

HALO & WINGS

Edition 4, July 2012

Produced by Archangel Gabriel Consultancy Pty Ltd (Archangel)

Welcome to the fourth edition of *Halo & Wings*. The winter chill has set in and it is important to stay rugged up and keep warm. It is just as important to keep moving and watch the food we eat as these factors can also affect our mood. This edition covers mood foods, exercise and information about diabetes as Diabetes Awareness Week is in July.



As *Halo & Wings* can cover many topics, if you would like information on any health issues in particular or if you would like to contribute to future editions, please contact Gabrielle Charlesworth; contact details are on page 2.

Sunshine in winter

The sunshine is less in winter and going outside for walks is not so easy in the chill and rain. In winter, people can be affected by seasonal affective disorder (SAD) as a result of less light. Symptoms may range from mild to severe, including:

- difficulty concentrating
- low energy and fatigue
- reduced interest in daily activities, especially social activities
- moodiness (depressed, sad, or unusually quiet)
- increased appetite
- cravings for complex carbohydrates (such as pasta and bread)
- weight gain
- increased sleep
- irritability.

(Source: www.emedicinehealth.com)

One way to help with SAD is to go for a 30 minute walk when the sun is out. If you are not able to walk for 30 minutes, you can just spend time in the sun; even if it is behind glass as this will lift your mood.

Another way to lift your mood is to eat particular mood lifting foods, see page 2.

Diabetes Awareness Week

8-14 July 2012

What is diabetes?

For our bodies to work properly, we need to convert glucose (sugar) from food into energy. A hormone called insulin is essential for the conversion of glucose into energy.

In people with diabetes, insulin is no longer produced or not produced in sufficient amounts by the body. So when people with diabetes eat glucose, which is in foods such as breads, cereals, fruit and starchy vegetables, legumes, milk, yoghurt and sweets, it can't be converted into energy. Instead of being turned into energy, the glucose stays in the blood. This is why blood glucose levels are higher in people with diabetes.

Are you at risk?

In Australia, nearly two thirds of men and half of all women are overweight or obese. This is a key factor in the alarming rise of type 2 diabetes. Yet up to 60 per cent of diabetes cases could be prevented, or at least delayed, by people maintaining a healthy weight. The main keys to long-term weight loss and reducing your waist measurement are healthy eating and regular physical activity. Type 2 diabetes often runs in families.

Information about the six different types of diabetes can be found at www.diabetesaustralia.com.au. On the website you will also find:

- signs and symptoms of diabetes
- how to manage diabetes
- recipes specific for people with diabetes
- information about financial assistance through the National Diabetes Services Scheme (NDSS)
- ways to prevent diabetes.

Diabetes Australia can be contacted on 1300 136 588.

Mood foods

How do certain foods affect our moods?

Foods act as kinds of chemical compounds that can directly alter the brain chemicals (neurotransmitters) that allow us to function normally on a day-to-day basis.

When neurotransmitters such as serotonin, dopamine and norepinephrine are found to either be deficient in amount, or inefficient in their uptake ability, the blues often result. Interestingly, certain food components have also been found to have influence on the level of neurotransmitters, making what you eat all the more important when managing states of depression.

Superfoods to boost your mood

- Oily fish such as salmon, mackerel, sardines and herring contain high levels of Omega 3 fatty acids that act as a natural yet powerful antidepressant.
- Wholegrain cereals, such as pasta, breads, oats and brown rice, have been shown to produce serotonin, the 'feel-good' neurotransmitter.
- Ground flaxseeds, which are rich in Omega 3 fatty acids, may also stabilise the mood by increasing levels of serotonin.
- Dark green vegetables, such as spinach and peas are rich in folate, which plays a key role in serotonin absorption.
- Chicken and turkey are two meat choices that are rich in vitamin B6 essential to serotonin production.
- Edamame beans are rich in protein and help to stabilise blood sugar levels that may influence mood.
- Legumes and soy, which both contain rich amounts of the B vitamin thiamine, are essential to a stable cognitive and sharp memory function, as well as building healthy brain cells.
- Avocados, which are rich in both Omega 3 fatty acids and vitamin E, are an antioxidant found deficient in most people with depression.

(Source: Natural Therapy Pages, April newsletter)

Archangel's Special Offer

Accidents can happen at any time. Being prepared is the difference between having confidence to assist in an accident or not.

Having information of what to do stops the panic and offers aid to the person who is injured.

Archangel is offering a 30 minute session on Basic First Aid. Topics include:

- ✚ What to do if someone falls
- ✚ What to do if someone is bleeding
- ✚ What to do if someone is a diabetic and falls.

As Archangel feels it is important for people to be prepared, we are offering this as a free session. It could be done over morning or afternoon tea.

To arrange your free session, contact Gabrielle on 0413 409 585 or 9631 4409.

(Note: This session does not include CPR instruction.)

A reminder

Winter can be a busy time with feeling run down, minor colds or flu requiring increased visits to the doctor. Even serious chest infections may occur that result in hospitalisation.

Support is a phone call away. Archangel can assist, on a casual basis, for those who require a little more support at this time of the year. Be it going to the doctor or needing an advocate while in hospital, Archangel can give piece of mind and support to the carers in a Community.

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