strawberries and passion fruit.
- Plants and trees – yuccas (leaves and flowers are edible) and bay trees.

Suitable containers

- Old wheelbarrows that can be moved about.
- Old bathtubs or laundry tubs with holes for drainage.



- Old car tyres that can be stacked on top of each other at different heights.
- Plastic and terracotta pots on castors that can be moved around easily.
- Large pots, polystyrene boxes, barrels, large terracotta pipes and recycled containers.
- Purpose-built raised garden beds that can be made to suit your needs.

Gardening tips

- If you have a north-facing wall, consider growing suitable plants or vines up the wall in containers.
- Remove weeds regularly as they rob the soil of valuable nutrients.
- Compost most garden materials (leave out the problem weeds) and all vegetables and fruit scraps from the kitchen (you may want to leave out the pumpkin seeds because they'll pop up all over your garden where the compost is used).
- Use organic fertilisers and mulch to conserve water.
- Rotate crops regularly (every season or at least every year) to ensure that soil retains nutrients.
- Use non-chemical remedies to ward off pests.

Ref: http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Gardening_for_health_starting_out?Open

WIN WIN WIN

We are giving you the opportunity to WIN 1 of 5, subscriptions to "Better Homes & Gardens" To enter, simply complete the [entry form](#). In 100 words or less, tell us "what do you love about gardening."

Here are the winners of last months contest "how you keep your lunch boxes interesting & nutritious." Winners received a lunchbox with a Fill & Go drink bottle.

"We don't just stick to sandwiches here. My daughter enjoys a range of different home made lunches. Pasta salad, pita bread rolls, raw vegies and some home made dip. Snacks don't have to be 'junk' either, she has taken fruit kebabs and homemade yoghurt. Get the kids to help in the kitchen and they'll be more likely to eat it because they helped to make it!

A.L. WA

"To keep things interesting, I try to stay away from regular bread and use wraps, turkish/mountain bread or foccacias as alternatives (wholemeal or wholegrain ofcourse)! The fillings also vary from the "norm" with tuna, pineapple, turkey etc. I use a healthy base such as avocado and try to prevent boring. I make sure that my lunch box is a reasonable cooler size so I can include small containers with a salad (alternative to bread/rolls) and even a fruit salad or just fruit."

N.E. SA

"I add home made fruit muffins or vegie slice even cheese and pumpkin scones, or fruit scones."

L.W. Vic

"I draw smiles on the bananas, I've pasted glittering stars on the kids drink bottles and I make sure to tell the kids there's something exciting in tomorrows lunch box, so they get excited."

J. B. NSW

"We have a letter of the week and try to find as many foods as possible that start with that letter. For example, "A" would be for apple, avocado, artichoke or Apple Pie, Avocado Sandwich. My daughter gets to choose from a long list we make over the weekend before school starts."

L.R. Qld

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Garlic

Garlic is the root of a plant from the allium family, which also includes onion and chives. This humble vegetable is rich in protein, vitamins A, B and C, and essential minerals including iron, calcium and selenium. Garlic has been used medicinally by many cultures for thousands of years, mainly in the treatment of colds and respiratory illnesses, although also for improving energy and circulation (which also means it's used as an aphrodisiac). Modern research into the health benefits of garlic have proven its beneficial effects on a wide variety of conditions including high blood pressure, the common cold, cancer, and bacterial and fungal infections.



The magic ingredient in garlic responsible for its healing properties is called allicin — it's the compound that also gives garlic its pungent smell. However, allicin doesn't become active until the garlic sustains damage — through being cut, crushed or bruised. Unfortunately once released, allicin breaks down quickly and is destroyed by heat and time: so to get all the benefits from garlic, it's best eaten uncooked and soon after being prepared.

Tips for preparation:

To remove the papery skin from individual cloves, crush them with the flat blade of a large kitchen knife. Alternatively if you're preparing a lot of garlic, soak the cloves in lukewarm water for 30 minutes or blanch them in boiling water for 30 seconds and then slip them out of their skins.

Garlic crushers are wonderfully convenient but you also lose some of the pulp in the process. Also try crushing the garlic in a mortar and pestle with a pinch of salt (this aids in breaking down of the fibres), or chop finely. Many recipes involve sautéing onion and garlic together. Always add the onion to the pan first as it takes longer to cook and will prevent the garlic from browning too quickly — which results in a bitter taste.

Ref: <http://health.ninemsn.com.au/article.aspx?id=52781> Article written by Caroline Halliday

Health Update: What's on in March

National Ride2School Day

Wednesday 12 March 2008.



Join tens of thousands of kids riding and walking to school! Ride2School works with schools, students and parents to get more students walking and riding more often. Principals tell us that students who walk or ride to school arrive exercised, socialized and ready to learn. It's good for their health, good for their education, good for the environment and good for the family budget. Best of all kids love being active - they think walking and riding to school is fun! Remember to keep hydrated too!

<http://www.bicyclensw.org.au/RideToSchool.asp>

Coeliac Awareness Week

13-20 March 2008



Suffer from gluten intolerance? Visit the website and access your state organisation for more details.

www.coeliac.org.au

World Water Day

22 March 2008



This month the world is asking people to pause for a moment and think about coping with water scarcity. What can we do? Accept that every small change we make, can compound and make a big difference. This includes using water wisely, as we all know. Drinking BRITA filtered water instead of buying "produced" water in a bottle, also makes a positive impact on the environment.

<http://www.worldwaterday.org/>

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Recipe of the month

Chicken skewers with Greek lettuce salad

Serving size: Serves 6

Ingredients

2 garlic cloves, crushed
2 tablespoons extra virgin olive oil
½ teaspoon ground cinnamon
½ teaspoon paprika
3 chicken breast fillets, cut into cubes



Greek lettuce salad

1 cos lettuce, shredded finely
1 bunch green onions (shallots), chopped
1/3 cup chopped dill
½ cup (125ml) minerva extra virgin olive oil
2 tablespoons white or red wine vinegar or lemon juice

Method

Combine garlic, oil, cinnamon and paprika in a bowl. Add chicken and toss to coat. Cover and refrigerate for 1 hour. Preheat barbecue on medium. Thread chicken onto metal skewers and cook for 3-4 minutes each side, brushing with marinade, until cooked through.

Meanwhile, make Greek lettuce salad. Combine lettuce, green onion and dill in a bowl. Combine oil and vinegar or lemon juice. Season, drizzle over salad and toss well. Serve with chicken skewers.

Reference: <http://recipefinder.ninemsn.com.au/article.aspx?id=331288> created by By Suzanne Gibbs and Lucy Nunes

Ask Catherine

Do you have a question for Catherine? Simply click here to email Catherine.

B12 in Mushrooms

Q: [Are mushrooms a good source of vitamin B12 for vegetarians?](#)

A: Until a few years ago, mushrooms were recommended as a good source of vitamin B12. It now turns out that any vitamin B12 present is derived from the animal compost used to grow the mushrooms and is not present in an "active" form. Soy milk fortified with B12 can assist with getting your B12. Remember that the liver stores some B12, so it would take 3 to 5 years for a deficiency to appear.

Antioxidants in tea with milk

Q: Does all tea have antioxidants and is this changed when you add milk?

A: All green & black teas contain a similar content of flavonoids which are powerful antioxidants. The longer you brew, the more flavonoids are released. Adding milk, sugar or lemon does not alter tea's antioxidant abilities at all.

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

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.

"It's simply wonderful & wonderfully simple!"

C Popadyne, WA

"I am satisfied with my purchase & consider it an essential item in all homes."

T. Marks, NSW

"Fill & Go is the best thing since sliced bread. It's well ahead of all the rest, it's the best!"

N. Molan, Tas

"Could not believe how simple it is to use & also how easy it is, now I only to take my jug with me on trips instead of 2 dozen bottles of water."

C. Davies, Qld

"I make expresso coffee regularly and can guarantee consistency with flavour and texture."

R. Askew, NZ



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