



August , 2018

Newsletter

News and information for the friends of the Vegetarian Cooking Classes at CCAS from the Forrester's Beach Seventh-day Adventist Health and Wellbeing Team

Our Purpose

- to help you achieve optimum health and wellbeing.
- to present helpful information about balanced eating, keeping disease at bay and enjoying a long and fulfilling life
- to provide you with new tasty plant-based recipes and help you cook them

What's on this month? Healthy Lunches



On the menu

- ✚ Pumpkin, Spinach, Ginger and Tofu
 - ✚ Haystacks (or Nachos)
 - ✚ Falafel Wrap
 - ✚ Burrito Bowl
 - ✚ Spinach Pie with a Rice Crust
 - ✚ Berry Oat Bars
- Monday 30 July at 6:45pm for 7:00pm
 - Central Coast Adventist School, Penrose Close, Erina, in the Food Technology classroom
 - \$15 per night or \$60 upfront for Semester 1
 - Bookings necessary for each class, unless you have booked for the semester
 - Phone Cheryl on 0403848242 or 43259213 or email cheryl011148@gmail.com
 - (Don't forget your containers.)



2018 Cooking Class Calendar

Semester 1

- 26 February
- 26 March
- 30 April
- 28 May
- 25 June

Semester 2

- 30 July
- 27 August**
- 24 September
- 29 October
- 26 Nov

Natural ways to reduce inflammation



Inflammation is one of your body's natural defence mechanisms. It helps your body to heal and is a vital tool for a healthy immune system.

When you stub your toe or cut yourself, your immune system jumps right into action. Extra white blood cells are sent to the injured area to surround and protect it. A similar thing happens when you have a cold or virus. Your white blood cells protect and repair your body, so you can bounce back to better health.

This is called **acute inflammation**. It's a rapid response from your body that lasts a relatively short amount of time and is an important part of staying healthy.

There is also **chronic inflammation** and this type of inflammation can lead to health problems. Chronic inflammation is your body's response to exposure to unwanted substances like cigarette smoke, stress or even foods high in sugar, salt and fat.

Chronic inflammation is a constant, low level inflammation that can increase with age and also if you are carrying extra weight. It has been linked to the development of heart disease, diabetes, depression, Alzheimer's disease and even cancer.

In some situations, the immune system can go haywire and produces chronic inflammation without any obvious trigger. This is the case with auto immune diseases like inflammatory bowel disease (IBD).

So, what can you do to reduce chronic inflammation in your body?

While certain things in our environment can increase inflammation, others can work as natural anti-inflammatories for the body.

Here are seven natural ways to reduce inflammation in your body.

1. **Feed your gut** - Giving your gut the perfect fuel is essential to maintaining diversity and balance in your gut bacteria, and a healthy gut has a huge impact on our overall health. The gut's main fuel source - fibre - is broken down by the gut microbes into short chain fatty acids (SCFA) that keep the lining of the gut healthy. These SCFA reduce inflammation, which improves absorption of nutrients, boosts our immunity, regulates our mood and protects against bowel cancer.
2. **Eat more plants** - Pack your plate with a wide range of different coloured fruits and vegetables, placing priority on plant proteins like legumes, nuts and seeds in place of red and processed meats.
3. **Switch to wholegrains** - Try to cut out as many refined carbohydrates as possible, like white bread, white rice and highly processed baked goods. Whenever possible switch to wholegrain instead.
4. **Embrace good fats** - Healthy omega 3 fats have been linked with lower inflammatory markers - the signs of inflammation. Try to regularly include plant sources of omega 3 like walnuts, chia and flax seeds into your diet. These are ideal breakfast cereal toppers or tasty additions to DIY trail mixes for easy snacks on-the-go.
5. **Spice it up** - Flavour your food with plenty of herbs and spices. As well as being tasty, many herbs and spices have anti-inflammatory properties. This includes turmeric, garlic, cinnamon, cloves, sage, rosemary, pepper and ginger.
6. **Move it** - A tough workout can trigger acute inflammation as your muscles heal and recover. However, in the longer term, regular exercise has been shown to lower levels of chronic inflammation in the body. How much exercise? Aim to get active at least 30 minutes a day, most days of the week and the exercise should be a moderate intensity - when you can still talk, but are too puffed to sing.
7. **Get balanced** - When you get stressed, your body tries to fight it like an infection. That means, if stress is a constant part of your life, the inflammation could be constant too. It's important to find time to relax, get some balance back and discover what stress management tactics work best for you.