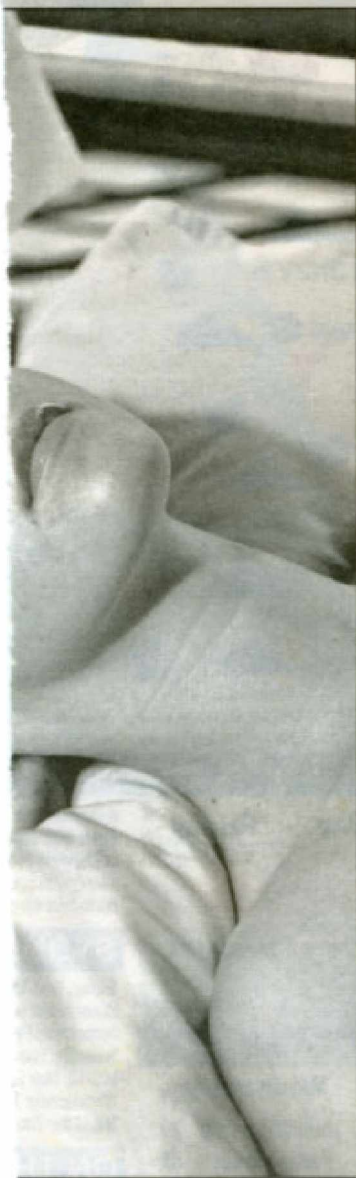


# remedies



## Protecting your assets

**Y**our mind and body are your most important assets, say health experts.

"May of us take for granted the ability to get up in the morning and walk around, move without pain, and be free from illness or disease," said the director, UTOPIA Health and Wellbeing, Mr Timmo Topp.

Yet, as we get older, these things catch up with all of us. We tend to put on weight, get stiff and have less energy and a lower libido. We tend to put this down to ageing, but is it inevitable?

With a small investment we can reduce the risks of ill health and disease such as heart disease, obesity and diabetes.

"With care, we can improve the quality of life, increase longevity, energy levels, control weight gain, and maintain a healthy physique, improve libido and reduce stress, simply by paying attention to what you eat, when you eat, and by managing stress levels," Mr Topp said.

Many people begin diet or health regimes that frequently crash and burn after a successful start. This is because they try to initiate into their lifestyle too many

changes too soon.

Long-term health, well-being and weight change is achieved by a long-term view, and introducing small changes gradually until a balanced lifestyle is achieved.

Another common cause of failure is abstaining from those naughty things we know we shouldn't be eating or drinking, such as Tim Tams and beer.

These, however, are an important part of our social and personal enjoyment. There is no need to eradicate them from your diet, only to end up on a binge a few days later. It is all about balance.

The object should be to reduce the number of naughty things to a sensible limit, and to introduce a few more healthy alternatives.

Invest in some light, moderate exercise that you enjoy, or at least do not mind.

"Exercise is not a substitute for activity, it is a supplement," Mr Topp said. Eat fresh foods regularly, such as fruits, vegetables and nuts, and avoid as much un-natural, processed food as possible.

Finally, make a little time for your self for relaxation, simply by doing nothing except allowing your mind to rest and unwind.

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o maintain their

chronic health problems from  
which they seemed to be gaining  
no relief and other were worry-  
ing about the side-effects of the  
drugs they were perscribed.

People wanted to know more  
about their own health. They

pain killers and anti-  
inflammatories?" and

"DO I have to feel tired and  
sick all the time?"

Australians' habits were  
changing. They were learning  
how important nutrition was to  
good health, how deficiencies of