

GOOD HEALTH TIMES

MARCH
2016

HAPPINESS YOUR HEALTH & WELLNESS

Why a **Big Belly** can be
Bad for Your Health

An **Egg** a
day keeps the
doctor away!

 DR. MARK ROWE
A JOURNEY OF TRANSFORMATION

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Dr. Mark Rowe

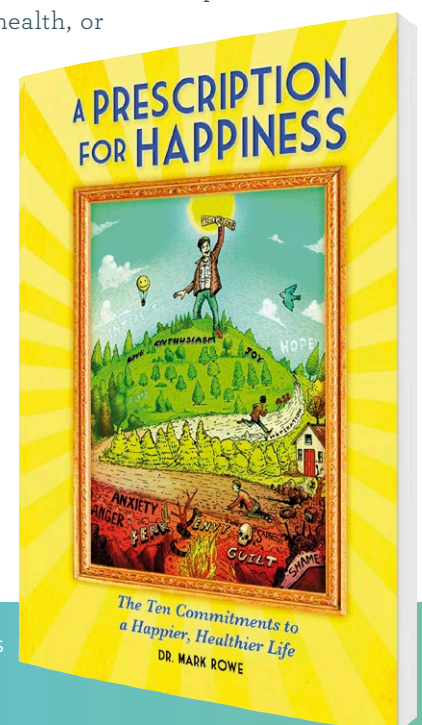
Releasing the Happiness Within

Pause for a moment and ask yourself this question... How many people do I know that are genuinely thriving in happy, fulfilling, and purposeful lives?

It's not that easy to think of candidates who fit the criteria is it? The disappointing reality is that even if you reckon 3 out of 10 in your network fit the bill, then you are enjoying an above average share of highly positive people in your life. Research has found that only about 20% of people see themselves as flourishing, or living close to their optimum potential. Unfortunately the other 80% identify as living a great deal less fruitfully than they know they are capable of. The problem is the human brain is not hardwired for happiness, but for survival. Happiness should manifest itself as a bonus when the needs of survival have been met. However, modern society presents us with so many challenges, so much negativity, and in such a perpetually distracting way, that it is my belief that happiness and fulfilment are no longer optional extras, but essential needs to be cultivated to ensure our wellbeing and that of those around us.

The good news is that there are simple methods to train ourselves to develop happiness boosting habits. Adopting this approach won't just impact on how we feel, our physical

health, and our wellbeing; but it also contributes greatly to our ability to become successful in our lives. Of course success is subjective, it means different things for different people, but regardless of whether your idea of success pertains to career, relationships, health, or productivity; maintaining a positive outlook is an important first step in the right direction to achieving your full potential. And be assured that the contagious nature of positivity will guarantee that you will be surprised by countless other benefits when you bring your happiness into all your day to day interactions.



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Happiness, & Your Health & Wellness.

This month's theme celebrates the United Nations International Day of Happiness on March 20th as a means of recognising happiness as a fundamental human goal.

Thought of the Month:

// A great definition of happiness: something useful to do, someone to love and something to look forward to. //



Take 5 - Five Ways to Boost Happiness

- 1 Be more kind & compassionate.
- 2 Build rich relationships.
- 3 Embrace Simplicity.
- 4 Express Gratitude.
- 5 Be on purpose.

As humans we enjoy the most satisfaction when we are engaged in positive relationships, have meaningful productivity, and a sense of purpose and accomplishment. In the end, we are greatly affected by what we do, and by extension we are more affected by what we do every day, than those things we rarely find the time to do. The smallest of actions exceeds the noblest of intentions. What this means is that we must endeavour to take action on those things we wish to do, simply dwelling on the idea of them isn't enough, and can indeed have negative effects on us as we develop a tension between what we think, and what we do.

Beneficial behaviours can become just as habitual as destructive ones so each of us can empower ourselves by building habits such as expressing gratitude, exercise, and embracing realistic optimism. But we must make that choice to take action, embrace the belief that the potential for everyday happiness lies within each and every one of us. Releasing this potential will provide you with more balance and harmony, and it is this foundation that can truly provide a platform for success, and for a life of significance.

Dr. Mark Rowe

Dr. Mark Rowe – Editor

For more on releasing the happiness within and the small choices that make big changes, visit www.doctormarkrowe.com

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An Egg a day keeps the doctor away!



Free-range eggs are one of nature's true super-foods.

They are rich in protein and omega-3 fats (a protective fat for our hearts and brains). Packed full of B vitamins, so important for brain health and gene expression, they also contain choline, an important nutrient which lowers blood levels of homocysteine which is a marker for heart disease and depression.

Eggs contain iron which boosts our ability to transport oxygen around our bloodstream and helps energy and concentration. Other trace elements like magnesium and zinc help our muscles and immune system. And there's also some Vitamin D, which many of us are deficient in.

But aren't eggs full of cholesterol I hear you asking?

Well yes they are and that's ok. Because we now understand that blood cholesterol levels are raised by eating a diet high in sugar, processed carbohydrates and vegetable fats. And NOT generally from foods rich in cholesterol like eggs. It's important that the eggs you eat are free-range as battery-raised hens produce eggs rich in omega-6 fats which in excess can be harmful to health.

Scrumptious Superfood Recipe

Scrambled Eggs (serves 2)

- 4 Free-Range Eggs.
- 2 Tablespoons Butter.
- 4 Cloves Garlic, minced.
- 4 ounces grated cheese (Gouda or blue).
- Sea Salt.
- Plenty of freshly ground Black Pepper.
- 2 Tablespoons Turmeric.

Break the eggs into a bowl, beat firmly and set aside. Melt the butter and garlic over a heated pan. Add the eggs, stir and season with salt and pepper. Add turmeric. Spread the cheese evenly until melted.

Easter Eggs



Easter is synonymous with eggs and not the omega-3 free range variety. Have you considered a dark chocolate egg or more this year? Dark chocolate is rich in cacao and is also known as theobroma (food of the Gods). Packed full of heart-boosting flavonoids and phytonutrients, dark chocolate also reduces levels of the stress hormone cortisol, helping to lower blood pressure and blood sugar. It helps protect against ageing, boosts mood and reduces brain fatigue. Remember the darker the better, aim for at least 70% cacao.

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Why a Big Belly can be Bad for Your Health

A big belly - excess body fat stored around the belly area - increases the risk of health problems, particularly in men.

You can measure your belly with a simple tape measure at the level of your belly button with tummy relaxed, "perfectly normal" for men should be under thirty seven inches and under thirty two inches for women.

Quite simply with a bigger belly you increase your long term risk of developing some or all of the following medical conditions.

- Heart disease, including heart attack and angina.
- Stroke.
- Raised cholesterol.
- Diabetes
- Gall stones.
- Some cancers, particularly bowel cancer and prostate cancer in men.
- Osteoarthritis, especially of the weight-bearing joints such as the hips and knees. One pound of fat around the belly puts ten pounds of pressure on the hips and knees.

So if you are carrying ten pounds of excess fat around your belly, this will put an extra hundred pounds of pressure on your weight-bearing joints.

High blood pressure. Every extra pound of fat you have needs a blood supply. If you were to get all the tiny thread-like blood vessels supplying that pound of fat and stretch them out into an imaginary line, you would have an extra mile. So if you are three stone overweight this means your heart has to pump blood an extra forty two miles every time it beats. You can see how this can cause your blood pressure to go up over time!

Sleep apnoea syndrome. This is where snorers develop pauses or absences in their breathing due to effects on the breathing centre in the brain. Obesity is a big risk factor.

Gastro-oesophageal reflux disease (heartburn). This is where acid comes back up the food pipe from the stomach, causing belching, heartburn or indigestion.

Higher complication rates from surgery including wound infection, chest infection and clotting of the legs (deep vein thrombosis). Operations such as hip replacement surgery can be more difficult.

Diabetes. In simple terms the pancreas gland, which is the organ responsible for regulating blood sugar levels through the production of insulin, becomes burnt out through sheer overwork. Symptoms of diabetes include fatigue, thirst and urinating more frequently.

In middle-aged men diabetes can be present for several years before a diagnosis is made. So if you are overweight and have any of these symptoms consult your family doctor.

Metabolic syndrome. This is where a person has a group of risk factors which significantly increase their risk of diabetes and heart disease. If you have at least three of the following features then you have metabolic syndrome:

- A waist circumference greater than 40 inches in men and 36 inches in women.
- Raised blood pressure (greater than 130 over 85).
- Raised fasting blood sugar.
- Raised blood fat (triglycerides) levels.
- Low levels of HDL cholesterol (the good or happy cholesterol), i.e. HDL levels less than 1.

The presence of any three of the above-listed factors diagnoses metabolic syndrome, which means you are at increased risk of developing heart disease, diabetes, stroke or all three.

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Tip of the Month: Just 20 minutes of exercise a day can help you destress, boost your motivation, positivity and sense of wellbeing.