

Monday-itis: surprising advice

You may be surprised at the suggested solution from Dr Carole Hungerford



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Coffee's mixed reputation

Find out about some of the benefits and the reputed downsides



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Mobile phones - don't dump it, donate it!

Your donation will help the environment, third world communities and raise funds for the Spastic Centre



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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 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 wherever you go?



November 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 Competitions:**

WIN

Win Catherine Saxelby's book "Nutrition for Life"

-  **Fan us on Facebook**

See what we are doing on facebook and how you can win with us.

- **Health Update: What's on in November**

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- **Recipe of the month**

Barramundi Lemongrass sticks

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- **Ask Catherine -**

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



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- **Your Say**

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Monday-itis: the cure is in the air

Do you ever wake up on a Monday and feel tired, unwell and unable to face work? Perhaps you stayed back late at work on Friday, slept in on Saturday, enjoyed a few glasses of wine on Saturday night and loafed around on Sunday after doing some essential chores.

So to expect your body and mind to be charged and raring to go on Monday morning may be asking a bit much.

You may be surprised at the suggested solution from Dr Carole Hungerford, who is a winner of the Queensland Premier's Literary Award and writer of "Good Health in the 21st Century." She says "next weekend plan a camping trip or a bushwalk in the nearest National Park." If you take her advice you may experience how powerful the 'medicine' prescribed might be.



Biologist Joan Maloof says that 120 chemical compounds were found in forest air containing volatile organic compounds, including the monoterpenes used by aromatherapists as 'essential oils.'

The plants' volatile molecules evaporate into the air and come into contact with the sensory neurons in our nasal passageways. The olfactory nerves send messages directly to the limbic system in our brains. This is the system that deals with all our instinctive emotions, including sex, memory, and aggression. The limbic system can most certainly affect our physical bodies and all of this can happen even without being conscious of having 'smelled' anything.

The molecules from the trees don't just go up your nose, however. They are also part of the air breathed into your lungs, and into your bloodstream. So when you walk through the forest inhaling that sweet air - the wood-air - the forest actually becomes a part of your body.

This recharge energises your day and sets you up for a better week ahead. It's a walk in the park!

"When we lose our forests, we don't know what we are losing."

Remember, when you give a BRITA as a gift, we will seed a tree
www.brita.com.au/company/sustainability/greening_australia
Ref: Dr Carole Hungerford "Good Health in the 21st Century"

Coffee's mixed reputation

Coffee has had a mixed reputation when it comes to health. Here are some reputed downsides and benefits:

The Good

- Live longer: It may be the magnesium and antioxidant content of coffee that yield these heart-protective effects.
- Brain benefits: Caffeine stimulates the brain areas associated with conscious mental processes. Thoughts become clearer and fatigue decreases.
- Parkinson's disease: Coffee drinkers are at a lower risk of developing Parkinson's disease, possibly because of a protective effect that caffeine has on the brain or because people with high dopamine levels enjoy the effects of caffeine. (Parkinson's disease results from a lack of dopamine in the brain.)
- Dementia: Coffee drinkers at midlife have a lower risk of Dementia and Alzheimer's disease later in life compared with those drinking no or only little coffee.
- Liver protection: Coffee drinking has been shown to offer protection against developing cirrhosis of the liver and also to reduce risk of developing liver cancer. It may be antioxidants and other substances in coffee that have this effect.

The Bad

- The mentally stimulating effects of coffee last only a short time, 15-45 minutes.
- In the long-term, excessive coffee drinking can actually cause anxiety, insomnia and depression, due to caffeine bonding to anandamide which is a feel good chemical.

Caffeine content	
1 cup	Caffeine content
Espresso coffee	110 – 180 mg
Drip filter coffee	75 - 40 mg
Instant coffee	60 – 90 mg
Instant decaf coffee	2 – 6 mg

The real negatives come down to the caffeine content. The approximate safe level of caffeine intake for all conditions is about 300 mg a day.



If you are having a cup of coffee, remember to make it with BRITA filtered water for the best flavour, aroma and crema.
Ref: Wellbeing Issue 122

Mobile phones - don't dump it, donate it!

Australians buy new mobile phones at the rate of 3-4 million phones per year. There are an estimated 10-18 million unused phones lying around in home cupboards and office desks that sadly are destined to become landfill.

The Spastic Centre and the Aussie Recycling Program have teamed up to help stop millions of unwanted mobile phones that contain highly toxic metals from going to landfill and polluting our environment.



By donating your old personal or company mobile phone you will not only be helping to save the environment, but will also be helping The Spastic Centre raise valuable funds. They receive between \$3-\$5 for every mobile phone that is donated. Your phone doesn't have to be working to be donated.

Third world communities that have limited telecommunications resources can benefit from using second-hand or refurbished phones to communicate. Any remaining materials after refurbishment are sent for disposal in an

environmentally friendly manner. No materials go to landfill.

Donating your unwanted mobile phone for reuse or recycling is very simple.

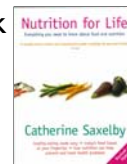
Phone 1300 136 140 or complete the online form in the link below.

Ref: www.thespasticcentre.org.au/recyclingmobilephone/index.html

Win Win Win

WIN WIN WIN

We are giving you the opportunity to WIN 1 of 5 "Nutrition for Life" book by Catherine Saxelby. To enter, simply complete the [entry form](#) and in 100 words or less, tell us "your Christmas planning tip."



Here are the winners of last months contest "your picnic tip"

"When we go on a picnic we pour cold water from our Sunbeam BRITA water cooler into a couple of thermos flasks, giving us good cold water to drink during our picnic. The thermos flasks keep the water cold. This is much more pleasant and healthier than purchased bottle water for the family."

NV, Vic

"Take BRITA Fill & Go water filter bottles and fill them from the tap at the park, to have some clean tasty water to drink during the picnic. It is good for your health and waist line. You will also save some money."

HN, NSW

"Fill plastic drink bottles with BRITA filtered water and put them in the freezer the night before your picnic. Take them out the next day and pop in your picnic basket or cooler bag. Not only will the frozen bottles of water keep your food nice and chilled, but you will have a constant supply of cool filtered water to drink as it melts during the day."

SK, Vic

"I always take extra food for the ants ... put something in a disposable container away from your picnic rug to encourage ants to eat this offering instead of your lunch or you !!!"

KL, Qld

"A clean non-plastic shower curtain has so many picnic uses: it folds/rolls up relatively small and is light to carry in a bag. E.g. it's a wonderful emergency table cloth or picnic blanket to sit on. I have even used it to cover myself if I'm cold or to put over my head when it suddenly rains. When there are many flies it's light enough to use for covering the food. Of course, shower curtains also are very durable and are easy to wash in the machine!"

PV, WA

Win Win Win

You can win great prizes by becoming a BRITA Fan on Facebook. October's winner is Linda Carter.

Click icon to join us



Health Update: What's on in November

Sydney to The Gong

Sunday 1st November 2009



10,000 people rode from Sydney to Wollongong to raise funds for MS. BRITA was there at the finish line providing free BRITA filtered water.

[Click Here](#) to see some images from the day

World Diabetes Day

Saturday 14th November 2009



World Diabetes engages millions of people worldwide in diabetes advocacy and awareness in more than 160 countries.

world diabetes day www.worlddiabetesday.org

Girls Day Out

20-22 November 2009

ASB Showground, Greenland, NZ



GDO is packed full of features and activities on health, lifestyle, food and beauty. BRITA will be exhibiting there - come and see us. www.gdo.co.nz

Recipe of the month

Barramundi Lemongrass sticks

Preparation 20 minutes + 15 to chill + 15 to cook

Ingredients

650g boneless, skinless, firm white fish fillets, chopped.

(Can use barramundi, ling, flake or hake)

1 small red onion, chopped

1/3 cup coriander leaves

3cm piece fresh ginger, peeled, chopped

1 fresh small chilli, halved, seeded

1 tablespoon fish sauce

4 lemongrass stalks, tops trimmed slightly (bruise stalks to release flavour)

Olive oil, to brush

¼ cup light soy sauce



2 tablespoons oyster sauce
2 teaspoons sesame oil
1 teaspoon sesame seeds, toasted
Mixed salad and lemon wedges, to serve

Method

1. Process fish, onion, coriander, ginger, chilli and half the fish sauce just until finely chopped
2. Shape fish mixture into 12 thick fingers
3. Cut each lemongrass stalk crosswise into 3 equal lengths (this will give you 12 sticks)
4. For each skewer, push a fish portion onto a piece of lemongrass.
5. Cover with plastic food wrap + chill for 15 minutes.
6. Preheat a barbecue or char-grill on moderately high.
7. Brush fish with olive oil, season with salt and pepper
8. Cook and turn skewers in 2 batches for 6-8 minutes or until cooked
9. Combine remaining sauces, sesame oil and sesame seeds in a small bowl.
10. Serve skewers with dipping sauce, salad and lemon wedges.

Ref: recipes+ October 2009 - Ready Steady Cook, Chef Matt Golinski

Ask Catherine

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



Q. Are there any hangover cures that actually work?

A. Dehydration, loss of body salts and low blood sugar are some of the causes of a hangover, it makes sense to drink plenty of filtered water and to replenish sugar and mineral levels with light foods, fruit juices and soups as soon as you can before you go to bed or early the morning after.

B vitamins may also help - Ultimately it's better to be moderate in your drinking in the first place. One tip I can suggest is to alternate your drinks with a glass of filtered water or soda with fruit or bitters.

Q. I have decided to become vegetarian. What should I watch for so I don't miss out on nutrients?

A. Here's how to avoid the 3 most common nutrition pitfalls.

1. Iron is poorly absorbed from vegetables and grains, so add a vitamin-C rich food to your meals such as citrus fruit, tomato juice, a green salad, capsicum or berries. Vitamin C improves the absorption of iron from non-meat sources.
2. Fat can still be as high as from a meat-based diet if you eat deep-fried foods (spring rolls, fried tofu) or choose pasta or vegetable dishes with a creamy or cheese sauce.
3. Protein from meat and chicken should be replaced with protein from lentils, chick peas, tofu, soy beans and other beans. Don't just cook up steamed veggies for dinner!

Q. I keep hearing that nuts are good for the heart. I always thought they were high in fat and to be avoided - what's right?

A. Nuts are no longer considered just a salty party nibble like potato crisps and corn chips. They are important, nutrient-dense, foods. A handful of nuts (30 to 50 grams) a day is one of the strategies nutritionists recommend to keep your

heart healthy.

Nuts also contain vitamin E (a well-established antioxidant), lots of fibre and arginine (an amino acid) - all food factors that lower the 'harmful' LDL-cholesterol.

The best way to consume nuts is lightly roasted but not salted. Toss them through salads and stir-fries or take them to work as an office snack.

*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.

"Love the pure taste of the fresh water and coffee is now fantastic. So I also bought one for my son's family."

GW, SA

"I live in a house with VERY old pipes and the taste difference in my drinking water since using my BRITA water filter is just amazing!! I hate to think what the water was doing to my body beforehand! YUCK! I've also found a big difference in herbal tea. I'm sure my liver and kidneys are very grateful."

CF, Vic

"From UK to WA across oceans of water
BRITA was passed on from father to daughter
Dad's kettle is free from all limescale collection
And for me - it's the tea - a taste of perfection!
BRITA just keeps on filtering through."

PK, WA

"It's a shiny, healthy, correctly proportioned, cleverly designed product with a brilliant warranty and the company supports Greening Australia (plants a tree for me!). Best of all, it does the job it's meant to do, delivering cleaner, clearer great tasting water! (Which I happen to be made of, well 85% of me)"

BH, Qld

"After 10 years of my mother nagging me to get a BRITA filter, I finally succumbed, once I tasted how good filtered water is and that it leaves no build up in my kettle. I have to admit, sometimes mums are always right!!"

FL, Vic



Questions, comments, feedback and ideas?

E-mail us at solutions@brita.com.au

Phone: 1300 557 762

Visit us at 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

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