

# e BUBBLE *Life*

L a u g h • L o v e • L i v e

Your Authentic Lifestyle Magazine

36<sup>th</sup> Edition

Identify your  
**animal spirit**

**PASSIONATE STYLE –**  
How to find your  
inner animal

**SEXY INTO  
SPRING**

## FINDING THE **ANIMAL** INSIDE OF US

The things  
our dogs can  
teach us

**Ignite your  
passions**  
by finding  
your flow

Top 5 tips to  
reduce your  
**ENVIRONMENTAL  
FOOTPRINT**

**SOCIAL MEDIA**  
tactics to help  
build your  
small business

How to create  
a **sustainable**  
wardrobe

**HOLIDAYING  
AT HOME**

Taking control &  
finding your passion





# CONTENT

<b>EDITOR'S SCRIBBLE</b> .....	3	<b>SEXUAL HEALTH</b>	
<b>CONTRIBUTORS</b> .....	3	I am woman ... hear me ROAR! .....	42
<b>HEALTH</b>		<b>SUSTAINABILITY</b>	
How to heal your digestive health naturally .....	7	Why we should all support B Corp Certified businesses .....	44
Identify your animal spirit .....	9	How to save energy at home – Part 4 .....	46
Is the animal in you hiding? .....	11	Top 5 tips to reduce your environmental footprint .....	47
What would Mama Bear do? .....	13	<b>TECH SPHERE</b>	
Getting personal with weight loss .....	15	Is my iPhone as safe as they say? .....	50
<b>MENTAL HEALTH</b>		<b>WOMEN</b>	
The importance of connections in this new world of lockdowns and social distancing .....	17	The things our dogs can teach us .....	52
<b>NATURAL REMEDIES</b>		What cats can tell us about business .....	54
10 reasons to put more greens on your plate .....	19	Social media tactics to help build your small business .....	55
<b>DENTAL</b>		THE LIONESS - Find your fearless .....	57
Airways are important - Breathing for health.....	22	Taking control & finding your passion .....	58
<b>FASHION</b>		When miscarriage happens .....	60
Passionate Style – How to find your inner animal.....	24	<b>MOVIE REVIEW</b>	
It's hard to be passionate about fashion when fashion is the second most polluting industry .....	26	The Godfather of Harlem .....	61
Sexy into spring .....	28	<b>FEATURE</b>	
<b>LEGAL MATTERS</b>		Tofu – a friend or foe? .....	62
5 easy ways to increase your property value before selling .....	30	<b>RECIPE</b> - Spicy Vegan Breakfast Scramble .....	63
<b>FITNESS</b>		<b>TRAVEL</b>	
Finding the animal inside of us .....	32	Why stay away from animal tourism .....	64
Ignite your passions by finding your flow .....	34	Holidaying at home .....	66
<b>GARDENING</b>		<b>RECIPES</b>	
Top trees for your garden .....	36	Chocolate Ice Cream Bars .....	68
<b>ODD SPOT</b>		<b>FOOD</b>	
Finding and fueling your passions .....	38	How to incorporate Tofu into your diet .....	70
<b>PETS</b>		<b>RECIPE</b> - Sesame Tofu .....	71
Tips to keep your cat entertained (and out of trouble) .....	40		

## Disclaimer

The opinions, beliefs and viewpoints expressed by the various authors in e-Bubble Life do not necessarily reflect the opinions, beliefs and viewpoints of Sanus Vita / Bubble Muffin or official policies of Sanus Vita / Bubble Muffin. You must not rely on the information in e-Bubble Life as an alternative to advice from an appropriately qualified professional. If you have any specific questions about any matter you should consult an appropriately qualified professional. The author/s, publisher & Sanus Vita / Bubble Muffin disclaim any liability in connection with the use of information within our publication/s.

## Copyright Statement and Policy

- The author of each article published on this web site owns his or her own words.
- The articles on this web site may be freely redistributed in other media and non-commercial publications as long as the following conditions are met.
  - The redistributed article may not be abridged, edited or altered in any way without the express consent of the author.
  - The redistributed article may not be sold for a profit or included in another media or publication that is sold for a profit without the express consent of the author.
- The articles on this web site may be included in a commercial publication or other media only if prior consent for republication is received from the author. The author may request compensation for republication for commercial uses.

# Editors Scribbles



Spring is now in full swing, and we hope you have been enjoying some of these amazing days of sunshine and life with the blooming of flowers and blossoms everywhere. Our October issue is bursting with ideas and information to help you navigate life a little easier. We have joined forces with

the CSIRO who have new research for you on diets and diet types, learn what type you are in their online survey. Tofu is our featured ingredient, are you a lover, or just not sure about it? Here is your chance to learn a little more about it.

We have joined forces with the Cat Protection Society who talk about how to keep your cats entertained, active and healthy. We have an awesome review of The

Godfather of Harlem movie for those of you looking for something else to watch.

Then if you are looking to sell your house, read about our 5 simple steps to increase the value of your property.

There is so much more in our Spring edition, hope you enjoy and please pass the issue along to someone you feel would also enjoy e Bubble Life magazine.

Please enjoy this edition, any comments or feedback is appreciated, please forward through to [admin@bubblemuffin.com](mailto:admin@bubblemuffin.com)

Keep looking after yourself, your family and friends, eat healthy and exercise daily,

Laugh, Love, Live  
*Kevin Kapusi Starow*

## Contributors



### NAOMI RADKE

As a 'Jet Mum' working with men, Naomi Radke discovered that women often do not put their sensuality high on the 'to-do' list. She hung up her wings and created a sophisticated online erotic story club called 'O-MeTime' publishing weekly episodes for women to explore Sensuality Without Shame.



### ANA JONES

A former teen magazine editor and journalist, Ana is now a corporate communications writer. She has contributed to books such Australian Baby Guide and periodically writes articles for lifestyle and magazines and websites on a variety of parenting topics.



### CERISE CANON

Cerise Canon is a Melbourne-based storyteller and wordsmith. Working as a professional copywriter and marketing guru, Cerise is also a new Mum who loves to travel in her spare time, particularly exploring all that Victoria has to offer.



### LOPA GANGULY

Lopa is a Graphic Designer associated with many publications and design studio. Passionate about creating unique but simple designs with a modern twist both in print and digital platform.



### ANNABELLE DREW

Annabelle Drew has 30 years of experience in gardening and landscape design. Her passion for landscapes started on holiday jobs working in the lush gardens of elite Melbournites.



### KELSEY RILEY

Kelsey Riley is a registered nurse and founder of the plant-based food blog, Planted in the Kitchen. She enjoys creating vegan recipes and hopes to inspire others to see that eating a plant-based diet can be easy and delicious.



# Contributors

---



## CONNIE ROGERS

Connie Rogers is a Certified Integrative Nutritional Holistic Health Coach, Certified Brain Health Coach, Published Author, Organic Chef, Natural Wellness Blogger, Professional Researcher, Expert in non-pharmaceutical applications to chronic illnesses for endocrine, metabolic and skin health. [www.bitesizepieces.net](http://www.bitesizepieces.net) Published Author on Amazon: 'Path to a Healthy Mind & Body'



## DONNA CAMERON

Donna Cameron is a Registered Psychologist, she has been working in private practice at The Couch Therapy Group with adults, children and couples for over 17 years.



## ZOLA JOHNSON

A Registered Nutritionist and Cosmetologist, and has been an advocate for healthy eating, beauty and lifestyle for more than 5 years.



## SOPHIE RICHARDSON

Sophie is the Account Executive at Sydney-based communications consultancy, POPCOM. She works tirelessly to help clients get media coverage, forever working on what makes 'the perfect pitch'. On a mission to create her own personal brand, Sophie is driven to teach others and add value to their business..



## SUSSI TAAFFE

Susie Taafe is an entrepreneur, engineer, single mum of three who is passionate about small business and helping women to feel amazing every day.



## MIDHUN VASAN

Midhun Vasan is a food blogger at Sugar Spice N' Everything Nice, along with his wife, Akshita. They focus on creating easy eggless and vegan friendly recipes, using ingredients commonly found in your pantry.

## SONIA GIBSON

Sonia has always loved solving puzzles and empowering people to help themselves. Accounting Heart brings these two passions of hers – her head and heart – together.



## NATASHA ZERVAAS

Natasha Zervaas is the Founder of the Green Secrets Holistic Health Clinic and School. Natasha is a degree qualified Naturopath, Health and Mindset Coach specialising in Adrenal Fatigue (stress and anxiety).



## SALLY MCGRATH

Having experienced burnout and illness; Sally has made it her passion by taking women out of survival mode, by removing the spiral to burnout; through the Health that Heals, Thrive and Alive program. Author, burnout survivor, Sally knows what it is like to neglect yourself, living an exhausted workaholic and "hamster -in-the-wheel" existence. She works with women to crowd out behaviors that have lead to burnout and transform women's lives so they can live with joy and harmony.



## KAREEM TAWANSI

For over 30 years I've been working with forward-thinking companies to help them deliver ground-breaking software. Software that helps people remove friction from their lives and achieve their ambitions.



# Contributors

---



## [DR JEFF KESTENBERG](#)

Dr Jeff Kestenberg is general dentist in Coburg Victoria Australia and a consultant in prosthodontics at Monash Medical Centre. He is also an examiner for the Royal Australasian College of Dental Surgeons. His special interests include dental sleep medicine and the management of tongue tie.



## [CLAIRE DUNKLEY](#)

Claire Dunkley is becoming instrumental in revolutionising the Healthcare Industry with the introduction of Amino Neuro Frequency (ANF) Therapy technology to help heal patients at the cause of their issue and not just symptom management



## [ORSOLYA BARTALIS](#)

Orsolya Bartalis is a dynamic travel expert with a solid reputation as an authority on all things Cuba, and along with her Cuban-born partner Yoanis, loves nothing more than sharing her local knowledge and love of the mysterious island Republic with the world.



## [ANNA MEYER](#)

Anna is a busy wife and mum, balancing work, family and her blog, living in Brisbane. I launched my blog Anna's Attire in 2021 after over 10 years experience in the fashion industry.



## [DR RAEWYN TEIRNEY](#)

Dr Raewyn Teirney is a world-renowned fertility specialist and gynaecologist who has been in both private practice and worked with IVF Australia for over 25 years.



## [ADRIANA KRUEGER](#)

As the Product and Marketing Manager for Organic & Quality Foods Pty Ltd since 2002, Adriana has worked tirelessly promoting the benefits of organic and chemical free foods.



## [KRISTI IERVASI](#)

Kristy has worked in the fitness and weight loss industry for 11 years as a nutrition and weight loss consultant, as well as a personal trainer.



## [LISA COX](#)

Is a multi-awarded writer, presenter and consultant based in Australia. She is also the author of two books, an advocate and ambassador. Lisa is on a mission to muse, educate and challenge.



## [LUCINDA FLYNN](#)

Co-founder of Going Green Solutions eco-lifestyle shop-front and webshop, Lucinda is also an accredited Scorecard Home Energy Efficiency Assessor and has a Permaculture Design Certificate. She loves to share permaculture, sustainability and self-sufficiency ideas with others, and hopes to inspire people with the huge range of choices available to us in our individual journeys towards a greener lifestyle.



## [LYNN POWER](#)

Lynn is currently the Co-Founder and CEO of MASAMI, a clean, premium haircare brand with a Japanese ocean botanical that's all about hydration.

# Contributors

---



## [AHMAD FRAIJ](#)

Ahmad Fraij is a mechanical engineer with a vast and solid experience in sustainability, energy saving and building services. He worked in this field with different companies in Australia and overseas. He currently runs his own business Applied Energy Saving Solutions to help his clients reduce their energy bills by reducing their energy consumption and preserve the environment for the coming generation by reducing CO2 emissions.



## [MICHAEL DERMANSKY](#)

Michael has now been working in physiotherapy for over 20 years, since graduating from Melbourne University in 1998 and is even more passionate about getting the best outcomes for clients than he was then.



## [SARAH DOWER](#)

Sarah has always had a passion for health and wellbeing, having seen firsthand the issues ill health and not looking after yourself can cause. I went on to complete a science degree, and having worked in R&D, and developed my knowledge of health and wellbeing.



## [PENNY MCCOY](#)

Pennie McCoy is an Accredited Practising Dietitian with over 15 years of experience in a range of practices, including hospital dietetics, research as well as corporate nutrition.



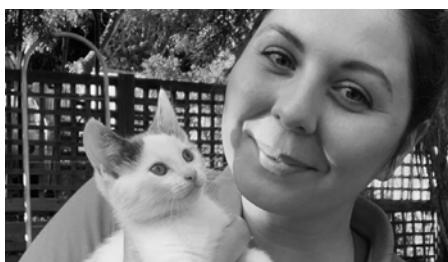
## [MERYL D'SA-WILSON](#)

Meryl D'Sa-Wilson is a Content Market Manager. She has been a content writer and editor for over 8 years and has written about small business trends, marketing, environmental advocacy and climate change, technology, and communications.



## [TALY MATITEYAHU](#)

Taly Matiteyahu is the founder and CEO of Blink, an audio-first blind speed dating app on a mission to help people find and build relationships that matter.



## [NATALYA DUNDOVICH](#)

Natalya Dundovich is a Behaviourist for the Cat Protection Society of Victoria, a not for profit animal welfare organisation.



## [KATRINA NAISH](#)

Katrina Naish has over 20 years' experience in the fashion and textiles industry across design and production.



## [ERIKS DRAISKA](#)

Eriks is a Managing Director of Plaza Real Estate RLA237921. He's helped singles, couples & families through the best of times and sometimes the worst, that's when you truly need someone who cares.



TOTAL  
WELLBEING  
DIET

## What's your Diet Type?



**FREE QUIZ**



# How to heal your **DIGESTIVE** **HEALTH** naturally

**D**igestive health is one of those things many people usually put on the back burner. But, the reality is that our wellness starts with how we feed our body. What's more interesting is that most health issues can be solved if we simply heal our gut. That 's right! Your gut is the way to nourish your body and to keep it healthy. So, if you've been struggling for a while with problems like leaky gut, constipation, reflux, bloating, etc, then you came to the right place. In this post, I will cover how to heal your digestive health in natural ways.

## **CHOOSE MORE WHOLE FOODS RATHER THAN PROCESSED**

Eating too many refined sugars, fats and artificial flavors can irritate your gut. Not only that, but it can cause weight gain and induce other health problems like bloating, constipation, IBS, etc. When you eat more whole foods, you get more fiber, vitamins and minerals, and antioxidants, which are crucial for your gut health.

## **ADD MORE FIBER TO YOUR MEALS**

You should be eating at least 20-30 g per day of fiber. The good thing is that you don't need to buy expensive dietary fiber supplements to start. All you need to do is start eating more veggies at every meal (greens, bright colored veggies), fruits, nuts and seeds. Also, swap any refined or processed carbs you may have in your pantry for whole grain products and cereals. Some good sources of fiber are: oatmeal, chia seeds, beans, lentils, quinoa, etc. For a full guide, head over to this post.

## **REDUCE THE AMOUNT OF SALT AND ARTIFICIAL SEASONINGS**

Adding too much salt and artificial seasonings can seriously damage your gut. This is the main reason why acid reflux is so common, or many people suffer from gastritis. To avoid these issues, go for more natural



seasonings and spices like turmeric (which by the way is digestive), cinnamon, ginger, etc.

## **PROBIOTICS WILL BE YOUR BEST ALLIES**

Include more probiotics into your life and your gut will thank you! Actually, one of the best ways to heal your digestive health naturally is by eating fermented products like yogurt, kefir, kombucha and others. Probiotics help to keep the friendly bacteria in your gut, to prevent infections, improve your digestion and even boost your metabolism.

## **LIMIT ALCOHOL INTAKE**

When you drink too much alcohol, it can slow your body's ability to produce digestive enzymes. Because of that, food takes longer to digest and you absorb less nutrients. Not to mention that this will also cause more fermentation in your gut (AKA gas, bloating, inflammation). If you want



to heal your digestive health naturally, keep an eye on the excess alcohol.

### IDENTIFY FOOD ALLERGIES AND SENSITIVITIES

Food allergies and sensitivities can also be a huge problem when it comes to your gut. Seriously, it's not fun when you have to skip that favorite banana nut bread or avoid your favorite snack with cottage cheese. Therefore, you want to pay attention to your body and avoid foods that can trigger discomfort. Talk to your doctor about symptoms like bloating, diarrhea, vomiting, etc.

### LOWER YOUR STRESS LEVELS

Did you know that stress can also alter your digestion? Stress is actually one of the main culprits when it comes to severe digestive problems. For example, if you suffer from IBS (irritable bowel syndrome), you may relate to what it feels like. This is a very common condition caused by too much stress. Because of this, you should always aim to keep your stress levels under control. This is not only for your mental health, but also for your digestive system.

### DRINK ENOUGH WATER

I can't stress this enough! Water will be your best friend all the time when it comes to your health. Especially with your gut health, water is key to keep good bowel movements. Drinking enough water will also prevent you from having problems like constipation and inflammation. Make sure you're having at least 2L of water each day!

### EAT SLOWLY AND MINDFULLY

This is one of the most underrated healthy eating habits. And trust me, doing this will help to easily heal your digestive health naturally. When you eat too fast and barely have enough to chew your food, what you're doing is forcing your gut to overwork and break down food properly. This will cause more irritation and problems like gastritis. So, as a simple rule of thumb, just eat slowly,

enjoy every flavor and you'll even enjoy your food more! Also, eat at regular hours.

### GET ENOUGH SLEEP

If you didn't know, evidence shows that lack of sleep can cause you to overeat the next day. Not only that, but it will make you have constant cravings, and not necessarily for healthy food. So, another easy way to heal your digestive health naturally is by resting enough. Basically, sleeping less hours. You'll definitely save you some headaches and stomach aches in the future.

Also, staying up too late can cause you to eat at later hours. This indirectly can affect your digestion, because your digestion is slower at night than when you just wake up in the morning. Besides that, if you sleep immediately after eating, it can increase chances of reflux, gastritis or other gut issues. Therefore, avoid eating at least 2-3 hours before bedtime.

### PRACTICE EXERCISE

Staying active is one of the key ways to improve your digestion. When you workout, you stimulate your bowel movements and this will help to prevent any problems like constipation. Besides that, exercising also promotes getting rid of toxins, so you will be able to absorb nutrients better and reduce bloating. Be active as much as you can. Something so simple as going for a walk for 30 minutes or taking the stairs instead of an elevator will certainly make a difference.

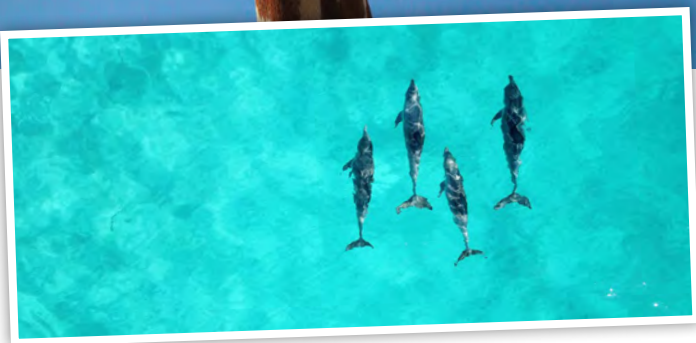
### FINALLY,

Healing your digestive health naturally is very easy. As you notice, there are many simple steps within your eating habits that you can tweak to improve your digestion. All you need to do is focus on quality nutrition, stay hydrated, avoid foods and substances that can trigger irritation, and change your lifestyle habits. Do you still struggle with digestive problems? Share this with someone you care for.

Written by [Z. Johnson](#)



# IDENTIFY YOUR ANIMAL SPIRIT



**D**og, Dolphin, Elephant, Giraffe, Horse, Lion, Polar Bear, Tiger .... What's the animal that attracts your attention? Consider the animals you have always loved, maybe even had as pets over the years or sponsored their preservation. Most of us have an affinity with a specific animal that represents meaning and possibly devotion in our world or spirituality.

Spiritual guides can present themselves to us whatever way we are willing to see them, and it is natural for people to connect with theirs through the face of a familiar animal.

You may find that you have one main power animal, or you could feel close to many animal spirit guides. Your animal guide(s) hold a particular quality that could help you navigate life with a bit more ease, faith, and confidence. Sounds odd, read on!

## WHAT IS MY SPIRIT ANIMAL?

To find out more about your spirit animal, here are three tips to identify yourself with the animal in you that represents your spirit animal.

### 1. WHAT DO YOUR DREAMS SAY?

Our dreams are intimately connected to our waking lives, so every time you see an animal in yours, write it down the next morning. Is there any particular animal that comes up again and again? That could be your spirit animal.

### 2. THINK ABOUT YOUR PAST CONNECTIONS TO CERTAIN ANIMALS.

Did you have favourite animals as a child, growing up? The animal may have been a family pet or a wild animal that you followed and read stories about during this period of your life.

### 3. JOURNAL ABOUT THE ANIMALS THAT YOU FEEL DRAWN TO.

Do animals seem naturally drawn to you? Do you light up each time you are connected to a specific animal? Consider how the interaction makes you feel and write about the experience with each animal to identify your spirit animal.

Our spirit animals have the ability to teach us about personal power and inner strength. Animals are also found to be beneficial for our holistic wellbeing and happiness, with a single interaction having the ability to reduce cortisol levels and prevent the "flooding" impact of a stress related response. So next time you feel that anxiety within you, channel your inner spirit animal or lose yourself connecting with your beloved pet, note how you feel a few minutes after the interaction or distraction.

## SOMETHING FUN TO TRY!

The link below takes you to a quiz to help identify your spirit animal. It is a fun and really simple way to connect with your spirit animal and take a few minutes out of your day to be curious and bring in some joy to your day. Joy and fun is something frequently missing in our adult lives, so try the test below at varying stages and see the animal you most resonate with. Does it vary or are you consistently aligned with the animal in you?

<https://animalinyou.com/#test>

Once you've identified your spirit animal, you can start to listen to it. Spirit animals teach us about ourselves. They are thought to emanate the traits and strengths that we need to be honoring more in our own lives at a certain point in time. Remember that your spirit animal is something that may change depending on your current place in life and the ebbs and flows in life. Paying attention to the spirit animal could just be the best way to navigate your preventative health plan.

## ANIMALS AND ILLNESS

If you've had any experience with dogs, you'll know they have a keen sense of smell. They sniff here and there trying to figure who's been around, and they're notorious for sticking their noses in places they shouldn't! Dogs, compared to humans, have about 25 times the area of nasal olfactory epithelium (which carries receptor cells) and many thousands more cells in the olfactory region of their brain. Dogs can differentiate dilutions of one part per billion, follow faint odor trails, and are 10,000 times more sensitive than humans to certain odors.

At times of illness, dogs are sensitive to the human condition and tend to adapt to the energy of their owner, providing protection, love and care to their human best friend. Dogs identify when there is a wound site and seek to heal the wound by licking both themselves and the human. In cases of severe illness, dogs have been known to detect some cancers, behavioural traits become acute and the dog almost anticipates the attack or event their human companion is about to experience. Whilst there is the need for more research here, dogs can potentially become a component of the research to identify cancer in humans.

## POPULAR SPIRIT ANIMALS AND THEIR QUALITIES

Want to know more about what animal types mean? Here's some meanings to use as a guide in identifying with your human v animal instinct/s.

**Bear** is thought to be one of the most powerful. It is deeply emotional and feels a deep connection to the earth and the outdoors.

**Butterflies** are a symbol of transformation and development. It is incredibly adaptable and approaches all changes with ease and grace.

**Cats** symbolise curiosity, adventure, and independence. It has also mastered the art of patience.

**Deer** is a sensitive, highly intuitive spirit guide. It strikes

a balance between confidence and success and gentleness and grace.

**Dove** represents peace, blessings, and new beginnings. It is a hopeful and optimistic spirit animal. So, it is no surprise the Dove is symbolic of marriage.

**Dolphin** spirit guide represents playfulness and wisdom. It is a master communicator and unifier.

**Elephant** symbolizes wisdom, gentleness, and spiritual understanding.

**Frog** spirit guides healing physical and emotional wounds. It speaks to the importance of checking in with oneself and healing from the past in order to live in the present.

**Horse** is the guide of passion and drive. It's incredibly productive and goal-oriented.

**Lion** spirit guide represents heart and courage. It's a natural-born leader with a deep sense of authority.

**Mouse** represents the importance of details and scrutiny. The mouse guide reminds us not to overlook the smaller stuff in life.

**Owl** is a spirit guide that has the ability to see what others miss. It sees the deeper meaning of things and discovers the hidden treasures in life.

**Turtle** is a highly spiritual guide that represents the journey toward wisdom, truth, understanding, and peace.

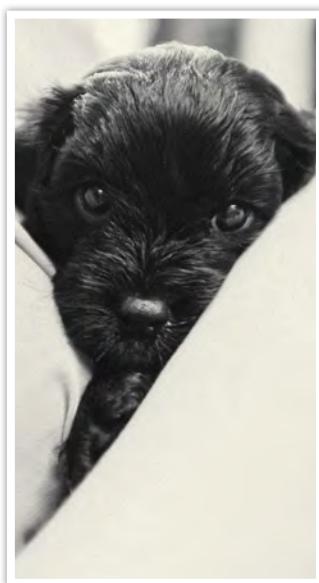
**Tiger** guides represent raw feelings and emotions. It is highly intuitive and great at following instincts.

## GUIDING YOU THROUGH CHALLENGES

Tapping into your spirit animal is more than fun, it could just be the guiding light and source of motivation you find to support you through life's challenges. After all, as humans we've evolved from the primal stages of our early ancestors, rising from all fours to walk upright. This evolution provides us with the instinct to survive and reproduce.

At times of uncertainty, connection with animals can be one of the most powerful therapies, combating loneliness, and alleviating depression, reducing the risk of heart disease, and the symptoms of dementia.

Written by [Sally McGrath](#)





# Is the animal in you hiding?



“**M**any animals can learn and teach their young, but humans are the only ones that think themselves more competent. Is it our language or ability to read, write or produce ART that makes us superior?

The stories we tell about how we came to be who we are; often neglect the complexity of biology and the oceans during which we evolved. To understand human evolution, we need new stories.” Adam Rutherford, *The Book of Humans: the story of how we became us*.

## WHAT ARE OUR STORIES?

What are we comparing our body image to, what leaders do we model after, and what stories do we tell? <sup>(1)</sup>

Today, most humans have a distorted image of their body, often due to the misunderstanding of the importance of strength training and anti-aging practices. If we don't even attempt to train and compete in a marathon, we most definitely could not run or fight to save our own life or the life of our family. Centuries ago, we needed a healthy body to survive, hunt for food, and fight wars.

Today many countries have turned to their leaders for protection. Protection has been denied. Our leaders in Australia and the United States have become advocates of breaking our connections with our loved ones and keeping us under their control with the latest medications and an abundance of genetically modified food choices. Most foods we eat are no longer consumed from Mother Earth, increasing our risk for illnesses, disrupted hormones, and poor mental capabilities. This way of being is way different than any animal in the wild.

Recently, being human means we have become easily manipulated and swayed as to the will of the tribe in

power. Leaders along with unelected officials simply canceled our history, culture, and stories when they censored our voice. One can never censor a pack of wolves. They stand in unison meaning they depend on the consensus of all members in their tribe.

For economic reasons, our tribe leaders are determined to pit children against children and adults against adults, destroying families, our history, and our stories about where we came from and how we have become who we are today. Humiliation turns into chronic stress and emotional pain within our bodies, making improving health a losing battle. A stressed body is most certainly a malfunctioning body.

***Negativity makes us forget the magic of our internal rhythms, failing to acknowledge the beauty we possess.***

Where would we be if we were simply at peace with our world, our family, and our tribe? ***The animal in us would appear.*** We may wish to make our bodies healthier and stronger. We may choose to eat organic foods and implement a daily workout schedule. We may begin to treat ourselves with kindness, limit negative self-talk, and reconnect with our higher self. It would mean loving our mind and body rather than despising it. It would mean nourishing our body rather than drugging it. It would mean including positive self-care rituals and sharing these with the tribe of our choice. It would also be critical to use your own instincts that the animal in you provides.

***Don't compromise yourself. You are all you've got. - Janis Joplin***

## CHANGE YOUR THINKING, CHANGE YOUR TRIBE, CHANGE YOUR LIFE!

- Change is inevitable. However, making changes is sometimes done with reluctance. And, most changes are only made if we can no longer stand the pain or abuse. What can we do now? Breathe deep, Be prepared, Be brave, and Be open to new ways of thinking and living.
- It takes daily work to build a happy muscle. Move from frustration to a state of being grateful for all that you have now. Start identifying and implementing a safety plan for you and your neighbors. If fear is holding you back, think about how you might start to tackle the fear.
- Take time out. We can become grumpy when the body and brain aren't replenishing energy stores through sleep or diet. Slow down and address the connection between your diet, moods, and anxiety levels.

- The new year is coming. Just think of those times when you were energized and excited. You felt inspired, ready to take on the world. You felt this way because of strong positive emotions that flooded your body and influenced your energy reserve; you were a winner, you loved life, you danced. You were ahead of the game.
- Expanding awareness is one of those things we can't help doing once we decide to read more. Enjoy the

journey. Be curious and open to the learning process. And most importantly, apply what you already know to be true. "Man himself is man's greatest danger to man," according to Carl Jung.

Remember to apply your light and share compassion along with your story.

### **All Life Is A Learning Process.**

When we stop learning and sharing, life ceases to amaze us.

## Food Focus: Sweet Potatoes

Sweet potatoes are on everyone's mind this season. They seem to go hand in hand with the holidays. Cravings for sweets can be greatly reduced by adding sweet vegetables, such as sweet potatoes, yams, parsnips, beets, squash, and turnips to your daily diet. Sweet potatoes don't jolt blood sugar as refined carbohydrates, so there's no energy crash after you eat them. They are

higher in nutrients than white potatoes and especially rich in vitamin A. Sweet potatoes offer a healthy sense of comfort. They are healing to the stomach, spleen, pancreas and reproductive organs and help to remove toxins from the body. If you don't have any sweet potatoes in your kitchen, go out and buy some (organic and/or local sweet potatoes) and make the recipe below.

### *Sweet Potato & Apple Soup*

This recipe is an eye-opener for those who find sweet potatoes cloyingly sweet dislike them smothered in marshmallows or brown sugar. Adding sugar negates the nutritional value of the sweet potato.

#### **Ingredients**

- 1 organic sweet potato-cooked
- 2 organic green apples -cored
- ½ avocado- pitted
- cinnamon, sea salt
- water

#### **Method**

1. Wash the sweet potatoes and bake them whole, in their skins, at 400 degrees until tender, about 40 minutes.
2. Remove skins, place in Vita-mix with chopped apple and avocado.
3. Add 5-6 cups hot water.
4. Add 2 teas cinnamon.
5. Add a pinch of sea salt.
6. Blend until smooth and hot about 2 minutes

Sweet potatoes are a sleeper's dream. Not only do they provide sleep-promoting complex carbohydrates, they also contain that muscle-relaxant potassium.



Written by Connie Rogers



# What would **MAMA BEAR** do?



I have found since becoming a mother that my view on things has somewhat changed. Of course I want to be the best mother possible, and sometimes I look to nature and animals as a way to live my best mumma-life.

The Mama Bear is innately protective of her cubs and will do everything in her power to make sure they stay safe. However, there are things that do not bother Mama Bear because they are not of consequence to her innate self, and this is where some of my lessons come from.

Let's say Mama Bear is walking in the forest with her cubs trailing her. Then with a loud crack and bang, a branch falls off a tree, landing in the surrounding bush. The cubs jump and cower in fright and are scared. Does Mama Bear stop, turn around and placate the little cubs? NOOO she keeps on walking knowing that there is no threat to her little cubs from a branch falling in the middle of the woods.

However, if Mama Bear is walking in the forest with her cubs trailing behind her and she senses that a mountain lion is stalking them and preparing to snatch one of her cubs, what does she do? She hears the snarl of the lion and her cubs start cowering and shivering from the roar. Mama Bear turns around and defends her cubs and fights off that mountain lion.

So what do these stories have to do with real life? Well as a mother, my kid gives me tests and trials to overcome. By reflecting on 'what would Mama Bear do in this situation' allows me to sometimes handle things a little differently than I would have originally.

## SCENARIO 1

When a child is learning to walk for the first time, do you stand them up and then move their left foot, then their right foot for them – ie moving their body like putty in the formation that you want them to do? Or do you hover around them like a helicopter waiting to pounce if they look likely to topple?

What would Mama Bear do in this scenario? Would she show the way and allow the cub would follow in her footsteps? Would she allow the cub to fail over and over by falling over before slowly working out how to take a step?

How often do we fall into the trap of telling our child what to do OR doing something for them instead of just doing the same thing for ourselves and allow them to copy our behaviour?

## SCENARIO 2

Two children are playing a bit of rough and tumble, learning the extent of what all their arms and legs can do. They don't know their boundaries yet as they have not explored them.

Does Mama Bear step in to say "stop wrestling" or does she just let them go at it to learn for themselves? When her cubs are wrestling, they are learning all the moves to protect themselves that they will need when they are older.

As a parent, if we interrupt and step in to monitor and oversee every interaction, the children don't get to explore





conflict or being upset, nor how to deal in different situations for themselves.

### SCENARIO 3

The child does not want to go into the car seat. He is acting like a surfboard and crying blue murder at the thought of being restricted in any way. The child has a particular agenda of what they want which is different to the agenda of the mother. And this equals a conflict of wills.

There are many ways to act when this scenario comes about:

- Get bigger and louder than the child
- Sit down and chat to them about the need of using the car
- Walk instead of drive
- Do not go out
- Force them into the car seat
- Use every distraction technique possible in order to wrangle that kid in

Sometimes Mama Bear has to be strong and know what is best for the child, even if the child cannot see the bigger picture yet. Using ‘what would Mama Bear do?’ as a way to think through this scenario allows reflection on: a) is this a scenario where I must step in and protect, b) do I need to step back and allow for the child’s innate

knowing, or c) be strong in a particular decision.

### SCENARIO 4

What if you came home to seeing your child being ill-treated by an adult?

Hell yes, Mama Bear comes in and boots that scoundrel out of her house hopefully in handcuffs ... in the bear’s case, with an oodle of bruises and cuts.

### REFLECTING ON WHAT MAMA BEAR WOULD DO?

So, when you come across a situation with your cubs which are there to test you, consider ‘what would Mama Bear do’ – is it something to be concerned about or is it just a part of growing up and is not a threat to the safety of your beloved little one.

Kids LOVE learning ... and adults do too; it is the most natural thing in the world for us. By allowing our children to be children - to play, have fun and be free from others’ opinions, beliefs and judgments, I believe that they will grow up to innately and independently know themselves and what is best for their self.

Written by [Claire Dunkley](#)

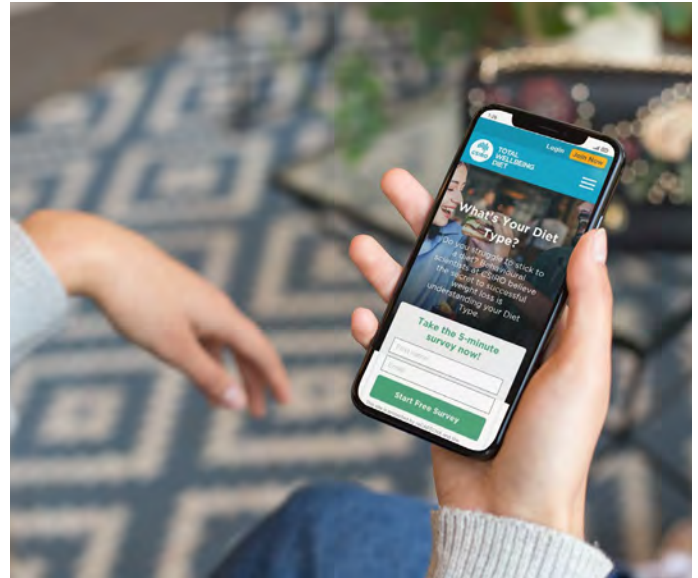


# Getting personal with weight loss

Feeling unmotivated, leaning a little too far into cravings, starting to beat yourself up at the scales? According to the CSIRO, it might be in your head – but armed with a good serving of personalised strategies, it doesn't need to sit on your hips!

Recent research from the CSIRO (a study of a whopping 245,000 people) has explored the different psychological characteristics in defining the different groups of dieters amongst Australians. Of the 325 possible Diet Type personality combinations identified in the study, the CSIRO revealed the six most common diet types, which represented over half the study sample.

- **The Thinker** (14.1 per cent) – goal-oriented, motivated and analytical, however sensitive to negative feedback that can lead to stress or anxiety which could ultimately derail their diet.
- **The Battler** (12.8 per cent) – likely to experience regular food temptation as well as being prone to stress and worry. 'Battlers' require some unique strategies to help them break the cycle and achieve long-term success in their diet journey. Nine in 10 Battlers are female.



and eating good quality meals. Foodies love variety and have the best diet quality of all Types. Men often identify as Foodies.

- **The Socialiser** (4.8 per cent) – a people-person who needs flexibility to make sure strict food restrictions don't stifle social occasions or 'kill the mood' of an event.

## KNOWLEDGE IS POWER

Amid the current climate where there is a general lack of control, it's understandable to feel a little overwhelmed, says CSIRO Total Wellbeing Dietitian Pennie McCoy, who urges Australians to use their Diet Type to their advantage.

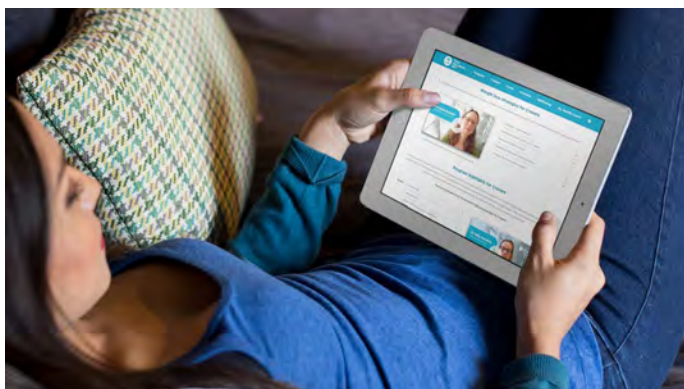
"It's easy to get bogged down in the detail and focus on what parts of your personality might be derailing your weight loss success.

"Instead, we encourage Australians to lean into the information and use it as an opportunity to identify both their strengths, and where they can feel empowered and supported to make improvements."



- **The Craver** (7.3 per cent) – likely to experience strong food cravings that may lead to overeating in 'tricky' food-related settings. Cravers had the highest Body Mass Index of all types.
- **The Pleaser** (7.1 per cent) - likeable and friendly but can also be sensitive to social comparisons which can make them feel like they are not doing well. They are likely to have many people to call upon to support them along the way.
- **The Foodie** (5.9 per cent) – passionate about all things food including the experience of preparing





## TOP TIPS FOR SUCCESS

Strategies such as mindful thinking, breaking habits, and rewards systems are just some of the many tips and tricks at our disposal, says McCoy. The CSIRO has pulled together a Diet Type specific list below:

### THE THINKER

- Remind yourself that “the journey is the destination”. Focus on positive actions such as trying new meals or tracking your food rather than outcomes like weight loss.
- Establish a self-reward system that motivates you. For example, a star chart for your best achievement each week.

### THE BATTLER

- Being healthy doesn't mean you have to be perfect. Follow the 80/20 principle where you eat healthily most of the time and leave room for the occasional treat.
- Distract yourself from your cravings to break the habit. Go for a walk, take a few slow deep breaths or do a sudoku to keep your mind busy. The more often you do this, the less your mind will get stuck in using food to calm itself.

### THE CRAVER

- “Out of sight out of mind” is an important strategy for Cravers – avoid keeping treats you love at home or work. Or conceal them in opaque containers.
- If you eat when you're emotional, don't be tempted to

eat less to “make up for it” the next day, just go back to your normal balanced diet.

### THE PLEASER

- As a Pleaser, you tend to underrate yourself. Avoid comparing yourself to others – this will leave you feeling deflated and unmotivated.
- You tend to put others needs before your own. It's important to take care of yourself so you're able to deal with stress. Prioritising sleep, drinking water and staying connected to friends and family are a few simple ways to practice self-care.

### THE FOODIE

- Portion control is important for Foodies – you can still enjoy the delicious foods you love by learning to control your portion sizes.
- Explore new recipes to experiment with creative ways to add flavor and eat more vegetables to boost your nutrition and reduce how many kilojoules you're eating.

### THE SOCIALISER

- Alcohol could be a trouble zone - learn strategies to drink sensibly, such as sipping water between drinks, trying new alcohol-free varieties, and refusing refills.
- Use your love of people to your advantage – ask a friend or family member to do a science-based program like the CSIRO Total Wellbeing Diet with you. You can share the journey and it will make socialising easier.

It's empowering to know that the tools are out there to guide your weight loss journey, in a way that speaks specifically to you and how your mind ticks, says McCoy. For an even more personalised experience, she encourages Australians to explore a program such as the CSIRO Total Wellbeing Diet which is science and psychology-based for optimal weight loss results.

Find out which one you most identify with by taking the CSIRO Total Wellbeing Diet Types quiz [here](#).

Written by [Penny McCoy](#)





# The importance of connections in this new world of lockdowns and SOCIAL DISTANCING

Now more than ever, we need to remember the importance of human connections and being with our people. Prior to the pandemic, social distancing, and lockdowns, we humans were a social bunch. We caught up with friends for coffee, attended festivals, movies and many lunches and dinners. Once the workday or working week was over, we would head out to fulfil our social needs. During this time, it was often common for me to remind clients in therapy about the importance of their own downtime without the company of others. That time is important for them to reconnect with their own thoughts and to recharge their own battery.

Since the pandemic, the tables have turned. Now more than ever, instead of needing individual down time, we need time with other people around us. Lockdowns have meant that so many people are restricted from seeing their friends and family, and this “new normal” is turning into our routine way of living.

Humans need other humans around them. We get energy from others. We have joy and experiences with others

and we create memories with others. Even introverts still need some time with others for their own mental health and happiness. Since the beginning of time, we have spent time with other people in tribes, communities, and societies. This social isolation that has occurred since 2020, is causing more issues than we might be aware of.

The zoom calls, the virtual drinks and nibbles are just not cutting it. At the beginning zoom calls and virtual drinks were seen as a nice way to stay in contact with others and to make sure everyone was doing ok. Now the novelty has worn off. Instead of finding other ways to stay connected, many people are alone, just waiting for this pandemic to be over so that life can resume. But what will happen if at the end of all this, we are so fatigued and emotionally flat that we don't have the energy to reconnect again?

How can we protect ourselves from this social fatigue, when half the country continues to go in and out of lockdown? How can we hold on to these important connections when we need to maintain our distance, when events are not occurring and when our favorite restaurants are closed?





Some of the signs that tell us we are missing these social connections are sadness and fatigue. A surprising fact that many are not aware of, is that a person can have too much downtime and relaxation. Without the stimulation of social connections, your brain can feel like it has gone to mush and any excitement for planned activities can diminish. Even if a friend calls to say they have an adventure booked, your first thoughts can be “I really can’t be bothered”. We are creatures of habit, so hanging out in our tracksuits and not worrying about makeup and grooming, has turned into a comfort for many.

Withdrawing from conversations, and not feeling the energy to go out for that walk or yoga class are also signs that you may be entering into social isolation.

Of course, this can be more serious for the people living alone, but it also occurs for the ones with flat mates and family members. They are still missing the joy and excitement that only friend time can provide.

So, what can we do about this social isolation issue and how can we maintain these important connections when the world around us is unpredictable?

1. Get out and about as soon as you can after lockdown. Call your friends and commit to a time to meet up as soon as you can. You don’t need a reason to catch up with loved ones.
2. Be creative with how you socialize - even if it is just meeting for a walk, or a picnic in the park. The big events might be cancelled but there are many ways you can still have fun and connect with others.

3. If you can return to the office some days, do it. The chats around the coffee machine about what you watched on television last night are also very important in maintaining our social connections.
4. If you are stuck in lockdown, try the video calls again but set a theme and have a task. Dress up for an online trivia game with friends, or get back to reading and start a book club with your mates. You can watch the football or a movie together. It doesn’t just have to be a conversation over the phone.

Remember that many around you are also experiencing this social fatigue. It is also important to check in and encourage these social connections with others for everyone’s mental health.

We do not like to be alone. We want the fun, the friendships and the social interaction. This pandemic might have taken the ease of connecting with others away from us, but we can all get creative and fight through this to keep these connections alive and strong,

Hopefully one day very soon, we all will be needing Mondays off to recover from the weekend that was!

Written by [Donna Cameron](#)



## 10

## reasons to put more greens on your plate



**S**uperfoods are nature's "power food" that give the body a power boost, so that you can have magical super powers just like Popeye!

I'm strong to the finish, 'cause I eats me spinach, I'm Popeye the sailor man!"

A large part of our childhood memories consists of watching Popeye and getting hyped up about becoming strong like him. It presented the perfect opportunity for our mothers to encourage kids to eat spinach, and all the other vegetables.

"Eat your spinach and you will be as strong as Popeye" - children around the world heard and hear these words!

And kids, the ones dreaming about growing strong like Popeye after a dose of spinach, ate their vegetables up like little angels. It was great!

Comic book hero Popeye always knew it: Spinach really makes you strong. The nitrates contained in vegetables improve muscle efficiency. Spinach and other green leafy vegetables are so-called superfoods.

### WHAT EXACTLY ARE SUPERFOODS?

Real superfoods have to meet some criteria so that they can really be counted among the superfoods. Above all, real superfoods have to contain a very large amount of different nutrients, active ingredients or vital substances. These must be significantly higher than those of normal foods. In addition, a real superfood should also be natural and come either from wild growth or from an organic farm. Green leafy vegetables are one of the superfoods and are often underestimated.

### GREEN LEAFY VEGETABLES - WHAT DOES IT INVOLVE?

Green leafy vegetables are considered original food and were consumed in large quantities many centuries ago. On the one hand, this was due to the fact that it was always and everywhere available and on the other hand it was really filling. It also supplied the body with important nutrients.

**For example, green leafy vegetables contain:**

- Plenty of vitamins A, B, vitamins C, E and folic acid; these are good for the skin, eyes, nerves and the immune system



- Large amounts of minerals and trace elements such as calcium, magnesium, zinc and iron; these are good for bones, heart, blood and energy metabolism
- Secondary plant substances; these have an anti-inflammatory effect, lower blood pressure and are a natural preventative measure against cancer
- Amino acids; are vital plant protein building blocks
- Chlorophyll; which is good for blood formation (it is also called “green blood”), detoxification, wound healing, digestion etc.
- Lots of fibre; these have a digestive effect, lower cholesterol and act as a natural preventive measure for colon cancer
- Valuable fatty acids; they are important for the cardiovascular system and the brain
- Green leafy vegetables make you alkaline; no other food has such an alkaline effect on the organism as raw green leafy vegetables - this superfood provides alkaline minerals in such large quantities and of such perfect, easily usable quality that their alkaline effect is completely undisputed

## 10 REASONS TO PUT MORE GREENS ON YOUR PLATE

### 1. Digestive stimulation and appetite suppressant through bitter substances

Bitter substances taste slightly salty and can be found, for example, in celery, spinach, dandelion, rocket, wormwood or in artichoke leaves. They support digestion and ensure a faster feeling of satiety. Healthy digestion is a prerequisite for optimally absorbing all nutrients and vital substances. As soon

as the green comes into contact with the tongue, the bitter substances start to work. Digestive juices and digestive enzymes are released.

### 2. Supply of iron

Eating green leafy vegetables is providing your body with more iron than eating meat products ever could - as is so often assumed. Spinach, for example, contains 3.5 to 4.1 mg per 100 g in contrast to meat, which only provides between 1 and 2.5 mg per 100 g. Dairy products are very low in iron at 0.1 to 0.3 mg per 100 g.

### 3. Vitamin C for improved immune defense

Vitamin C is naturally contained in green leafy vegetables and ensures an improved absorption of iron. It is therefore not necessary to take in additional vitamin C when consuming green leafy vegetables. In addition, vitamin C strengthens your immune system enormously by accelerating all defense reactions.

### 4. Detoxification of the organism

Chlorophyll has the property of helping your organism to detoxify. Since the chlorella alga has a particularly high chlorophyll content, it is often used for detoxification, e.g. also for amalgam removal in the tooth area. Heavy metals such as mercury can be bound and excreted through the intestines.

### 5. Protection against cancer formation

In specialist journals such as “Carcinogenesis” or “The International Journal of Cancer”, it has been reported that chlorophyll can protect the cells of the intestinal mucosa from growths and prevent the cell division of carcinogenic cells.

### 6. Mineral and vital substances en masse

In addition to the green pigment chlorophyll, you will also find almost all micronutrients in green leafy vegetables. Our body uses beta-carotene to form







vitamin A for the mucous membranes of the eyes, vitamin C has already been mentioned above. You will find vitamin K, folic acid (vitamin B9), vitamin B6, copper, calcium, potassium and trace elements as well as even omega-3 fatty acids and all essential amino acids. You can also prevent magnesium deficiency with greens, because in every chlorophyll molecule there is also a magnesium particle.

#### 7. Against inflammation and oxidative stress

In the green leafy vegetables there are also secondary plant substances, trace elements and enzymes that are real health boosters. Various substances of the respective green provide antioxidants and enzymes that eliminate free radicals and counteract inflammatory processes.

#### 8. Life energy through biophotons

How we can actually use our nutrients and whether they arrive at the desired target cells should largely depend on the biophotons. It's not just about the nutritional content of the food, but also that the nutrients are directed to the right places. Only with sufficient biophoton content can we get energy, strength and vitality from our food instead of feeling sluggish and lacking in energy after eating. As a store of light energy, the chlorophyll provides us with particularly large amounts of biophotons and structure-giving energy, which enable the extremely large number of metabolic processes that take place permanently in our body to be properly organized.

#### 9. Blood purification and blood formation

In its chemical structure, chlorophyll differs from our red blood pigment hemoglobin in only one atom. This

is also the reason for its hematopoietic and purifying properties. Healthy blood is the basis for healthy organs and a healthy organism in general.

#### 10. Preservation of youthfulness

The extremely positive effect of chlorophyll on the regeneration and rejuvenation of the entire organism goes hand in hand with the improvement of the blood circulation and the blood-forming properties. This is another reason why it is worth increasing the amount of green on your plate.

So our mothers really did not lie when they tried to convince us that we should finish our plate of spinach: Spinach and all the other green leafy vegetables make us strong like Popeye!

The spinach gives the muscular sailor real super powers. Popeye pumps up his limp upper arms in seconds with his spinach cans. Whether as a vegetable, salad, soup or smoothie – Popeye's favourite is a real all-round talent that you should definitely not do without in the kitchen!

Popeye was wrong about one thing though: The spinach should of course not come from a can, but should be as fresh as possible and, if possible, be eaten unheated.

If you are having a hard time adding green leafy vegetables to your diet, powdered chlorophyll may be an option that is easier for you. Chlorella, Spirulina, barley grass and wheat grass are also available as a powder and you can either mix it into a smoothie or simply drink it with a glass of water.

Written by [Adriana Krueger](#)

# Airways are important - BREATHING FOR HEALTH

There are so many things in life which we take for granted. We expect to have shelter to be protected from the elements. We expect to have the comforts of home such as a bed, a radio, a television, running water, and plumbed sewerage. We consider these to be the basics of life in our society. We also expect to have food with cooking facilities and a fridge readily available and above all, we expect to have fresh air to breathe.

We can actually survive for a long time without most of these necessities but the one thing which we need every minute of every day, is fresh air. Simply, if you can't breathe for a few minutes, you're dead. If you breathe polluted air, you'll be sick. And if your airway is compromised or obstructed, you will also be sick with conditions such as obstructive sleep apnoea, asthma, or emphysema. Obstructive sleep apnoea is the most common sleep related breathing disorder.

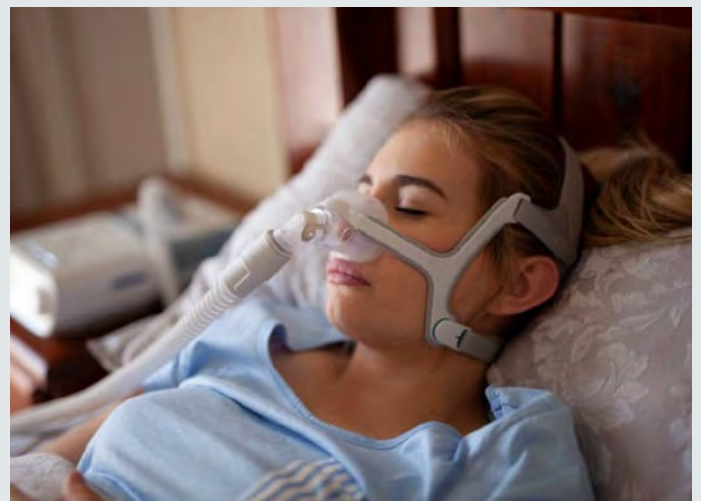
So why is a dentist writing about this? Well, there's been a lot of research in recent years about the dental treatment of obstructive sleep apnoea and the effect of dental and jaw growth on the function of the upper aspects of the airway. Diagnostic and treatment protocols have been developed to overcome these issues.

Sleep apnoea is a condition which should not be ignored. It can be a serious health condition. It is caused by the muscles of the tongue, soft palate, and throat relaxing temporarily. This causes narrowing or complete closure of the upper airway causing a moment when the breathing is cut off. This is known as an apnoea or hypopnoea. The classic symptoms include chronic snoring, or loud breathing during sleep, periods of no breathing during sleep, abrupt awakenings accompanied by gasping for air or choking, awakening with a sore throat or dry mouth, awakening in the morning and still feeling fatigued, morning headache, difficulty concentrating during the day, mood changes such as depression and irritability, falling asleep in the middle of the day eg at a red light while driving, while working or watching television, constantly sweating in your sleep, and decreased libido. Some people confuse obstructive sleep apnoea with chronic fatigue syndrome or insomnia. Patients with obstructive sleep apnoea are more likely to have co-morbidities such as obesity and hypertension (high blood pressure). There is also an increased incidence of cardiovascular disease and conditions like strokes, and lifestyle issues. Many serious motor vehicle accidents have drivers with obstructive sleep apnoea as a related cause of the collision.

Obstructive sleep apnoea is diagnosed by having a sleep study, known as a polysomnogram, performed in a hospital or at home. If you suspect that you have the condition your medical GP can refer you to a sleep physician or ear, nose and throat surgeon who will then arrange the sleep study to be undertaken. The sleep study measures several parameters such as breathing, incidence of snoring, incidence of apnoeas, sleep position, and oxygen levels.

Following an assessment of the sleep study, the sleep physician can classify the sleep apnoea as mild, moderate, or severe. It should also be noted that some people can snore and not have sleep apnoea.

Dentists work with sleep physicians or ear, nose, and throat surgeons to provide a removable, dental plate which is worn over the teeth to treat obstructive sleep apnoea and/or stop the snoring. These plates are known as mandibular advancement splints. There are many different designs of these plates, but the best ones are customized for the patient. The plate is worn only while a patient is asleep. It is designed to position the lower jaw in a forward position to open the upper aspects of the airway which is where the obstruction is usually located. With a more open airway, more air can get into the lungs, and hence more oxygen into the blood stream and then the brain so that a more restful sleep is the end result. This is a similar end result to CPAP (continuous positive airway pressure) therapy or some surgical procedures which are the alternative treatments to mandibular advancement splints.



A CPAP machine works very well but is not tolerated by some people





Like CPAP, mandibular advancement splints do not cure obstructive sleep apnoea. These treatments help to manage the condition, so that the patient can have a more normal and healthier lifestyle. These therapies need to be used in the long term and patient compliance is important for long term success.

To have a mandibular advancement splint made, you require a referral from the sleep physician or ear, nose, and throat surgeon to a specially trained dentist. A referral from a GP dentist is not permitted by the Dental Board of Australia.

The dentist will then examine your teeth, gums, jaw joints and the range of motion of your lower jaw to determine your suitability to wear a splint. X-rays are also usually required as part of this initial assessment.

Once your suitability is established, the dentist will either take impressions or moulds of your teeth and a record of your jaw movement in a forward direction or will make a digital scan of your teeth and jaw movement. The scan is more comfortable, accurate and can be easily stored and reproduced for future use if required.

A dental laboratory will then use the impressions or the digital scan to make a customized, mandibular advancement splint by freehand (known as an analogue appliance) or 3-D printed (a digital appliance). The appliance is then issued to the patient to be worn every night.

Most of the good, modern splints can have the ability to vary the amount of forward jaw movement and to allow the opening of the mouth for patient comfort. These appliances can be adjusted for comfort and easily repaired if broken. Dental health issues such as tooth decay,



**A mandibular advancement splint in the mouth could save your life**

inflamed gums, loose teeth, broken fillings and crowns will need to be rectified prior to the splint being made.

Success rates of splint therapy treatment do vary according to the study and the severity of the initial condition but often clinicians quote a success rate of 80% in reducing the incidence of the symptoms to a relatively normal level and returning the patient to a normal lifestyle.

Any surgical or invasive procedure carries risks. Before proceeding, you should seek a second opinion from an appropriately qualified health practitioner.

Written by [Dr Jeffrey Kestenberg](#)

# PASSIONATE STYLE –

## How to find your inner animal

**D**oes your wardrobe make you feel energised and ready to take on the world? Or are you stuck in a rut of blah? Would you like more outfits that you always feel amazing in? Then let's talk about curating a style that will have you feeling passionate and sassy – ready to take on anything. This will look different for everyone - no one knows you better than you do. Firstly, let's deep dive into your clothes, underwear, shoes, accessories and hair/make-up. Then we'll talk about your mindset. All the clothes in the world won't make you feel passionate if your inner world isn't aligned.

### CONFIDENT CLOTHES

What do you love wearing? What makes you feel sassy, sexy and strong. Bold underwear, bright lipstick and killer heels are the recipe for me. However, you will probably feel your best in something totally different – only you will know what works. Let us work out what your go-to power outfit and accessories are. Then you will be wardrobe ready whenever you need to unleash your inner animal.

Firstly let's cull the items in your wardrobe that feel blah. Just because they fit and are still good, doesn't mean you should keep them. Donate or sell them – Dress for Success is my preferred charity. Try on all your clothes and see which of them make you feel powerful and confident. I would like you to take note of the specific details of each garment that help you to feel like this, then we can replicate it easily. We all need clothes that are comfortable and easy but that doesn't mean they can't be energising as well.

If you don't have at least one killer outfit, take a friend shopping and find one! A friend will help you to discover what looks great on you and tempt you to try different things. Alternatively, sales assistants can help you to find some strong statement pieces. Remember also to trial different colours and prints. Various colours will bring different feelings into your day. Personally, bright colours make me feel bouncy and full of sass.

Remember don't get stuck on sizing. We all know that sizes vary from brand to brand so don't be disheartened if you are a different size. I am a size 6 top in some brands and a size 14 in others. It means nothing! I also own different clothes in multiple sizes for days when my shape fluctuates – jeans are a particularly good example of this.

Sometimes I even buy garments with a good return policy and take them home to try on in front of my own mirror with my other clothes and accessories. This gives you the



ability to decide in your normal environment as opposed to the ghastly fluoro shop lights or worse, a fake skinny mirror! Find the outfits that make you feel like you can take on the world.

### SASSY UNDERGARMENTS

Next up is underwear. We all love our comfy grannie undies but let's face it, they don't elicit feelings of passion. Everyone needs some badass underwear in their arsenal to fuel their inner animal. A simple dress can still put a spring in your step when combined with some sassy underwear. No one will even know what you've got going on down below! It's like your own little secret and the effect can be extremely powerful.

How do you choose underwear that makes you feel passionate and confident? For me they cannot be too tight. The hint of a muffin top has me feeling deflated and definitely not energised. They must feel comfortable, but I love to have some lace, a bright colour or print for me to



feel really grrrr. My absolute favourite pair are my leopard Petti-pants which give me the extra animal I need to get through my tough days. I wear them on the days when I need an inner 'lift'.

You will know which underwear you feel your most confident in. If you only like simple styles - try them in a powerful print or colour. A band of lace around the top can also turn simple into sassy.

If you don't know what makes you feel passionate and strong, try a large department store as they usually stock many brands in the one place. Kmart and Target tend to stock a larger size range.

## SEXY SHOES

I am a high heel girl through and through. I absolutely love them, and they make me feel so strong and confident. Now, not all high heels are made the same. I vehemently disagree with uncomfortable high heels. There is nothing sassy and confident about feeling crippled and unable to walk. I own many, many pairs of high heels however only in a few different styles. When I find a style that feels comfortable to wear, I double down and buy heaps of the same style in different colours.

A good pair of boots can also help unleash your inner animal. Something about the solid soles that really make me feel powerful. The shoes that help you feel passionate and ready to take on the world will be a very personal choice. Maybe it is ballet flats in sparkly silver or animal print? I know my mum loves bright coloured flat shoes with all sorts of tassels hanging off them. Feel your energy when you wear different shoes. Which ones make you feel like you can tackle anything?

## POWERFUL ACCESSORIES, HAIR & MAKE-UP

**Accessories** – to bling or not to bling? I personally love to wear earrings that match my outfit. It makes me feel completely put together and my confidence skyrockets. A statement necklace or earrings can really lift an outfit and your vibe to the next level. There are so many options out there, don't be afraid to experiment! This is also an excellent place where you can support local as I find so many fabulous local jewellery makers this way.

**Hair** – do you have a go-to style? What makes you feel amazing? For many of my friends they feel their best after being at the hairdresser, freshly washed, cut and blow dried! As a curly gal this is my worst nightmare as I usually leave wet and consequently frizzy!! I know my hair, as you would know your own. I know how to style it,

so I feel my best. If you don't, it might be time for a new haircut or style? Another thing I have learned is that other people really don't know when you are having a bad hair day. Even at my best or worst people still say – oh you always look the same!

**Make-up** – understated or the full caboose? This is such a personal preference and so individual. I see some of the make-up tutorials online and think how do they ever make it out the door? I am a five minute make up girl and it can even be done at the traffic lights! Personally, my power make up is bright lipstick and lots of eyeliner and mascara. I only wear mascara for special occasions, so I really notice the difference when I do. If you don't have a go-to look that makes you feel fabulous, enlist a friend or

beauty bar to help you create one that is realistic for your lifestyle. I also always keep a lipstick and eyeliner in the car so I can quickly transform my look if needed for an unplanned event.

## MIGHTY MINDSET

Now we have your look sorted, let us examine your inner world. There is zero chance you can unleash your inner animal if internally you're feeling blah.

Music is my best form of motivation and inspiration. Make a badass playlist. I do this by adding a song every time I hear one that lifts me up. When I am feeling like I need a boost, I play my playlist and it helps immensely.

What do you do in your free time?

How do you relax? It is difficult to be passionate in life with your cup running on empty. What do you do that makes you feel alive? This will be different for everyone. Swimming in the ocean. Riding a bike or horse? Surfing? Running, animals, bushwalks, reading a book, painting or taking a nap. Know what you need to recharge your batteries.

## READY FOR ANYTHING

Now we know the clothes, underwear, shoes, accessories, hair and make-up that make you feel confident and passionate. Becoming aware of when you need to take some time out to recharge is equally important. Passionate styling will be a continually evolving process as you grow over time. Styles change, you will change and what is appropriate for your lifestyle will also change. Revisit this process every year to take note of what still helps to fuel your confidence and what doesn't align anymore. Now you are ready to take on anything and live your best life.

Written by [Susie Taaffe](#)



# It's hard to be passionate about fashion when **FASHION IS THE SECOND MOST POLLUTING INDUSTRY**



**I**n 2017 The series War on Waste reported that every hour Australians dump 36 tonnes of fabric waste every 1 hour. Which adds up to over 315,000 tonnes every year.

However, The Australasian Circular Textile Association (ACTA) report that figures were widely underestimated and our bad habits have increased. In fact, the figures are closer to 15 tonnes of textile waste every ten minutes (90 tonnes every 1hr). Which adds up to almost 800,000 tonnes, or 31 kilograms per person, every year.

Did you know that on average we are buying 60% more clothing than we did 15 years ago? Apart from perhaps having more disposable income, our lives have not changed that dramatically to suggest that we could possibly need and wear more clothing. And to make it worse we are keeping our clothing half as long. Many of our grandparents would have been lucky to have 10 different outfits. And what ever clothing they did have they would have worn it thin and then mended it or repurposed it.

***One in 6 people report they bin 3 garments worn only once.***

While Australia has a very small clothing production industry, we haven't seemed to let that curb out shopping habits. Because Australia is the highest consumer of textiles per capita than anywhere else in the world outside of the US.

Should we mention the problems that our shopping habits have on the 3rd world countries like Ghana? Imagine 20 meter high mountains of landfill with it being estimated 60% of that is textile waste.

On top of all this, fashion production is responsible for 10% of the world's carbon footprint.

***How can we be passionate about fashion?***

How can we be passionate about fashion when there is so much of it and the quality doesn't withstand a reasonable life span. The answer is simple we become passionate about





Landfill in Kpone, Ghana. Estimated 60% is textile waste. Credit: The OR Foundation

the right clothing and supporting the brands and businesses that are doing the best they can. Because many of us clothing is more than covering up and staying warm. It's a way we express ourselves and make ourselves feel good.

For those of us that LOVE fashion, love to shop, love a new item and how it makes us feel, it's so hard not to be an average Australian that only wears 40% of their clothing. But it doesn't mean you have to go without it just means you need to be smarter and more purposeful.

## 6 STEPS TO MAINTAIN YOUR PASSION AND REDUCE YOUR IMPACT

While these figures are huge, we just need to concentrate on our own wardrobe. The aim here is to ensure the items your wardrobe all have a purpose and you're no longer contributing to the 31kg heading to landfill each year.

### 1. SORT AND REDUCE

Ensure the items in your wardrobe are wearable. Those items that are not, sort them

- Repair
- Alter
- Sell
- Donate
- Recycle

### 2. NO MORE IMPULSIVE BUYS - START SHOPPING MORE PURPOSEFULLY.

When you're creating an outfit at home, start a list of those items you're missing to complete an outfit or helps you create multiple outfits. Then when you go shopping ensure you stick to the list.

### 3. SECOND-HAND SHOPPING

There are some great op-shops out there but these days

there are also great platforms and marketplaces such as Populace Threads making shopping second-hand easier. When buying second-hand ensure that you look for quality fabrics.

### 4. DO YOU RESEARCH

When buying new items, be sure to purchase clothes from labels that are working hard to make a difference. There are several platforms and apps popping up such as Ekko World that help you find ethical fashion brands.

### 5. DON'T OVER WASH

Washing wears, you're clothing out just as much as wearing them. So, ensure you're only washing your items when you need to. If you can't see or smell the dirt, it's safe to say the clothing doesn't need washing. Here are our suggestions on how many times you can wear before you wash. And remember to wash in cold water as it's better for the environment and your clothing.

- Dresses: 1-3 wears & spot clean if possible
- Jeans: 3-4 wears & spot clean when needed
- Tops: 2-3 wears & spot clean if possible
- Leggings: After each wear depending on activity level

### 6. SPECIAL OCCASION OUTFITS

Buying is out of fashion and rent or borrowing is in. Putting into practice these 6 steps will ensure that you're not longer contributing to the epic textile waste. Instead, you will be extending the life of clothing, which if you can extend the life by 9 months you would reduce the carbon waste and water footprint by 20-30%

We highly recommend watching or reading Foreign Correspondent: Dead White Man's Clothes

Written by [Katrina Naish](#)



# SEXY INTO SPRING

**W**ith the temperatures rising and the winter blues thawing, it is time to start looking towards the Spring and summer fashion. Below are the 5 items that you need in your wardrobe to help find your inner animal and feel sexy going into spring.

## ANIMAL PRINT

Usually when Spring comes around, it's all about the florals and pastels and flowy dresses. This season however, it has become clear that animal print is the pattern du jour. The beauty of animal print is that you have a plethora of patterns and colours to choose from. Whether it's snake, leopard, or zebra. There is something for everyone. Whether you plan to wear leopard from head to toe or simply a snakeskin shoe, this season you will be spoiled for choice and nothing is off the table.

Could it be that being locked up has caused the fashion world to go wild? Or is it simply the desire to explore exotic places not being fulfilled that has fueled the resurgence of love for animal print? Who knows? What is clear, is that this season you can wear your inner animal on the outside too.

Hot tip – If you are new to animal print, start with a single piece and combine it with other monochromatic colours to let the piece stand out.

## SECRET SEDUCTION

The spring season means special events and just as special occasions call for a special dress or outfit, they also call for lingerie. No matter what kind of lingerie you prefer, secretly slipping into something sensual can heighten your excitement of the coming evening. The most important part of feeling sexy in anything but especially lingerie is choosing something that fits you properly and makes you feel comfortable. No matter what shape or size you are, there is lingerie out there for you. The essence of being female is the ability to explore and express your sexuality and femininity. Lingerie is an excellent way to do this. You can get to know yourself and your preferences more intimately.

Remember however, you don't need a special event or even a special someone to make good use of a beautiful set of lingerie. Wear it for yourself. Make yourself feel sexy just for you. Wearing your sexy lingerie will make you feel self-confident and empowered. Spoiling yourself is the ultimate act of self-love. Be proud of your beauty and femininity.





## SKIRTING THE ISSUE

With the temperature rising, it's time to raise the hemlines and show off those pins. Mini skirts are back in a big way in every possible shape. Whether it's a little leather mini or a ra-ra skirt. You will be seeing them all this spring/summer season. Mini skirts can be paired with so many different tops to give some amazing looks.

From printed T-shirt for a casual look or a collared shirt for something a little more refined, there are so many ways to make them look fun and elegant and for you to elevate your look and feel sexy going into spring.

For me, the most important part about wearing a mini skirt in the spring is a great fake tan. After they have been covered up all winter, a good spray tan gives me the extra confidence I need to shorten that hemline.

## TAKE IT TO THE MAX

There are a few timeless fashion pieces that are in style every season and the maxi skirt is definitely one of those pieces. This particular piece is so versatile and can be worn to every kind of event from casual to evening looks. Whether you go for a floor grazing length or a midi length that cuts just above the ankle, your styling options are endless. It is the perfect piece to go from day to night by simply changing your shoes from sneakers to heels.

For the chillier mornings, you can opt for some ankle length boots and a loose knit on top and for the hotter

days a loose cropped top or camisole. My favourite accessory with a maxi skirt is always a waistied to show off my waist a little more. The options are endless, just like the number of colours and patterns that are available. There is a maxi skirt for everyone out there.

## TRY SOMETHING NEW

There are so many new and different trends out there this season. Why not try something completely different? Whether you want to try a midriff flossing shirt or European cut bathing suits that are cut a lot more cheeky in the bum. Just like in other parts of your life where you have to push yourself out of your comfort zone to grow, fashion is the same.

Try that striped patterned shirt with the leopard print skirt. Mix and match colours that you never thought would go together. You will be surprised how many new looks you can come up with, if you are willing to be a little experimental.

No matter which one of these spring trends has caught your eye always remember there is nothing sexier than a woman who is feeling confident. Choose outfits that you know you are going to make you feel happy and make you smile. The easiest way to do this is make sure that the fit is right for you. Don't let anyone tell you that you can't wear an outfit if you love it.

Written by [Anna Meyer](#)



# 5 Easy ways to increase your PROPERTY VALUE before selling

It's funny how a house doesn't feel like an investment until it comes time to sell it. Suddenly, after years of living there, the thought of its value hits you and you're passionate about getting the best out of it.

Hopefully, you've practiced good home maintenance over the years and can now focus on cosmetic changes to increase value. And these won't cost a fortune because many are typical do-it-yourself projects which you can devour piece by piece.

Here's How to Increase Your Property Value

## LIPSTICK ON A PIG

All the cosmetics in the world won't make a pig look any prettier. Sure, if you choose those fixes carefully you can realize a tidy sum at settlement.

But, if the house has major problems, such as with the roof or heating system, you may end up giving that money back to the buyer for repairs.

If you suspect there may be problems with the house, hire a building inspector to come in and do a thorough

check before you go on the market. It's worth the fee because it may allow you to head off a showdown in the future transaction with a buyer.

Home repairs that buyers expect to be made and that increase value the most include:

- Plumbing repairs
- Updating electrical system
- Repairing damaged floors
- Don't forget the little things: the dripping faucet, torn window screens and damaged countertops. You may have been able to live with these details, but a buyer will notice them.

Larger projects, such as roof problems, are sometimes better dealt with by disclosing them to potential buyers and letting it be known that the price of the home reflects the need for the repair.

## CLEAN

It's a fact. Clean houses sell faster and for more money than dirty ones. Buyers like houses that have been well cared for and a clean house looks like a well-maintained





house. They also place a higher value on houses that appear to be ready to move right into.

Nobody wants to have to clean a house before settling in. Some sellers think they'll get around this chore by offering to have the house professionally cleaned before moving out. There's no value added in that plan. The time to clean is before it hits the market.

## PAINT

Painting the walls creates an instant transformation in a number of ways. Paint adds colour to a room and makes it look and smell cleaner. Keep to the neutral colours on the colour wheel, as they appeal to a broader segment of buyers.

## UPDATE THE KITCHEN

In general, kitchens are usually most important in terms of enhancing the return on your home investment. Bathrooms are a close second. Attention to some of these little kitchen details can add to the home's value.

- Replace the lighting fixtures.
- Put in new cabinets or, at the very least, replace the existing hardware.
- Replace old appliances. New appliances make a good impression on prospective buyers.
- Upgrade the faucet
- Buy new curtains and throw rugs
- Remove everything from the countertops apart from a few decorative items. Check decorating magazines for ideas.

## FIX UP THE BATHROOMS

Nothing kills a real estate deal quicker than a nasty bathroom.

Thoroughly cleaning it and painting the walls provides an instant transformation, but there's more you can do that will add value to the entire home:

- Install new lighting. New fixtures can create a statement with minimal effort.
- Replace old sink, shower and bath faucets and handles with new decorative faucets.
- Install new towel racks.
- Replace shower doors.
- Re-caulk the tub and sink to freshen their appearance.
- Replace mirrors and medicine cabinets.
- Hang new towels and add throw rugs that complement the wall colour.

## THAT OH-SO-IMPORTANT KERB APPEAL

It doesn't do you any good to invest in home improvements and updating if the exterior of the home doesn't invite potential buyers inside.

Plus, updated landscaping can add around 10 percent more to the home's value.



Here are some general considerations:

- Clean up the yard. Remove toys, trash, leaves and dead plants.
- Clean the front porch by removing cobwebs from the light fixture, sweeping, and applying a fresh coat of paint to the front door or replace it.
- Mow the lawn. If it's discoloured, de-thatch and fertilize.
- Trim trees and prune perennials to make them look tidier.
- Add container plants to the porch or next to the front door.
- Add surprising pops of colour with seasonal flowers.
- Apply fresh mulch to the beds.
- Plant some trees.

Keeping a perspective on all the work that you do in, on or around your home is important to increase your property value.

Specifically, focus on the kinds of improvements that will enhance your return on investment. And bear in mind that improvements should be appropriate for the immediate neighbourhood.

While your aim should be to have the most attractive home on the block, don't over-improve for the neighbourhood.

Written by [Eriks Draiska](#)

# Finding the animal inside of us

**D**ifferent animals from the animal kingdom can lead us to elements we all need to work on for a balanced and healthy, fitness and exercise program.

## STRENGTH LIKE A TIGER

Tigers are not only known for their agility, speed and hunting skill, but have immense strength. A tiger can carry around 550kg, 3 metres up a tree, about twice its own body weight.

The biggest thing that we see at our centre, is the reduced muscle strength as a result of a lack of strengthening exercises in sedentary people's lives. Most people are just not strong enough for what they ask their bodies to do in everyday life. This means that when you go for that walk, climb up hill, do the gardening on the weekend or lift your child, it's just more effort than it should be and you are more likely to injury yourself. This leads to a vicious cycle, where you are not strong enough to do what you would like, you do even less, get further weaker and the effort of harder again.

Improved muscle mass from strengthening exercises is a major factor in the battle against insulin resistance, leading to diabetes. Muscle mass is a primary site of GLUT4 insulin transporters, which take the glucose from the blood stream and brings it into the muscle cells, regulating your blood glucose level and effecting your insulin sensitivity. Strengthening exercise both increases the number and effectiveness of these sensors.

There is only one thing that has consistently been proven to slow down and reverse loss in cognitive function as you get older, and that is physical exercise, which protects the brain by protecting your cardiovascular system.

People with higher grip strength (a proxy for overall body strength) performed higher in memory tests and reaction time. Again, in a study, those who lifted weight at least once a week showed significant improvements in cognitive function, such as attention. It seems to be because strength training releases several chemicals into the brain, such as BDNF, which improve the health of nerves and brain cells.

Keep it simple, and make/keep the following changes to your lifestyle:

1. Strength training twice a week, involving most of the major muscle groups
2. structured and focused strengthening sessions a week (30 min each), focussing on all the major muscle groups in the body is enough to strengthen your body and benefit in a better life.



## AGILITY LIKE A LEOPARD

Leopards can leap horizontally 6 metres and vertically 3 metres, as well running up to 56 km/h.

Although we don't need to jump that far, that high or run that fast in our everyday life, having the ability to jump and land safely, change direction and negotiate uneven ground easily is a major aspect in reducing our risk of falls and sadly, something a lot of adults have forgotten how to do.

When we assess someone's return to sport after a knee injury, a few of the major markers are the ability to single leg hop evenly on both sides, the ability to triple hop and the speed of hopping 6 metres to be about 80% of the other leg, otherwise the risk of re-injury is quite high.

Once a good base of strength is established, incorporating balance and agility exercises into your exercise program is a major aspect of improving your balance in the long term. Dynamic exercises, such as side to side hops are more functional and produce better results than static exercises such as using a wobbleboard, which don't resemble everyday tasks, so your brain has limited capacity to translate this into useful skills of reducing your risk of injuries such as rolling your ankle.



## WISDOM LIKE AN OWL

Owls are known for their wisdom and being sensible and knowable in your exercise program will produce better long term results than taking an all or nothing approach, which never works out well.

### **Regular, consistent exercise is much better than exercising everyday, as hard as you can:**

In general, to get the most out of a workout for the purpose of building muscle and strength, major Olympic lifts, such as deadlifts, squats, bench press, bent-over row etc are the most effective, because they use a large number of muscle groups to their maximum ability, therefore are great at helping to build muscle.

I would recommend choosing 1-2 major lifts per session, to allow you to work the muscles to fatigue, to give the muscles a stimulus to grow and adapt. If you choose to do every lift and muscle group per session, you just won't be able to work each lift and muscle group to it's maximum potential, so the stimulus to adapt is lower and the muscle growth effect is less.

### **Adding stability exercises, to compliment your major lifts:**

It is important to also incorporate exercises that work on the muscle groups that help "set your body up" to get the best from your lifting. This means also training the major stabilising muscle groups, that work together with the power muscle groups that are needed for lifting.

For example, to do a deadlift effectively, the stabilisers of the lower back (the multifidus muscles group) and the muscles at the side of the hips (gluteus medius and gluteus minimus) need to be working in order to allow the major muscle group (Gluteus maximus) to do it's work more effectively. If these muscles do not activate and do their job, the load on the back and other structures is too great and this is where injuries occur.

Exercises that work on the stabilising muscle groups should be performed in the warm up stage of your workout and between sets to keep the stabilisers active during your workout.

### **Do not underestimated importance of sleep for muscle building**

If you are serious about your health, you need good quality sleep. The reason is that the muscle growth effect and the natural release of growth hormone occurs primarily when you sleep, not when you are awake. In particular, this occurs specifically in the third stage of non-REM sleep, when the growth effects are the largest.

During the REM portion of sleep, your brain works on and remembers better co-ordination of movement and this helps the progress of your lifting potential. If you don't plan at least 6 hours, but ideal 8 hours of sleep after your workout days, you will struggle to achieve your goal.

Written by [Michael Dermansky](#)



# Ignite your passions by finding your flow



**I**magine you are running your first half marathon, and can see the end in sight. You've been training for this moment for months. You feel the wind whipping past your face, your feet as they strike the ground, each heart beat as the blood pumps through your veins.

You simply feel like you are flowing through air. Nothing else around you matters.. You can't hear anything, you don't know what time it is, you forget all your worries. The only thing you are focused on is the next stride.

You sprint through the finish line as all of the joy, pride and excitement runs through you. As you come back down to reality you reflect on the run. You realise that as you were running your mind became so absorbed in the activity it was like you forgot yourself, it was as though you were in 'the zone'.

Have you ever felt this? You may have been painting, reading, exercising or working on a project, where nothing else seems to matter but the activity you are doing. This feeling has been researched by positive psychologists for many years. The state of consciousness this is referring to has been coined by psychologist Mihaly Csikszentmihalyi as 'the flow'.

## WHAT IS THE FLOW

The thesis of Csikszentmihalyi's [pronounced: Cheeks-sent-me-high] most popular book, *Flow: The Psychology of Optimal Experience* (1990) was that happiness isn't actually a fixed state or something that happens, it is something we learn and develop as we achieve 'flow' in our lives.

"The key aspect to flow is control: in the flow-like state, we exercise control over the contents of our consciousness rather than allowing ourselves to be passively determined by external forces." (Csikszentmihalyi, 1990)

Much like the marathon example above, the flow is when you are so absorbed in a task at hand, that you feel an absence of self, and you have a merging of your awareness into the activity you are engaging in.

"The way to happiness lies not in mindless hedonism, but in mindful challenge. (Tavris, 1990)."

Finding tasks that allow you to feel this flow-like state may be the key to discovering your true passions in life.

## THE HISTORY BEHIND THE FLOW

The reason Csikszentmihalyi started to explore this theory was he wondered how wealth and happiness were connected. The data he found suggested that money, or increases in income, wasn't the answer to happiness. He decided to explore where in life we are actually happy.

Csikszentmihalyi interviewed creatives such as artists, painters and musicians. Through these interviews he found there was a general theme: when these creatives, and even athletes he interviewed, were doing their chosen activity they experienced a feeling of ecstasy. They lost track of time, sound would flow in and out and they felt like they were in the zone.

The study of the flow then commenced as Csikszentmihalyi (1990) was able to find the connection



between the flow and subjective well-being, life satisfaction, work productivity, motivation, company loyalty and general happiness.

## HOW TO ACHIEVE FLOW

Flow can be achieved while doing a task you enjoy, something you truly love to do. It could be weight lifting, writing, swimming or wood working.

To get to the flow, there is a spot between difficulty of the task and your level of skill. For example, if you take on a task that is too challenging for your skill level, you're likely to feel anxious. If the task is too easy for your skill level then you'll be bored by the lack of challenge. Therefore, to get into the flow the task has to be challenging enough for your skill level but not too easy where there is no challenge at all.

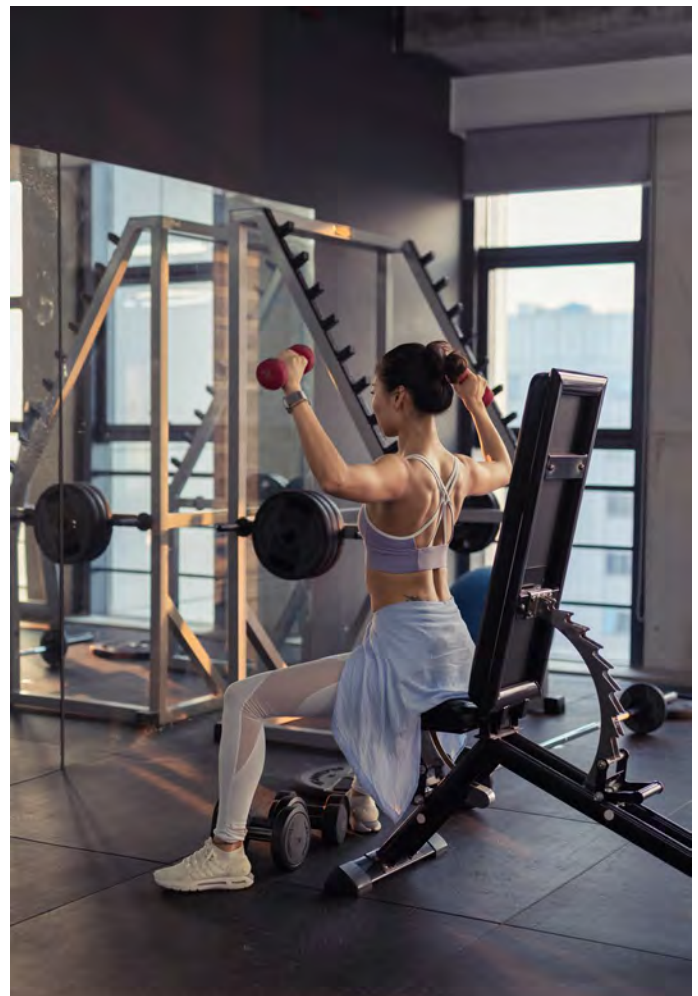
We are also more likely to fall into the flow state when it's an activity we already have skills in or have practiced. Think of a singer on stage ready to perform, they know how to sing, but the task of singing in front of a group of people reaches the level of challenge without boredom.



When looking for the flow look out for these characteristics:

1. Clear goals for the task
2. There is no sense of time
3. Reward or feedback is imminent
4. Activity is intrinsically rewarding
5. Self-consciousness disappears.
6. Balance between challenge and skills
7. Concentration is completely on the activity

As these points indicate, flow can be achieved by ensuring the activity is challenging, requires appropriate level of skill, immediate feedback and has defined success metrics.



It is important to note that the flow is not a static state. It is dynamic and ever changing because as your skill for the activity increases, the challenge reduces. This will lead to it being too easy for you, so it is important that the activity has room to get more challenging over time.

## GOING BEYOND THE FLOW

While research on the flow mainly focused on creative and productivity activities, Csikszentmihalyi notes that it can also be helpful in relationships.

When people get good at the flow state, they are then able to use it to turn a potential negative experience into a challenge they can enjoy. By using this skill they can then maintain inner self control and happiness throughout life's adversities.

By using the flow you can not only find your passion in life, but might find that life is your passion!

Written by [Kristy Iervasi](#)

### References

Csikszentmihalyi, Mihaly (1990). Flow: The Psychology of Optimal Experience. New York, NY: Harper and Row.

Tavris, C. (1990, March 18). Contentment is hard work. The New York Times.



# TOP TREES FOR YOUR GARDEN

**T**he best time to plant a tree was 60 years ago. The second-best time is today. A mature tree offers us so much in our gardens.

Trees add immeasurable value to our homes by:

- Visually enhancing our properties
- Providing shade and shelter from wind
- Providing air and a cleaner atmosphere
- Improving habitat for birds
- Improving the air quality
- Improving privacy to your property

Trees are important to the liveability and identity of a suburb, town or city. In a broader context, trees add value because they:

- Soften the appearance of the built environment and lessen the visual dominance of buildings, while providing colour and form to create a more pleasing environment for the community
- provide a sense of place and assist with establishing neighbourhood identity
- provide tangible and proven physiological and psychological benefits to the community by providing contact with nature
- add economic value, improve privacy to properties, and increase the desirability of a neighbourhood
- increase the attractiveness of commercial areas and can moderate the otherwise stark appearance of industrial areas

- attract fauna and provide wildlife corridors through our suburbs
- help ameliorate harsh suburban environments by absorbing heat and reducing solar radiation, providing cooling shade and shelter from the elements, as well as assisting air purification through filtering dust and particulate pollution from the air
- assist with intercepting rainwater and reducing runoff
- contribute to global carbon emission offsets through taking in carbon dioxide and releasing oxygen into the atmosphere.

We can't speed up a tree's growth, but we can improve the future by starting the process now. The best thing you can do for your garden, your home and the environment is to plant a tree.

Now, which type of tree? There are over 60,000 species of trees to choose from. We are spoilt for choice! So, to make the selection easier, here are my top 5 trees for your garden.

## MY TOP FIVE TREES

### 1. 'OCTOBER GLORY' RED MAPLE - ACER RUBRUM 'OCTOBER GLORY'

If you are a lover of a rich autumn foliage show, then look no further than this tree. Later in the season than





many deciduous trees to turn, the leaves change to a dark pinkish red as autumn begins and progress to a luminescent red in late autumn. The spectacular uniform red canopy stops people in their tracks. With a mature height of about 12m, you will need a bigger garden to plant this beauty.

## 2. SNOW PEAR - PYRUS NIVALIS

Less than 10 m high, the Snow Pear is a small sized ornamental deciduous tree. It offers attractive floral and foliage displays to highlight the change in seasons. In spring the tree bursts into a beautiful show of white blossom, followed by small yellow fruit. The foliage is soft, fresh green in spring and summer before changing to brilliant orange yellow in autumn. Birds enjoy the small fruits.

## 3. 'FOREST PANSY' EASTERN REDBUD - CERCIS CANADENSIS 'FOREST PANSY'

A small tree of about 5m in height well suited to a courtyard or smaller garden. The beauty of this tree is the gorgeous plum-coloured foliage in spring. The leaves are heart-shaped and change from burgundy to green in summer, then to a multi-coloured display of red, apricot and gold in autumn before falling by winter. In addition to the lovely foliage, it bears pretty pink blossom in spring before the leaves arrive. This tree looks lovely in an established garden, where the burgundy sits very well on a green background and contrasts beautifully with silver foliage.

## 4. CREPE MYRTLE - LAGERSTROEMIA INDICA

The Crepe Myrtle tree is the perfect addition to a small to medium garden. Depending on the cultivar, it reaches between 3m and 8m high. It is a deciduous tree with a multi-stemmed habit and a wide-spreading, flat-topped canopy. The flowers are very showy in autumn, and its

cultivar's floral colour can range from dark lavender on 'Zuni' – about 3.5m high, to coral pink on 'Comanche' – about 5m high, through white on 'Natchez' – about 8m high. In autumn the foliage changes from fresh green to glowing red-orange. Winter reveals the Crepe Myrtle's elegant mottled tan, pinkish-brown and cream bark. This tree is fast growing and drought tolerant, once established.

## 5. 'WILDFIRE' FLOWERING GUM - CORYMBIA FICIFOLIA 'WILDFIRE'

A beautiful Australian native evergreen tree with lollypop-shaped habit. This is a small grafted cultivar perfect for a compact garden where foliage is desired the whole year through. It reaches about 6m in height

The spring and summer flowers are stunning and offer a show-stopping display. They are perfect clusters of bright red fluffy inflorescences worthy of any May Gibbs illustration. The flowers attract birds and insects, including native bees. The rounded canopy of dark green leaves provides good year-round screening of fences and neighbouring houses.

## PICKING THE PERFECT TREE

If you are unsure which tree will suit your environment best or are struggling to settle on one species out of the huge numbers available, ask a professional such as a landscape architect, landscape gardener, horticulturalist or arborist.

If you want advice on fitting a tree into a new or existing garden design, feel free to get in contact with me. I'll make sure you have the perfect specimen for an arboreal life now and for the future generations to enjoy.

Written by [Annabelle Drew](#)

# Finding and fueling YOUR PASSIONS

In our last issue, I wrote about how this modern life is often quite demanding. Sometimes we can get so bogged down in the minutiae of our lives that we can forget finding time to do things that make us light up. With the amount of time most of us are spending at home here in Australia now, this is even more pronounced, as we find ourselves missing friends and family who live overseas and interstate. So what can we do to bring back the spark, and find our passions?

## WHAT IS PASSION?

The Webster dictionary refers to passion as “1 : a strong feeling or emotion He spoke with passion. 2 : an object of someone’s love, liking, or desire Art is my passion.” (Definition of PASSION 2019). Our passions in life are generally something we love doing, and could do all day without getting tired.

As such, if we find what we are passionate about, we can feel like we barely work a day in our life, as the old saying goes. However, most of us get pressured to some degree, or fall into occupations or jobs that we don’t enjoy that much, and our passions end up getting pushed into our leisure time.

## QUESTIONS TO ASK TO UNCOVER OUR PASSIONS

If you’re at a bit of a loss to uncover your passions, I’d suggest asking yourself a series of questions, and perhaps writing down the answers.

- What do you already love doing?
- What do other people think you are good at, and seem to be natural at? Is there something others always say you seem to enjoy? Is that something that makes you light up?
- Are there topics you could learn or read about for hours, and never get bored?
- Are there recurring themes that keep coming up for you?
- Is there anything you’ve ever cried tears of joy about when you were doing it?

As you reflect on some of these questions, don’t feel the need to stick with your first answer, or the answer you may have given 5 years ago. We change and grow as people, and as a result, our passions may change over time, and this is perfectly natural. Take time to reflect on



your answers, write them down somewhere accessible, like the notes section on your phone, and come back to them over the coming days.

## ACTION TO TAKE TO UNCOVER OUR PASSIONS

We can also help ourselves as we work on our list, and uncover our passions. As you reflect on the list above, there are a few tips you may find useful, and may help to make this search for passion more manageable.

- Make sure you don’t feel pressured as you consider these questions. Take some time out to meditate or relax, and clear your mind, before you attempt to think about this. When we feel pressured by work, family or money concerns, our minds and answers may be clouded by these issues.
- Take your time, and think about these in a comfortable place, and make sure you’re not hungry or uncomfortable or similar.
- Consider what small steps you can do to uncover a passion. Are there weekend classes or short courses





you can take in that area? This will give you a taster of whatever skill or activity you are looking at, without having to commit your life savings.

- Definitely don't quit your day job as soon as you think you've found the "thing". Use the income you get from this, to help you build up your skill set, and build up your knowledge. Even if you're working toward a career change, work towards it gradually, unless you have enough savings to see you through.
- Keep practicing. Keep doing the things that light you up, and see what fits?
- Consider ways in which you could do this alongside your main source of income, and take the time to investigate ways to monetise your passion, and earn an income from it.
- Consider that your passion may be something you can happily indulge on weekends, or after hours, on in your annual leave. Not all passions are things that you will need to leave your job or business to pursue, or it may not be practical to leave your job or business to pursue a passion.
- Dare to dream big, just because something doesn't exist in your area, doesn't mean it doesn't exist at all, and that you couldn't "make a go of it".
- Answer the questions with a view that money and time are no object. This sounds crazy, but can really help uncover things. So often we answer questions with a limited mindset, and as a result, our answers are limited, and don't allow us to reach our full potential.



## OTHER THINGS TO CONSIDER

Finally, there are ways we can bring "passion" to every day life as well. We all have tasks and chores around the house that we hate, but that doesn't mean they can't be done with some degree of passion. Is there some great music you can listen to while you take out the trash, or do those other household chores? If dancing is a passion, perhaps put on some great music, and dance while you do the housework. I know it sounds cliché'd but it can really help you enjoy life.

Also consider that just because something is your passion, doesn't mean you'll enjoy it 100% of the time. A dancer can be passionate about what they do, but not about some of the things that come as part of the package, such as injuries, or some of the things you may need to do to look after your body.

If you're looking for a few resources to help you dream big, and uncover passions, I recommend Kristina Karlsson's book, *Your Dream Life Starts Here* (Karlsson 2018). This book, and the associated exercises will guide you through some practical exercises to start uncovering your passions and interests. Also take time out to listen to podcasts and expand your horizons. I've heard so many inspiring stories, and heard of so many inspiring occupations while listening to podcasts, and many of them have been occupations I didn't even know existed beforehand.

Happy reading, and listening, and most of all, enjoy the journey.

Written by [Sarah Dower](#)

### References

Definition of PASSION 2019, Merriam-webster.com.

Karlsson, K 2018, *Your dream life starts here : essential and simple steps to creating the life of your dreams*, Kikki. K, Port Melbourne, Vic.



# Tips to keep your cat entertained (and out of trouble)

**C**ats are known to be more independent than their canine friends, however they are primed to pursue prey and for this reason they love to play. The more you play with your kitty or set up games for them the happier – and more likely to stay out of trouble – they will be.

We can help our cats stay out of trouble by increasing the play that we are doing with them, especially hunting style games as this makes cats feel good and reduces stress.

We can also get them foraging for their meals, starting with scattering food on the floor and pointing out the pieces. This is another way to reduce their stress.

Here are some of the things you can do with your furry friends to leave them purring.

## THROW AWAY THE FOOD BOWL

Cats are natural hunters and are designed to work hard for their meals. However, when they live the pampered life, their human servants often deliver their meals on a platter once or twice a day!

Food is one of the most powerful motivators for good behaviour because all cats get hungry. So use this to your advantage and throw away the food bowl.

Instead of giving your cat a bowl full of free rewards each day, put their food into a container or your treat pouch and use it to reward them for behaviours that you like. Because you are rewarding so many repetitions of desired behaviours in just one day, you will notice a dramatic improvement in your cat's overall behaviour and it will also keep your cat stimulated and entertained.

## CAT PUZZLES & HOMEMADE TOYS

There are many cat puzzles you can purchase from pet stores that will keep kitties entertained but you can also create your own puzzles and toys from home.

Crumbled paper is always an exciting toy for cats. They love the sound and to chase and wrestle it. Just make sure they don't chew or swallow the paper, especially when they are kittens.

A wand is also a popular toy, you can make your own by tying a feather to the end of a stick. Pull it slowly away from your cat, then watch as it leaps to catch it in the air.

## FETCH

It is not just dogs that enjoy playing fetch. Find a toy that is easy for your cat to carry in their mouth, throw it, and wait for your cat bring it back. Reinforce this by petting or providing healthy treats.



## FOOD FORAGING GAMES

Get your cat 'hunting' for their meals. You can provide some of your cat's meals through food dispensing items and interactive toys.

Start simply by hiding some of your cat's food in a toilet paper roll or egg carton and encourage them to go find it. Because you are providing an appropriate outlet for your cat's instinctive behaviours, you will notice a significant decrease in undesirable behaviour.



Not only is your cat burning energy, but they are using their brain to problem solve. This is exhausting work. We know that problem solving is a great way to promote neuroplasticity – meaning that when you have time to train your cat, they are more likely to learn new skills easily.

Check out this amazing website for inspiration and to challenge your cat even more <http://foodpuzzlesforcats.com/>

## CAT APPS AND TV

There is an app for everything these days, including keeping felines entertained. These apps feature moving fish and other motion graphics designed specifically for cats.

TV Platforms like 'Amazon Prime' are now offering free animal channels. While not all cats will enjoy this stimulation many will. It doesn't make for a rigorous workout so ensure you mix this play up with other activities.

## A KITTY STYLE PLAY ROOM

You can create a play room just for your cat (it doesn't need



to be a whole room, a corner of the living room will suffice). In the room you can add cat furniture like a scratching post or a scratching bench. Providing a 'viewing window' to the outside world can also be a great way to keep your cat entertained. Cats are drawn to the outside world and love to keep an eye on what is going on out there.

## LIGHT PLAY

We all know how much cats love chasing light reflections. Try catching light off an item like your watch and bounce it low on the wall and on the floor. Your moggie will love running after it and trying to 'catch' it.

However it's important to note that light or laser play should be kept to one to two minutes at a time, always supervised and ended by a small amount of food down for the cat to eat. Some cats can develop behavioural problems from light or laser play problems so if in doubt owners should opt for different types of play instead. If they notice concerns, owners should speak to their vet and a cat behaviourist.

The most important thing to remember when it comes to playing with your feline friend is to have fun. Playing is not just an activity that will keep your cat entertained it will help you bond, a fact that is sure to bring a smile to your face and leave your cat purring.

Written by [Natalya Dundovich](#)



**BECAUSE EVERY CAT DESERVES  
A HAPPILY FUREVER AFTER**

[catprotection.com.au](http://catprotection.com.au)



# I am woman ... hear me ROAR!

Yes, you are an amazing woman! But how is your ROAR?



I don't like to focus on the 'P' word as I personally believe that our souls are being filled with enough of it right now, but if you'll indulge me, I'll use the 'P' word only once to demonstrate the unfortunate alignment it represents for some of us. That 'P' word is Pandemic, and I believe it's possible that the lockdown world that some of us are living with is an analogy for the animal within us that might be feeling a little locked down ... and is either not roaring, or not roaring to her full potential.

## AND I WANT TO CHANGE THAT ...

As a writer of Intimate stories, my deep personal wish for every woman is to let her wild sensual goddess out, her primal sacred self that is full of desires, wishes and dreams. She's within you and me and speaking on her behalf, I think she wants us to let her out more often and with purpose because I believe that she has had enough of us using her suppression as a badge of honour.

She knows we're busy, she knows we have many plates spinning in our lives, but what she seems to keep telling

me is that she wants to help, and she can't do that unless we find a way to make her a priority.

Mmmm, our Goddess does seem a bit lippy and opiniated, doesn't she?! Perhaps what she's trying to tell us is that she has the power to bring back our balance, our release and our crescendo, using our most powerful and sacred moment. Yes, that moment when our desire and our pleasure collide in climax, and ladies, it's time to listen to the call of our inner wild and look at ways to get our roar back.

This is not judgement on where any of us are at on our sensual journey, instead, this is an 'environment intervention' to reclaim our best life where we can take our sensual power back. Of course, there are times where intimacy and sex flows easily down the sensual river, where our primal selves are laying back being fed grapes, clear on what will fulfill our desires. Other times, I think we are all guilty of allowing ourselves to be pulled in many directions, frustratingly to where other people are comfortable or until everyone else's needs are met. It can





be exhausting and can create an anti-sex zone.

Our sensual goddess loves men and salutes the pressures they are under, however under the code of secret women's business, she knows that often we find ourselves the centre of our family unit. An unintended consequence as we slip into our super mum cape is that we can let intimacy slip as a priority unfortunately accepting our busy plight as the honourable reason.

I'm rating this as 50% of the reason for any suppressed sensual roar. Women, close your eyes now as in working with men in the life-long career I left, I observed that men see their providing as their adequate contribution and often feel that this should be celebrated to the highest order. Their need for praise through our lens could be interpreted as perhaps lessening our contribution. I'm rating this as the other 50% of any perceived or real, unmet sensual roar needs.

As a firm believer in men and women standing side by side as equals, I've called a timeout and am calling for the great sensual reset for us modern women. Of course, our partners will form part of this reset and we can't control that, but we can get clarity on what our sensual goddess needs to roar again, then she can start to heal. I have sought counsel from the most qualified being, my own inner wild primal goddess, and here's what she suggested ...

## 1. EARTH YOURSELF

Indulge me for a moment. I believe that all things are connected energetically, and in line with that it tells me that earthing ourselves is a great place to start in the quest for our roar. Lay in the sun (sun smart of course), allow your body to be heavy, feel the earth beneath you. If you

allow it, your own frequency will get into rhythm with the earth's frequency. Doing this every day can slow the clutter in the mind so you can start the search for your roar.

## 2. RELAX AND REMEMBER

Do something luxurious, even during lockdown there is the simple luxury of five minutes peace in the bath with wine and candles or whatever luxury means to you. When you're relaxed, focus on remembering when you used to roar, go back in time and just BE there. You don't have to DO anything. Look around, what did the environment look and feel like? Who were you then? How did it feel when you just let go? Take note if you feel pride or shame about how you were when you were free, that is important in Step 4.

## 3. TRULY SEE YOUR PARTNER

It can be very easy to slip into blame, that you said this, or you did that, or you didn't do that, or you didn't notice what I did. This might sting a little, but now swap the word 'you' in all those statements to 'I' as most likely your partner's reality is a reversed version of yours. I said this, I did that, or I didn't do that, or I didn't notice what you did. Mmmm. Tricky, isn't it? Unfair perhaps? What I know now is that someone must lay down their sword first, and girl, you have a powerful roar inside and most likely any shift in you, even small, is going to have the biggest ripple effect. You are not being less; you are being more powerful. When you truly see your partner, I bet that you'll unlock something else wild within, then hold on as your roar is on its way.

## 4. TELL YOUR STORY

This is my favourite step as the ripple effect can be lifechanging. I've written before about how our minds are the biggest sex tool and how a story is a powerful way to activate it. You must be careful though as it is easy to hold onto an old story full of blame. The good news is that you and your roar get to change the story, let go of the past, follow the first three steps, then tell your partner a story that excites you. Even the little things, like what you're feeling when you watch them walk, or that face they do when they know sex is a possibility, or how you feel when they touch your skin. Every sensual secret revealed is your roar inching closer to unleashing her true power.

One more thing to make sure we keep it real; is don't be afraid to enjoy intimacy for the emotional freedom it gives you from the challenges in your life right now. Tell them that too. If they know they can help bring out your roar, you will have a convert!

With hand on my heart, my wish is for all women to unlock their roar and I know that we all have the key within us. Don't let the 'P' word get us down, flip it on its back and take the timeout to emerge roaring!

Written by [Naomi Radke](#)

# Why we should all support B Corp Certified businesses

**B** Corp is a Certification that is gaining traction around the globe yet is still relatively unknown. So, what is it? How does a company get it? And what's in it for us to support B Corp certified companies?

## WHAT DOES B CORP CERTIFIED MEAN

As a business owner who has just finished the process of becoming B Corp Certified, I'm proud and excited to join the ranks and spread the word about what this certification means. A simple description is that a B Corp Certified Business is a 'Business for Good'.

As described on the B Corp website (<https://bcorporation.net/about-b-corps>), B Corp certification measures a company's entire social and environmental performance and shows that a business 'meets the highest standards of verified social and environmental performance, public transparency, and legal accountability to balance profit and purpose'.

To achieve B Corp certification, every part of a business's operations and business model are assessed. The assessment process involves hundreds of questions around how each aspect of the business impacts on workers, community, environment, and customers, and the process from start to finish takes up to a year to complete. To achieve final certification, a business must

score a total minimum of 80 (out of 100), from all the different sections in the assessment criteria. To maintain certification, an annual fee must be paid, and the process must be re-done every three years, showing an increase in score.

## WHAT KIND OF KINDS OF QUESTIONS ARE ASKED IN THE ASSESSMENT PROCESS?

Questions are contained in some broad categories, including:

What does your company do to -

- Enhance policies and practices pertaining to its mission, ethics, accountability, and transparency? For example, do you have a code of ethics, and does your mission statement include a commitment to social or environmental responsibility?
- Contribute to the economic and social well-being of the communities in which it operates? For example, do you give preference to suppliers from under-represented populations, and do you do your banking with a bank that has a strong social and environmental ethos?
- Improve its overall environmental stewardship? For example, do you monitor and continually reduce your







## WHAT KINDS OF BUSINESS ARE B CORP CERTIFIED?

You may already be supporting a B Corp certified business, without knowing it.

International B Corp's you may have heard of are:

- Ben and Jerry's
- Patagonia
- Etsy

A small selection of Australian businesses that hold B Corp certification are:

- Bank Australia
- T2 tea
- Flow Hive
- Onya bags
- Koala mattresses
- Biopak
- 4 Pines brewing company
- Who Gives a Crap
- and, after a full year's process, Going Green Solutions (disclaimer – my business!)

To view a complete list of Australian B Corp certified businesses, which cover everything from marketing agencies to financial services to coffee roasters and venues, you can look here: <https://bcorporation.net/directory>

You can read a range of Case Studies about B Corp businesses on the website. (<https://bimpactassessment.net/case-studies>)



Why we should all support B Corp Certified businesses  
A B Corp Certified business has gone through a rigorous and lengthy process to transparently prove that they consider people, society, and the environment in all decisions so that their business does good and not harm. B Corp certified business has done the hard yards to how that they are a leader in the field of 'businesses for good' – and if that's the type of business we want to see more of, we need to recognise how much we appreciate it by choosing to buy from and work with B Corp businesses over others. Check out the directory to see which B Corp businesses you could switch to now!

Written by [Lucinda Flynn](#)



environmental footprint, and do you use/sell product that hold environmental certifications?

- Improve the value that you create for your direct customers and the consumers of your products or services? For example, do any of your products or services address a social or economic problem for your customers?

## DECLARATION OF INTERDEPENDENCE

On becoming certified B Corp, the business must sign the declaration of interdependence, as follows:

### THE B CORP DECLARATION OF INTERDEPENDENCE

We envision a global economy that uses business as a force for good.

This economy is comprised of a new type of corporation - the B Corporation - which is purpose-driven and creates benefit for all stakeholders, not just shareholders.

As B Corporations and leaders of this emerging economy, we believe:

- That we must be the change we seek in the world.
- That all business ought to be conducted as if people and place mattered.
- That, through their products, practices, and profits, businesses should aspire to do no harm and benefit all.
- To do so requires that we act with the understanding that we are each dependent upon another and thus responsible for each other and future generations.

# HOW TO SAVE ENERGY AT HOME – Part 4

In this issue we will discuss the requirements for the house envelop to reduce the energy consumption and how to use the curtains and shutter for energy saving. We will also talk about the standby loads, solar PV system and how to buy energy efficient appliances in Australia. This is will be the last part of “How to Save Energy at Home” article series.

## HOUSE ENVELOP

- Make sure that the windows and doors are sealed to prevent air infiltration and exfiltration.
- Make sure that the ceiling is insulated with insulation that has the minimum R value stipulated in the Building Code of Australia.
- Double-glazing your windows and skylights can help keep you warm during winter and cool in summer, plus reduce outside noise penetration.
- Window films can be a cost-effective alternative to double-glazing existing windows.
- Make sure that the exhaust fans has non-return damper to seal the duct when the fan is off and prevent air infiltration and exfiltration.
- Remember, a well sealed and insulated house is warm in winter and cool in summer.

## CURTAINS AND SHUTTERS

We need to use the curtains and the shutters wisely. You should close the curtains during the sunny hot days in summer to prevent overheating the rooms and increase the load on the air conditioning unit, which leads to more energy consumption.

In winter, we should open the curtains during the day to allow the sun entering the rooms to warm them up and also to switch off the lights. This will reduce the energy consumption of the heater and the lights. In winter nights, we need to close the curtains and shutters to prevent the heat from escaping to the outside and increase the load on the heater.



## STANDBY LOADS

Switch off at the wall all the standby loads. When the appliance is off but in standby mode, it still consumes energy. Therefore, you should turn off at the wall; TV, TV box, printer, scanners, computer, microwave, phone and tab chargers...etc.

## SOLAR PV SYSTEM

We recommend installing solar PV system at your house to generate electricity from the sun and reduce your electricity consumption from the grid. The solar PV systems usually supported by the government and have government rebates that you might be eligible for.

## BUYING NEW APPLIANCES

If you are planning to buy new appliance or replace an old one, then you should select the new appliance with high energy star rating. Most of the house appliances available in the market have energy rating and the higher the number of stars the more efficient is the appliance. Go to ([www.energyrating.gov.au/calculator](http://www.energyrating.gov.au/calculator)) to learn more about Energy Star Ratings.

Written by [Ahmad Fraji](#)



# Top 5 tips to reduce your environmental footprint



In recent years, we have witnessed a rise in natural disasters, not just in the number of disasters but their intensity as well.

Amidst news about the global pandemic, national elections, and other social issues, we see news about widespread forest fires, record-breaking flooding, high-intensity hurricanes, and the melting of glaciers. According to the 2021 IPCC report, human-caused greenhouse gas (GHG) emissions have resulted in worsening weather and extreme climate conditions.

This has led to more activists, organizations, and individuals bringing awareness to our collective need to reduce our carbon footprint.

Here we will discuss the importance of cutting down on carbon emissions and our ecological footprint, and how we can do so.

## WHY IS IT IMPORTANT TO REDUCE YOUR CARBON FOOTPRINT?

For some, we are already past the point of saving our planet, but others find hope in climate change advocacy and reform. And the reason for this hope is that there is still much we can do — from changing our diet to

support local businesses.

When we reduce environmental footprint, we can help:

1. Reverse the effects of global warming and climate change.
2. Reduce GHG emissions.
3. Promote cleaner air.
4. Create a better place for wildlife, animals, and plants.
5. Improve our physical health.
6. Reduce personal and business-related costs.
7. Support local communities and businesses.

The first step is willingness, followed by action. So, where do you start?

## HOW TO CALCULATE YOUR CARBON FOOTPRINT?

Before you make a plan to reduce your environmental footprint, you first need to measure it. Our ecological footprint covers the food we eat, appliances we use, clothes we buy, ways we travel, and more. It helps to use a carbon footprint calculator to understand the different areas of impact. There are a few websites that can help you calculate your or your household's carbon footprint:

- EPA Carbon Calculator
- Nature Conservancy Calculator



## WHAT DOES IT MEAN TO REDUCE ENVIRONMENTAL FOOTPRINT AT HOME?

Reducing your carbon footprint means reducing the amount of carbon you or a business you support emits. From choosing cleaner energy to make changes to your lifestyle, there are quite a few things you can do within your household and workplace. Here is where you need to make changes:

- Electricity and energy — reducing energy consumption
- Food — changing your diet
- Shopping — paying attention to what you buy and where it comes from
- Travel and transportation — choosing a different mode of transport
- Carbon offsetting — purchasing carbon credits to offset emissions
- Advocacy — educating others and supporting climate change activism.

## WAYS TO REDUCE YOUR ENVIRONMENTAL FOOTPRINT

Reducing our environmental impact may seem like an overwhelming prospect, especially if you do not know where to start.

There are different ways to contribute to reducing our

overall carbon footprint and impact on the environment:

- Avoid carbon emissions
- Reduce environmental impact
- Remove carbon emissions from the atmosphere

Here are some ways you can reduce your carbon footprint at home and your small business:

### 1. GET THE BASICS DOWN

Before you begin with more involved initiatives to reduce your carbon footprint, it is a good idea to start by getting the basics right:

- Reduce waste of water when cooking and cleaning.
- Recycle and compost whenever possible.
- Reduce food waste.
- Conserve electricity by turning off lights and appliances when not in use and setting your AC on automatic mode.
- Avoid single-use plastics — opt for paper bags and straws or reusable plastics instead.
- Modify transport — Choose buses, trains, carpooling, walking, or biking whenever possible instead of using individual vehicles.
- Grow a plant and support a local community garden.

### 2. REDUCE USE OF ELECTRICITY AND ELECTRONICS

There is no doubt that devices and appliances make our lives easier. But their use and production are quite a significant factor in growing carbon emissions. Technology companies realize this and have worked to create eco-friendly products and smarter technologies.

For example, using energy-efficient appliances or purchasing multi-purpose devices that can complete multiple tasks in one. For instance, using a laptop for personal browsing, checking work email, making business calls via softphones, video conferencing, and so on. Or, Getting a printer that can also copy, scan, and fax documents, so you do not need additional devices.



When you want to reduce your home or small business's carbon footprint, here are some ways to conserve energy and electricity:

- Unplug devices when not in use.
- Avoid purchasing new devices or gadgets unless necessary.





- Buy appliances that have an Energy Star certification.
- Buy smart devices such as efficient LED light bulbs, smart switches, thermostats, and so on.
- Switch to low-flow faucets and showerheads.
- Consider smart home automation to control your devices and energy consumption.
- Choose cloud communication services to cut down on the need for additional hardware.
- Buy multi-purpose devices.
- Talk to your energy provider about installing solar panels.
- Air dry your laundry instead of using the dryer.

### 3. CHANGE THE FOOD YOU EAT

What we eat directly affects our health and the health of the environment. But over-dependence on certain foods, lack of diversity and flexibility, and consumption of unsustainably produced food harmfully affect the environment.

Because of this, we need to watch what we eat and where these foods come from. Here are some factors to consider:

- Consider switching to a more planet-friendly diet — high on health benefits and low on environmental impacts.
- Buy sustainable and organic food.
- Eat locally grown and produced food.
- Check and follow national dietary guidelines.
- Consider adopting a variety of plant-based foods within your diet.
- Eat less meat, eat more fiber-rich foods, and cut back on dairy.
- Avoid eating excess calories.
- When possible, grow your own produce.
- Ask suppliers (grocers, butchers, and fishmongers) how they source their products.
- Look for trusted certifications and accreditations, or ask your supplier where your food comes from.
- Opt for sustainably produced meat and fish — avoid over-harvested fish.

### 4. CONSIDER WHAT YOU BUY

Pay attention to the things and items you buy: where do they come from, what all do they constitute, what went into their production? How are they supporting climate control efforts?

Here are some things to consider when buying new items and services:

- Reduce and refuse — do you really need this new device or item?
- Consider wrapping and packaging — does the seller offer sustainable packaging? Can all items be delivered in a single package instead of multiple packages?
- Support sustainable businesses — support brands who are transparent about their ingredients and production process.
- Support small and local farmers — buy locally.
- Invest in sustainable fashion.
- Buy second-hand (thrift stores) and recycle and donate items.
- Purchase carbon offsets to offset your footprint or support companies that use carbon offsets to balance their footprint.

### 5. EDUCATE AND ADVOCATE

Finally, once you have done all you can at home, at your workplace, and with businesses you love, go out and advocate for climate justice.

Here are some ways to get involved in climate advocacy:

- Fine and buy eco-friendly products and alternatives to everyday items such as straws, kitchen napkins, detergent and cleaning products, toothbrushes and toothpaste, diapers and menstrual products, and so on.
- Learn about your favourite business' sustainability efforts. If there aren't any, urge them to start.
- Engage in conversation in your social circles.
- Support sustainable companies via social media and other avenues.
- Participate in local initiatives such as beach cleans, restoring nature and parks, etc.
- Support local wildlife and discover the nature around you.
- Explore and restore nature locally.
- Find out how you can influence local politics and encourage local and national government to prioritize renewable energy.

### WE STILL HAVE TIME, START NOW

It may seem like we are running out of time — and that very well may be true — but it shouldn't mean we don't continue to do the best we can. That means making a few adjustments to the way we live. We can make our planet a healthier place for ourselves, our families, and our wildlife. If you haven't yet, start now. Make the easier changes and go from there!

Written by [Meryl D'Sa-Wilson](#)



# IS MY iPHONE AS SAFE AS THEY SAY?

For months now I've been seeing huge billboards with the words Apple, Security and Privacy on them. Apple have clearly identified another USP ("Unique Selling Point") around keeping us safe. As a person who has a mix of Apple and non-Apple products (I have both an iPhone and a Samsung Galaxy phone; I also use both a Dell laptop and a MacBook Pro) I am intrigued by what sets Apple products apart from the competition.

And there's no doubt, the Apple products are unique, nicely designed and well built, but they do have their drawbacks. These are mainly in the area of flexibility, which may not be of importance to the vast majority of their customers.

## PRIVACY AND SECURITY

But what I do think is important to most is privacy and security. And I suspect most Apple users believe that they are safe under the promises Apple has been making. So, I was quite surprised to find out recently that there was a pretty stunning vulnerability in the iOS operating system.

One that was exploited by the Israeli cyber security company, the NSO Group. You may (or may not) have heard about the recent revelation that NSO's platform – Pegasus – can allow its users to gain access to a 3rd party's iPhone's data. Data such as emails, text messages and a whole bunch of stuff you would not want others to see. Initially, it required the iPhone user to open a link but, in more recent versions of the software, all that was needed was a particular message arriving in the iPhone's iMessage inbox and the device was compromised.

## STAY UPDATED

This vulnerability has now been addressed by iOS version 14.7.1 (if you are on a version lower than that I suggest you update now). Even so, along with the Solar Winds breach in late 2020 (that affected a number of US government agencies and big firms, including Microsoft), it is obviously that achieving a state of complete cyber security is more of an aspiration than a possible reality. Still, I would have thought Apple would have done better than that.



So, in case you don't know much about the story, the Pegasus platform was developed by The NSO Group as a product to be sold to governments to use to spy on "bad actors" - you know, terrorists, nasty criminals and the like. Unfortunately, some of its government clients have been using it to spy on journalists, lawyers, activists and others with opinions different to theirs. The likes of you and I (Joe/Jo Citizen) are generally not the target because what we tend to discuss in our day-to-day correspondence is of little interest to most governments (I'm assuming!).

## DEALING WITH UNCERTAINTY

So that got me thinking, we really are now in a world of uncertainty. When even the world's biggest tech company cannot defend us from unauthorised intruders. So, if that is the case then what can we do about stopping people developing and using these kinds of platforms? The reality is, very little.

Our world is very quickly becoming digital and we are increasingly not given non-digital choices, so unless we want to live off the grid and away from the rest of humanity, we are stuck with this new reality. The reality that we are always never 100% safe. We could have our privacy taken away from us leading to the loss of our identity and all that brings with it, at any point.

So, what can we do to stay safe? Firstly, practice what I call good digital hygiene – very simple things like always keep your operating system up to date, never give your password to anyone (even your loved ones!), honour the P in PC (PERSONAL Computer) and don't let others on your machine (on any of your devices, for that matter) and make sure you are ready for an attack, so when it does happen, you're not blindsided.

This includes keeping your backups up to date and separated from your devices, use different types of backup methods – for example, by default, most Apple users use iCloud, why not use something else like OneDrive,

Dropbox or Google Drive. Also, it doesn't hurt to have a copy on a physical drive, but if you do that, make sure you encrypt it!

## IT'S ULTIMATELY IN OUR HANDS

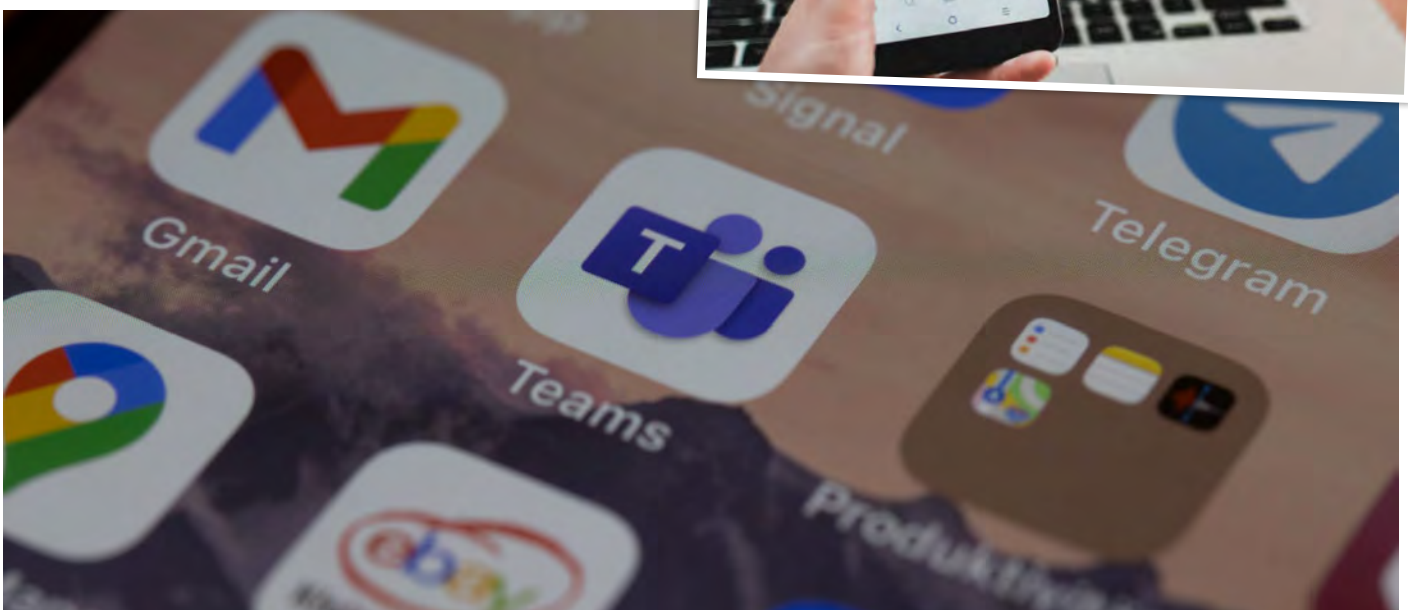
This is the new reality of our world and it's never going back to the way it was. Having said everything I just have, by taking a few precautions we can make ourselves just that little bit more difficult to hack than the next person, which could do enough to divert the unwanted attention from hackers and intruders to someone less "hygienic".

And in doing so, not only can we continue to enjoy the benefits of our new, ever-evolving digital world, but we can look forward to all the wonderful things that it will bring to us in the future. For me, I'm excited about building my Digital Twin to outlive me, but that's an article for another time. For now, we must competently deal with what we have in front of us.

So, while we may love our Apple products and have great faith in Apple the company, ultimately, our privacy and our security is OUR problem. As such, let's own that problem, make good decisions and ultimately depend on ourselves to stay (digitally) safe.

---

Written by [Kareem Tawansi](#)



# The things our dogs can teach us

How to channel our inner animal and make life more fulfilling



**T**he pandemic has been devastating for so many reasons, but it's given us the opportunity to reassess our day-to-day lives. It's changed how we live, work, and socialize.

Our morning commutes shifted from 45 minute train rides to 30 second walks downstairs, our lunches went from pre-packed, store bought, or employer-provided to prepared fresh while camera-off in a Zoom meeting, our weekday attire changed from mindful and put together to... whatever wasn't in the hamper or what we worked out in that morning.

As I settled into my new, pandemic (and, I hope very soon, post-pandemic) normal, I've embraced my inner animal in pursuit of a happier, fuller life.

I've seen many suggestions about things we can learn from our pets. In my case, I took the chance during work-from-home life to take cues from my pups, who I now spend much of my days with. While I wish I could laze on the couch for 19 hours a day and only wake up for massages and food, sadly I couldn't emulate that portion of their existence. With that said, they did teach me a number of important lessons.

## LIVE IN THE MOMENT

Dogs live in the now. Did you take their squeaky toy away an hour ago because it was interrupting your meeting? Maybe. But if you've got a treat or leash in hand, your pup has probably already forgotten all about your mouse-napping.

Before the pandemic, I was definitely trapped in a daily grind. Wake up, work out, get dressed, go to work, work, do something social or run some errands, go home, eat, sleep, repeat. Sure, routine is good, but I never really stopped to enjoy the moment.

Work from home can feel monotonous and repetitive, but there are some beautiful things about it... like your pup snuggling up under your chair and resting their chin on your foot, or a package you've been expecting arriving during your 5 minute break between meetings. Enjoy those moments. Pause to appreciate them.

## BE GRATEFUL... AND SHOW IT

A 2016 study showed that humans say "thank you" 2,000 times a year on average (or approximately 5 times a day), but more than half the time, they don't actually mean it.



It's become second nature for us to mindlessly say "thank you" and we rarely stop to properly express our gratitude.

Our pets, on the other hand, show their gratitude. Whether it's a tail waggle when we play with them or a lick when we scratch them, they let us know when they're happy. Now, don't go licking your mail carrier when they deliver a package you've been waiting for or anything, but taking an extra moment to say thank you to someone will probably be as gratifying for you as it is to them.

## LOVE OPENLY & UNCONDITIONALLY

The last time a loved one came home, how did you greet them? Did you stop what you were doing for a hug? Did you pause to ask how they are? Or did you say "hey," maybe ask "how'd it go?" or "what did you get?" while continuing to do whatever you were doing when they came in?

Our pups, on the other hand, are always excited when we come home, stopping whatever they were doing (... you know, whether it was their 14th nap of the day, playing with a toy, or grooming themselves) to come over and greet you. Their tails and/or butts waggle and they spend the next few minutes giving you all of their love and attention.

Humans sometimes take love for granted. We forget that spending time with our loved ones doesn't mean just sitting on the couch together and watching Netflix, but putting distractions aside and focusing on one another. So the next time your parent or spouse or child comes home, put down your phone or step away from your computer, give them a hug, and catch up for a few moments before turning back to what you were working on.

## BE OPEN TO ADVENTURE

When we pick up our dog's leash, they don't ask "Where are we going and who are we seeing? When are we coming home? Do we have work tomorrow...?" If your pup is anything like mine, they're rarin' to go the moment the leash comes out (ok ok fine, sometimes my pup is lazy and refuses to walk, but that's usually on our quick "normal route cause I have a meeting in ten minutes and you have to pee" outings).

Try to channel that sense of adventure and willingness to explore. With so much of our lives changed and limited these days, try to say "yes" to the new, atypical, and safe adventures you can take – whether it's a walk around a different neighborhood or a trip to a park you've never been to.

## TAKE WALKS

Now that we're spending so much time at home, it's easy to forget to get outside and stretch our legs a little. During the pandemic, there have been days when I've had to stop and think about the last time I'd left my apartment.



If you have a dog, though, that just won't cut it. Walks are mandatory. Getting outside, breathing fresh air, smelling some flowers, maybe seeing some other pups... that's built into your every day. And it's so good for us. A 2008 study found that adults who regularly walked their dogs for at least 30 minutes a day had a reduced risk for certain health issues. So get out there and talk a walk, even if it's only for a short stroll between Zoom meetings.

## DRINK WATER & STRETCH

How often do you stand up and stretch during your day? Take a sip of water? I'm willing to bet it's far less often than you should.

Take a cue from your pup. Every time they get up and stretch, copy them. If they drink some water, take a sip of your own. The goal isn't to mimic your pet (... or is it?), but to realize that we need to stop working every now and then and pay attention to our bodies.

## PLAY!

Since the pandemic began, my favorite part of the day has become a couple hours after lunch. It's when my older pup wakes up from his 18th nap of the day, wanders over to the toy bin, and starts rummaging. After picking out a toy (usually his mouse, which he'd chewed the ears and tail off of years prior), he tosses it at me and grumbles, demanding I play with him. Whether I'm between meetings, about to make myself a snack, or dozing off reviewing emails, I make sure to toss mouse back to him and play tug of war until he gets bored and wanders off for his 19th nap.

If you find yourself burning out or feeling wound up, take a break. Step away from the computer and put down your phone and play! Pick up your guitar, do a puzzle, dance, throw paper balls at a trash can – let yourself disconnect from your obligations for a few minutes and have a bit of fun. I promise, your pile of work will be there waiting for you once you're ready to turn to it again.

Written by [Taly Matiteyahu](#)

# What cats can tell us about business



**W**e can take inspiration from many different sources and even the most successful entrepreneur can liken aspects of business to an animal. Each of us have characteristics that can be compared to the qualities of a particular animal. Even brands take inspiration from animals, it's almost as though connecting our modern, civilised selves to something more primal gives it sensible meaning making it more recognisable.

In the world of accounting, precision is the nature of the business. As is agility, swiftness, and a great deal of calculated moves. You could compare the traits of an accounting firm with the characteristics of a cat if we were to find the animal within the industry. Cats can also represent success, after all, they're skilled at landing on their feet. What else can cats teach us about being successful in business?

## CURIOSITY

Curiosity is a sign of intelligence. It is also an indication that the imagination is at play and creativity is one of the most productive traits to have in business, especially in accounting. Creativity doesn't necessarily mean artistic, it also means resourceful and capable of problem solving where challenges might be complex. They say that curiosity killed the cat, but cats have nine lives, and curiosity is a wonderful use for at least one of them because the cat will come back wiser and better experienced. As a business owner, curiosity means you're constantly looking at new ideas and exploring better solutions.

## CATS ARE EASILY DISTRACTED

Cats are easily distracted by new toys and quick movements. In business, being distracted can prevent productivity, many of us struggle with projects that

are started and then set aside in favour of a new one. Unlike entrepreneurs and business owners, cats are not accountable for finishing what they start, they have the luxury of toying with a notion until it bores them. Business owners have to steer the course steadfastly, even when the novelty of the project wears off.

## CATS KNOW WHEN TO REST

The first few years in business are a mad rush. You're working in the business during business hours and on the business after hours. Long nights, longer days, and no vacation time can take its toll. All the while, the cat leisurely stretches and yawns from its cosy position in the sun with a demeanour that is almost obnoxious to an observer, it is so carefree. Cats never allow themselves to reach a point of exhaustion, they simply take rest whenever they feel the need to do so. In business, we need to view rest as a vital part of being productive, in the same way that stopping for petrol is a necessity for a car if it is to reach its destination.

## COMMUNICATION

Cats ensure that people are informed of every quail, immediately. Every cat owner can attest to the way in which a cat rubs itself on any available object as a show of gratitude for their favourite meal. Communication is imperative to nurturing relationships in business. This goes for professional relationships between colleagues, between the business and its target audience and its client base.

## ROUTINE

Cats are creatures of comfort and for those who are in their own businesses, comfort matters too. Routine and familiarity are non-negotiable to cats, they tend to have a favorite spot for napping, a particular food they enjoy, and many prefer to follow a similar number of pursuits everyday. In business, consistency is more important than grand gestures of productivity. Success lies in the small daily habits that become part of life. For cats, it is the small daily habits that they consistently enjoy that gives their lives joy.

## CATS MIGHT NOT BE TRAINABLE BUT THEY OFFER VALUABLE LESSONS TO THOSE WHO PAY ATTENTION

Cat lovers would agree that cats can provide tremendous entertainment, however, even the most critical business owner can't deny that cats come with very useful tips for maintaining balance, integrity, and stamina in the business world.

Written by [Sonia Gibson](#)





# Social media tactics to help build your small business

**V**isibility. New customers. More sales. The benefits of using social media for a small business are endless. However, platforms like Instagram and Facebook are also incredibly saturated, which means cutting through the noise and making your brand heard can be difficult.

In this article, I will outline a couple of tips for businesses to implement into their LinkedIn and Instagram marketing strategies. Ads and sponsored content are fantastic for increasing visibility with tailored audiences, but that's another article entirely. This is going to focus purely on organic reach.

## INSTAGRAM

### Share videos - particularly Reels

Traditionally, Instagram has been seen as a 'photo sharing app', where users build aesthetic feeds filled with beautiful images.

We are now seeing a move away from this, with the focus turning to Instagram as a video platform. For example, with Instagram Reels being extended from 30-second to 60-second videos in July. What's more, the reach with Reels is impressive.

If you haven't already, try uploading a Reel for yourself and compare reach with other posts. This could be something as simple as a behind the scenes, a quick Q&A, or a day in the life of a small business owner.

### Links in your bio

An Instagram bio is relatively short, and it can be hard to include all relevant links. This is where landing pages that can host multiple links come in handy.

Essentially it is a single link users click on in your bio, taking them directly to a page with other listed sites. For example, it could include direct links to your website, FAQs, recent blogs/news features, your online shop and so on.

As Instagram doesn't host click-through links on individual posts, this is a fantastic way of simplifying the journey for users to get the information they are looking for, fast.

Having said that, it is essential to keep the links to a minimum; you don't want to overwhelm your audience. I would probably advise keeping it between four to six links.

### 'Instagram Shop'

'Shops' is an Instagram experience launched in May last year. It makes it easier for users to see your products

through Instagram, as well as enabling them to purchase directly within the app. Users can even save a product and add them to Wishlist, returning to it at a later date, or send it to others.

The 'Instagram Shop' tab, available on the home screen, also curates unique content based on a user's interests. It helps them discover new brands - including yours.

In short, 'Shops' shortens the sales funnel, and makes your products and brand more discoverable.

increase reach and visibility, hopefully translating into new relationships and followers. Alongside this, continue using article links that take users directly to your website. A combination of both should see you reaping the benefits of increased reach and activity on your website.

### Join relevant conversations

LinkedIn will often alert you to trending conversations within your niche, encouraging you to have a say.

This is an excellent element of LinkedIn for two reasons.



## LINKEDIN

### Include images with your articles

When uploading an article, for example a recent blog post, make sure you include an image. This could be a photograph or a creative graphic. With both, the aim is to draw attention to your post when users are scrolling through their feed.

Far too many brands simply pop in a link and hope it will be clicked on. Adding a simple visual is easy and highly effective.

### Where possible, host content on LinkedIn

This will not be relevant for every post - part of the reason brands post to LinkedIn is to draw their target audience back to the company website.

However, there are multiple reports that the LinkedIn algorithm favours content hosted on their platform. It makes sense - why would they want to divert users off their site and onto another?

Possibly the best way of doing this is when uploading videos, upload them directly to LinkedIn. This should

Firstly, joining these conversations positions your brand as an industry leader. By engaging and offering unique advice and perspectives, you position the brand as a knowledgeable authority figure to new audiences.

Secondly, this audience - the people engaging with the trending post - likely consist of your ideal target audience. Just by commenting, the brand is popping up in front of the very people you are trying to reach.

When joining relevant conversations, ask yourself this question: what can I add to this that hasn't been said already? The key is offering a nugget of wisdom - and beating your competitors to it.

## FINAL THOUGHTS

Of course, there is far more to consider when creating an Instagram and LinkedIn strategy, not to mention the benefits of the other social platforms we haven't discussed here. But hopefully, this has provided a couple of useful tips that you can implement into your social media strategy today.

Written by [Sophie Richardson](#)



# THE LIONESSE -

## Find your fearless

**F**earlessness has become the hallmark of empowerment, to have the courage to pursue what you truly want and disregard the expectations others hold over you. Many of us believe that only the louder, bolder people can step into fearlessness and achieve success. For the shy woman that prefers the limelight, stepping into positions of power where they command respect can feel unnatural and uncomfortable but does this mean that leadership positions are off the table?

My name is Lisa Cox, I am an author and public speaker working to change the way disability is represented by the media. When I was 24, I had a brain haemorrhage, like a stroke. It was caused by a nasty infection (Streptococcus-A) that I mysteriously contracted. I barely survived the ordeal and now have several disabilities to mark my body's endurance.

My road to recovery required enormous rehabilitation efforts and I had to learn how to live with my new limitations, which include being over 25% blind, epileptic, an amputated leg, fingers, toes, and several health conditions, like osteoarthritis. I'm not telling you this so that you can feel sorry for me, but during this recovery time I found a way to connect with my inner lioness.

My disabilities have led me down a new career path and I have a whole new set of goals and ideals. I love the life I have built around my challenges, I have learned how to thrive with the use of tools - like a wheelchair. Here are my thoughts on finding the animal inside of us, for me, it means nurturing my inner lioness.

Psychologists say that stepping into your true self is not so much a process of finding yourself but rather a process of shedding everything that isn't authentically part of you or your values.

It means not accepting the way others may have labelled or judged you and releasing the expectations of others that don't align with our personal values and goals. What will you find underneath it all?

Your inner lioness might be quiet and thoughtful, loud and commanding, or witty and friendly, there is no single definition because each of us is unique. When you connect with your inner lioness, a few things start to change and you find yourself looking at challenges differently.



The lioness is resilient and she takes on challenges. Even if she's gentle, she's more tenacious because each battle she picks is one that truly matters to her, she saves her energy for the challenges that mean a lot to her. But being courageous doesn't always mean you win. It doesn't mean you're not afraid, either. Fearless doesn't mean fear-never, it just means learning how to do the scary things while you're still afraid and with enough practice, they become less scary. The lioness perseveres through the fear because she has made a calculated move and has her eye on a target.

A lioness also values her pride, her community. She is safe when she feels accepted, loved, and supported. Having family and friends around us is important to our success. Relationships that allow us to feel safe and engaged give us the courage to be bold and turn challenging events into opportunities for growth rather than leaving us traumatised.

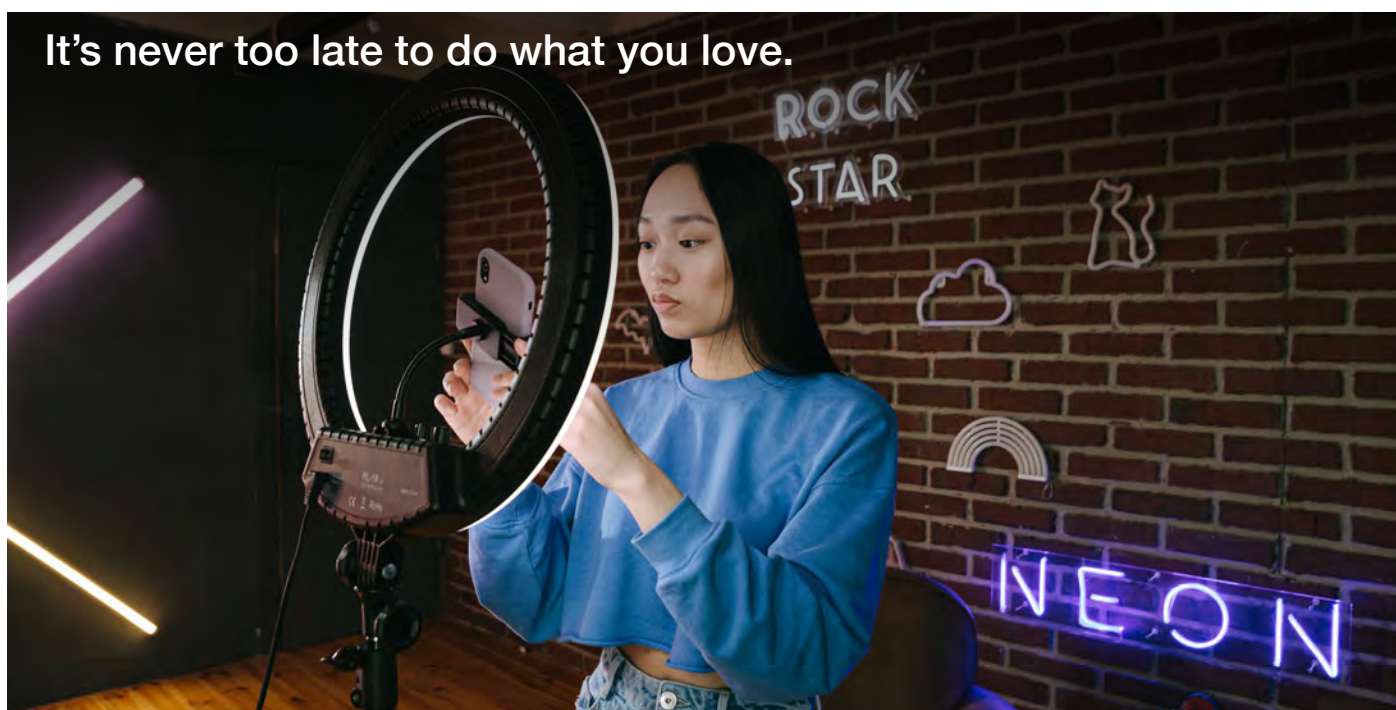
In return, the lioness is protective of her loved ones and longs for them when she is separated from them. COVID has dictated that we endure separation and it is both natural and normal to struggle with this current reality.

Living in line with your true values is the greatest act of fearlessness. You risk disappointing other people and being seen as demanding, even when you remain respectful. You can feel fear and do it anyway. You can make mistakes. You can fail at your goals. You're still a lioness for as long as you pursue the values that matter to you.

Written by [Lisa Cox](#)

# TAKING CONTROL & FINDING YOUR PASSION

It's never too late to do what you love.



I spent my 30 year career in the advertising industry. And I loved most of it. But, in my last few years in the industry, I found myself at a point where I was really not enjoying it much anymore. I had worked my way up to become CEO of J. Walter Thompson NY, one of the largest and oldest ad agencies in the world. It may sound glamorous, but I was actually spending a lot of my time dealing with administrative and operational issues -- HR, legal, finances. And while that's certainly part of any CEO job, I had gotten really far removed from doing what I loved -- building brands.

In 2018 I took control of my own destiny. I left JWT and became an entrepreneur. I launched MASAMI, clean premium haircare with my co-founder James Hammett in February 2020. And Isle de Nature, luxury bee-powered home fragrance, launched in September 2020. I was an "older" founder -- 52 when I launched my brands, so don't feel that you are ever too old to do something you

love (no matter what other people may say). In fact, I often feel that I am much better equipped now to run my business than I would have been even 10 years ago. I've been able to leverage a lot of my experience and knowledge from marketing and advertising now for my own brands.

If you're thinking about a career pivot or launching your own business, you might appreciate some of these tips I've learned along the way.

1. Build a network. This is so important on so many levels. Being able to bounce things off of other founders, peers and experts has been invaluable (especially on those inevitable dark days when you question everything!). Find a mentor (or several). They don't need to be "older" -- but ideally, they should have some expertise that you need. I have a younger TikTok "mentor" who is helping me figure that out. . .



2. Have empathy and flexibility. We launched our businesses during a global pandemic which meant that many of our strategies (like partnering with salons) had to be rethought which required a new level of flexibility on my part. You also can't underestimate what other people are dealing with so if you approach everything from an empathetic perspective, you will find that you will also be able to manage the change easier.
3. Know your strengths and your weaknesses. It's super helpful to be painfully self-aware about what your superpowers are and where you are lacking. Don't look at your weaknesses as a flaw that has to be fixed or that you need to know everything -- rather view them as an opportunity to augment the team. . Make sure you understand the capabilities you will need to build for your business and if you don't have the skillset, it's pretty easy to find someone who does (I use Fiverr quite a lot and there are a ton of other great freelance resources).
4. Don't forget about your brand positioning and story! Most categories (like beauty and candles) are super crowded. You will need a clear and compelling brand story to stand out so spend some time thinking through your positioning, your brand values, your archetype and your enemy -- all components of a powerful brand story. Make sure there is whitespace for you -- and make sure it's a scalable business.

Otherwise, you'll spend a lot of time and effort on a business that might not grow the way you had anticipated. And by the way, it always costs more to launch a business than you plan for so just be aware of the realities.

5. Build your work around your lifestyle, not the other way around. I've found that this is the best way to unlock your passion -- because work becomes an enabler for your amazing life, not the thing you spend the majority of your time doing just to get a paycheck . If you love to travel, make that part of your "job". I'm fortunate to be able to go to Japan for MASAMI (where we get our hero ingredient) and to Dominica for Isle de Nature (where we source our beeswax and build hives). If you want flexibility to work virtually, then you can create your work situation in a way that works for you. And if you need to have your dog with you everywhere, you can figure that out too.

If you're not doing what you love, I hope you can do some soul searching to figure out what it is that inspires you. For me, it's putting products out in the world that are good-for-you and good for the environment. Once you have identified your passion, you'll find that creating a business around it isn't really that hard to do. It's so much more fulfilling to feel like "work" isn't really "work" and you get to spend time with people you love everyday.

---

Written by [Lynn Power](#)



# When miscarriage happens



**M**iscarriage. It certainly is one of the most the most heartbreaking tragedies to occur for anyone trying to begin or grow their family. Harrowing, devastating, and isolating, a miscarriage can make both partners in a relationship feel as though they are not worthy, or that they are to blame. Please, never feel as though you are alone, that 'it's just you' or 'it's your fault'. None of these scenarios are true and you should never, ever blame yourself or anyone else.

The fact is that around the world one in four pregnancies worldwide sadly will result in pregnancy loss. In fact, The World Health Organisation reports a miscarriage rate of between 10 to 15 percent of women who knew they were pregnant. And that is just the cases that are reported.

## TRY NOT TO LOSE HOPE AFTER MISCARRIAGE

Pregnancy loss is utterly heartbreaking and it's totally understandable that you would be hesitant to try again. But you can proceed with baby making despite your fertility struggles. Thanks to modern medical procedures - many of which are minimally invasive, if at all - we can help reduce the risk of you suffering another miscarriage. During my 25plus years as a fertility specialist, I have seen so many patients (in fact, most of them) overcome their fertility struggles and go on to achieve a beautiful family. SO, it is possible, and I do urge you not to give up hope.

## MULTIPLE PREGNANCY LOSS

Having said that here are a small percentage of couples who do unfortunately experience multiple pregnancy loss. We refer to this 'recurrent miscarriage', which is when a woman has three or more consecutive pregnancy losses. This happens to less than five percent of women trying conceive, according to the Royal Australian College of General Practice.

## WHY DID I LOSE MY BABY?

We really don't know the exact reason for this, as every pregnancy is unique. It is estimated though that around 70 percent of miscarriages are due to a condition, or phenomenon, known as random chromosomal abnormality with the implanted embryo. The likelihood of this happening can increase with age. Women trying to conceive at a later age in life may struggle to carry a baby to full term. In fact, the likelihood of miscarriage rises to 50 percent after the age of 43.

However, please always remember that it is not your fault - it is a completely random event. Other fertility struggles and reasons for pregnancy loss or miscarriage may be linked to a long list of possible genetic variations. These can include uterine variations, immune conditions, blood clotting disorders, thyroid problems, and hormone imbalances. Once again, please don't ever blame yourself.

Written by [Dr. Raewyn Teirney](#)



# The Godfather of Harlem

This issue we are looking at another television series to help keep you entertained at home given stay-at-home orders for many of us, plus the lack of new 2021 movies. It is the limited series (only 10 episodes per season), *Godfather of Harlem*, starring Forest Whitaker as the 1960s gangster, Ellsworth 'Bumpy' Johnson, and Vincent D'Onofrio as his frenemy and sometimes business associate Vincent 'Chin' Gigante.

Season one of the historical fiction / crime drama begins with Bumpy being released from Alcatraz after his 10-year jail stint (on a drug conspiracy conviction). The reported TV prequel to the 2007 film, *'American Gangster'* follows Bumpy's return to the neighbourhood and his short-lived struggle to acclimatise back into the world as a husband and father fails.

He quickly finds himself drawn back into his old life as Harlem's crime boss instead. The mafia now own the streets as well as the drug trade, leaving Bumpy with little choice but to regain the control he once had. He not only takes on the Genovese family, but forms an alliance with Nation of Islam minister Malcolm X, the police, FBI and many other historical figures of the era – as and when it suits him.

Along the way we see some (it is fiction after-all) insights into the likes of Adam Clayton Powell Jr – the Baptist pastor, Harlem politician and the first African-American to be elected to Congress. Also in this mix is Cassius Marcellus Clay Jr, more famously known as Muhammad Ali – one of, if not the best heavyweight boxer of all time, activist, entertainer, poet and philanthropist, alongside Sam Cooke (the 'King of Soul'), Sam Christian (founder of the Philadelphia Black Mafia), Robert Morris Morgenthau (a New York district attorney) and others.

Make no mistake, Bumpy is not a nice person, but Forest Whitaker and the star-studded cast are so engaging that you find yourself temporarily overlooking the shootings, beatings, strip joints, gambling-rings, drug use and addiction that are scattered throughout the series.

Season two finds Bumpy Johnson (Whitaker) hiding from the Italian crime families as the war for control centres around the lucrative heroin pipeline that runs from Marseilles to New York Harbor. With a distribution syndicate that includes black crime bosses from other major US cities, Bumpy takes a cue from his friend Malcolm X's message of black economic nationalism. His ambitious plan faces challenges – not only from the Italians, but his wife Mayme, daughter Elise, enforcement agents and ex-lovers.

*Godfather of Harlem* has been described as a collision of the criminal underworld and the civil rights movement



during one of the most tumultuous times in American history, earning its MA15+ rating and IMDb 8/10.

Produced by Disney's ABC Signature Studios, it has received a primetime Emmy for Outstanding Main Title Design and also stars: Giancarlo Esposito (*Better Call Saul*), Australia's own Lucy Fry (*Wolf Creek*), Nigel Thatch (*Selma*, *American Dreams*), Ilfenesh Hadera (*Billions*), Paul Sorvino (*Goodfellas*), Rafi Gavron (*A Star is Born*) and newcomer Antoinette Crowe-Legacy. The first episode was directed by Academy Award® winner John Ridley (*12 Years a Slave*).

Season two is currently airing exclusively on Stan Australia with Whitaker as executive producer alongside Nina Yang Bongiovi, James Acheson, John Ridley and Markuann Smith. For online readers, watch the new season trailer here <https://bit.ly/3mXhRdh>

Written by [Ana Jones](#)

## Ingredient Feature

# Tofu – a friend or foe?

There are always two sides to a story and there is definitely an argument for and against the consumption of soy products – and this is for a few reasons.

One of the negatives of growing soybeans using current farming practices is that the majority of crops are either genetically modified, or sprayed with pesticides, fungicides and herbicides, then made into other products such as TVP (textured vegetable protein) and soy milk.

Soybeans are considered to be what is classified as a goitrogenic food. \*Goitrogens inhibit thyroid hormone production by interfering with the entry of the essential mineral Iodine into the Thyroid gland, eventually causing it to enlarge and form a Goitre, further worsening any dysfunctional Thyroid conditions.

However, before you go crossing all soy products off your shopping list, they have a multitude of positives to add to the soy debate. Soy can be grown organically, fermented and made into super nutritious and healthful foods such as Tofu, Tempeh and Natto - and these types of fermented foods not only won't inhibit the Thyroid gland at all, but their numerous other health benefits are outstanding! This is because the fermentation process not only destroys the thyroid inhibiting compounds, but the beneficial bacteria support healthy digestion, as well as contributing additional vitamins.

Soy is the perfect substitute for meat in vegan and vegetarian diets as it is considered a complete protein, containing all nine essential amino acids. It is rich in the minerals iron and calcium, as well as containing compounds called Isoflavones, or plant oestrogens. Due to their weak oestrogenic affect, these Isoflavones are excellent for balancing female hormones when it comes to reducing the severity of hot flashes during menopause and perimenopause (as oestrogen levels decline as we age), but also useful in other hormonal based conditions.

In fact, a \*\*study published in the Journal of human nutrition and dietetics regarding the properties of Isoflavones discovered consuming a diet that included around 35% soy protein significantly lowered testosterone and triglyceride levels as well as improved weight and blood sugar control in women suffering from PCOS (Polycystic Ovarian Syndrome).

As a Naturopath specialising in stress, I am always



looking for nutrition 'hacks' to support my client's general health and wellbeing – and sleep is crucial for rest and repair. Producing sufficient levels of the neurotransmitter Serotonin is important to promote a healthy sleep cycle as well as decrease the symptoms of anxiety and depression. \*\*\*Although soy does not contain Serotonin, it contains three compounds that support Serotonin production - the amino acid Tryptophan, Isoflavones and complex carbohydrates. Just a 1 cup serving size of tofu gives you 89% of your daily requirement of Tryptophan, which in combination with the compounds above, helps to synthesize Serotonin.

Hence even though I would consider thyroid inhibiting, GMO based soy foods to be my foe, overall, soybeans in general are my friend as they are a nutritious and versatile food that would make an excellent addition to the standard Australian diet.

If you are considering transitioning to a more plant based diet, shopping for meat substitutes at the supermarket can be a potential minefield. If you are not sure what to buy, the general rule would be to steer well clear of the highly processed 'faux meat' products and look for organic, non gmo, fermented soy foods like Tofu.

Try this healthy, quick and easy recipe which you can play around with the flavours by switching out whatever vegetables you have on hand.

Written by [Natasha Zervaas N.P](#)



# Spicy Vegan Breakfast Scramble

Nutrition facts (per serving): Calories 294 Fat 15g Carbs 29g Protein 18g

Prep time: 5 minutes

Cook time: 10 minutes

Serves: 2-3

## Ingredients

350gms of extra firm tofu, well drained and cut into approximately 2-3cm cubes  
2 ripe tomatoes diced  
½ a capsicum diced  
¾ cup of button mushroom finely sliced  
½ an onion finely diced  
3 spring onions diced  
3 cloves of garlic finely diced  
3 tablespoons of olive oil  
1 tablespoon of gluten free Tamari or Coconut aminos  
½ a teaspoon of ground ginger  
½ a teaspoon of ground turmeric  
½ a teaspoon of chilli powder  
½ - 1 tablespoon of hot chilli sauce (optional)  
Salt and pepper plus additional hot sauce to taste

## Method

1. Place a large frying pan over a medium heat and add the olive oil, garlic and onion. Saute for a few minutes until the onion is softened.
2. Add to the pan the cubed Tofu, capsicum, mushrooms, tomatoes, spring onions, ginger, turmeric, chilli, tamari and hot sauce (if using) and fry for approximately 6-8 minutes or until the vegetables are tender.
3. Season to taste and can eat as is, or serve with toast, or in a wrap for breakfast on the go.

Written by [Natasha Zervaas N.P.](#)

Image courtesy of Google copyright free images

\*<https://www.verywellhealth.com/soy-and-the-thyroid-3231800>

\*\* <https://healthyeating.sfgate.com/>

\*\*\* <https://healthyeating.sfgate.com/soy-serotonin-3834.html>



# Why stay away from ANIMAL TOURISM



Let's face it, one of the exciting things about travel is to see and learn about the exotic wildlife a place has to offer. We have seen the advertising of riding an elephant, the performing monkeys on the street, the mesmerizing snake shows, or even tiger sanctuaries. We may have even experienced it in the past. Animal tourism is a hugely lucrative industry worldwide. All over the planet, people exploit animals for profit through tourism.

It is often people who consider themselves animal lovers who fall into the trap of supporting animal tourism, without realizing the cruelty and suffering behind it. This is often because the industry works so hard to project an image of having happy animals that are treated well.

I know I can call myself guilty on some of these grounds, and I only wish I educated myself sooner. Why? Because at first glance the attractions may seem harmless. You may even feel that you are helping to protect the animals and support the community organizations looking after them, till you dig deeper and find out what happens behind the scenes. A widely accepted rule of thumb is that if an attraction is profit-making, then profit is their top priority, not animal welfare.

So what can you do to ensure that you do not support a cycle of abuse that some animals are subjected to due to animal tourism? You must educate yourself and do your research. When you know better, you do better.

## WHAT IS UNETHICAL ANIMAL TOURISM?

Unethical animal tourism is any situation where animals are exploited for the economical benefits from tourism. All too often the abuse stays hidden. After all, we would think that setting up such places would have strict regulations ensuring the safety and welfare of the animals. Unfortunately, in most countries that is not the case. The places are set up for entertainment and making money, often staffed by inexperienced staff.

The marketing may have said it's ethical, may have even sold it as a cultural experience. I urge you to look deeper before you commit to an animal experience. You'd stay away from a circus with animal experience these days, what makes you think that a performing monkey in a Balinese zoo had a better treatment?

## HOW CAN YOU TELL ETHICAL ANIMAL TOURISM APART?

Consider this test for any activities you consider that include animals. If it seems weird that a large animal, a hunter, is so docile it lets you pet it – something is not right. If you have a large animal in a small place i.e. a crocodile you can swim within a cage in a small pool, chances are, something is not right. If there are whips and chains and the like involved to provide a performance or even just to keep the animal in line, things are not right. Posing with the animals, hmmm why are they so willing





to let you near them?

Let's face it, with sanctuaries looking amazing, it can be hard to spot what is truly aiding the protection and conservation of animals and what isn't.

Awareness is the key. We must do our due diligence and vote with our dollars to support organizations that are doing right by animals. Whenever in doubt there is only one answer: Don't do it.

Now, this article is not here to say, stay away from animals altogether. There are many organizations out there devoted to the protection, conservation, rehabilitation, and unconditional love and support of animals. There are thousands of selfless souls working hard to rescue and protect animals from bad situations while also seeking to educate people. Find and Support them!

## HOW CAN YOU CHOOSE AN ANIMAL-FRIENDLY HOLIDAY?

- Refuse to attend things like zoos, wildlife parks, aquariums, animal performances, animal 'selfies', any sort of cuddling, holding, or playing with wildlife.
- Avoid any wildlife experiences that support baiting, animal calls, or any unnatural way of luring the animals to you. By reducing the demand for the 'experience' and reducing the money to be made from them, you are reducing the supply.
- Don't pay to have your picture taken with animals that have been taken from the wild. They have highly likely been abused to get them to behave around tourists.
- Report any case of animal cruelty you see, note the date, time, location, type, and number of animals involved. Record what you have seen on film or take photographs if you possibly can. However, do not put yourself in danger.
- It is vital to lodge your concerns locally to the local tourist offices, local police, a local animal welfare society, or your tour operator.

- Stop purchasing animal products as souvenirs! Purchasing animal products creates demand for them. This means anything from coral earrings to snakeskin belts to a rhino horn and more. By making the conscious decision to stop purchasing animal products, you stop the fatal end they could be facing. These animals are often captured from the wild, badly cared for, and trained using inappropriate and cruel methods.



- Avoid animals for entertainment or transport.
- Don't support things like cockfights, bullfights, and the like, even if it is considered being part of the culture.
- Do your research! There are many amazing animal organizations out there who offer the chance for you to see animals in the wild in a responsible manner – ensuring that animals and their habitats are not disturbed whilst you get a great experience. These organizations will not only provide the experience but will also educate you about the wildlife along the way.
- Hire a local guide who's interested in the well-being and conservation of the animals. They will know their terrain intimately, what you can see and where and will be keen to show you and educate you about the species you'll see.

Want to make a difference? You can! By making better choices yourself and spreading the knowledge around ethical animal tourism with others. If we all start saying no to unethical treatment of animals, even better reducing the demand for such practices, we can start seeing a difference in the world.

Written by [Orsolya Bartalis](#)

Images by Yoanis Blanco Santos

# HOLIDAYING AT HOME



As we bunker down for continual lockdowns, holidaying seems like a distant memory. The disappointment of cancelled plans and nowhere to go can be overwhelming for families with children who were excited to embark on their latest trip.

After gathering snow gear, packing our bags and getting ready to head off to the snow, our family had to cancel the trip not once or twice but three times. Since then, I have been on a mission to make my own holiday fun at home, appreciate my surroundings and enjoy family time.

While cancelled holiday plans are the least of our worries during a pandemic, it doesn't remove the disappointment, particularly among children and teenagers. However, it does give us a new opportunity to fill in the time with bonding activities for the family.

Even if you're not in lockdown, try some of these tips at home to spend quality time together and build new memories.

## MOVIE NIGHT IN A MAKESHIFT TENT

Build an indoor tent in your living room using your couch, sheets or anything you can find, break out the popcorn and play a family favourite movie. You will instantly create a new atmosphere for the family to enjoy quality time together.

## S'MORES IN THE BACKYARD

A biscuit, marshmallow and chocolate melted stack, what's not to love? With plenty of variations and recipes



online, you can cook over a fire, barbecue, in the microwave or oven.

## CAMP IN THE BACKYARD, LIVING ROOM OR SPARE ROOM FOR A CHANGE OF SCENERY

Need a change of scenery? Have a slumber party in the backyard, living room or spare room! Stay up late and share spooky stories, have a singalong, and enjoy each other's company in a whole new way.

## A LATE-NIGHT HOT CHOCOLATE

Short on space in the backyard? Pop some chairs out the front and enjoy the front porch or balcony views with a warm hot chocolate.





### FAIRY LIGHTS, SNACKS AND BOARD GAMES

Mix up movie night with a games night instead filled with fairy lights, snacks, and family favourite games. Pictionary, Scrabble, Monopoly, Charades - the world is your oyster!

### BBQ DINNER WITH QUINTESSENTIAL CAMPING FOOD

Changing up your routine means in the food department as well. Have a barbecue dinner with foods that make



you feel like you're soaking up the great outdoors. Think burgers, damper, grilled corn and a simple side salad.

### NATURE RELATED ARTS AND CRAFTS

Find setting up tents and fairy lights too tedious? Have a nature arts and crafts session instead. Gather sticks, leaves, gumnuts, pinecones and any other goodies you can find and create magic with clay, paper, glue and paint.

### SCAVENGER HUNT

Distract the children while you have a cuppa with a scavenger hunt. There are many great free printables online with lots of natural wonders the children can find and tick off throughout the day.

### STARGAZE TAKE A MOMENT TO LOOK OUT AT THE NIGHT SKY

When was the last time you looked at the night sky and took in your surroundings? Gather the family and learn the star constellations, spot the 'red' star and understand the moon's phases.

Written by [Cerise Canon](#)



# Chocolate Ice Cream Bars

Easy homemade chocolate ice cream bars with chocolate shell on the outside and decorated like reindeers. Perfect for a kid's party or your next Christmas party.

## Time Required

Prep Time: 35 minutes  
Freeze Time: 8 hours  
Total Time: 8 hours 35 minutes

## Equipment List

Ice cream sandwich mold  
Ice cream sticks

## Ingredients

1 can	Condensed milk (300 g)
2 1/3 cup	Heavy cream
3 tsp	Cocoa powder
3 tbsp	Water
600 grams	Semi-sweet chocolate (chips or tiles)
	If using unsweetened, then add required amount of sugar to taste
1 tsp	Natural vanilla extract (optional)
6 tbsp	Oil

## Method

### CHOCOLATE ICE-CREAM BARS

1. Add cocoa powder and water to a small saucepan.
2. On low heat, keep stirring continuously till all the cocoa is mixed well and you see no lumps
3. Once mixed well, add 1/3 cup of heavy cream, and mix again.
4. You can add in the vanilla extract, though this is optional
5. Once you get a thick syrup, take it off heat and let it cool to room temperature
6. Take the rest of the heavy cream in a large bowl and beat it using a handheld electric beater till you get stiff peaks
7. Add the condensed milk and the prepared chocolate syrup.
8. Gently fold in everything with a spatula. Don't stir as this could deflate the whipped up cream.
9. Set up the ice cream mold ready with the ice cream stick inserted in it.
10. Pour the ice cream mixture into the mold.







11. Scrape off any extra filling with a knife or any flat surface.
12. Cover the mold and freeze for at least 8 hours/overnight.

#### DIPPING CHOCOLATE

1. The next day, take the chocolate chips and oil in a small bowl.
2. Heat in microwave for 30 seconds and then mix
3. Heat another 10 seconds and mix again
4. Repeat this till all the chocolate is mixed in and you see no lumps. Alternatively, you can melt the chocolate over a water bath as well
5. Let the chocolate cool to room temperature
6. While the chocolate is cooling, let's take the ice cream bars out of the mold.
7. To make it easier, run the mold under warm water and then carefully remove the ice cream bars
8. Place them on a tray lined with parchment paper and pop it in the freezer to let the ice cream bar firm up
9. Move the cooled chocolate to a tall glass or container. The container needs to be deep enough to immerse the ice cream bars.
10. Dip the ice cream bars in the chocolate and shake it off a bit to let the extra chocolate drain off to leave behind a thin coat/shell of chocolate.
11. Just before the chocolate hardens around the ice cream bars, you can add any decors like sticking the pretzel, candy eyes and red M&M's to make Rudolf the Red-Nose-Reindeer
12. The chocolate should harden within 15 to 20 seconds.
13. Pop it back in the freezer or you can enjoy these right away.

Written by Midhun Vasan

# HOW TO INCORPORATE TOFU INTO YOUR DIET

Many people have a love/hate relationship with tofu. Either they enjoy eating it and incorporate it into their daily or weekly meal plans, or they strongly dislike it and want nothing to do with the soy-based food item. Let's talk about what tofu is, some of its benefits, and how to incorporate tofu into your diet.

## WHAT IS TOFU?

The main ingredient in tofu is soy. Soybeans are processed into condensed soy milk, which is then pressed into its final form that we are most familiar with, resembling solid white blocks of soy. There are several variations of tofu, usually classified by the texture and firmness. The most common types are silken tofu, and firm or "regular" tofu, which comes in a variety of firmness.

Silken tofu has a soft and just like the name states, a silky texture and consistency. Silken tofu is often used as a substitute for dairy products during cooking and can be used as a base for several desserts. It crumbles and falls apart quite easily, so take care when using silken tofu in recipes if you need the dish to hold its shape.

Firm tofu or "regular" tofu is what most people picture when thinking of tofu. It looks like solid white blocks of soy and holds its shape much better than silken tofu which makes it the more preferable choice when using tofu as a solid meat substitute when cooking.

## BENEFITS OF TOFU

From a budgetary standpoint, tofu is extremely cost effective! You can find a 14-ounce package of organic, non-GMO tofu in many stores for just around \$2.00. Tofu should be refrigerated and can last for months if stored properly. This makes it very budget friendly and a great choice when planning meals, especially when compared to other protein sources like meat.

Tofu also has a wide range of health benefits. This article -- <https://www.livekindly.co/health-benefits-tofu-cook/> -- breaks down the many benefits has on our bodies and why those benefits matter.

Some highlights include lowering cholesterol, greatly reducing the risk of heart disease, and can reduce your risk of developing several types of cancer. Tofu is also a great source of plant-based protein and contains all nine of the essential amino acids.

## HOW TO INCORPORATE TOFU IN MEALS

As stated above, silken tofu can be used in place of dairy in many recipes and can actually be dressed up with fruit compotes and syrups, and/or sweeteners, and can be eaten whole.

If you opt to use tofu as a replacement for meat, I would recommend using extra firm tofu. I always remove the tofu from the package, drain and rinse it, then press it to remove excess moisture.

You can press your tofu by using a tofu press, or by creating your own press system. If choosing the latter, I would recommend wrapping the extra firm tofu in a clean dish towel, then placing a cutting board, followed by several heavy books on top. Leave in place for at least 15 minutes so that a good amount of moisture is removed.

Once pressed, you can season or marinade the tofu if desired (the same way you would season, marinade, and cook meat), then to cook it you can either roast the tofu in the oven, cook it on the stovetop, or even cook it in an air fryer!

Another option is to press, then crumble your tofu up and use it as a replacement for eggs and make a tofu scramble for breakfast. Season with spices such as salt, pepper, turmeric, and paprika to make the tofu flavorful and delicious and enjoy served with avocado and fresh fruit on the side for a balanced diet.

There are so many ways you can enjoy tofu and incorporate it into a plant-based diet.

Written by [Kelsey Riley](#)







# Sesame Tofu

This recipe for sesame tofu is crispy and full of delicious flavor. It is made using 100% vegan ingredients and can be enjoyed for lunch or dinner, and is perfect for meal prepping. You can read about the full recipe here: <https://plantedinthekitchen.com/sesame-tofu/>

Servings: 4

Equipment needed: Non-stick pan

## Ingredients

14 oz            tofu extra firm, 1 block  
2 tablespoon   corn starch  
1 tablespoon   olive oil

## Sesame Sauce Ingredients

1/3 cup            soy sauce low sodium  
1/4 cup            water  
2 tablespoon   corn starch  
2 tablespoon   sesame oil  
2 tablespoon   agave nectar  
2                    cloves garlic medium  
1 tablespoon   lime juice  
1 tablespoon   ginger freshly grated  
1 teaspoon      rice vinegar

## Method

1. Drain and rinse the tofu, wrap in a clean dish towel, and press for 20-30 minutes to remove extra moisture.
2. Cut the tofu into small pieces and coat in cornstarch and any optional preferred seasoning (you can use salt, garlic powder, crushed red pepper, etc.).
3. Heat olive oil in a large nonstick pan on medium-high heat and carefully add the tofu. Cook tofu on each side for 2-3 minutes until nice and crispy.
4. Mix all ingredients for the sauce together and pour into the pan. Heat for about a minute until the sauce has thickened, then coat the tofu in the sauce.
5. Remove from heat and let cool slightly before enjoying!

Written by [Kelsey Riley](#)



## Partners with



## SUBMISSIONS

If you are interested in writing for e-Bubble Life, and feel you have the expertise in a particular area, or field we ask you to proceed as follows:

1. Send a short email message to [admin@ebubblelife.com](mailto:admin@ebubblelife.com) describing the article you would like to publish, your qualifications, and a brief sample of your writing.
2. If the editors respond by expressing interest in you, we will request a complete article be submitted via email, in word format attachment to E-Bubble
3. Life. Please include your full name, contact information (address and telephone number—to be used by the editors only), a short bio, and dedicated headshot. Articles are published on this web site only on the condition that the author agrees to the terms of our Copyright Statement and Policy.

