



Back on Track

Now that Easter has passed and we are well and truly into 2016, it is as good as time as any to take a step back and look at how to get yourself back on track.

The benefits of drinking water & staying Hydrated.



Weight loss

Water is one of the best tools for weight loss. Why? Because it often replaces high-calorie drinks like soft-drink and alcohol with a drink that has no fat, no calories, no carbs, no sugar. It is also a great appetite suppressant, and often when we think we're hungry, we're actually just thirsty. So if you are wanting to lose weight - increase your water.



Energy

Being dehydrated can sap your energy and make you feel tired -- even mild dehydration of as little as 1 or 2 percent of your body weight. If you're thirsty, you're already dehydrated -- and this can lead to fatigue, muscle weakness, dizziness and other symptoms.



Headache cure

Another symptom of dehydration is headaches. In fact, often when we have headaches it's simply a matter of not drinking enough water. There are lots of other causes of headaches of course, but dehydration is a common one.



Healthy skin

Drinking water can clear up your skin and help you look more fresh and glowing. Commit to drinking a healthy amount of water over a week and see the effects on your skin.



Digestive problems

Our digestive systems need a good amount of water to digest food properly. Often water can help cure stomach acid problems, and water along with fibre can cure constipation again, often a result of dehydration.



Cleansing & kidney health

Water is used by the body to help flush out toxins and waste products from the body. The more water you drink the better your kidneys will function.



Better exercise

We all know it is essential to drink water when exercising, but did you know being dehydrated can severely hamper your workouts? Slowing you down and making your workouts harder. So the best time to drink water is actually two hours before you plan to exercise, and of course during and after.

Water, water everywhere

....so why don't we drink it? I'm sure it comes as no surprise that you need water to survive. In fact we will die in about 4 days without it. The interesting thing about water is that one of the main signs of dehydration is actually hunger. If you experience the midmorning/afternoon cravings it may be that you need water, not more food! Many people recognise that they do not drink enough water, and yet it is very easy. Have a glass of water on waking in the morning and another with breakfast. Then another glass mid-morning and one at lunch. Finally, mid-afternoon and also at dinner drink another glass. Add to this if you are doing strenuous exercise. And how will you know when you're drinking enough? Well, the easiest way is with a trip to the loo. If you're urine is clear looking and not yellow you know you're doing the right thing.

UP-COMING EVENTS

1st April April Fools Day

16th April School Holidays Begin

29th April Floatfest, Mannum

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6 ways to make WATER a habit.

- 1 Drink a glass of water with each meal
- 2 Carry a water bottle with you throughout the day
- 3 Keep water on your desk at work.
- 4 When you feel like a snack, try drinking water first.
- 5 Substitute for water instead of a coffee or soft-drink, drink water
- 6 Track your water. Record the number of glasses you drink on the AGL Wellbeing Hub.

*image sourced from Pinterest

Take time out for yourself

When was the last time you took time out for yourself? Truly took time out? Plonking on the couch at the end of the day, or sneaking in a quick coffee on the run doesn't count! What I'm talking about is when you decided to actively chose to do something for yourself. It doesn't have to be for long. Or it might go for weeks. The key thing is make sure that it is regular. When we were kids my dad would take the paper and lock himself in the loo. I thought it was because we didn't have enough toilet paper! But he has since told me it was his way of taking time out.

You might develop a different strategy- a walk; a movie; draw; listen to music. Whatever it is by looking after yourself in this way not only will you be healthier and happier, you'll also be able to look after the others in your life better too.

The Sugar Book

Book Review

by Damon Gameau

This insightful sugar experiment is based on actor and filmmaker, Damon Gameau, which aims to change the eating habits of a generation. He cut sugar out of his diet for a few years prior and felt slimmer, calmer, fitter and happier. Despite working so hard to cleanse his body, he was willing to fill it with impurities again to inform the public of the dangers of this additive, consuming 40 teaspoons of sugar a day for 60 days.

He would only eat perceived 'healthy' foods such as muesli bars, breakfast cereals, low-fat yoghurts, juices and smoothies which is what many of us are putting into our bodies everyday without realising. Within two weeks, he started developing fatty liver disease, was warned by doctors about obesity, diabetes and heart disease, had mood swings and gained almost 9kgs in 60 days.

The book discusses interesting facts about sugar such as how 80% of products in our supermarket shelves contain sugar and how one can of soft drink a day increases the chances of developing diabetes by 22%. Damon gives sensible advice on kicking the habit, foods to avoid, how to shop, how to read labels and how to cook sugar-free food with over 30 healthy recipes included. He also gives a list of emergency foods to banish cravings!



The Human Microbiome

Recently there has been much talk about the human Microbiome which refers to the collection of all microorganisms living within the human body. Interestingly we have 10x more bacteria cells than human cells and our gut bacteria have 150x more genes than a human being. Microbes are highly beneficial to our health because they help to metabolise vitamins, breakdown our food, modulate our immune system, reduce inflammation and maintain the health of our gut lining.

It is important to know that your gut health does impact your metabolism and the development of illness or disease. Research in this area has shown that certain microbes may actually influence our behavior and memory.

Your diet also plays an enormous role in the composition of your gut bacteria. Nowadays our diets are full of processed foods that are high in sugar, chemical additives and are extremely low in vital nutrients. These cause the beneficial bacteria in our gut to diminish and allow the harmful pathogenic kind to flourish. Our gut bacteria are also extremely sensitive to antibiotics, chlorinated water, antibacterial soaps, agricultural chemicals and pollution.

*Carmen Bubner
Naturopath*

Product of the Month PROBIOTIC

Probiotic formulations have many positive effects on our digestive systems. Formulations can be effective in relieving symptoms of medically diagnosed irritable bowel syndrome (IBS), traveller's diarrhoea and bacterial overgrowth associated with antibiotic usage.

"I'm not telling you it's going to be easy, I'm telling you it's going to be worth it"

- unknown

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