

BRITA® Better Living

Chill Factor

Finish your workout the right way and start your next session even stronger



[Read More >](#)

Pineapples for your health

Pineapples are a digestive aid and a natural anti-inflammatory



[Read More >](#)

Choosing friendly detergents & cleaners

You can make a difference - the cumulative impacts from whole suburbs can be significant



[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?



April 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 pineapples
[Read More >](#)

• Health Update: What's on in April

[Read More >](#)

• Recipe of the month

Thai pumpkin & pineapple curry
[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 >](#)



Fan us on Facebook



Share Brita Better Living with a friend



Chill Factor

Finish your workout the right way and start your next session even stronger.

Cooling down after a sweaty gym stint falls low on the priority totem pole, right down there with flossing and organizing the junk drawer. But slowly returning your heart rate and blood pressure to normal is important because it reduces the risk of injury. It also makes you forget the pain of a good workout, increasing the chances you'll do it again, explains Fabio Comana, an exercise physiologist with the American Council on Exercise.



Here's how to cool down smart and finish on a physical and emotional high.

After You Lift...

Do This: Pamper the muscles you've just worked by stretching for 5 minutes. Then, for 5 minutes, slide sore body parts over a foam roller. Finally, try a contrast shower -- alternate between 3 minutes of hot and one minute of cold. Why? Cold-water shots slow your metabolism and take down swelling to lessen the likelihood of soreness overload.

After You Run...

Do This: Finish up with light intervals, suggests Chris Bergland, author of *The Athlete's Way*. Run at a challenging pace for 20 to 25 seconds, then walk or jog for a minute or two. Repeat three to five times. Then stretch your calves, glutes, groin, hamstrings, hip flexors, and quads - this will help post-run carbs get into your muscle cells to replace lost glycogen.

After You Ride...

Do This: Spin easy for 10 to 20 minutes, says Amber Neben, two-time winner of the Tour de l'Aude, the biggest women's cycling stage race, which rolls in France. To get rid of the muscle soreness, give your leg an ice massage. To do this make a "popsicle" by freezing water in a small cup, then rub the aching area for 10 minutes, take a break for 10 minutes, and rub again. Repeat for up to an hour.

After You Swim...

Do This: Dip underwater five or six times, and each time blow out all your air. Then swim one-tenth the distance of your workout, nice and easy. Though the impact-free nature of swimming feels relaxing, a cooldown is critical to slowing your heart rate and preventing muscle cramps and injuries, says Janet Evans, four-time Olympic gold medalist and author of *Janet Evans' Total Swimming*. Ref: *Women's Health Magazine*.

AUSTRALIAN
Women's Health
IT'S GOOD TO BE YOU!

Pineapples - A Digestive Aid and a Natural Anti-Inflammatory

Fresh pineapples are rich in bromelain, a group of sulfur containing proteolytic (protein-digesting) enzymes that not only aid digestion, but can effectively reduce inflammation and swelling, and has even been used experimentally as an anti-cancer agent. A variety of inflammatory agents are inhibited by the action of bromelain. In clinical human trials, bromelain has demonstrated significant anti-inflammatory effects, reducing swelling in inflammatory conditions such as acute sinusitis, sore throat, arthritis and gout, and speeding recovery from injuries and surgery. To maximize bromelain's anti-inflammatory effects, pineapple should be eaten alone between meals or its enzymes will be used up digesting food.



It's easy to grow your own pineapples. To make a pineapple cutting, just remove the top from the fruit and peel away the outer leaves to expose a cutting. This is the critical time for a pineapple and it's best to leave it sitting in a tray in a warm, sunny place for about a week to heal and seal. As a precaution to prevent decay, dip the exposed cutting in powdered sulphur.

Propagate it in an ordinary propagating mix, in a seed tray and after about a month expect to see plenty of young roots. Use terracotta when it's ready to go into pots, because it breathes and drains freely. Wet roots are the enemy of pineapples.

When planting pineapples in the ground, it's important to plant them into a ridge or raised bed. Pineapples must have free drainage. They also love well composted soil that's been mulched on the surface - use sugar cane, lucerne or straw.

See our recipe this month for Thai pumpkin and pineapple curry.

Ref: www.austfoodinnovators.com.au/health.htm

www.abc.net.au/gardening/stories/s1902702.htm

Choosing friendly detergents and cleaners

At the individual level, it may seem that the chemicals in household waste water being discharged are insignificant. However, the cumulative impacts from whole suburbs can be significant. You can make a difference.

Some of the harmful characteristics present in household wastewater include:

- Phosphorous
- Nitrogen
- Salts
- pH levels
- Greases and oils
- Bleaches
- Corrosive chemicals

When buying detergent, read the side of the pack for information on the environmental benefits of the product.

Some detergents have the symbol "NP" marked on their packaging. This means that the product contains little or no phosphorous, which is beneficial. Detergents containing phosphorous may be labelled "P"

Choose products that have been endorsed by environmental groups or consumer groups for their environmental features.



Use detergents sparingly - we often add much more than is necessary.

Salt is included in washing powders as a softener or filler. There is generally less salt in concentrated powders, and even less in liquids. Minimising the salt content of your greywater is important to minimise soil salinity.

Too much phosphorus in greywater can be toxic to some plants, most notably native Australian plants.

The salts, nitrogen and phosphorus content of various washing detergents available in Australia can be found at www.lanfaxlabs.com.au.

Ref: <http://www.greywaterreuse.com.au/index.php/Greywater-Reuse-Systems/Friendly-detergents-and-chemicals.html>

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 food for keeping healthy."



Here are the winners of last months contest "your easy tip to stay fit."

"The best way to exercise is to do it in groups, you and your best friends doing what ever you want the most, doesn't matter if it's at the gym, playing a sport or whether it's twirling hula hoops just as long as you're doing it with fun and laughs."

EK, Qld

"For an entire month mark on your calendar each day if you did exercise or 'found an excuse.' At the end of the month you can see how often you found an excuse not to exercise and it makes you feel really lazy and accountable for your actions."

LO, Vic

"Drink lots of water and every opportunity, walk. Walk, walk, walk and more walk! It's free, accessible, can be done alone or with a group, take your dog, your music or the pram!"

SB, SA

"To keep fit I exercise during the television advertisements before going back to watch my program. The spurts of exercise not only help me lose weight and keep fit it also helps me keep on top of all my housework."

AW, ACT

"After dinner my husband and I take the children for a walk around our local park and lake. It's fun seeing the ducks, flowers, dogs etc. The thing I love the most though is we are all together just being. Teaching our children not only is it important to be healthy physically, but also spiritually by spending time

together."
MC, SA

Health Update: What's on in April

Daylight saving

ends on Sunday 5th April at 3.00 am



So, turn your clock back one hour before you go to bed on Saturday night. It is also a good time to change the battery in your smoke alarm.

<http://alldownunder.com/oz-k/date/australian-daylight-savings.htm>

International Earth Day

22nd April 2009



Earth Day 2009 marks the beginning of the Green Generation Campaign, defending renewable energy, sustainable consumptions and creation of a new green economy.

Ref: <http://ww2.earthday.net/node/13689>

Anzac Day

25th April 2009



The day Australians remember the original landing on Gallipoli in 1915. Check your local town for dawn services

ref: <http://www.awm.gov.au/dawn/>

Recipe of the month

Thai pumpkin & pineapple curry

Serves 4

Ingredients

1 tbsp vegetable or sunflower oil
1 onion, copped
4 tsp Thai red curry paste
500 g butternut pumpkin, peeled, deseeded and cut into chunks
200 ml reduced-fat coconut milk
200 ml vegetable stock
140 g frozen green beans
237 g can pineapple chunks in natural juice drained, or fresh pineapple
Coriander leaves, chopped and leaves to garnish



Method

1. Heat the oil in a wok or pan. Fry the onion for 5 mins until softened.
2. Stir in the red curry paste.
3. Add the pumpkin, coconut milk and stock. Simmer for 15-20 mins until the pumpkin is tender.
4. After 10 mins cooking, tip in the green beans.
5. Stir in the pineapple and coriander, cooking for just a few minutes until the pineapple heats through.

6. Sprinkle with the coriander leaves and serve the curry in bowls with noodles or rice.

Chicken Option

Fry 4 chopped chicken breasts or thighs with the onion. Or add shredded cooked chicken 5 mins before you're ready to serve.

Ref: www.bbcgoodfood.com/recipes/2631/thai-squash-and-pineapple-curry

Ask Catherine

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



Honey or sugar?

Q: Is honey nutritionally superior to white sugar?

A: Honey, although made by bees from the nectar of flowers, has no nutritional advantages over sugar. Honey contains 80 per cent sugars (mostly fructose and glucose) compared to 99 per cent sucrose in refined white can sugar. Water, traces of minerals and some B vitamins make up the remaining 20 per cent. One tablespoon of honey is 270 kjs compared to 350 kjs for sugar. Honey also exhibits ant-bacterial qualities that have proven helpful in treating burns and wounds.

Sugar in breakfast foods?

Q: How can I tell if muesli and breakfast bars are too high in sugar?

A: Labels don't distinguish between natural sugars from fruit or from added sugar, so they really are not much help. Diabetes Australia encourages its member to first check out fat, fibre and Glycaemic Index (GI) and then look through the ingredients list to work out where the sugars come from. They are healthier derived from nutritious ingredients like fruit, rather than added sugar like sucrose, glucose, dextrose or corn syrup.

Fish and mercury

Q: To avoid mercury, which are the best types of fish to buy?

A: Generally the smaller shorter-lived fish have less mercury than large long-living types such as shark (flake), swordfish, marlin or deep sea perch (orange roughy). It's only pregnant women and children up to 6 years who need to limit their intake. Canned tuna is lower than fresh tuna as it uses smaller fish caught when only 1 year old.

* 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 become increasingly concerned at the volume of plastic going into our recycling bin and the massive overuse of our spring water resources.

Discovering your BRITA product on display at our local Kmart store and seeing how easy it is to use and then finding the water actually tastes better than the spring water we were previously using, I am thrilled that now we can filter tap water and enjoy drinking it. So thank you and I will definitely recommend your product to others."

DH, NSW

"As I always drink filtered water I am always on the lookout for easy options. Fill & Go is a great idea as you can fill up at any tap any time."

EB, Vic

"The taste of tap water affects the flavour of coffee, tea and other cooking. I am a chef and drink lots of water in the kitchen, but I won't drink tap water. I don't like to use it in cooking because of the way it affects flavours. So BRITA filtered water is great for all these uses !!"

SF, NSW

"My BRITA Water filter changes the flavour of our tap water into great tasting fresh drinking water – no more buying bottled water."

BJ, Qld

"It produces great tasting water which is my favourite drink. Excellent drinking water is essential since water is life."

CM, NZ



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

To remove your name from our mailing list, please advise us by sending an email with "unsubscribe" in the subject line to filters@brita.com.au