

## What is happening with health ministry in Tasmania?

### Health Van at the Ulverstone show

A team of enthusiastic members from Ulverstone Seventh-day Adventist Church recently ran the Health Age Health Assessment van at the annual Ulverstone Show. A colourful display of fresh produce and health promotion literature out the front of the van lured people in, as did the free show bags containing healthy fruit balls, an apple, recipe cards, a calendar with a Bible verse on the back and a colouring competition for the kids. The caravan and annex were set up with various “stations” that people rotated through, with a health questionnaire, blood pressure measurement, height and weight and finally a one-on-one discussion of results and follow up health suggestions. Forty-one people participated in having their “health age” calculated and from those, contact details were collected so that follow up programs can be offered in 2017. A total of 350 show bags were handed out, containing a whopping 1,050 homemade fruit balls! The Ulverstone team are already planning a healthy living “taster night” for 29th November as a follow up to the show and way to kick-start their health ministry campaign for 2017.

- by Dr Michelle Musca



### Deloraine Health Seminars

On Monday nights at the Deloraine High School, our church has been running a series of seminars promoting a plant based diet to heal the body of many diseases including coeliac disease, irritable bowel syndrome, diabetes and stress

related problems including depression.

Dr Daffodil Caballes Beaty has been the main speaker backed up by retired Chiropractor/Naturopath and health director at Deloraine church, Dr Barry Cook, who have both dealt with disease description, treatment protocols and plant based diet including nutritional supplements to help these conditions. At the end of each evening a food demonstration on the subject of the night has been presented by the Tasmanian Conference Health Director, Natasha Jordan, with Judith Northeast and Noela Leonard assisted by Sue Mott and Maritess McGuire.

A dinner is being hosted on November 21 for twenty five people with two guest speakers one who has recovered from major cancer and the other from arthritis by using a plant based diet.

On the fifteenth of November we attended the Deloraine Show and promoted the healthy life style. We used our church bus with the logo “Church on the Move” and featured future Stop Smoking programs, Marriage Enrichment, Healthy Cooking Classes and the book describing the life and faith of Desmond Doss of Hacksaw Ridge was given out.

All of this is being supported strongly by our Pastor Mark Goldsmith and his wife Zeny.

Ellen White says the health message is the right arm of the third angel’s message and if we believe Christ is coming soon then we all need to be faithful in our witness including having a healthy life style and a good Christian witness.

- by Dr Barry Cook



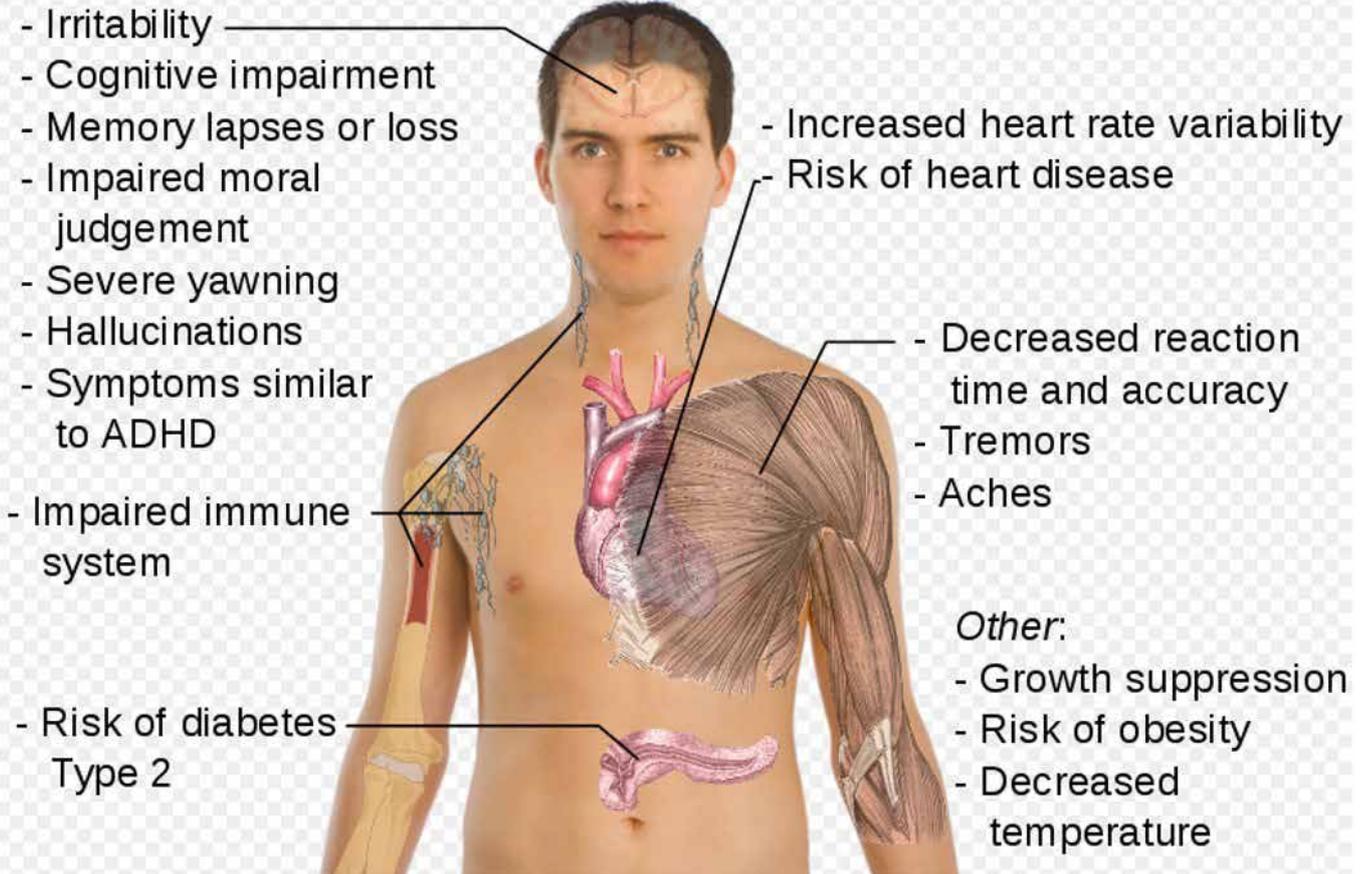
# Waratah Health Program

Dr George Mabeza from the Burnie church gave a health presentation on sleep for health at the town of Waratah. Dr Mabeza often has patients who are not obtaining sufficient quality of sleep.

each night.

Most of us feel fatigued at least some of the time. It is thought that fatigue causes about one road accident in six. Studies show that common distractions from sleep are the internet and texting. Parenthood, shift work, travel across time zones, illness, poor sleeping habits and some medications are other common sleep-stealers. New parents

## Effects of Sleep deprivation



Sleep is as essential for good health as oxygen, food and water, yet we still don't know exactly what sleep is or how it works. Most scientists agree that sleep is important for restoring physical and mental health. It refreshes the mind and repairs the body. Lack of sleep, or sleep deprivation, can cause fatigue, poor concentration and memory, mood disturbances, impaired judgement and reaction time, and poor physical coordination.

The body's internal clock regulates when and how we sleep depending on the amount of light around us. When the sun sets, your brain releases hormones to make you sleepy. In the morning, exposure to daylight suppresses these hormones and releases brain chemicals to keep you awake.

## Getting enough sleep

Before electricity, people used to sleep between sunset and sunrise. The typical person's sleep averaged a generous ten hours.

Today, sleep deprivation is common in developed nations, with the average adult sleeping for only six or seven hours

lose, on average, between 450 and 700 hours of sleep during their child's first 12 months of life.

## Sleep stages

Sleep isn't a static state of consciousness. The brain moves through distinct stages of sleep, over and over, every night. The two broad categories of sleep include:

- Rapid eye movement (REM) sleep
- Non-rapid eye movement (NREM) sleep.

### Rapid eye movement (REM) sleep

Rapid eye movement sleep occurs regularly during sleep, about once every 90 to 120 minutes. It makes up about one-quarter of your night's sleep. The brain in REM sleep shows significant electrical activity. The sleeper's eyes tend to dart about under closed lids, hence the name.

Most dreams are thought to occur during REM sleep. Sleep researchers have established that at least some eye movements correspond with dream content, which suggests

that we watch our dreams like we watch movies on a screen. REM sleep makes up a larger proportion of the total sleep period in babies (especially premature babies), which suggests that dreams help to mature a developing brain.

## Non-rapid eye movement (NREM) sleep

Non-rapid eye movement sleep is what you experience for the remaining three-quarters of your sleep time. The amount and type of NREM sleep vary with age and the degree of sleep deprivation.

The four broad stages of NREM sleep include:

- stage 1 – dozing or drowsiness – you hover between being asleep and awake
- stage 2 –you lose awareness of your surroundings, your body temperature starts to drop and your breathing and heart rate slow down
- stages 3 and 4 – deep sleep, also known as ‘delta sleep’ – your blood pressure, heart rate and breathing become very slow and your muscles relax. Growth and repair processes occur during this stage.

## Sleep disorders

Common conditions that can affect a person’s sleep include:

- Insomnia
- Sleep restriction/insufficient sleep/sleep-related habits that reduce sleep time
- Parasomnias such as nightmares, sleep walking and

night terrors

- Circadian rhythm disorders where the desire and ability to sleep are out of phase with the 24-hour social environment, such as jet lag and shift work sleep disorder
- Narcolepsy
- Periodic limb movement disorder and restless legs syndrome
- Snoring and obstructive sleep apnoea.

## Where to get help

- Your doctor
- Sleep disorders clinic
- NURSE-ON-CALL Tel. 1300 60 60 24 – for expert health information and advice 24 hours, 7 days

## Things to remember

- Sleep is essential for your health. It refreshes the mind and repairs the body.
- Lack of sleep can cause fatigue, poor concentration and memory, mood disturbances, impaired judgement and reaction time, and poor physical coordination.
- Common causes of sleep deprivation are parenthood, shift work, travel across time zones, illness, poor sleeping habits, some medications and the Internet.
- It is thought that fatigue causes about one road accident in six.



## Top 10 health benefits of a good sleep

[www.healthieworld.com](http://www.healthieworld.com)

1. Sleep Keeps Your Heart Healthy.
2. Sleep May Prevent Cancer.
3. Sleep Reduces Stress.
4. Sleep Reduces Inflammation.
5. Sleep Makes You More Alert.
6. Sleep Bolsters Your Memory.
7. Sleep May Help You Lose Weight.
8. Naps Make You Smarter.
9. Sleep May Reduce Your Risk for Depression.
10. Sleep Helps the Body Make Repairs.

# Picnic Lentil Loaf



## Ingredients

- 1 tin Sanitarium lentils
- 1 onion
- 1 - 2 cloves of garlic
- 2 tablespoons peanut butter or almond butter
- 1/4 cup Granola
- 1/4 cup tomato paste
- salt and herbs to taste
- 1/4 cup walnuts - crushed

## Method

In a food processor, whizz onion, garlic and walnuts together.

Put all other ingredients into a mixing bowl, add whizzed mix and mix well.

Pour into an oiled 1 litre pudding basin and secure the lid.

Place into a saucepan of water that comes 3/4 the way up the pudding basin.

Gently boil for 1 1/2 hours, checking water level during cooking and topping up as necessary.

Allow to cool for 15 - 20 mins before upending on a plate.

Lovely cold. Great sliced for a picnic lunch, in wraps etc.



All recipes courtesy from  
the kitchen  
of  
Di Howard

# Strawberry Cream

## Ingredients

- 1 1/2 cups water
- 1/2 cup cashews
- 1/2 cup cold, unsalted rice
- 1 cup frozen strawberries or other frozen fruit
- 1/4 cup dates or honey
- 1 teaspoon lemon or orange juice

## Method

Put all ingredients except water into a food processor. Whizz together adding 1/2 cup water in batches until the consistency is smooth and thick - a bit like yoghurt.

Chill then serve.

Use instead of cream or yoghurt

# Epiphany Bran Fruit Cake

## Ingredients

- 1 cup So Good
- 1 cup bran - wheat or rice bran will work
- 3/4 cup mixed dried fruit
- 2 ripe bananas mashed
- 1 cup self-raising flour
- 2 tablespoons honey
- 1/2 cup chopped walnuts or pecans

## Method

Soak So Good, bran and mixed fruit for 1 hour.

Mix the other ingredients in the So Good mix.

Pour into an oiled cake tin.

Bake in a moderate oven 180 degrees C for 1 hour or until cooked.

# Carob Weet-bix Balls

## Ingredients

- 9 crushed Weet-bix
- 2 cups coconut
- 1/2 cup sultanas
- 3-4 tablespoons carob powder
- 1 tin coconut milk or coconut cream
- 2 tablespoons honey

## Method

Mix the first four ingredients together.

Heat the coconut cream and honey together and add to dry ingredients. Form into balls, roll in extra coconut and chill. Quick, easy and freeze well.