

@Studio16 (Est.2002)

Through education, application, motivation and a commitment to a healthy lifestyle –we will succeed!

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In this information age we need to learn and do our research to understand how the body really works and reacts to all that we do to it.

Speculating about what works for the body can lead to more harm than good.

One myth that we have been conditioned to believe is that if one thing is good for us, then more of it must be better.

Many myths perpetuated today regarding: diets, vitamins, and training methods are actually harmful to the body.

Let's find the facts in this edition beginning with Vitamins.


Vitamins are essential organic substances required in **minute** quantities so that we can process the proteins, fats, carbohydrates and minerals from the foods we eat.

They are vital components of the enzymes which carry out the body's basic functions and most must be obtained from the foods we eat (a couple can be made by bacteria in the intestine).

Without vitamins, various chemical reactions in the body will not proceed and

deficiencies will show-up in malfunctioning blood cells, disorders of the skin, eyes, nervous and immune system.



"Frank, leak to the tabloids that these slow moving broccoli flakes cure cancer."

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Vitamins are easily obtained by the foods we eat. I always say: ***“Eat!!! Eat your foods. Eat to feel good. Eat to live younger”***.

Avoid packaged and processed foods. The most important thing to remember is that a diet which contains foods such as whole grains breads, pasta, rice, nuts, fruits, vegetables plus seafood, and/or poultry – lean meats, legumes, eggs and dairy products will have enough vitamins for the body to function in a healthy state.

A well balanced diet will provide you with a healthy body and mind. A sensible diet can provide all the vitamins the body needs.

Vitamins are essential to everyone no matter how young or old you are. We need whole food nutrients for

healing, repair, immunity, growth and energy.

There are two major classes of vitamins: those which dissolve in fat and those which are soluble in water.

In general, the fat-soluble vitamins (A,D,E. & K) stay in the body (either in the liver or in body fat) for much longer than those vitamins which are water soluble (B-complex and C). A regular supply of water-soluble vitamins is therefore essential.

Please Note: There is absolutely no evidence that extra vitamins have any benefits.

Vitamin supplements do not provide balance to a poorly selected diet.

Current studies are indicating that vitamin pills may be more harmful to our health than good.

Mega-doses of vitamins are entirely unnatural and many health authorities warn the public to be cautious when taking large doses of vitamins.

Research shows that taking large doses of some vitamins interferes with the absorption of others. A substance that is safe in small doses does not mean that more is better.

Vitamin C (ascorbic acid):

Vitamin C is essential for the formation of connective tissue between cells. It forms a cementing type of material which holds cells together and keeps various body organs apart. It is important for healthy skin, mucous membranes, muscles, capillaries, bones and teeth.

Vitamin C is also important in the formation of certain chemicals in the brain which controls mood.

People over time have stated that Vitamin C will prevent colds from occurring. Studies can only show that Vitamin C does not prevent colds and, at best, may slightly reduce the symptoms of a cold.

More success has been found with Vitamin C's ability to prevent the formation of some cancer-producing substances. Nitrates are chemical compounds used to cure and control bacterial growth in meats as bacon, ham and sausages. When combined with amines (substances which come from the amino acids in proteins) plus bacteria, the nitrates can form cancer-causing chemicals called nitrosamines. Vitamin C prevents their formation.

It therefore makes good sense to eat a food containing Vitamin C with one containing nitrates. For example, bacon is best eaten with tomatoes, ham with pineapple or some other fruit, and sausages with vegetables or followed by fresh fruit.

Vitamin C may also be involved in protection against heart disease. Vitamin C is involved in the manufacture of the body's cholesterol and may affect its excretion. However, Vitamin C also influences the way the body uses zinc and copper and it may be via these minerals that the Vitamin protects the arteries.

The body's normal stores of Vitamin C can last for approximately three weeks. However, since some Vitamin C is lost each day, it is important to replace it regularly. Most animals make their own Vitamin C – it is only humans, guinea pigs and monkeys who must obtain it from their diet.

The recommended daily intake ranges from 30 to 60 milligrams for adults and children. During pregnancy and lactation, this increases to at least 60 mg per day. Smokers should also ensure they are getting at least 60 mg per day.

Where do you find it?

Vitamin C is found in breast milk and in fruits and vegetables. It is easily lost when fruits and vegetables are squashed, stored at room temperature for long periods, or cooked. Some raw fruits and vegetables should be eaten each day.

Among fruits and vegetables, the best sources of Vitamin C are: guavas, broccoli, capsicum, pawpaw, Brussels sprouts, strawberries, oranges, rockmelon, mangoes, kiwi fruit,

grapefruit, cauliflower, cabbage, lychees, custard apples, lemons, gooseberries, raspberries, pineapple, tomatoes, watercress and spinach. An average serve of any of these foods will supply more than the day's needs.

Some Vitamin C is also found in blackberries, asparagus, avocado, potatoes, peas, parsley and apples.

What happens if you lack Vitamin C:

A complete lack of Vitamin C will produce scurvy with its associated infections. Before reaching this stage, Vitamin C deficiency produces bleeding gums, joint pains, bruising, wounds which do not heal, fatigue and muscular weakness.

What happens if you have too much?

Excessive amounts of Vitamins C come from tablets or ascorbic acid powder, not from food. The body can tolerate quite large amounts of Vitamin C. However, once the intake is too high, the excess is not absorbed from the intestine and passes from the blood to the kidneys for excretion in urine.

The first noticeable symptom of Vitamin C overload is diarrhoea. Always remember when diarrhoea occurs the intestine may be unable to absorb other nutrients.

More than 4000mg a day will increase the uric acid

excreted from the kidneys and poses a possible risk of kidney stones.

High levels of Vitamin C have also been shown to cause rebound scurvy when discontinued. This has occurred in babies born to women taking high doses of Vitamin C. Having been used to these excessive quantities, the baby's body has come to regard them as normal.

Too much Vitamin C may also cause excessive amounts of iron to be absorbed and may increase the absorption of other, undesirable mineral such as mercury.

Also be aware that taking too much Vitamin C could alter the effect of aspirin, antidepressants and drugs which control the thickness of blood. It may also interfere with fertility or induce a condition which resembles diabetes.

Vitamin D:

A form of Vitamin D is made when ultraviolet rays of sunlight act on a substance in the skin. This substance is then converted to another form of Vitamin D in the liver and finally to a third form in the kidneys.

How much do you need?

It has been suggested by some vitamin D researchers, for example, that approximately 5-30 minutes of sun exposure between 10 am and 3pm at least twice a week to the face, arms, legs, or back **without sunscreen** usually lead to sufficient Vitamin D synthesis. Other

expects suggest 15minutes exposure to sunlight on your hands and face every day.

Researchers cannot estimate the amount of Vitamin D made by the action of sunlight on the skin. However, a safe estimate is 5 micrograms a day for adults and 10 micrograms for children. Larger doses are not advisable.

Vitamin D Deficiency:

Nutrient deficiencies are usually the result of:

- * dietary inadequacy,
- * impaired absorption
- * increased requirement
- * increased excretion.

A vitamin D deficiency can occur when usual intake is lower than recommended levels over time, exposure to sunlight is limited, the kidneys cannot convert vitamin D to its active form, or absorption of vitamin D from the digestive tract is inadequate. Vitamin D-deficient diets are associated with milk allergy, lactose intolerance, and strict vegetarianism. The elderly people whose clothing covers all their skin also have a high risk of Vitamin D deficiency.

Vitamin D has been suggested to keep blood pressure low; reduces inflammation; gives the immune system a boost; helps your bones absorb calcium.

What happens if you lack Vitamin D?

A deficiency of Vitamin D can lead to poorly conditioned bones. In

children, the disorder is known as rickets.

In adults, a deficiency of Vitamin D also causes weakening of the bones leading to diseases such as osteomalacia and osteoporosis.

Studies have also shown the lack of Vitamin D is evident in:
*Depression
*Back Pain
*Heat Attacks.
*Cancer
*Sickness & Age related Deaths.

What happens if you have too much?

Vitamin D is quite toxic and there have been many cases of overzealous people suffering from Vitamin D poisoning. With excessive doses of vitamin D (from tablets or cod liver oil), too much calcium is absorbed into the blood and some is deposited in soft tissues. Nerves, muscles, the spleen and the kidneys can become hard or calcified. Initial symptoms include headache, loss of appetite, and vomiting, followed by kidney stones, increased blood pressure and problems with lung function.

Excess Vitamin D is a great problem since the quantities which cause toxicity are quite low. Taking as little as five times the normal requirement can be dangerous. Sunlight does not produce excess Vitamin D because the tanning of the skin shuts off the process whereby the Vitamin D substances are made. Excess comes from supplements, or from foods which are particularly rich in Vitamin D, such as cod liver oil.

Where do you find it?

Food sources of Vitamin D are kippers, herring, mackerel, salmon, sardines, tuna, margarine, liver, milk, butter and cheese.



Meditation

With Sue

Thursdays 10:45am.

I have been involved in meditation and healing for over 10 years and I am looking forward to sharing my knowledge.

We are born into this world with innocent, pure and clear minds.

As we begin to grow and experience life and are slowly influenced by those around us we pick up fears and limitations, which we may then reflect those as negative beliefs that we hold about ourselves and life in general.

Meditation can be a way of reconnecting to our inner innocence, where we can return to our own inner wisdom, building strength, bringing peace and a healthy approach to our way of thinking and clearing out the negative beliefs and patterns, that limit us.

Meditation may help with anxiety, intuition and opening up to new levels of everyday creativity.

With Jacqui

Thursdays 7:45pm

I have trained as a parapsychology teacher with the Australian Academy of Parapsychology and through the school I was mentored by some amazing teachers in different forms of healing and meditation. There is a wide body of research

that exists on the health benefits of meditation and if you are curious about how you may benefit please come along.

In our Thursday evening classes we will focus on both the practice and theory of meditation, you will get to enjoy different forms of meditation and find the one that you are most comfortable integrating into your life.



Yoga

With Elena

What's happening in Yoga?

Hatha

Saturday

8:00 – 9:00am

*Saturday class as usual - Hatha yoga at 8am.

Pre natal yoga

Saturday

9:15-10:15am

*Our Pre natal yoga for all mums to be - enjoy a beautiful hour connecting with your body and your baby and rejoicing in your new role as a mum from 9.15am every Saturday.

Kids yoga

Tuesday

4:00 – 5:00pm

*Kids yoga class (beginning Sept 7th) just after school come and enjoy an hour of yoga postures, games, meditation, creative visualization , its supa dupa fun!!!!!!

Partner yoga

Saturday (Sept.11th)

10:30 – 11:30am

*Partner yoga class on Saturday Sept 11th at 10.30am.

What is Partner yoga?

Yoga with a partner, breathing together, guiding and supporting one another is a creative and playful journey that connects us to each other in the present moment.

Joining with a partner in practice reminds us that we live in a shared world. When we work together in a lightened space, beliefs of separation are replaced with a sense of belonging. As we learn about each others differences we discover our inherent similarities.

Who can practice?

Anyone can be your partner in partner yoga: your partner, your parents, invite a friend, ask your teenage child.

No previous yoga experience required. Limited to 6 couples so **booking required**. Cost is \$20 per couple.

Yoga believes that all paths will lead to the top of the mountain the highest goal of yoga - unity with the divine in **all**. What a pleasurable way to reach that goal being truly present with our partner in body mind and spirit.

Mums & Toddlers

Friday (Sept 10 & 11th)

11:45 – 12:45pm

For kids age 2 – 5 yrs.

*If you have a young child (2-5yrs) you will love this class. This class is a wondrous blend of yoga based postures and games, developmental movement exercises and playful rhymes. Enjoy magical parent-child bonding and learn ways to make your days with your child easier.

Please email us your interest for all yoga classes

loveanddevotion@rocketmail.com



Next Edition - Vitamin E & K, and we discuss some minerals.

Thank you for Training @Studio16