

Living Smart

creating sustainable communities



Week 3

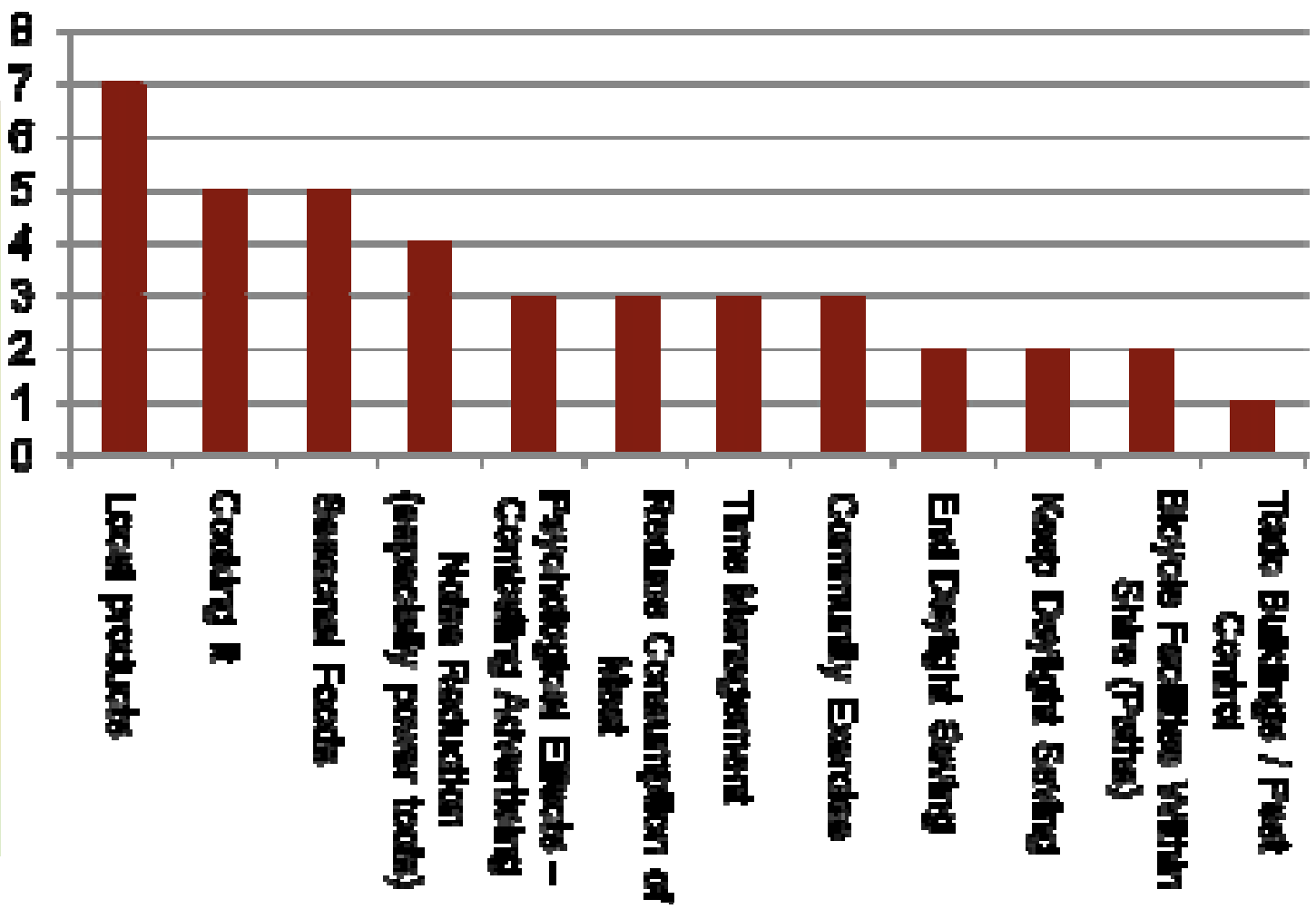
Health Smart You
Health Smart Home

Kalamunda Course Outline

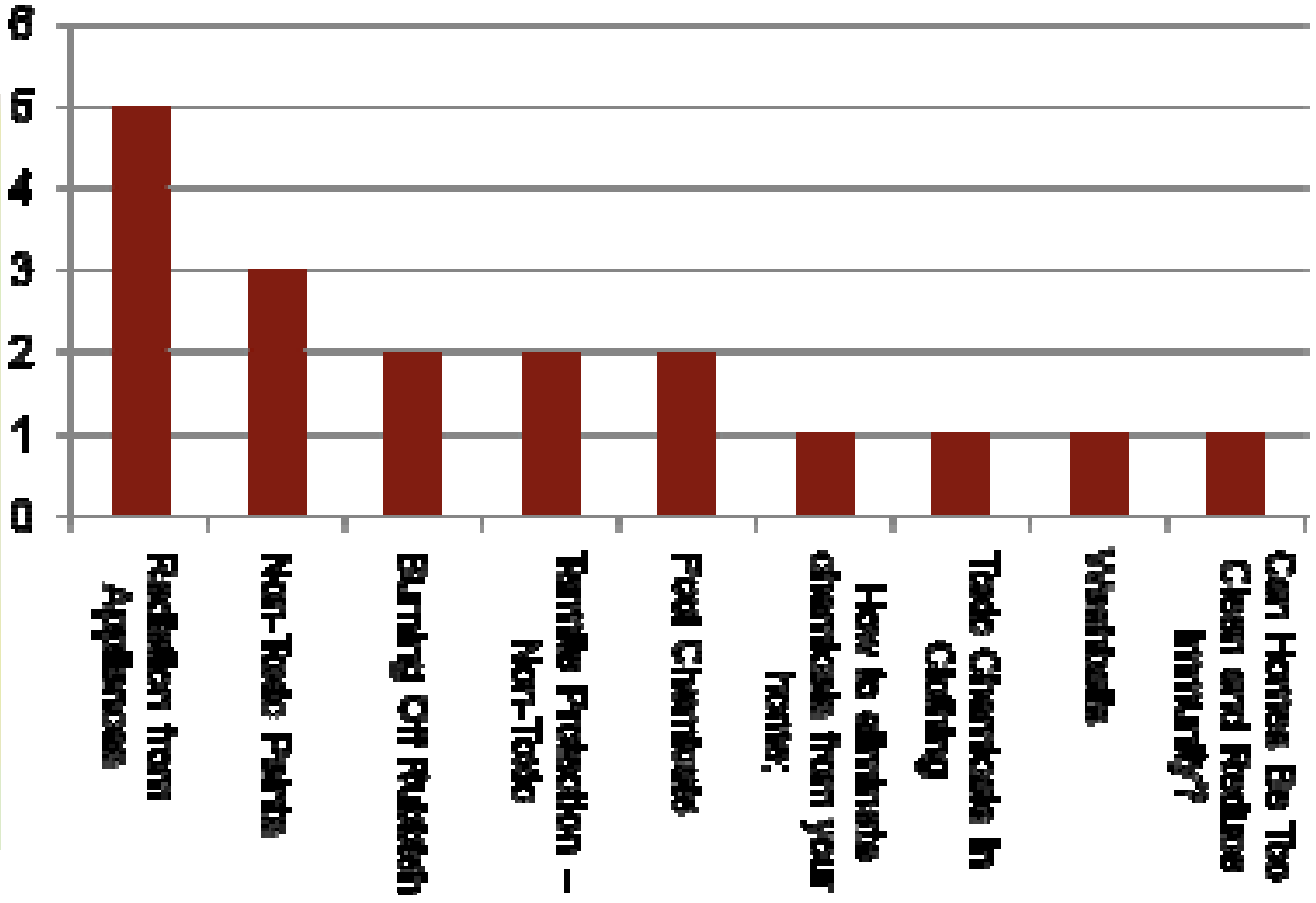
<i>Wk1: 11/11</i>	<i>Thinking Smart, Climate Change</i>
<i>Wk 2: 17/11</i>	<i>Power Smart</i>
Wk 3: 25/11	Healthy You Healthy Home
Wk 4: 2/12	Gardening for Biodiversity Water Smart
Wk 5: 9/12	Waste Smart Travelling Smart
Wk 6: 16/12	Community Smart Living Simply
Field Trip: Sat 6/12	Gardening for Productivity 2:00pm to 4:00pm



Health Smart You Topics



Health Smart Home Topics



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



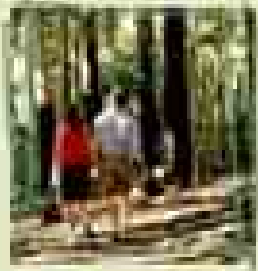
Living
Smart

creating sustainable communities



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



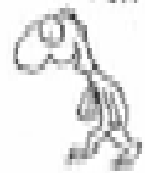
Leunig

THE PLODDER

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.



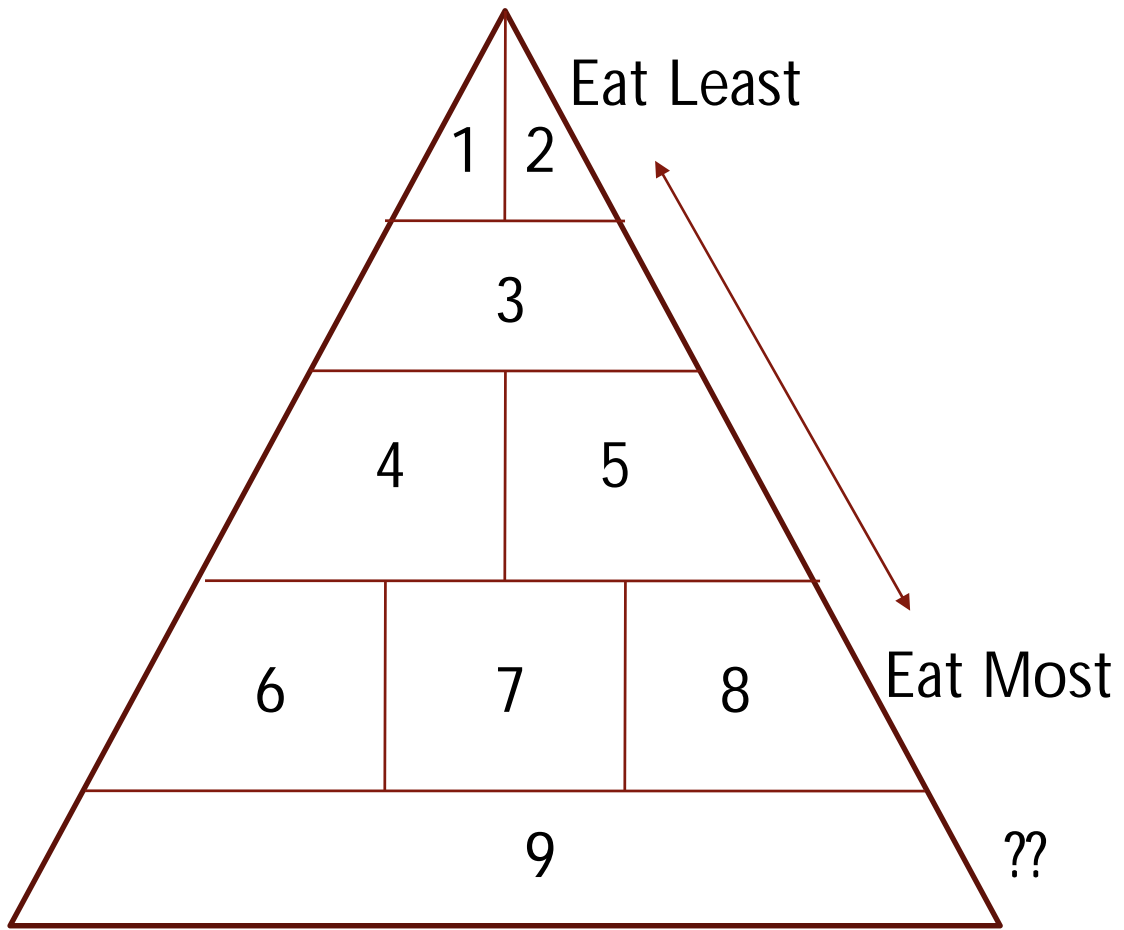
etc.
Leunig



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



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:



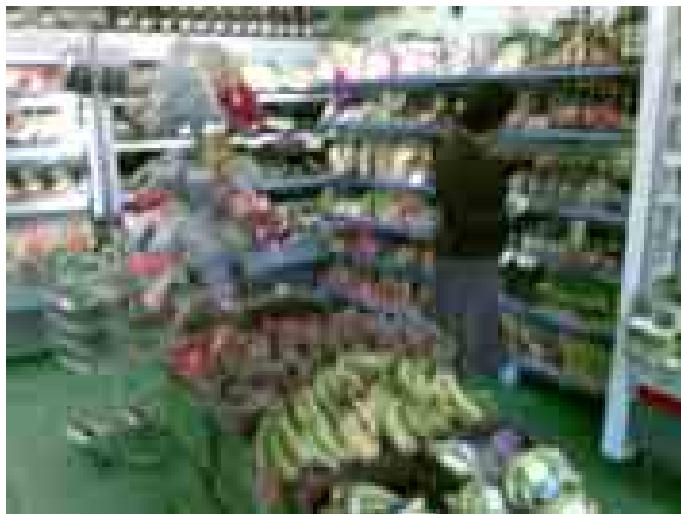
The Next Best: Organic Suppliers eg Organic Valley



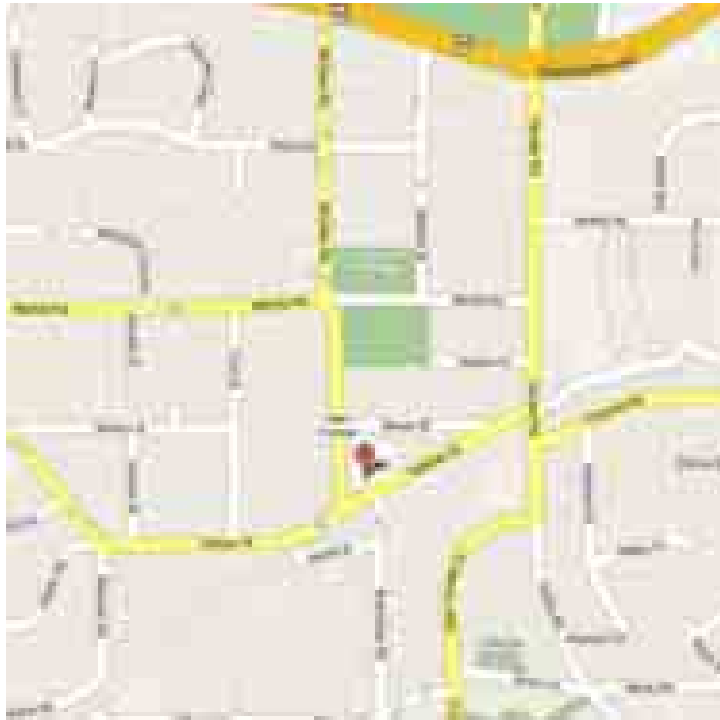
391 Welshpool Road, Welshpool

- 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

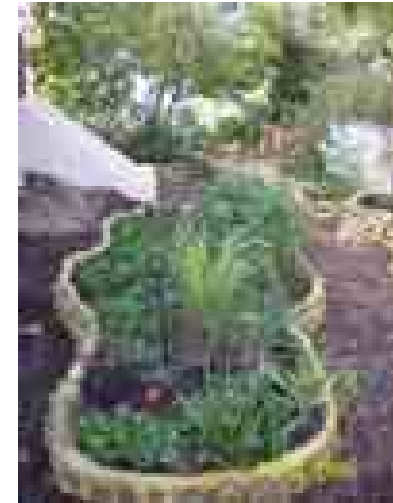


City Farm Organic Farmers' Market



- 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	

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



Buying Online



A screenshot of the Freshline Organics website. On the left is a green sidebar with navigation buttons for 'Home', 'About Us', and 'Contact Us'. Below these are two sections: 'Orders' with buttons for 'View My Orders', 'Place an Order', 'View My Cart', 'View My Account', 'View My Profile', 'View My Address', 'View My Payment', 'View My Shipping', and 'View My Returns'; and 'Contact Us' with buttons for 'View My Contact Us', 'View My Feedback', and 'View My Enquiries'. The main content area has a yellow background. At the top right is the 'Freshline Organics Farm Direct' logo with the tagline 'order organic produce'. Below the logo is the heading 'Welcome to Freshline Organics!'. The text below the heading reads: 'We deliver a wide range of items from certified organic fruit and vegetables to fresh farm produce and a growing number of locally sourced products in Western Australia. In partnership with Freshline Growers, we also deliver fresh conventionally grown fruit and vegetables, and our customers can order any combination of organic and non-organic produce that they want. Most of the certified organic produce we sell comes directly from our organic farm certified by Australian Certified Organic (ACO) the independent global authority of fresh. The remainder of our produce is purchased from organic and conventional wholesalers. For example, our (Certified) meat is sourced by Sustainably Quality Meats. We accept orders 100.7 from within Western Australia. Details concerning delivery fee, delivery day and minimum order requirements are listed on our Delivery page.'

www.freshline.com.au

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

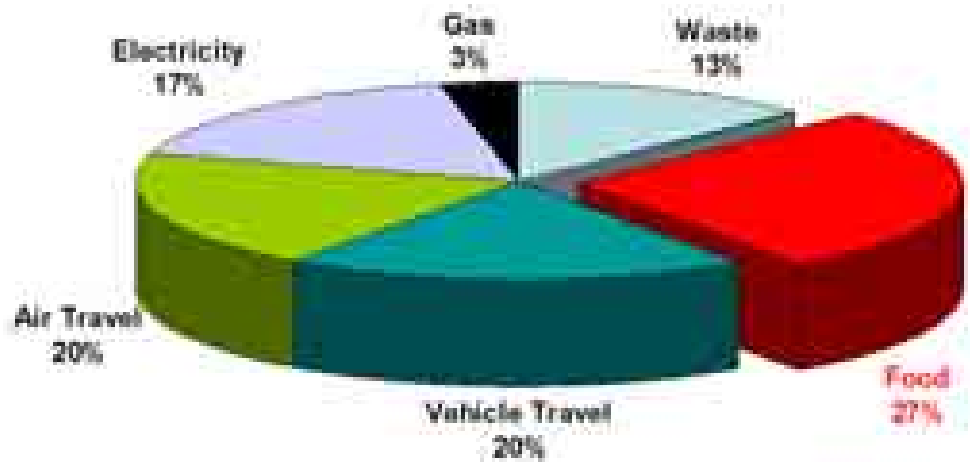
Make time to eat, both chew and digest

- 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

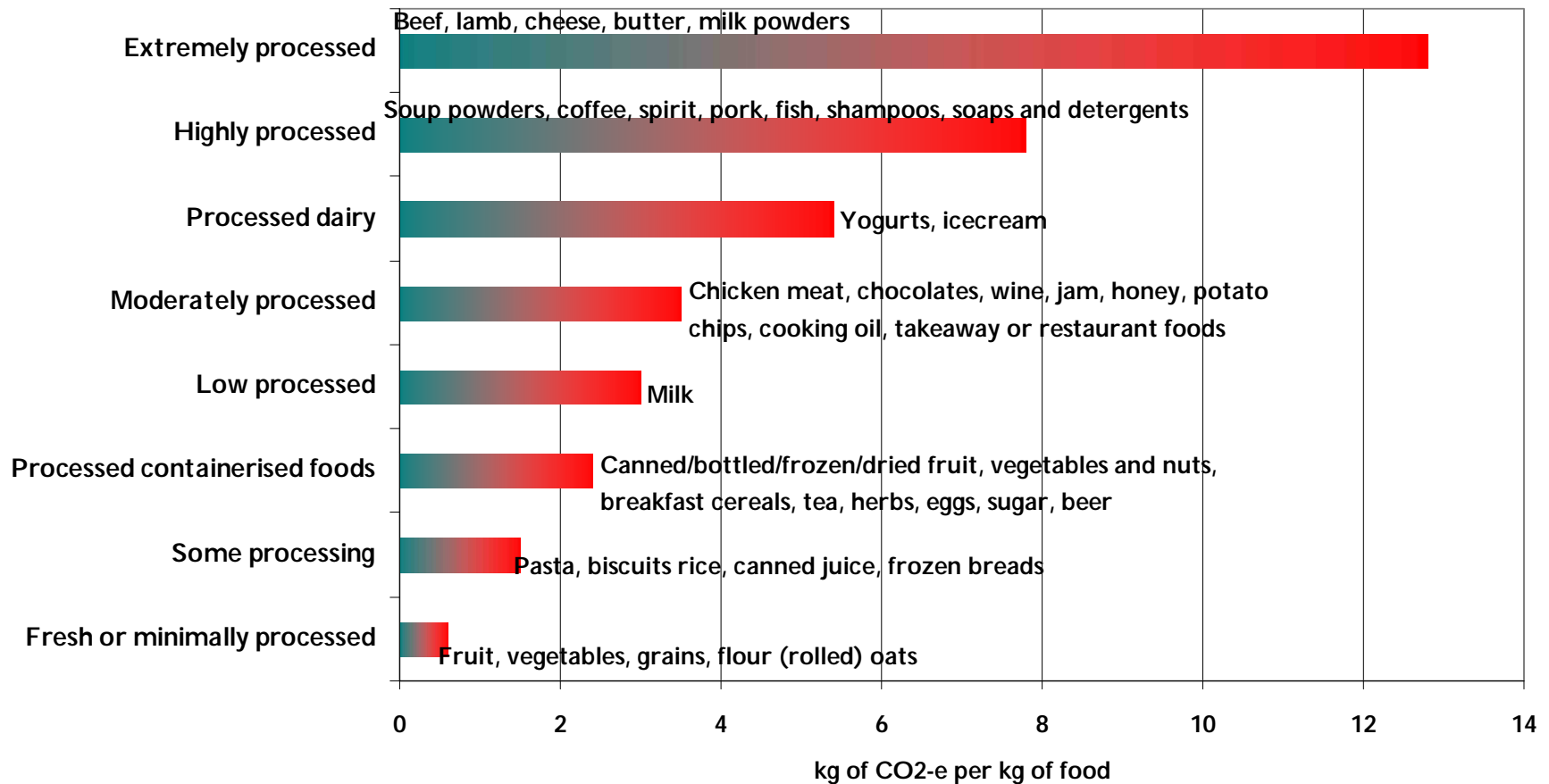


For most Aussies, what they eat is their biggest contribution to Climate Change

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 kg Beetroot
 - 100g Honey
 - 100g Butter
 - 100g Olive Oil
 - 100g Soy Sauce
 - 100g Balsamic Vinegar
- 100g Potatoes
- 100g Broccoli



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, the page is divided into several sections. On the left, there is an 'About the author' section featuring a portrait of a man. In the center, there is a 'Home Page' section with a 'Recipe of the Week' featuring a dish of green vegetables. To the right of the recipe is a red box titled 'Calculate Your Footprint' with an image of a calculator. On the far right, there is a blue sidebar menu with various links such as 'Carbon Calculator', 'Campaigns', 'Information', and 'Contact'.

Looking for More Ideas?



mealopedia.com

Recipes | Beverages | Articles | The Ingredient | Glossary | Events | Login

Save Time & Money with Mealopedia
Every food price seems to have gone out of your control? Tired of wondering whether you're getting the best deal?
Mealopedia helps you to reduce unnecessary and useless grocery shopping by providing your weekly menu & a shopping list that only contains the essential quantities of ingredients you'll need. No more wasted supermarket trips to pick up forgotten items you no longer wanted to buy.

Stuck for ideas?
Have an ingredient in the fridge you've used but don't know what to do with? Or just a craving for something special? Try our new Recipe Finder to find recipes that match your needs.

Log in

My Profile
My Recipes
My Shopping Lists

My Account
My Profile
My Recipes
My Shopping Lists

My Account
My Profile
My Recipes
My Shopping Lists

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lettuce	Salads & Dressings	Light Tuna & Olive Pasta	Beef Green Beans	Salmonella	Spaghetti Bolognese	Beef & Potato Curry
Recipe 4 Lettuce (1kg)	Recipe 2 Lettuce (1kg)	Recipe 4 Lettuce (1kg)	Recipe 4 Lettuce (1kg)	Recipe 4 Lettuce (1kg)	Recipe 4 Lettuce (1kg)	Recipe 4 Lettuce (1kg)
The product was not found.	01 234 567 890 02 345 678 901	03 456 789 012 04 567 890 123	05 678 901 234 06 789 012 345	07 890 123 456 08 901 234 567	09 012 345 678 10 123 456 789	11 234 567 890 12 345 678 901

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

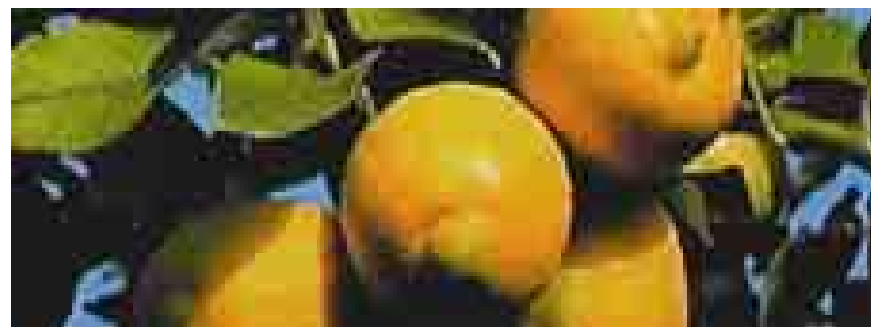
- Aerobic exercise
 - at least 150 minutes of each week
- Resistance and Weight bearing activity to strengthen bones and build muscle type 2.
 - 10 minutes a day 3-4 times a week
- Time to quieten and relax the mind
 - Every day or every second day



Health Smart Home

Creating a healthy, chemical-free home

Andrea Gildersleeve



What comes to mind with “Healthy You Healthy Home”?



A personal reflection



List of chemicals in a Healthy Home

- Washing soda (sodium carbonate)
- Biodegradable, phosphate-free washing powder (without active enzymes)
- 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



What to look out for in products

- Life cycle;
 - Packaging;
 - Stability;
 - Storage;
 - Disposal;
- Ingredients



What to look out for in products

- Who is behind the product;
- Country of origin;
- Fair trade;
- Animal Testing;
- Formulation;



“What you get
is what you
believe”

“Results often
harsh, always
fair”



Alternatives to cleaning with chemicals

- Microfibre;
- Wash Balls;
- Elbow grease;



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 – eg lead, mercury, arsenic,
- Pesticides - organophosphates
- dioxins
- chlorine
- CO₂, CO, NO₂, SO₂, 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



Can homes be too clean?



EMF Radiation

- “If you look at the science on mobile phones and the link with brain cancer, it is quite compelling”
- “We know that EMF radiation is going to take at least ten years to create brain tumours ... if you pull out the studies that have followed their patients for more than ten years it becomes really, really compelling

– Dr Charlie Teo



Planet Ark Shop



37 Cantonment Street
Fremantle

www.planetarkdirect.com.au

One Earth Outlet



7/39 Erindale Road
Balcatta

www.oneearthoutlet.com.au

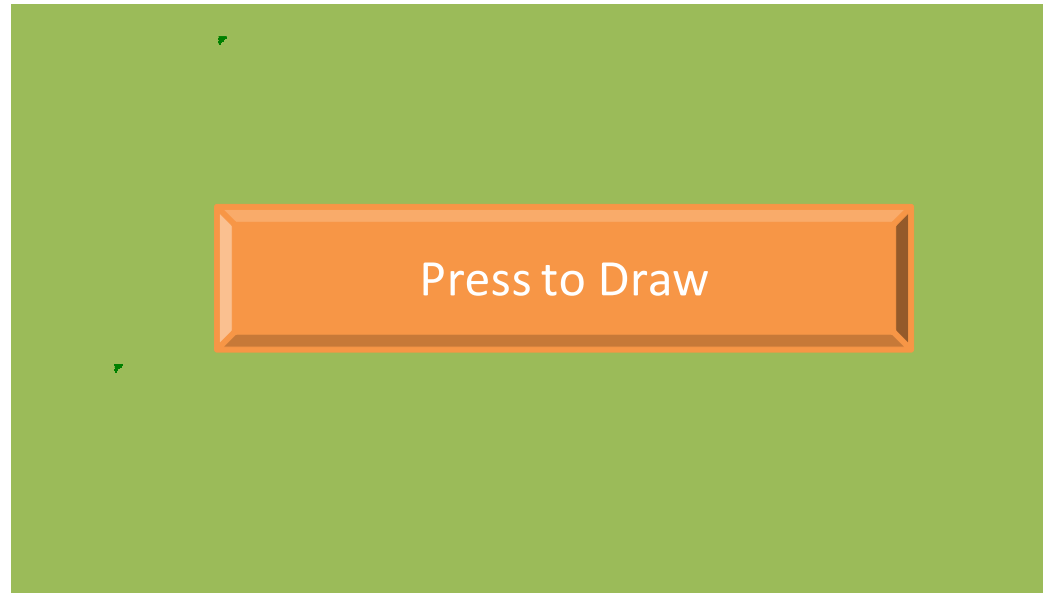
Veggie Garden Makeover



To Qualify:

- You have a 4x2m area in the garden with >6 hours sunlight per day;
- You are willing to let in the hordes on Saturday 6/12

And the winner is...



Green Waste Material

- Please start accumulating:



Your Goals for Next Week



Living Smart
making sustainable choices



my health/smart home goal:

My primary 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
you're being paid!"**

what's good?

Living Smart
making sustainable choices



my health/smart you goal:

My primary 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?