

BRITA® Better Living

Go for goals

Spending too much time trying to get everything done can turn goals into potholes of fear & frustration. Here's how to just do what you have to do

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Dry air, not moist, causes flu?

Increased humidity could stop transmission of the flu, it could have more lasting benefits than vaccination or viral drugs



[Read More >](#)

Health benefits of herbs

Herbs for managing heart disease, cancer and diabetes

[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 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?



March 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:

Health benefits of herbs
[Read More>](#)

• Health Update: What's on in March

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• Recipe of the month

Supreme Vegie Pizza
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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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Go for goals

SPENDING TOO MUCH TIME TRYING TO GET EVERYTHING DONE CAN TURN GOALS INTO POTHOLES OF FEAR AND FRUSTRATION.

Putting off things invariably leaves us with a cluttered to-do list, overflowing laundry basket and nasty tension headache. You may be worried about making a major change in your life, but instead of goofing off, try to meet your goals head on. Once you start tackling that looming "Big Thing," you'll usually find it's not as hard as you imagined. Here is how to do just what you have to do.



Be positive

The trouble with many goals or resolutions we make is that they usually involve giving something up or losing something eg. "losing weight" - worded in the negative, moving you away from something you don't want rather than towards what you do want. "They're negatives - not goals but anti-goals."

So concentrate on what it is that you want - a healthy mind and body, happiness, to fit into those jeans - not what you want to escape from.

Then think about the value of achieving the goal - ask "Do I really want this? Or is it something I think I should do?" When we set goals that are aligned to our values, we have a much greater chance of success.

Go easy on yourself

Think about working towards your goal properly, not perfectly.

Slow down a little

We think everything is urgent, when it's really not. Determine what you must get done, set priorities, set up "time blocks" - turn off your mobile, stop checking emails and shut your door to work through those things that you keep putting off. Take the time to clean and reorganise.

Do look back

Instead of being frustrated by how far you have to go, think about the times you've been successful. Apply that sense of confidence and accomplishment to reaching your next goal.

Ref: Women's Health Magazine. For full article go to:

<http://au.lifestyle.yahoo.com/b/womens-health/2046/go-for-goals/>

Women's Health

Dry air, not moist causes flu?

Outbreaks of the flu during winter may be due to dry air, according to a US study which contradicts the notion that the



virus needs a moist environment to thrive.

Water in the air is believed to affect transmission and survival of viral particles in airborne droplets. Absolute humidity quantifies the actual amount of moisture in the air,

The US study was presented to the National Academy of Science by Professor Shaman, an atmospheric scientist at Oregon State University and epidemiologist Dr Kohn of Oregon Health Department.

They found more infections when the environment was colder and drier.

They also suggest that global warming may decrease the survival and transmission of the influenza virus.

"Absolute humidity is predicted to increase in a warming world," they said. "Our findings indicate such changes would decrease [flu] virus survival and transmission rates."

"If increased humidity could stop transmission of the flu, it could have more lasting benefits than vaccination or viral drugs," says Professor Tannock, Melbourne virologist and influenza specialist.

Professor Tannock says the influenza virus is enclosed within droplets. Larger droplets might deposit in the upper respiratory tract, causing "just a sniffle."

"Maybe cold dry air and low absolute humidity favour smaller droplets," he says.

Ref: By Helen Carter for ABC Science Online

<http://www.abc.net.au/news/stories/2009/02/10/2487792.htm?site=science&topic=latest>

Health benefits of herbs

Herbs appear to play a role in preventing and managing heart disease, cancer and diabetes.

Initial studies have shown:

- Garlic, linseed, fenugreek and lemongrass may help lower cholesterol.
- Garlic may be useful for people with mild hypertension.
- Garlic, onions, linseed and ginger may help inhibit blood clots.
- Fenugreek, linseed/flaxseed, cinnamon, garlic, onions, bay leaves, cloves, cumin and turmeric may help improve glucose control or insulin activity.
- Garlic, onions, chives, leeks, mint, basil, oregano, sage, thyme, rosemary, parsley, linseed, ginger, turmeric, dill, celery, coriander, fennel, cumin, anise and caraway may help protect against cancer.
- Most herbs - especially rosemary, sage, oregano, thyme and onions - can act as antioxidants to protect LDL cholesterol from being oxidised and they can inhibit blood clots and provide anti-inflammatory and anti-tumour activity.



Fresh herbs have a more pungent flavour, as oils and nutrients are lost in the drying process. If you do use dry herbs their flavour will diminish with time, so discard after 12 months.

Generally, herbs are delicately flavoured, so add them to your cooking in the last few minutes. However, parsley can be added at the start, as it retains its flavour during the cooking process.

Herbs add flavour and colour to all types of meals. If you find that low fat or low salt foods taste bland, use herbs to enhance the flavour of virtually any dish, including desserts.

Be adventurous and enjoy!

Ref: <http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Herbs?open>

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 easy tip to stay fit."



Here are the winners of last months contest "how you & your family stay healthy at the beach or pool."

"My 11 year old granddaughter has become her mum's personal trainer and swims laps with her. Good fun."

HN, Qld

"We stay healthy at the beach by drinking plenty of water, wearing hats and T-shirts and sunscreen."

SS, NSW

"Plenty of shade and ice cold water from the BRITA storage container in the fridge."

HG, Qld

"It's very important to stay hydrated on the beach and pat the pool. Drink frequently and small quantities."

AB, Qld

"Long walks at the beach in the morning and in the afternoon. Keeping hydrated with just water."

MA, NSW

Health Update: What's on in March

International Women's Day

8th March 2009



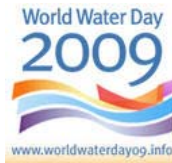
International Women's Day (IWD) is a major day of global celebration for the economic, political and social achievements of women past, present and future.

Events:

http://www.women.nsw.gov.au/Working/events/events_list.htm

World Water Day

22nd March 2009



This year World Water Day, focus is transboundary water - the waters that cross borders and link us together.

Ref: <http://www.unwater.org/worldwaterday/flashindex.html>

National Ride2SchoolDay

25th March 2009



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!

Ref: <http://www.bicyclensw.org.au/content/ride2school>

Recipe of the month

Supreme Veggie Pizza

Serves 4

Ingredients

Topping

2 tsp oil
 3 onions, sliced
 2 tbsp balsamic vinegar
 1 tbsp brown sugar
 300 gm baby spinach, cooked
 125 g basil, coarsely chopped
 250 g low-fat ricotta
 Pinch of nutmeg
 360g pumpkin, peeled, cut into chunks, roasted
 2/3 cup (125g) sweet corn kernels
 450g cherry tomatoes, halved
 150g low-fat fetta
 Rocket leaves, to garnish

Base

2 cups (300g) wholemeal or spelt flour
 2 tsp baking powder
 Pinch of sea salt



2 tbsp olive oil
90 ml water (filtered)

Method

Base

1. Preheat oven to 200C or 180C fan.
2. Combine base dry ingredients in a bowl and rub in oil until mixture resembles breadcrumbs.
3. Add 90 ml water and mix to a soft dough. Knead lightly on a floured surface and roll out to 5mm thickness, to fit a 30 cm round tray.
4. Place on tray and bake for 20 mins until cooked.

Topping

1. Heat oil in a frying pan on medium, cook onion for 10-15 mins, until golden and caramelised.
2. Add vinegar and brown sugar, then remove from heat.
3. In a bowl, combine spinach, basil, ricotta, nutmeg and pepper to taste.

Assemble

1. Spread caramelised onion onto pizza base.
2. Top with spinach mixture, pumpkin, corn, tomato and fetta.
3. Bake for 25-30 mins, until tomato has softened and fetta is lightly browned.
4. Cut and scatter with rocket leaves to serve.

Tip: Save time by using wholemeal or gluten-free tannour pita bread for the base.

Ref: Teresa Cutter - BBC Australian Good Food March 2009

Ask Catherine

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



Food Acid

Q: What food acid?

A: Additives that give food a sharp or sour taste which produces the correct flavour balance and to ensure a consistent acidity level. They are identical to those that occur naturally like citric acid (330) in citrus fruit, malic acid (296) in green apples, tartaric acid (334) in grapes and acetic acid (260) in vinegar.

Functional Foods

Q: What are functional foods?

A: Normal foods which have been modified to offer a health benefit. e.g. oat bran-enriched muffins to lower cholesterol or yoghurt containing live cultures of bifidus and acidophilus to aid digestion.

Mineral Salt

Q: What is a mineral salt?

A: An additive that improves the texture of foods such as ham, corned beef and deli meats which are likely to lose meat juices. Various phosphates, chlorides and carbonates such as sodium carbonate (500) or calcium chloride (339) are examples.

* 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 have an old home and happen to have seen the pipe we use for kitchen drinking. The plumbing convinced me that we need a water jug - QUICK!! A lot cheaper than replacing plumbing hey !!!"

EB, Tas

"It is easy to install, works really well, simple to understand and makes the water taste much fresher, with no chlorine smell. When we took off the old water fitting for water saving, we were really amazed at the gunk and muck caught in the mesh - every glass had to strain through this soup - no wonder I was feeling ill all the time."

CM, NSW

"Always a rush to get the kids to school, drink bottle seems to stay in the schoolbag overnight, at least they can fill at school if they forget at home!"

KM, Qld

"It turns what we are told is fresh water out of a tap into true sparkling, clear, "real" fresh water ."

TM, NSW

"I needed a good supply of fresh water in the Victorian fires while working with those surviving. Days long and demanding. A supply of good water essential."

SH, NSW



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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