

# Living Smart

creating sustainable communities



## Week 3

Health Smart You  
Health Smart Home

# Darlington Course Outline

Wk1:	Thinking Smart, Climate Change
Wk 2:	Power Smart
Wk 3:	Healthy You Healthy Home
Wk 4:	Waste Smart Travelling Smart
Wk 5:	Gardening for Biodiversity
Wk 6:	Gardening for Productivity
Wk 7:	Water Smart Living Simply



# What Have You Done Since Last Week?

- In Table Teams:
  - Discuss what you have done since last week;
  - Select the person/household that has achieved the most;
  - Prepare to report back to main group;
- Time: 5 minutes



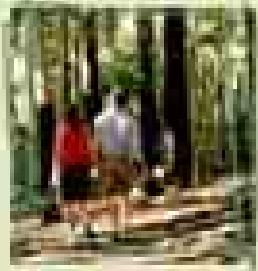
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# Health Smart You

Nutritious food  
Aerobic and Weightbearing  
Exercise  
Time to destress & slow down



# Influencing factors for not looking after yourself properly

- Not enough time
- Too busy
- Not a priority
- Too lazy?
- Other distractions



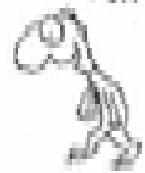
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THE PLOPPER

You'll get left behind!



How WONDERFUL.



You'll miss out!



How LOVELY.



You won't achieve your personal best!



How ENJOYABLE.



You won't be influential!



How TRUE.



You won't be attractive!  
You won't be clever!



How DIVINE.



You won't know what's happening!



How PEACEFUL.



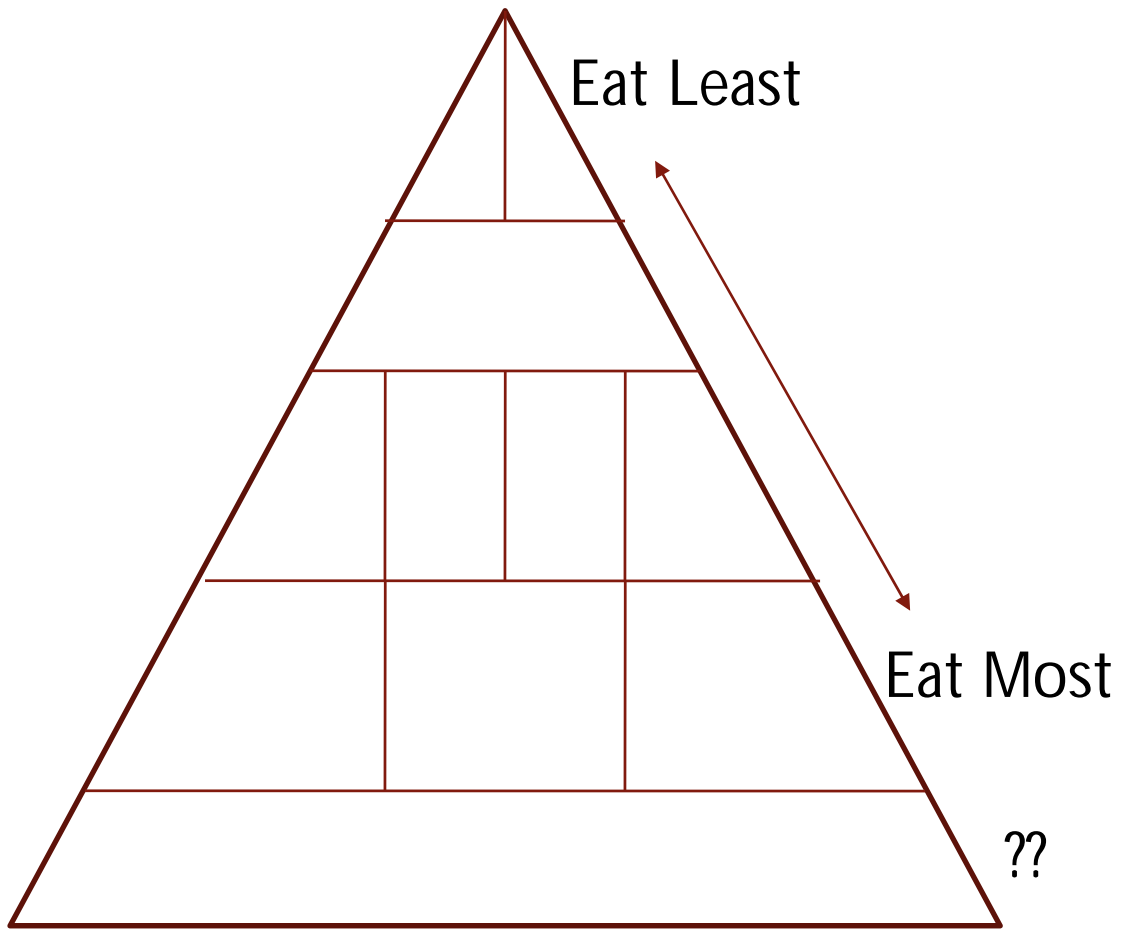
etc.  
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# What supports your wellbeing?



# Which Foods Are Best for You?





# The OLD Food Pyramid

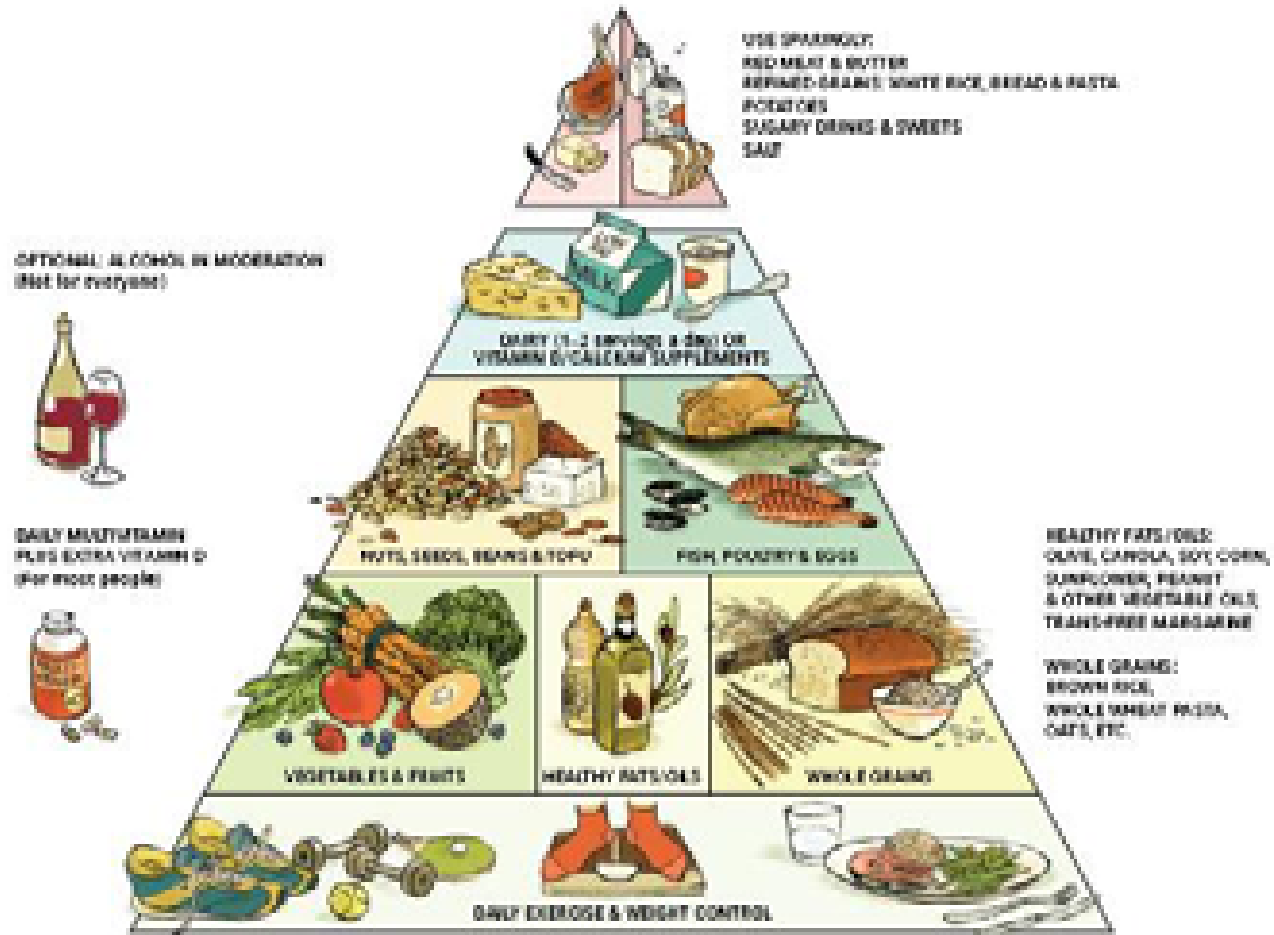


Source: Kellogg

# THE HEALTHY EATING PYRAMID

Department of Nutrition, Harvard School of Public Health

ing  
Smart



For more information, visit [WWW.THE NUTRITION SOURCE .ORG](http://WWW.THE NUTRITION SOURCE .ORG)



# The 4 Ps to reduce

- Reduce the 4 Ps

- Pasta
- Pastries
- Potatoes
- Panne – bread



- Instead

- Choose Diversity
- Choose Colour



Your **choice** and **source** of food makes a difference to you AND the planet

- How was it grown/produced?
- What was the artificial fertilizer volume used?
- How much processing was involved?
- Where did it come from?
- Was it refrigerated for a long period?



# The BEST Option:



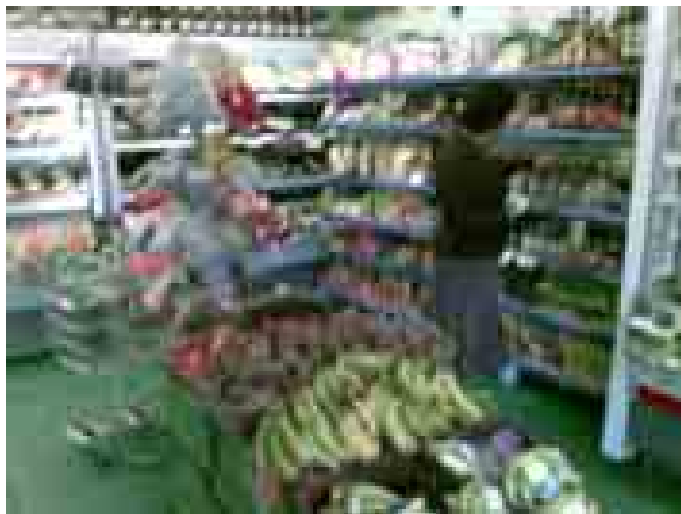
# The Next Best: Organic Suppliers eg Organic Valley



391 Welshpool Road, Welshpool

- Organic Fruit and Vegetables;
- Organic Meats;
- Organic Dairy Products;
- Organic Snacks
- Cleaning Products;

# Organic Valley



# Soul Tree Cafe



5 Railway Road, Glen Forrest

- Organic Cafe;
- Organic Fruit and Vegies;
- Clothing;
- Organic Milk;
- Cleaning Products;



# Soul Tree Cafe

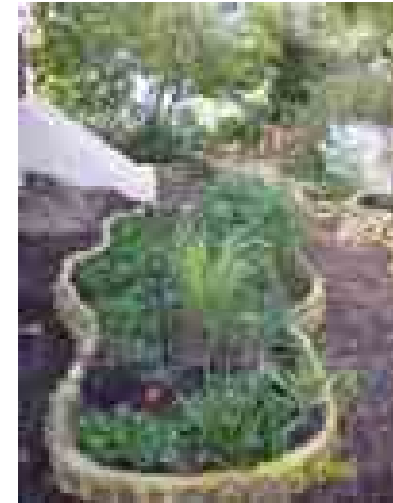


# City Farm Organic Farmers' Market



- Great range of organic produce straight from the producers;
- Organic meats;
- Small organic cafe
- Productive garden

# City Farm



# Midland Farmers' Market



- Cheap, local produce;
- Can purchase hens;
- Not strictly a Farmers' Market;
- No organic food (yet);
- Sunday mornings

# Looking for other Organic Retailers?

Name	Street	Town	postcode	phone	Website
Greenmart Eco Store	175 Hay Street	East perth	6004	08 93258881	www.greenmart.com.au
Thooggoorbu Fellowship	65 Auckland St	North perth	6006		
Organic Farm Food Shop	227 Oxford St	Leederville	6007		
Earth Market Subiaco Mews	375 Hay St	Subiaco	6008		
Permaculture Association Of WA Inc	P.O. Box 430	Subiaco	6008		
Broadway Fair Health Foods	Shop 20 Broadway Fair	Nedlands	6009		
Freshline Organics	265 Curtain Ave	Cottesloe	6011		
Marwick's Free Range Shop		Cottesloe	6011		
Camem Pty Ltd	320 Cambridge Street	Wembley	6014	08 9387 9500	

Take handout – or go to <http://enviro.org.au/organics-directory-australia.asp>

# Eat Super Foods

Food Source	Nutrient and function
Asparagus	Vitamin A and carotenoids: Helps prevent eye diseases. Folate and vitamin E: Reduces risk of heart disease and stroke. Vitamin B3: Helps maintain a healthy nervous system. Vitamin K: Helps prevent bone diseases.
Oranges	Vitamin A and carotenoids: Helps prevent eye diseases. Folate: Reduces risk of heart disease. Vitamin B1 and terpenes: Helps keep body cells healthy. Vitamin C: Helps maintain immune system.
Broccoli	Vitamin A, beta carotene and carotenoids: Helps prevent eye diseases. Folate: Reduces risk of heart disease. Vitamin B1 and B2: Helps keep body cells healthy. Vitamin K: Helps prevent bone diseases. Flavonoids: Reduces risk of heart diseases, bone diseases and cancer.
Sweet potatoes	Vitamin A and carotenoids: Helps prevent eye diseases. Folate and vitamin E: Reduces risk of heart disease and stroke. Vitamin B6: Reduces risk of nervous system disorders. Vitamin K: Helps prevent bone diseases.
Spinach	Vitamin A and carotenoids: Helps prevent eye diseases. Folate and vitamin C: Reduces risk of heart disease and stroke. Vitamin B2: Helps keep body cells healthy. Vitamin K: Helps prevent bone diseases.
Strawberries	Vitamin C: Helps maintain immune system. Saponins: Helps to ensure a healthy gut. Flavonoids: Reduces risk of heart disease, bone diseases and cancer. Carotenoids: Helps prevent eye diseases.



# Value of Breakfast

- Snack frequently and eat breakfast
  - avoid brain fog
- Skipping breakfast
  - Reduces concentration by 20%
  - Creates glucose shortage in the brain
  - Sends you into starvation mode
  - Generally eat more later in the day



# Beware of Food Additives

## SOUTHAMPTON STUDY COLOURS

NUMBER	NAME	EFFECTS
102	Tartrazine	Linked to hyperactivity, skin rashes, migraines, asthma, behavioural problems. Thyroid problems and chromosomal damage in animal studies. Banned in Norway and Austria.
104	Quinoline Yellow	Suspected carcinogen, linked to hyperactivity, skin rashes, asthma. Banned in USA, Norway - previously banned in Australia.
110	Sunset Yellow	Suspected carcinogen, allergies, hyperactivity, stomach upsets, skin rashes, asthma. Kidney tumours and chromosomal damage in animal studies. Banned in Norway.
122	Carmoisine	Suspected carcinogen, mutagen, skin rashes, oedema, hyperactivity, asthma. Banned in Sweden, USA, Austria and Norway.
124	Ponceau Red	Suspected carcinogen, asthma, hyperactivity. Banned in USA and Norway.
129	Allura Red	Suspected carcinogen, skin rashes, asthma, hyperactivity. Banned in Denmark, Belgium, France, Germany, Switzerland, Austria and Norway.

## NEED TO KNOW MORE ??

Southampton Study Details - The Lancet Vol 370, Issue 9598, 3 November 2007, Pages 1560 - 1567  
 "Food additives and hyperactive behaviour in 3-year-old and 8/9-year-old children in the community: a randomised, double-blinded, placebo-controlled trial"

<http://www.thelancet.com/journals/lancet/article/PIIS0140673607613953/abstract>





# Slow eating

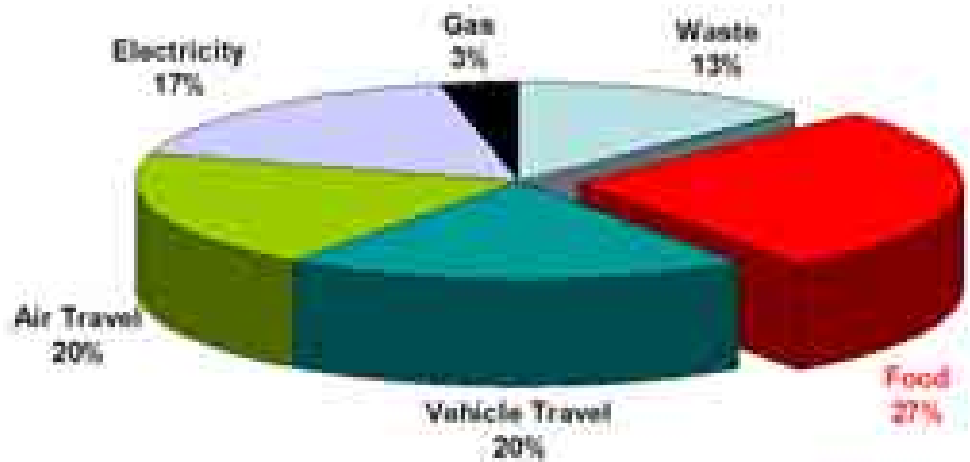
*Make time to eat, both chew and digest*

- Eating on the run compromises our ability to digest our food and absorb nutrients. – less digestive juices, less peristalsis ...sluggish, nutrient-deficient and tend to overeat.
- Sit down for a few minutes – relax and sense the food, before slow eating

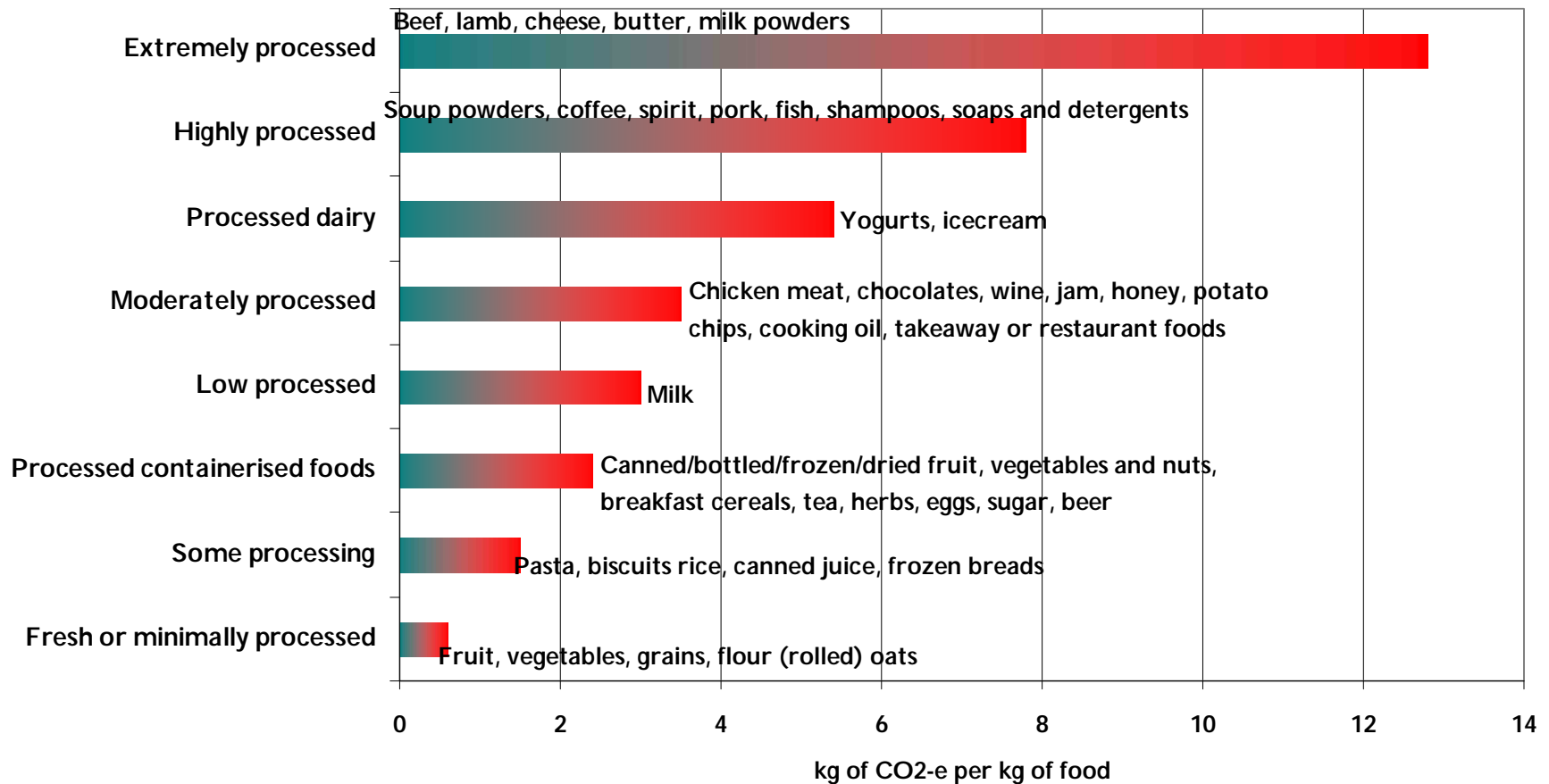


# For most Aussies, what they eat is their biggest contribution to Climate Change

Source of Greenhouse Gas Emissions for a Typical Australian Household



# The Estimated Global Warming Impact of Different Food Classes



(Source: B. Rose 2004 and Taking Stock, 2004)

# For lovers of red meat, there is one good option...



## Kangaroo Fillets with Honeyed Beetroot

- Preparation Time: 30 min
- Servings: 4
- Ingredients:
  - 2 Kangaroo Fillets
  - 1/2 Cup Honey
  - 1/2 Cup Beetroot
  - 1/2 Cup Broccoli
  - 1/2 Cup Carrots
  - 1/2 Cup Potatoes
  - 1/2 Cup Onions
  - 1/2 Cup Garlic
  - 1/2 Cup Olive Oil
  - 1/2 Cup Salt
- 400g Kangaroo Fillets
- 200g Beetroot



# My Low Carbon Diet (Specific Carbohydrate Diet)

- ✓ ONLY Fresh foods;
  - ✓ Heaps of fruit and vegies – IN SEASON;
  - ✓ As much Kangaroo as you can stand;
  - ✓ Some chicken and eggs;
  - ✓ Nuts and nut flours
- ✗ No processed foods;
  - ✗ No pasta, rice, flour;
  - ✗ Limited beef, lamb, pork;



# Looking for Low Carbon & SCD Recipes?



Your source of ideas, inspiration, resources and links on how to...

## Ward off Climate Change

A screenshot of the website homepage. At the top is a navigation bar with links: Home, Latest, Carbon Calculator, Campaigns, Information, and Contact. Below the navigation bar, there are three main content areas. On the left, 'About the author' features a portrait of a man. In the center, 'Recipe of the Week' shows a dish of green vegetables. On the right, 'Calculate Your Footprint' features a calculator icon. A blue sidebar on the far right contains a list of links: Home, Carbon Calculator, Campaigns, Information, Contact, Why the Government should do more on Climate Change, Home, Inspiration, and Contact.



# Time for a break





# Healthy Exercise & Time out

- **Aerobic exercise**
  - Gardening, stairs, swimming, fast walking, dancing, aerobic classes
- **Resistance and Weight bearing activity** to stimulate Ca deposition and build muscle type 2.
  - Star jumps, sprints, push-ups, weights
- **Time to quieten and relax** the mind
  - Breathing exercises, meditation, yoga, gentle walk, midday nap, singing



# Maintaining Well-being

- Aerobic exercise
  - at least 150 minutes of each week
- Resistance and Weight bearing activity to strengthen bones and build muscle type 2.
  - 10 minutes a day 3-4 times a week
- Time to quieten and relax the mind
  - Every day or every second day



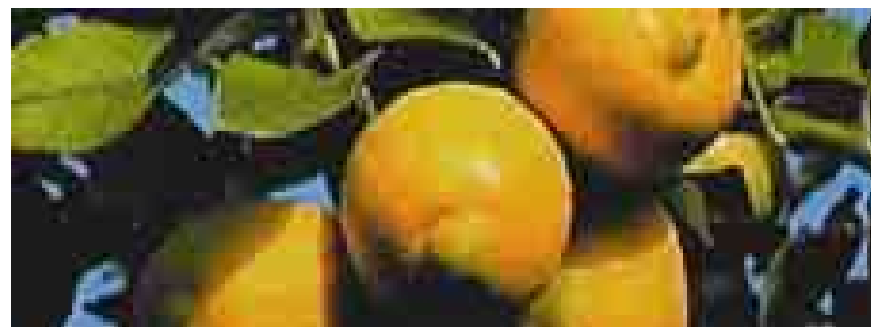
# Activity

- What can you do to ensure you achieve:
  - 150 minutes of aerobic exercise per week;
  - 10 minutes of resistance activity 3-4 times per week;
  - Quiet time every day



# Health Smart Home

Creating a healthy, chemical-free home



# List of chemicals in a Healthy Home

- Washing soda (sodium carbonate)
- Biodegradable, low phosphate washing powder
- Spray bottle of vinegar
- Shaker of baking soda (sodium bicarbonate)
- Spray bottle of water
- Cake of pure soap or liquid soap
- Borax (sodium borate)
- Lemon juice
- Olive oil
- Essential oils



# Indoor Air Quality

- The average Australian spends >80% of their time indoors
- Indoor air is dirtier than outdoor air
  - up to 10 times dirtier
- Indoor contaminants include:
  - volatile organic compounds
  - dust and mould, bacteria, pests & dust mites
  - cleaning chemicals



# Indoor Air Quality contd.

- heavy metals in PVCs, Pb, M, As,
- Pesticides - organophosphates
- dioxins
- chlorine
- CO<sub>2</sub>, CO, NO<sub>2</sub>, SO<sub>2</sub>, particles, smoke
- medicines & cosmetics



# Health Consequences

- Little is known about low level exposure
- Cumulative effect
- Allergies
- Respiratory irritants - asthma
- Headaches
- Impaired Concentration





# Health consequences contd.

- Dizziness/Fatigue
- Difficulty sleeping
- Skin irritation/rashes – dermatitis
- Vomiting/Diarrhoea
- Conjunctivitis
- Rhinitis
- Anaphylaxis



# Improving the air quality in your home

- Use safe cleaning products
- Dry the shower out after use
- Hang wet towels out
- Vent cooking & heating to external air
- Wash new clothes and linen
- Dry out cleaning cloths



# Improving Air Quality contd.

- Air & sun bedding & furnishings
- Find alternatives to aerosol sprays
- Maintain indoor plants
- Buy solid wood furniture
- Choose timber or ceramic flooring
- Use 100% cotton bed linen
- De-clutter



# Your Goals for Next Week



**Living Smart**  
making sustainable choices



**my health/smart home goal:**

My priority goal and important action:  
this week:

step 1 \_\_\_\_\_

step 2 \_\_\_\_\_

step 3 \_\_\_\_\_

step 4 \_\_\_\_\_

step 5 \_\_\_\_\_

\_\_\_\_\_

**What I want to do every day:**

\_\_\_\_\_

\_\_\_\_\_

**Two sentences about:**

\_\_\_\_\_

\_\_\_\_\_

**"You don't get paid" as often as  
doing the ground!**

**what's good?**

**Living Smart**  
making sustainable choices



**my health/smart you goal:**

My priority goal and important action:  
this week:

step 1 \_\_\_\_\_

step 2 \_\_\_\_\_

step 3 \_\_\_\_\_

step 4 \_\_\_\_\_

step 5 \_\_\_\_\_

\_\_\_\_\_

**What I want to do every day:**

\_\_\_\_\_

\_\_\_\_\_

**Two sentences about:**

\_\_\_\_\_

\_\_\_\_\_

**"You don't change the style to live in  
the world!"**

**is it good?**

# Who Wants Solar Panels?



	Thin Film	Monocrystalline
<b>Roof Area (1kW):</b>	20m <sup>2</sup>	10m <sup>2</sup>
<b>Advantages:</b>	Performs better in shade and heat;	Smaller Area
<b>Disadvantages:</b>	Large Area	Affected by shade
<b>Normal Price:</b>	\$999	\$1899
<b>5 Person Price:</b>	\$949	\$1849
<b>10 Person Price:</b>	\$899	\$1799
<b>15 Person Price:</b>	\$849	\$1749
<b>20 Person Price:</b>	\$799	\$1699

# Who Can Bring Composting/Worm Farms Next Week?

