

D is for DIET

A proper diet is important for all age groups. Food contains nutrients that support bodily functions:

Carbohydrates supply energy.

Proteins build and repair body tissues.

Fat stores energy and releases it when we need it.

Vitamins and *Minerals* regulate a number of our bodily processes.

Water, which makes up for 70% of the total body, is necessary for all the processes to take place.

It is important to establish regular mealtimes. Breakfast is considered to be the most important meal we can have.

Make your motto:

"Breakfast like a King, Lunch like a Prince and Dine like a Pauper"

With our hurried and busy lifestyle, many of us don't eat breakfast - are too busy to have lunch and end up eating a large dinner.

Your body has to spend the whole night trying to digest food instead of taking a much deserved rest. If you have to eat a large meal at night, do so early and go for a leisurely walk with your family. This will improve your blood circulation, help speed up the digestive process and also improve your communication with the family and all this should lead to quality health and family life.

Excessive salt can cause high blood pressure and ultimately, heart disease and strokes.

Diet's effect on child behaviour

An experiment involving identical twin brothers has revealed the dramatic effect an additive-free diet can have on children.

Christopher and Michael Parker, aged five, were put on separate diets for a fortnight with the latter only allowed food free of E numbers or additives. In just two weeks Michael has become more assertive and calmer than his brother and outperformed him on IQ tests. The list of products banned from Michael during the experiment included chocolate and sweets, fizzy drinks, flavoured crisps and caffeine. He was allowed additive-free goods such as ready salted crisps, fruit, banana chips and some yoghurt. Children in the twins' class at Dingle School, Crewe, were also given school meals free of 38 named E numbers but Michael's brother Christopher maintained an additive-filled diet at home. In IQ tests before the experiment the twins each made the same mistakes and completed them in

exactly the same time. Two weeks later, they conducted the same tests and Christopher had improved 10% but Michael had improved by 26%.

Child psychologist Professor Jim Stevenson, of Southampton University, conducted the tests but was not told which twin was additive-free. In the second series of tests he noticed a difference between the siblings and correctly picked Michael as the twin who had gone without E numbers.

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Q: What do you usually eat during the day?

Breakfast:	
Lunch:	
Supper:	



THE STRESS DIET - (on a lighter note !)

This diet, vouched for by millions of people across the world and proven in countless scientific tests, is designed to help you cope with the stress that builds up during the day.

BREAKFAST

- 1 Grapefruit
- 1 Slice Whole wheat Toast
- ½ cup of Skim Milk

LUNCH

- 125 grams Lean Roasted Chicken Breast
- 1 cup Steamed Spinach
- 1 cup Herb Tea
- 1 Chocolate Nut Cookie

MID-AFTERNOON SNACK

- The rest of the Chocolate Nut Cookies in the Box
- 1 litre Ice Cream garnished with Nuts, Cherries and Whipped Cream
- 2 Cups Hot Chocolate Sauce

DINNER

- 2 loaves Garlic Bread
- 4 cans or 1 large jug of Coke or other carbonated drinks
- 1 Large Sausage, Mushroom and Cheese Pizza
- 3 Bar Ones

LATE EVENING NEWS

- Entire frozen Cheesecake (eaten directly from the freezer)

PRINCIPLES OF THIS DIET

The effectiveness of the Stress Diet is found on proven principles. These are:

- If you eat something and no one sees you eat it, it has no calories.
- If you drink a diet cold drink with a candy bar, the calories in the candy bar are cancelled out by the diet drink.
- When you eat with someone else, calories don't count if you do not eat more than they do.
- Food used for medicinal purposes NEVER counts, such as Hot Chocolate, Brandy, Honey on Toast and Cheesecake.
- If you fatten up everyone else around you, then you look thinner.
- Movie-related foods and drinks do not have additional calories because they are part of an entertainment package and not part of one's personal fuel. Examples: Coke, Fruit & Nut Chocolate, Popcorn, Junior Mints.
- Cookies and biscuits contain calories. However, cookie and biscuit pieces do not. The process of breaking them up causes calorie leakage.
- Things licked off knives and spoons have no calories if you are in the process of preparing something. The process of licking causes the calories to fly off into the air.
- Foods that have the same colour have the same number of calories. Examples are: Spinach and Pistachio Ice Cream; Mushrooms and Mashed Potatoes.
- Chocolate is brown, i.e. a universal colour, and may be substituted for any other colour food.
- Anything consumed while standing has no calories. This is due to complicated, little-understood interaction between gravity and the density of the caloric mass.
- Anything eaten from someone else's plate or drunk from somebody else's glass has no calories for you since the calories rightfully belong to the other person and will cling to his/her plate or glass. (We all know how calories like to cling!)

AND REMEMBER: STRESSED SPELLED BACKWARDS IS DESSERTS.

D also means DIABETES

Physical or emotional stress is unlikely to cause diabetes in a healthy person. But if you are inactive, overweight, and smoke, stress may trigger the onset of maturity onset or non-insulin dependant diabetes.

The sugar we consume in such huge quantities (including household sugar, used daily in tea and coffee, a smaller quantity in cafes and restaurants and an increasing proportion of industrial sugar in ice cream, fizzy drinks cakes, biscuits, fruit juices, flavoured milk and yoghurt, breakfast cereals, tomato sauce, salad dressing, chocolate, confectionary, canned foods, jam, alcohol and especially in convenience foods) is not only devoid of nutrients but actually requires nutrients to be metabolised. So it has to steal them from our body stores, which is why vitamin B deficiency is so common – we waste precious nutrients trying to process the useless sugar. If our bodies are mineral and vitamin deficient then it must work harder to produce more insulin and can ultimately cause problems such as diabetes. Insulin also stimulates the liver to produce an enzyme, which manufactures cholesterol therefore increasing the levels in the blood stream and increasing the risk of heart disease or a stroke.

Stress releases sugar from the liver. Adrenaline prevents insulin from working and this contributes to continuous high levels of sugar. Diabetes is a major cause of heart disease. It is considered to be the 4th biggest killer in the world

Q: How often do you rely on sugary foods for an energy lift?

Watch out for these signs.

The problem with Type 2 diabetes is that it often goes undetected for a long time. Here are some signs to watch out for:

- Feeling thirsty, having a dry mouth or feeling hungry all the time
- Feeling sleepy right after a meal
- Urinating more frequently than normal, including at night
- Beginning to lose weight
- Vision becoming a little blurry
- Higher blood pressure. Higher-than-normal blood pressure levels are linked to insulin resistance
- Experiencing frequent itching around the genitals

- Recurrent boils
- Feeling tired most of the time

D is for DRUGS

The popular saying is "Don't do drugs".

All drugs are bad for you. If you are on drugs prescribed by your doctor, it is a different matter.(If at all possible try to avoid these too). Drugs include things such as: cigarettes, caffeine, dagga and alcohol.

Try to eliminate or cut down on as many of these items as possible.

D is for DELEGATE

One of the best ways to eliminate stress in your office is to delegate effectively.

Delegate-or-die.

Delegation does not only mean delegating down to a subordinate. Your subordinate or employee must be able to delegate a task back to you.

It is vital for you to clarify clearly what you want from the work you have delegated. If it is not clear, your employee should be able to give it back to you to re-clarify what you really mean.

Nothing is more stressful than expecting a task to be under control only to find out that the task was not done or done incorrectly. You are then placed under stress and have to do it yourself.

Remember though, you can only delegate effectively if you train your staff, or you will feel uncomfortable with the perception that they can't do it as well as you do and end up doing everything yourself anyway. Given the escalating knowledge explosion, it is said that on average knowledge dates every three years – that being the absolute maximum time you can afford the luxury of not updating knowledge. So, you also need to regularly update your knowledge. Request assistance and further training if you feel you need this.