

APRIL 2006
COMPLIMENTARY

REGIONAL EXCLUSIVE

THE BRIDES
FAKING THEIR
VIRGINITY

Robbie
Williams

TOO FAMOUS
TO FIND LOVE?

GUILT-FREE
EXCUSES
TO SKIP
THE GYM

Gipee!

ARE MEN
BAD FOR
YOUR
HEALTH?

Life's essential luxury

JORDAN'S
FAVOURITE
glossy!

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Spring forward!

- * LIGHT-AS-AIR FASHION
- * MAKE-UP TO GET YOU GLOWING
- * FRESH TIPS FROM A PRO



Life's daily demands can send stress levels soaring. But what does stress have to do with polishing off that bowl of cookie dough? Plenty, says VIVA nutritionist Tatyana Kour, whose practical tips may help all of us regain our sanity...and our waistlines

THE STRESS-FREE DIET

Are life's little glitches sending you over the edge? Feeling overwhelmed, overworked and overly anxious? Stress is a major factor in diseases where physical symptoms are prompted by mental or emotional problems. Indeed, stress-related disorders make up 50 to 80 per cent of all illnesses. Illnesses affected by stress include high blood pressure, heart disease, arthritis, asthma, insomnia and other sleep disturbances, eating disorders, eczema and ulcers.

Most of us think of tense situations and anxiety as being the major causes of stress. In reality, stress can be far more profound and wide-ranging and can include environmental stresses (pollution, noise, housing problems, cold or overeating), physical stresses (illnesses, injuries, an inadequate diet or one that is too high in refined foods, additives or toxins such as alcohol or caffeine), and mental stresses (problems in a relationship, financial worries, job difficulties or redundancy).

Unfortunately, many of us often ignore such concerns and greatly increase the intake of sugars, caffeine and highly processed foods when under considerable stress from overload, frustration and anxiety. Such nutritional habits only increase stress and make us even more prone to burnout and poor health.

UNDERSTANDING THE CONNECTION BETWEEN YOU AND YOUR STRESS

Are you stressed? If so, did you ask yourself why you are or where your stress comes from? While some of us may consider work our main stressor, others feel stressed about being unemployed, being pregnant, having a new baby, getting a promotion, dieting, getting stuck in a traffic jam, doing homework for school, dating someone or not dating at all, and the list goes on.

All of these factors have an effect on our bodies, causing them to make a series of rapid physiological changes called 'adaptive responses' in order to cope. These adaptive responses trigger a unique state of mind which can manifest itself in specific changes – mostly unfavourable – in your eating behaviour, such

as consuming too much sugar, too much salt, eating lots of sweets, binging on food we don't really like, drinking too much caffeine, not eating at all and so on. But what happens when such changes take place?

STRESS AND YOUR IMMUNITY

Stress weakens the immune system while good nutrition strengthens it. A malnourished diet (one that is deficient in adequate amounts of carbohydrates, proteins, fats, vitamins and minerals) is indeed a stressor on your body. Research has shown that some foods actually induce a state of stress. Excess amounts of sugar, caffeine, salt, and foods poor in vitamins and minerals weaken the body's resistance to stressors. Thus, eating a good, balanced diet will make your body stronger and more able to cope with stress. For example, B-vitamins (found in

DID YOU KNOW?

There are numerous actors who have to play depressed, sad or stressed parts, and they become stricken with diseases until they are able to come out of character and once again restore their bodies and immune systems with good nutrition.

poultry, meat, milk, eggs, yeast and legumes) are often depleted by stress, so make sure you are getting enough of them in your diet.

Vitamin C (found in citrus fruits, vegetables, potatoes, tomatoes, cabbage, beans and seeds) is a great stress reliever and boosts immunity, making you fitter and healthier. Vitamin C has antiviral properties and its presence can prevent or at least inhibit viral infection.

Vitamin A (found in yellow and red vegetables and fruit, dark green vegetables, fish liver oil, margarine, butter, cheese and eggs) is a powerful anti-viral vitamin that helps your cells resist viral attack by maintaining strong linings in areas prone to risk of infection; in particular, your nose, throat, and lungs, your digestive system and your urinary tract. Vitamin A also aids in the production of an antibacterial enzyme found in tears, saliva and sweat. This enzyme is also found in your immune cells.

Calcium (found in milk, cheese, seeds, nuts, root vegetables, cooked dried beans and whole wheat) is required by immune cells to help them stick to foreign bodies. Fever reduction, for instance, is calcium-dependent.

Magnesium (found in green leafy vegetables, nuts and seeds, peas and potato skin) is needed to keep up antibody levels and to produce immune factors. Antibody production is dependent on iron. Zinc indirectly influences immune cell activity.

DOES STRESS CONTROL YOU?

TAKE THIS QUIZ:

1. I eat foods high in sugars or sweets as my only meal:

- a. Once a week or less
- b. 2-4 times a week
- c. Nearly every day

2. I drink ___ caffeinated beverages (coffee, tea,

cola, etc) per day:

- a. 2 or fewer
- b. 3-5
- c. 6 or more

3. I skip meals:

- a. Less than once a week
- b. 2-4 times per week
- c. Nearly every day

4. I eat doughnuts or pastries as my main meal:

- a. Less than once a week
- b. 2-4 times per week
- c. Nearly every day

5. I eat high-fat, fast or salty food (e.g. burgers and fries):

- a. Never
- b. Once or twice a week
- c. Nearly every day

SCORING

Give yourself 0 points for every time you answered a.

Give yourself 1 point for every time you answered b.

Give yourself 2 points for every time you answered c.

0-4 points: Low food-related stress habits

4-6 points: Moderate food-related stress habits

6-10 points: High food-related stress habits

WHAT SHOULD YOU DO THEN?

1. Consume nourishing fruits and vegetables.
2. Eat whole grains and whole foods that deliver essential immune-boosting minerals.
3. Drink plenty of water to maintain movement

of fluids in your body.

4. Eat nuts and seeds for essential fats and minerals that are critical to the creation and effective functioning of your immune cells.
5. Limit your intake of simple sugars and refined grains.
6. Avoid skipping meals! It's very difficult to get in all of the fruits, vegetables, high-fibre grain and lean-protein sources that you need each day without eating at least three meals. Also, eating more frequently gives you a metabolic advantage.
7. Cut back on caffeine. Having several cups of caffeinated beverages each day can precipitate nervousness, insomnia, irritability, headaches and diarrhoea.
8. Keep healthy snacks like almonds, peanuts, fruit, yogurt, string cheese sticks, soy nuts or low fat granola within easy reach. Allowing yourself one or two healthy snacks during the day can curb any habits of grabbing doughnuts, chocolate, or chips. Your brain (and your waistline) will thank you.

TIPS FOR MANAGING YOUR OWN STRESS

1. Become aware of your stressors and your emotional and physical reactions
 - Notice your distress. Don't ignore it. Don't gloss over your problems.
 - Determine how your body responds to stress. Do you become nervous or physically upset? If so, in what specific ways?
2. Recognise what you can change
 - Can you control your stressors by avoiding or eliminating them completely? If you can't avoid them, can you reduce their intensity by managing them over a period of time?
3. Reduce the intensity of your emotional reactions to stress
 - Are you viewing your stressors in exaggerated terms and/or taking a difficult situation and turning it into a disaster?
 - Work at adopting more moderate views; try to see the stress as something you can cope with rather than something that overpowers you.
4. Learn to moderate your physical reactions to stress
 - Slow, deep breathing will bring your heart rate and respiration back to normal.
 - Make a conscious effort to relax and take time during each day to focus on positive thoughts.
5. Build your physical reserves
 - Exercise for cardiovascular fitness three to four times a week (moderate, prolonged rhythmic exercise is best, such as walking, swimming, cycling, or jogging).
 - Get enough sleep. Be as consistent with your sleep schedule as possible.
6. Maintain your emotional reserves
 - Pursue realistic goals that are meaningful to you rather than goals others have for you that you do not share.
 - Always be kind and gentle with yourself – be your own friend.
7. Develop a tough skin
 - Try not to personalise any criticism you receive. Look at negative comments as constructive criticism that allows you to improve your work.
8. Share the load
 - Delegate or share work whenever possible. Don't fall into the trap of thinking you are the only person who can do the job right.
9. Don't make 'work' a four-letter word
 - Job stress builds when our minds are constantly focused on work. Strive for balance in your life. Make time for family, friends, hobbies, and most importantly, fun
10. Deliberately find things to laugh at
 - Laugh at the silliness around you. Laugh at yourself and laugh at the stupidity of it all. Laughter is your best medicine.

Access all Areas...

FOOD FOR THOUGHT

What's in an Orange?

Available December - May

THE GOOD STUFF

Oranges are rich in vitamin C, high in fibre and are a natural source of lycopene and anthocyanins - two categories of powerful antioxidants.

DID YOU KNOW?

Just one orange supplies...

- 130% of the recommended daily value of vitamin C (Vitamin C cannot be stored by the body and must be replenished regularly for optimum health.)
- 28% of the recommended daily value of fibre (equivalent to 7g of fibre).
- 15% of the recommended daily value of folate.
- 7% of the recommended daily value of potassium.

HERE'S A THOUGHT

- Try eating a whole orange before a meal. Pectin and other fibres found in the albedo layer (the fuzzy white layer) curb the appetite and help suppress hunger for up to four hours!
- Substitute sweet-tasting 80-calorie oranges for 280-calorie snacks like a candy bar or a pack of cookies

or chips. Calculate the 200 calorie difference, and you could lose more than 10kg in a year!

- Peel and slice or section fresh oranges and add to fresh spinach salad. The vitamin C can help boost the absorption of iron found in spinach.

FRESH ORANGE SALSA

Makes three half-cup servings

Ingredients

- 1/2 cup fresh orange segments
- 1 cup tomatoes, diced
- 1 tablespoon red onions, diced
- 1 teaspoon hot pepper, minced
- 2 tablespoon cilantro leaves, minced
- 1 tablespoon parsley leaves, minced
- 1/2 teaspoon lemon juice
- 1/8 teaspoon salt
- 1/8 teaspoon pepper

To prepare

1. Combine fresh diced orange segments, tomatoes, red onions, jalapeno, cilantro, parsley, lemon, salt and pepper.
2. Toss gently to mix thoroughly.
3. Cover and refrigerate until ready to serve.
4. Use as topping on white fish, shrimp, chicken, tacos or low-fat chips.

Nutrition Facts	
Serving Size 1/2 cup	
Serving Per Recipe 3	
Amount Per Serving	
Calories 25	Calories from Fat 0
	% Daily Value
Total Fat 0g	
Saturated Fat 0g	
Monounsaturated Fat 0g	
Polyunsaturated Fat 0g	
Cholesterol 0g	
Sodium 100 mg	
Potassium 210 mg	
Total Carbohydrate 6g	
Dietary Fibre 2g	
Sugars 4g	
Protein 1g	
Vitamin A 620IU	Vitamin C 25mg
Folate 20mg	Calcium 20mg
Iron 0.2 mg	
* Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories 2,000
Total Fat	less than 65g
Sat Fat	less than 20g
Cholesterol	less than 300mg
Sodium	less than 2,400mg
Total Carbohydrate	300g
Dietary Fibre	25g