

# BRITA® Better Living

## New Year's Resolutions - making them work !

A good resolution like any good goal is "SMART" this stands for .....

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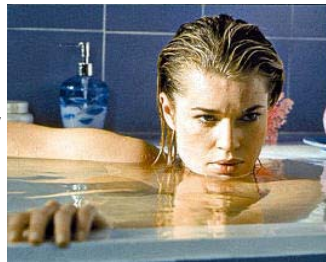


**SMART**  
Resolutions

## Discover 3 Powerful Water Detox Methods

Nothing supports the body's cleansing & elimination capacity like Water .....

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## Colour My World

Colour reflects flavour, and we can all relate to the sentiment of "eating with our eyes" .....

[Read More >](#)



## January 2008

Welcome to 2008 & may it bring all your wishes to life ! "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 "The Low GI Vegetarian Cookbook" Last month's winners announced.

### • Health and Wellbeing News Colour My World

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### • Health Update: What's on in January

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### • Recipe of the month:

Turkey San Choy Bao

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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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### • Time for a change?

What you need to know about changing your filter

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## New Year's Resolutions - making them work !

A good resolution like any good goal is 'SMART'. That stands for:

- **Specific** — Instead of setting a vague goal such as lose weight, set a specific goal, such as 'I want to lose weight and I plan to do it through swimming 3 times a week and cutting 1000 kilojoules a day from my intake'. People who set specific goals are more successful than those who don't. Make sure you write your goals down, and any smaller interim steps within your goal, as this will help you to define them.
- **Measurable** — Instead of 'I want to lose weight', set a goal like 'I want to lose 15 kg so I can achieve my goal weight of 85 kg'.
- **Achievable** — Do you have the skills and resources needed to complete the goal? If you want to enter an organised cycle ride in the future — do you have a bike to train for the ride? Can you ride during daylight hours? Is your goal practical? Does it fit in with your lifestyle and your family?
- **Relevant** — Is your goal relevant to your bigger picture goals? Does it fit with your long-term vision?
- **Timely** — Make sure your goal has a deadline — and that you have set dates for individual steps within your main goal. For example, "I'll be able to walk to the local shops and back by February."

Reference: <http://www.mydr.com.au/default.asp?Article=4214>



## Discover 3 Powerful Water Detox Methods

NOTHING supports the body's cleansing and elimination capacity like Water; the most ancient and potent natural detox aid ever known to mankind. Whether by drinking it, sweating or bathing in it, water has been used to expel toxins, and restore health since the dawn of humanity.

### Drink Plenty of Water

We're all familiar with the dangers of —even minor—dehydration by now.

If the body is not sufficiently hydrated, the cells will draw water from the bloodstream, thus pressurizing and burdening the heart. Even mild dehydration prevents the kidneys from effectively purifying the blood.

Drinking 2 litres of water a day can dramatically improve your health, and the signs will be obvious: Glowing complexion and clear skin, better immunity, better digestion, less aches and pains, weight loss, less cellulite, better concentration and renewed vitality and energy.



### Sauna Steam and Sweat Baths

The skin is the largest organ in the body and, through the pores, it plays a major role in the detoxifying process alongside the lungs, kidneys, bowels, liver, and the



lymphatic and immune systems. The skin produces cool sweat to regulate the body's elevated temperature. It also has the ability to transform toxins from lipid-soluble or oil-based, into easier to eliminate, water-soluble form. Sweat carries toxins out of the body and flushes them through the pores.



### Detox Bath

The Detox Bath uses ONLY water and works on the principle to refresh the core area of the body during 10 minutes daily or longer.. This process creates a vibration in the fascia (Interconnecting tissue covering all internal organs), which sets in motion a roll-back effect that transports digestion's leftover fats and deposited toxins back to the intestines, where they are later eliminated.



### Conclusion

Detox is an ongoing process, which provides tremendous health benefits, that you can enjoy starting today, by simply using water...

Ref: Randa Khalil [http://www.myvillage.com/pages/fe-health\\_water\\_the\\_ultimate\\_detox\\_tool.htm](http://www.myvillage.com/pages/fe-health_water_the_ultimate_detox_tool.htm)

**WIN WIN WIN**

**We are giving you the opportunity to WIN 1 of 5, "The Low GI Vegetarian Cookbook: "** To enter, simply complete the [entry form](#). In 100 words or less, tell us "why you are interested in Vegetarian Cooking."

***Here are the winners of last months contest*** "tell us about your favourite dessert" Winners received "a tin of ginger in dark chocolate"

*"I just love pavlova, covered with peaches , raspberries, thick organic cream and grated chocolate"*

**C.S. Vic**

*"One night while eating homemade malteser icecream my boyfriend of 2 years dropped to his knees holding my hand. OMG I thought he's going to propose while Im in my pjs. I was so excited I nearly choked on the icecream. He squeezed my hand tighter and I got even more excited and screamed out YES!!!! He looked at me and said "how did you know I lost my contact lens"... Ok so no proposal, but it has made me laugh many many times as I've remembered that desert!"*

**D.B. WA**

*"I love a cheese and fruit platter! There are many tasty low fat cheeses and crackers available in Australian supermarkets, and the combination of fresh grapes, kiwi fruit, strawberries and sliced apple with dried figs, prunes and apricots looks and tastes delicious!"*

**L.J. NSW**

*"Chocoloate covered strawberries - more of an indulgence - juicy strawberries dipped in chocolate. The ultimate edible pleasure!"*

**R.W. NSW**

*"Chocolate is my favourite desert! Especially that which is high in cocoa. I also like chocolate with ginger as it helps with car sickness."*

**T.B. Vic**

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## Colour My World

It seems we can't live without colour. Colour reflects flavour, and we can all relate to the sentiment of "eating with our eyes." No child would be happy with lollies that were flavoured but colourless, or fizzy drinks that all looked clear.

Fortunately, the list of permitted colours in Australia and New Zealand is more restricted than those overseas. Like other additives, the safety of food colours is evaluated by Food Standards Australia New Zealand (FSANZ) and its expert advisory groups. Approved colours can be either natural or artificial and they



can be identified on food labels by their chemical name, such as Brilliant blue FCF, or their code number (133). Natural colours are part of a worldwide trend away from processed foods and towards "allnatural", cleaner ingredients. It's spurring food manufacturers to source their colours from pure juice concentrates or natural sources, according to global analyst firm Frost & Sullivan. The result of this shift can be seen on the labels of our favourite foods. Kids' lollies are now made red with Carmines derived from Cochineal (120), Annatto extracts (160b), Beet red (162) or cherry juice extract, instead of the more suspect red number 122 (Azorubine), or number 129 (Allura red AC). Yellow and orange hues are derived from the beta-carotene of carrots or pumpkin, Curcumin (100) from tumeric or paprika. Purple tones come from Anthocyanins (163) found in grape skin extract, elderberry or red cabbage, and browns from a number of Caramels (150a-d).

In Australia & New Zealand in 1997, the red food die Erythrosine (additive code number 127) was restricted and its use is limited to colouring maraschino cherries. Tartrazine (102), which is used to impart a yellow hue, is suspected to provoke asthma, urticaria (hives) and mood changes in food-sensitive people. Sunset yellow FCF (110), Amaranth (123) and Brilliant blue FCF (133) are also under a cloud as being potentially carcinogenic or triggers for food intolerance reactions ranging from bad behaviour and wakefulness at night to skin rashes.

Reference: Catherine Saxelby

## Health Update: What's on in January

### Cool feet, summer beats

10th January 2008



Royal Botanic Gardens, Melbourne

Take off your shoes & find the beat with Prue & her instruments in



the Discovery Shelter at the Ian Potter Foundations Children's Garden. A fun way to tune into the plants & animals in the garden.

<http://www.betterhealth.vic.gov.au/bhcv2/bhcevent.nsf/pages/7AC1428D1A94577ACA25739300FFA9C?opendocument>

## Australia Day

26th January 2008



Tasmania - Kingston Beach - A Day at the Beach

email [Madi@madevents.com.au](mailto:Madi@madevents.com.au)

NSW - Darling Harbour Sydney - Fireworks, Music & Entertainment

<http://www.australiaday.com.au/whatson/detailedevent.aspx?EventID=35>

WA - Perth City Foreshaw - Air and Water Show

[www.perth.wa.gov.au/skyworks/weekend.html](http://www.perth.wa.gov.au/skyworks/weekend.html)

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## Recipe of the month

### Turkey San Choy Bao

Here is a great recipe for that left over Christmas turkey or turkey mince:

#### Ingredients:

- 1 large iceberg lettuce
- 1/2 tablespoon light olive oil
- 400 gm turkey mince
- 4 white spring onions, finely minced (reserve tops)
- 2 tablespoons salt-reduced soy sauce
- 1 teaspoon 5 spice powder
- 1 tablespoon corn flour
- 1/4 cup salt-reduced chicken stock
- 200 gm can water chestnuts, drained & sliced
- 1 large fruity red chilli, sliced into rounds
- 4 cups cooked Doongara rice or another low GI rice



#### Method:

1. Remove the core out of the lettuce & run water into it to wash & help separate the leaves. Take 8 larger outside leaves & trim. Shake off excess water & crisp in the refrigerator. Reserve the remainder of the lettuce for salads & sandwiches.
2. Heat oil in wok & add turkey mince, spring onions, soy sauce and 5 spice powder. Mash with the back of a spoon or potato masher to avoid large lumps forming. Cook until browned.
3. Mix the corn flour with the stock and stir into the meat with the water chestnuts. Cook a further 3 minutes as you stir to allow the dish to thicken.
4. Spoon equal amounts of the mixture into the chilled lettuce leaves & top with chilli. Shred some green tops from the spring onions to sprinkle over as well. Serve with steamed Chinese green vegetables & the cooked Doongara rice.

Recipe courtesy of Delicious Entertaining by Peter Howard (New Holland Publishing)

## Ask Catherine

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

### Calcium without dairy foods

*Q: My kids are off dairy products How do I ensure they're getting enough calcium?*

A: It's difficult, because around 75% of the calcium in the average Western diet is supplied by milk, cheese and yoghurt. Broccoli, green leafy vegetables, almonds, sesame seeds and wholemeal breads contain some calcium, but not enough to reach the recommended 800 mg of calcium kids need every day. Your choices are:

- 1) buy a calcium-enriched soy drink, if your children like it, and try to have them drink 3 glasses a day.
- 2) give them a calcium supplement.

However, the calcium is not as well absorbed from pills as from dairy foods, so it's vital to re-evaluate whether the dairy restriction is still necessary. For example, if lactose intolerance is the problem, then yoghurt is easier to digest than milk.

### Won't eat breakfast

*Q: My child won't eat breakfast. What do I do?*

A: Studies have shown that children who don't eat breakfast have trouble concentrating and do not perform at their best at school during morning lessons. So it's worthwhile trying to get something into them in the morning.

Breakfast does not need to be difficult – make it simple: a bowl of cereal with milk OR a tub of yoghurt OR just a glass of milk with Milo or Actavite. If your child doesn't like to eat at home in the morning, prepare a sandwich or crisp-bread with cheese or peanut butter to eat on the way to school.

\* 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.**

My husband & I were buying a 24 pack of bottled water every week at a cost of \$10+. It was far too expensive & we were missing the fluoride content. As a gym member the convenience is 2nd to none, especially as you can refill at the gym and go. Thankyou Brita !

**J. Lagan, NSW**

My brother couldn't believe how good the water became after using Brita. He went out and bought the whole family Brita filters !

**P. Harvey Qld**

I love the taste. I have built a boutique gym & use the Brita for coffee making and client bottle refill.

**P. Mills, Vic**

It is the only way to be 100% sure your tap water is drinkable and safe for your whole family. Have used for many years.

**D. Boisverl-Herrmann, NZ**



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