

e BUBBLE *Life*

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Your Authentic Lifestyle Magazine

46th Edition



How have I been affected by the **ME NOW** movement?

AM I BEING SELFISH?

How to pick the **RIGHT DOG** for you

Why you need to make **SKIN CARE** a priority



Top tips to **HAIR CARE** affordability

How to do **WINTER LAYERING**

CONTENT

EDITOR'S SCRIBBLE 2

CONTRIBUTORS 3

BEAUTY

Nurturing Self-Care: Exploring the benefits of a tranquil skincare routine 4

Top tips to hair care affordability 6

Why you need to make skin care a priority 7

FASHION

How to do winter layering 9

FITNESS

How have I been affected by the Me Now movement? 11

PETS

How to pick the right dog for you 14

Cat Curfews – How you can help your cat to adjust 17

FEATURE

Gochujang - The best korean red chilli paste 20

Editors Scribbles



Life and family can pose difficulties at times, we all know that very well, though in this ever changing world. Is society becoming more selfish? Are we considering ourselves and our families more than society as a whole?

There was a saying, and I am paraphrasing here, that it takes a community to raise a child. Are people today turning their backs on society? Interesting thought, so this issue is dedicated to exploring the issue of selfishness.

We invite you to read this issue and all our articles directly from the website at E-Bubble Life, where you can share articles and leave comments and ratings.

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

Laugh, Love, Live
Kevin Kapusi Starow

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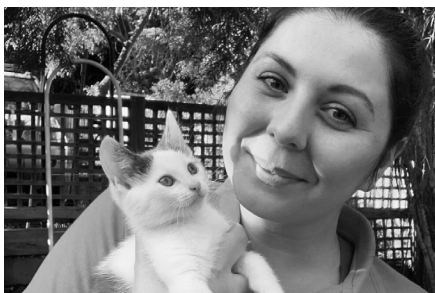
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NURTURING SELF-CARE: Exploring the Benefits of a Tranquil Skincare Routine



In today's fast-paced world, incorporating self-care into our daily lives has become essential for maintaining overall well-being. Amidst the chaos, adopting a tranquil skincare routine not only offers physical benefits but also contributes to our emotional and mental health. In this article, we will delve into the advantages of prioritizing skincare as a form of self-care and the numerous benefits it can bring to our overall well-being.

RESTORATIVE RITUALS: PROMOTING RELAXATION AND SELF-NURTURING

A tranquil skincare routine provides an opportunity to engage in restorative rituals that promote relaxation and self-nurturing. The act of cleansing, moisturizing, and caring for our skin not only improves its health but also allows us to slow down, centre ourselves, and focus on self-care. This dedicated time creates a soothing ambiance that helps reduce stress and promote inner peace.

MINDFUL PRESENCE: CULTIVATING AWARENESS AND INNER CALM

Engaging in a skincare routine cultivates mindfulness and presence. As we apply products and massage them into our skin, we can tune in to the sensations and focus on the present moment. This mindful presence allows us to shift our attention away from daily stressors and worries, bringing a sense of calm and grounding.

ENHANCING CONFIDENCE AND SELF-ESTEEM: VALUING SELF-CARE AND SELF-LOVE

Investing in skincare as a form of self-care can have a positive impact on our confidence and self-esteem. When we take the time to care for our skin, we are acknowledging its importance and recognizing our self-worth. Skincare allows us to prioritize our well-being and

pamper ourselves, sending a powerful message that we value and love ourselves.

SELF-CARE AS A DAILY RITUAL: PRIORITIZING WELL-BEING AND SELF-COMPASSION

Incorporating a tranquil skincare routine into our daily lives allows us to establish a self-care ritual. This ritual becomes a time we set aside solely for ourselves, creating a dedicated space for self-nurturing. It serves as a gentle reminder to prioritize our well-being and practice self-compassion amidst the busyness of life.

HOLISTIC WELLNESS: NOURISHING THE BODY, MIND, AND SOUL

A tranquil skincare routine contributes to our holistic wellness by addressing both the physical and emotional aspects of self-care. By using high-quality skincare products tailored to our skin's needs, we nourish and protect our skin, promoting its health and vitality.

This physical care has a ripple effect on our emotional well-being, as it instills a sense of self-respect and self-care that extends beyond the skincare routine, permeating other areas of our lives.

EMBRACING A TRANQUIL SKINCARE ROUTINE FOR SELF-CARE AND WELL-BEING

Prioritizing a tranquil skincare routine as a form of self-care offers numerous benefits for our overall well-being. Through restorative rituals, mindful presence, enhanced confidence and self-esteem, the establishment of a self-care ritual, and holistic wellness, we cultivate a deep connection with ourselves and promote a positive self-image. Nurturing our skin becomes an act of self-love, creating a ripple effect that extends to our emotional and mental health.

By incorporating skincare into our self-care practices, we embrace holistic wellness and empower ourselves to lead a more balanced, fulfilled, and self-nurturing life.

In our modern society, self-care is often overlooked or dismissed as a luxury. However, it is crucial to recognize that self-care is not selfish but rather a necessity for our overall well-being. A tranquil skincare routine offers a tangible and accessible way to incorporate self-care into our daily lives. It is a moment of respite from the demands of the world, a time when we can turn inward and focus on nurturing ourselves.

Embracing a tranquil skincare routine goes beyond the surface-level benefits of a healthy and glowing complexion. It is an opportunity to reconnect with ourselves, to honor our bodies, and to practice self-love.

By prioritizing our skincare as a form of self-care, we are

self-care

You are worth the quiet moment.

You are worth the deeper breath.

You are worth the time it takes to slow down, be still and rest.

@botanicalskincarelab



sending a powerful message to ourselves that we deserve time, attention, and care.

Moreover, a skincare routine can be a creative and enjoyable experience. Exploring different products, experimenting with formulations, and customizing our routine to our specific needs can be a source of joy and self-expression. It allows us to embrace our individuality and celebrate our unique beauty.

As we engage in our skincare routine, we also deepen our connection with our bodies. We become more attuned to their needs, learning to listen and respond to the signals they send us. This heightened awareness extends beyond the skincare routine and can lead us to explore other self-care practices that nourish our body, mind, and soul. It becomes a gateway to a broader journey of holistic well-being.

A tranquil skincare routine is not just about external appearances but about nurturing ourselves holistically. By incorporating restorative rituals, cultivating mindful presence, enhancing confidence and self-esteem, establishing a daily self-care ritual, and embracing holistic wellness, we tap into the transformative power of self-care.

Let us remember that self-care is not indulgent; it is an act of self-love and self-preservation. By embracing a tranquil skincare routine as a form of self-care, we embark on a journey of self-discovery, self-nurturing, and personal empowerment.

So, take a deep breath, cleanse your skin with care, and let your skincare routine become a sanctuary of self-love in your daily life.

Written by [Kim Guseli](#)

TOP TIPS TO HAIR CARE AFFORDABILITY

It's no doubt the cost of living is rising in 2023, and there's some things that are hard to let go of, including regular visits to the hair salon. Although, there are some tips and tricks to your salon visits (and home hair care) that still allow you to maintain that fresh hair feeling.

First things first- let your stylist know about your budget and your goals. Us as stylists, tend to listen to our clients and try our best to accommodate. This allows us before consulting to find the best solution for you moving forward. Suggesting hair colour and a hair care plan for you at the lowest maintenance and overall budget possible.

GET A LOW MAINTENANCE COLOUR

Keeping your natural root is in! Ask your hairdresser to keep depth and dimension at your root. You may also just start lightening up around your face instead and keeping your natural root around the crown. Also, ask for root shadows/root melts. This is a colour that is lighter than your natural but is darker than your ends, allowing you for the more seamless and soft blend as it grows out. THIS is what is going to get you months till your next colour.

TONE IN BETWEEN TO GIVE YOUR COLOUR A REFRESH/REBLEND WITHOUT A LIGHTENING SERVICE

A great in between service is to tone. This goes for blondes, balayage, etc. it gives your hair the perfect freshen up without actually having to lighten your hair (and is a money saver) Ask for a root blend/melt and gloss/toner on your ends, which allows you to either add warmth, take warmth out or deepen a colour. (Do this in about 6-8 weeks after your first appointment)

USE A PURPLE SHAMPOO OR A TONING SHAMPOO/CONDITIONER AT HOME TO FRESHEN YOUR COLOUR YOURSELF

If you're a blonde, a purple shampoo at home can help to freshen your colour up. ONLY use this if you find your hair goes too warm aka yellow. If you like a creamy blonde or ash blonde, this will be for you. BUT, you can overuse this product (surprise). Ever wondered why your blonde goes so full with using a purple shampoo? This is why. Only use this starting a few weeks after your colour and then whenever you feel you need. For example use it every 3rd wash. For our darker blondes/brunettes, toning



conditioners are amazing. My favourites are the goldwell soft colours or fabuloso conditioners.

ASK YOUR HAIRDRESSER TO MAKE UP A COLOUR KIT FOR HOME

Instead of going back to a box dye or trying a toner from the chemist, ask your hairdresser if they will mix up your color for you and you can apply it at home. They have your colours written down and know your colour best. This this is the limits your hair colour going very very wrong. And you're hairdresser will also Thank you later for it.

LAY OFF THE HOT TOOLS

Yes, this will help to get longer in between cuts. Obviously split ends happen organically overtime, but using heat tools speed the process up. So laying off these will slow down your split ends coming through. And no I'm not saying completely, but use them for when you have an event on. For example going out for dinner on the weekend.

USE YOUR AT HOME PRODUCTS

Home care maintenance is important between salon visits, and actually will make you have that salon feeling from home. Things such as heat protectants, leave in moisturisers, repairing products, will all allow you to push your salon visit out.

Written by [Lucy Furniss](#)



Why you need to make skin care a priority

It always amazes me when women tell me they treat their skin care routine as special “me-time.” And if they are busy - which we all are really, with kids and work - they drop their routine, or just slap on some moisturiser at night.

Is self-care an act of selfishness for women when they have so many responsibilities? Absolutely not! Taking care of your skin is not just about looking good, it also benefits your health by protecting your skin from environmental damage, premature ageing and reduces the risk of skin disease. As well, the soothing effect of doing your skin care routine lessens stress, promotes self-esteem and boosts self confidence.

I believe a good skincare routine does not have to be time-consuming or expensive - it can be as simple as cleansing, moisturising and wearing sunscreen.

I learned all of this the hard way. When I was growing up in Australia in the 1970s I thought my skin just needed to be squeaky clean, which led me to over washing instead of doing a regular skin care routine. In turn, this caused a years-long battle with constantly irritated and sensitive skin.

It eventually got so bad even water that wasn't completely pure would cause me to break out in hives.

And when I was a teenager having breakouts, I would cancel plans to go out and just stay home – I was miserable. It was debilitating and isolating. No-one deserves that.

I visited numerous dermatologists before I had my light-bulb moment: I needed to strengthen my skin barrier. And the best way to do that was through a consistent skin care routine with good products.

I hope my gorgeous five-year-old daughter Natalija and her cohort of little friends grow up with a better understanding than I had of how to care for their skin – and, importantly, how to look after its own natural protective barrier against environmental damage.

I don't ever want them to be too busy to look after their skin, or just buy makeup to try to cover up any skin problems like some young women do.

I want them to learn how important it is to focus on their health and the health of their skin. It's not selfish; it's a



necessity. So, how do you create a good routine? Firstly, you need to know your skin type so you can purchase the products best suited to you for the most effective skin care routine.

Here's a quick guide:

DIFFERENT SKIN TYPES: WHICH ONE ARE YOU?

1. Oily skin types have overactive sebaceous glands leading to shiny skin, enlarged pores and breakouts. Combination skin refers to oily skin with dry patches, usually caused by harsh treatments trying to combat the oiliness only to end up with damaged patches. How can you tell? Your skin will look shiny and sometimes greasy, especially on the forehead, nose and chin. You can see some enlarged pores, and you are prone to acne and blackheads. Your makeup tends to easily slide off.
2. Normal – or “balanced” – skin appears to have no visible concerns but, be warned, it can quickly end up drier and more wrinkly than other skin types if not properly nourished as you age. How do you know if your skin is normal? It looks healthy, has few visible pores and a smooth and even texture. You rarely experience breakouts and it doesn't feel too oily or dry.
3. Dry skin types have under-active glands and a lack of moisture to protect and hydrate the skin. How do you know if your skin is dry? It will feel tight and rough, especially after cleansing. There is a lack of moisture and natural oils, and it's hard to see small pores. You may have some flakiness or dry patches, and when

you put on your foundation, it looks uneven (as it clings to the dry areas.)

Remember, all these skin types will eventually become ageing skin, showing signs of dehydration, volume loss, sagging and wrinkles, and uneven tones and pigmentation, which is why a good routine should be done by everyone - even those with enviable “normal” skin.

TRY MY SKIN TYPE TEST

I've created a quick test so you can work out what your skin type is. This is great for teens who are just learning about skin care.

1. Wash your face gently with a mild cleanser and pat it dry.
2. Wait for an hour; do not apply any skincare products.
3. Go outside, or anywhere which is well lit, and look closely at your skin.
4. If your skin is glowing and doesn't appear oily or dry, it's likely to be normal. If it appears shiny and feels greasy, you probably have oily skin, and if it feels tight with some flakiness, it is most probably dry.

Now you will know which products to buy. It's good to do this test regularly as your skin type is likely to change as you get older, and change environments.

WHEN SHOULD YOU START?

I'm often asked when someone should start a basic skincare routine, and should it be different for men? Or can they just hide behind facial hair? (Yes, I was asked that once!)

Skin care should start at six months (according to the Skin Cancer Foundation) with the daily use of sunscreen which is age appropriate. Use it when going out in the sun to protect your child from harmful UV rays, and get them in a great routine for life.

This includes people who tan easily and those who don't - your skin is damaged by sun exposure over your lifetime, whether you burn or not. Babies under six months are the only exceptions to the daily sunscreen rule as their skin is highly sensitive.

I think when you hit puberty and hormonal changes start it's time to begin your am and pm routine as changing hormones can lead to more oil production and acne.

And lastly, skincare is not limited to women! Men should absolutely engage in a good routine as well. Their routine may differ slightly from women, but the basics are still there - cleansing, moisturising and sunscreen.

These are my favourite life lessons; and something I swear by.

Written by [Nina Gajic](#)

How to do winter layering

KEEP WARM, STAY STYLISH AND MAXIMISE YOUR CAPSULE WARDROBE

It may be winter now but for how long? The end is most definitely in sight. So what do you wear and what should you invest in to keep you warm now and that you can still wear later? This is where layering proves invaluable.

The most effective way of keeping the winter chill at bay, dressing in layers does more than simply block out the cold. Done well, layering not only builds warmth, it's an opportunity to amplify your presence and maximise the value of your investment pieces. Do it effectively and you also have a capsule wardrobe of looks that will transition you comfortably from winter to spring. Here are the tips and tricks you need to make the most of your winter layers.

WHAT IS 'LAYERING'

In fashion terms, 'layering' refers to the way we wear one piece of clothing on top of another for warmth or style. This could be wearing a cardigan over a top then adding a jacket and scarf for example. Or starting off with a slip beneath a dress and throwing a trenchcoat over.

Great for warming you up in winter, layering looks are also extremely versatile. By layering up you can transition from place to place, temperature to temperature and season to season, removing additional layers when necessary and still maintaining a 'put-together' look.

GET STARTED WITH LAYERING

Good Foundations

A slip provides a good base for dress and skirt looks. An extra layer of course, adds insulation against the cold but the smoothing effect is great for enhancing the line of



outer garments too. Safeguarding against the static effect created by tights and stockings, longer midi-length slips also stop skirts clinging to the legs ensuring you can step out freely with style and confidence.

Maximise your investment and look for slips with reversible neckline options. A slip with a V-neck to one side and a scoop neck to the other will sit perfectly under all the top and dress shapes in your wardrobe. Slinky jersey fabric works well for slips too, as the silky surface makes it easy for overlaying garments to glide over.

Raising The Neckline

While a slip will sit hidden beneath garments, layering up a variety of necklines creates more of a statement. As if framing your layered look, layered necklines create a play of lines which enhance the boldness of an outfit.

For example, the plunging V front of a jacket has the power to heighten the drama of a modest neckline beneath. A garment with a deep V neck worn over a style with a more discreet V, will maximise the plunge effect without making it any more revealing. While a V-necked jacket or cardigan worn over a round neck adds a graphic edge to a soft curve.

A hot style this winter, the polo neck top is the ultimate winter layering piece for your capsule wardrobe. There aren't many tops you can wear under dresses but a polo neck (or turtleneck) top is one of them. Style under dresses with high necklines of any shape or go for deep





Vs like that of a wrap dress. Any necklines work for polo neck/jacket combinations. And here's a top tip, polo neck tops worn with cardigans in matching colourways create an elegant modern twinset look.

Feel Good Fabrics

Good fabrics are key to feeling comfortable in your layers. There's nothing worse than the itch of scratchy woollens rubbing against the skin! If you're sensitive to wool but like knitwear, look instead for cotton blend knits and textured jerseys.

Bamboo Jersey is a wonder fabric. Soft and buttery, this natural fibre feels luxurious to the touch. Best of all, bamboo jersey is breathable and thermo-regulating, working to keep you cool when your body is hot and warm when you're feeling cold. Good for lightweight summer style, it's also great for layering up in winter. A worthy capsule wardrobe investment, tops in bamboo jersey will see you through the entire year.

The Long and the Short of It

The key to successful layering lies in varying the lengths of the garments you choose. This helps to balance out the silhouette and ensures your layers look refined rather than bulky.

Jackets work well over dresses and skirts for exactly this

reason. Hip-length jackets are great for breaking up the fullness of the hipline while angled hemlines work to define the space between the waist and hips.

Outerwear coats style well over tailored jackets too. Open-fronted coats flow elegantly over skirt and trouser suits, with belted waists giving you the option to wrap up warm and further define the waist. Layer up over work wear suiting for your chilly morning commute and remove in the warmth of the office. Look to coat styles with mid-length hemlines to enhance the flow of your silhouette.

There's just one golden rule - keep coats longer than the hemlines of dresses and skirts.

Textural Success

Play with texture to break up the look and add depth to your outfit. This will add a luxurious look to your aesthetic. Think silky and chiffon textures layered under heavy knits or glittery fabrics under suiting with a wool coat atop. In the same way, prints will add intensity to an outfit.

Accessorise In Style

With the basics of your layering outfit in place, finish off the look with some versatile accessories. Scarves are great for this and every good capsule wardrobe has at least one. They can wrap or pack to create various looks, all with fabulous functionality. Oversized scarves sculpt a statement neckline while pashmina styles, however passe still prove their worth as travel and commuter accessories. Experiment with different ways to tie your scarves to transform your outfits.

TOP 5 TIPS FOR LAYERING SUCCESS

1. Start simple with good foundations and build warmth from beneath
2. Use layered necklines to make a feature of your layers
3. Choose comfortable fabrics that won't irritate your skin
4. Avoid creating a bulky silhouette by varying the lengths of your layers
5. Play with texture and print to add depth to your layered looks

Trust your instincts and keep the purpose of your winter layering front of mind. Layering is just another way to have fun with fashion, and what could be more fun than wearing as many of your favourite clothes as possible?

Written by [Gail Appleby](#)

How have I been affected by the **ME NOW** movement?



Since the pandemic, there has been a definite shift in the attitudes of clients that we have seen, in regards to their approach to health, wellness and their exercise regime. On a very positive note, the importance of health and wellness (not just with dealing with issues and injuries when they arise) has become a much more important part of people's lives. People want to live a better life NOW and are taking the steps towards moving their lives in that direction, without excuse and apology.

However, we have also seen where this can be taken to extreme and/or when unrealistic expectations creep in, sabotaging the effort people are trying to put in to get a positive results for the physical and mental fitness.

THE POSITIVE PART

The biggest and most important positive part has been that people are placing a biggest importance on their health and wellness. This has meant 2 things. Firstly, when people have had injuries, issues and niggles, they are addressing them earlier so that they do not become bigger issues and are managed early. Secondly, and this has been the big shift, especially in the over 45's, that people are proactively doing something about their health

and fitness to live the best life they can in the future.

The great thing as a health professional is that we have known for a long time, the importance of preventive exercise and strength training in living your best life and preventing injuries and issues in the future. However, now we are seeing the intent in the general population begin to match the potential that can be achieved.

The American College of Sports Medicine (2018) continue to confirm that:

Adults should undertake:

- 150 minutes of moderate exercise per week OR
- 75 minutes of intense exercise per week

This level of physical activity lowers your overall risk of all-cause premature death and diseases such as stroke, heart attack, type 2 diabetes and many types of cancers (especially, breast, colon and prostate cancer).

However, this does not mean going for an easy stroll is effective. It does mean you need to walk at a brisk rate, so that it is difficult to have a conversation with the person walking next to you. It doesn't matter which activity you



choose for your aerobic training, bike riding, walking, jogging or rowing, but the objective is the same, being somewhat puffed during the activity to gain the benefit.

This level of exercise is enough to train your aerobic energy system, the long activity part of your cardiovascular system. The aerobic energy system is responsible for converting and maintaining energy within your muscles and heart for longer activities such as going for a run or hiking through the Dandenong Ranges. Any activity that sustained use of energy over time

BUT WHAT ABOUT STRENGTH TRAINING?

In the last 24 years of practice as a physiotherapist, the main reason people struggle with starting a new hobby or achieving a new physical goal is because they just aren't strong enough. I often hear, "I've decided to take up running, so I started to just go for a run". Although this sounds like a reasonable beginning, the most common limiting factor and cause of injury is a lack of strength.

A lack of strength means that the load on the joints and muscles is more than it should be and the task is just harder than it needs to be.

The beginning is strengthening the major postural muscle groups, especially around the back, hips and pelvis. These are the muscles such as:

- The gluteal muscle groups around the hips
- The small muscles around the lower back (multifidus muscle groups)
- The quadriceps muscle groups around the knees.

These muscles keep you up straight and are also the muscles responsible for propulsion (moving you forward). Finally, these muscle groups protect the joints, by creating

stability (control) around the joints and absorbing the shock of activity and reducing the direct load on the joints.

Why is running not enough to achieve this protection? Because, running is a low load, repetitive activity which means that you produce a slight increase in strength initially, but this plateaus very quickly. You need to strengthen these muscles to slightly more than they are comfortable doing to produce enough stimulus to grow and adapt.

WHAT ARE THE OTHER HEALTH BENEFITS OF STRENGTH EXERCISE TRAINING?

More specifically, strength training has the following straightforward benefits (Thomson, 2020):

Protection against heart attack and stroke – Several studies have shown that, independent of aerobic training, strength training of 1 hour once a week (or ½ hour, 2 times a week) reduces the risk of heart attack and stroke by 70%.

Management of diabetes and glucose tolerance – Improving your muscle mass not only increases the number of receptors that pick up glucose and pull it away from the blood stream due to more muscle fibres, but the number and efficiency of these receptors improve, enhancing your glucose tolerance and helping manage diabetes.

Better overall cancer management – It has long been shown that people who are stronger and do regular strength training survive better if diagnosed with cancer. Strength training improves the survival rate, the recovery from any surgery, management during chemotherapy or radiotherapy and overall recurrence. This is particularly so



for breast, colon and prostate cancers.

Better memory and brain function – People with higher grip strength (a proxy for overall body strength) performed higher in memory tests and reaction time. In a study, those who lifted weights 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.

THE NEGATIVE PART

The negative part is when we see people diving head first into an unsustainable exercise program that doesn't focus on the right muscle groups first, this either causes injury and/or a lack of progress.

2-3 times a week, with a focussed and specific exercise program will give most people great results and steady, ongoing progress. The reason why we recommend 2-3 times a week is because when you exercise, you “load” the muscles, requiring them to adapt and change to the load. The load needs to be a balance between working you “a bit harder” than you are comfortable for the body to have a reason to adapt and less than amount that would cause injury. This is a fine balance that we aim to achieve during your sessions.

Less than 2 sessions a week is just enough to maintain strength gains achieved previously, but really not enough to improve muscle strength or at least, it will occur very slowly. The ideal is 3 times a week, with a day in between sessions.

Over training is just as bad, so training everyday is not a good idea. When you over train, you do not give the muscles a chance to adapt and grow. Muscle growth

occurs when you rest, not when you exercise, so the balance of load and rest is very important for long term change.

THE SENSIBLE APPROACH

When you first start, you are not expected to know what you are doing, so ask a qualified and experienced exercise professional for help.

It is our job to ensure that you are working on the right muscle groups, in the right way to both lead you to progressing towards your goals and improving, at the same time, minimising your risk of injury.

Secondly, moderation and a sensible program:

- Strength training – of the main major muscle groups 2-3 times a week
- Good quality cardio training – 1-2 times a week

Having a well designed cardio program that allows you to work on the correct levels that will make an actual change in your fitness (such as around your aerobic and anaerobic threshold) for a concentrated period of time will make a far better improvement in your fitness than just putting in the high volume without purpose.

Finally, take rest and recovery seriously. It is an “active” part of your program and should be planned, just like your training. Allowing a good 7-8 hours of sleep on your training days and the appropriate nutrition will ensure the get the best from your program and achieve the goals you desire.

Written by [Michael Dermansky](#)

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HOW TO PICK THE RIGHT DOG FOR YOU

Is Choosing a Specific Breed Selfish?

There is no right or wrong way for finding a new dog. But what is important is to find the RIGHT dog for you. You can either adopt a rescue dog or get one from a breeder. But you should always strive to get the ideal dog for your lifestyle. Wondering how you can be selfish by getting a dog? Well, when you are not getting the right dog for your lifestyle, you are preventing that dog from living the best life possible.

Choosing the right dog will make a difference in your happiness, and your dog's happiness.

WHAT ARE THE FACTORS YOU HAVE TO CONSIDER?

One of the big mistake prospective pet parents make is they choose a dog judging by its cute and adorable face. Well, that is selfish as well. And that is the reason why the puppy mills industry is growing and flourishing.

With that in mind, these are the factors you have to take into consideration before you adopt or get a new puppy.

SIZE

Let's be honest, size matters. The size of your living space can make a difference. Yes, some big dogs can adapt to

apartment living. But imagine having a Saint Bernard in a small apartment. Is that humane? Of course, it is not. So, when it comes to the factor size, here are some things to consider. Do you live in a small, medium, or large apartment? Do you live in a house? Does your living arrangement have enough space for a large breed dog? Do you have a backyard?

SCHEDULE

The next important factor when choosing a specific dog is the schedule. Will the prospective pet be compatible with your schedule? Do you have enough free time to train your puppy? Provide enough physical exercise? Or will you have a dog that will remain at home for most of the day? Can you handle the demands of a high-energy dog? Or do you need an independent, usually senior dog who can be left alone for most of the day?

ACTIVITY LEVEL

Schedule and activity go hand in hand, and both should be appropriate for your new canine. Find a dog that complements your activity. For example, if you are an outdoorsy person, one that loves hiking, running, jogging, walking, or even swimming, consider dogs like Labrador Retriever, Golden Retriever, Jack Russell Terrier, Australian Shepherd, German Shepherd, and similar high-energy

dogs. On the other hand, if you are more of a couch potato, and you spend most of the day at home, choose a breed that needs a light walk around the block.

AGE

The general rule is that puppies have a lot more energy than senior dogs. Another thing to note, puppies have yet to establish their manners and behavior. They are more prone to accidents and unwanted behavior issues. Remember, a dog's behavior will change throughout each stage, going from puppyhood through adolescence, adulthood, and senior years. Adult dogs are a lot calmer than younger dogs.

LIFESTYLE

The goal here is to match your lifestyle with your puppy's needs. For example, working dogs need to train and work all day long. Herding breeds might try to herd little children. Some dogs are loud barkers, and they might present challenges in some living arrangements. Yes, a barking dog can learn to be quieter, but the instinct remains there.

BREED

According to the American Kennel Club, there are more than 190 different dog breeds. The FCI, on the other hand, lists 360 officially recognized breeds. Be careful about what you choose. Each breed comes with its own set of personalities, challenges, and needs.

HISTORY

This factor applies to rescue dogs. When you are getting a dog from a breeder, you usually know its story. But adopting one from an animal shelter is a different story. The history of the puppy might be cloudier. Ask as many

questions as possible. Was the dog abandoned? Was it abused? What happened to the puppy?

POPULAR BREED CATEGORIES

The American Kennel Club has its categorization(<https://www.akc.org/public-education/resources/general-tips-information/dog-breeds-sorted-groups/>) for different dog breeds. But I think we can make a better categorization. Let's check it out.

SMALL & ADORABLE

In other words, the group with Bichon Frise, Pomeranian, Miniature Poodle, and similar dog breeds. This is a group for small and cute dogs that are easy to look for. They do not eat as much, which helps you save money as well. In this group, you have companion dogs that do not need much exercise, they mostly want to cuddle and sit in your lap.

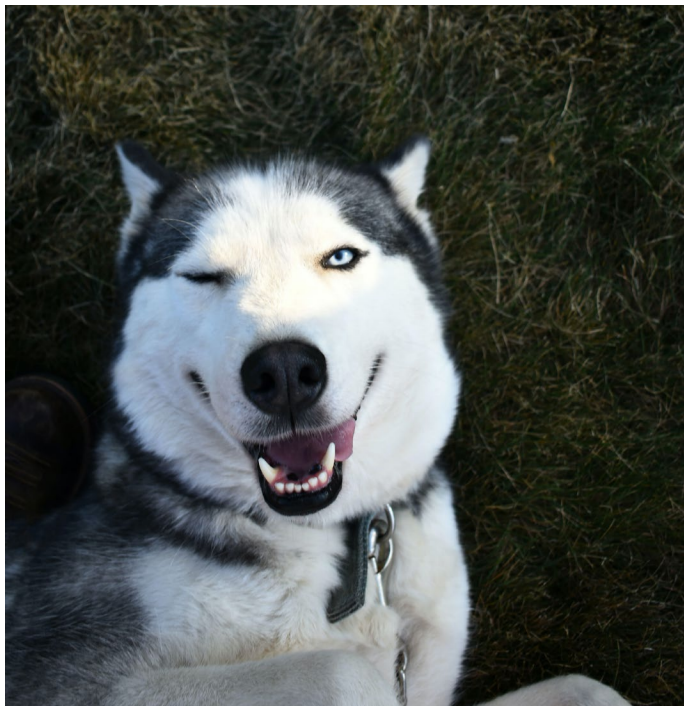
ACTIVE & ENERGETIC

If you enjoy an outdoorsy active style, you will find plenty of options here. There are small dogs like Jack Russell Terrier, or large dogs like Belgian Malinois. The breeds in this group will love to join in your indoor and outdoor sporting activities.

FAMILY & KID FRIENDLY

Same as the previous group, this one includes small, medium, and large dogs. Think of dogs like Labrador Retriever(<https://www.thedailytail.com/blue-heeler-lab-mix/>), Golden Retriever, Beagle, Poodle, Bulldog, Cavalier King Charles Spaniel, and many more. These breeds are kind, gentle, and love being around children. They are patient and will tolerate touching and grabbing.





PROTECTIVE & GUARDING

Sometimes, you need a dog that will protect its territory and your yard. These dogs are affectionate and gentle with their family, but they are wary of strangers. Think Rottweiler, Doberman, and even German Shepherd. If you want a loyal and brave companion that will prevent strangers from entering your yard, check out this group.

LOW SHEDDING

This group can also include hypoallergenic dog breeds. Shedding is a problem for many people, especially allergy-suffers. If that is the case, you might want to look for a dog that doesn't shed or sheds just a little. For example, a Yorkshire terrier, Poodle, Bichon Frise, Shih Tzu, Portuguese Water Dog, Basenji, Lagotto Romagnolo, Chinese Crested, Greyhound, and so on.

CHILLED OUT

Contrary to the people who have an active outdoorsy lifestyle, some people want to chill and relax. And if that is the case, you need a dog that will chill with you. Well, this is the group of English Bulldog, French Bulldog, Italian Greyhound, Pug, Basset Hound, Shih Tzu, and so on.

IS IT SELFISH TO WANT TO ADOPT A SPECIFIC BREED?

I do not feel it is selfish for people who want a specific breed. People shouldn't shame others because they don't share the same opinion.

Every dog owner makes his own decision about what would be the best choice. Of course, provided you want a dog that is suitable for your needs, instead of looking for a puppy "that looks cute". There was a period when people loved Huskies because of their blue eyes. But not everyone can handle a Siberian Husky.

That being said, I would say that rescuing dogs is a

wonderful thing. Some people love rescue dogs, others love specific breeds. But if the breed doesn't fit your character, that would be a selfish decision. Some might say that wanting a specific breed is short-sighted, but not selfish.

PUPPY MILLS AND SELFISHNESS

I said that it is selfish to choose a breed that "looks cute". This is one of the reasons puppy mills have soared in popularity lately. Puppy mills have a bad reputation for being inhumane, and it is true.

Puppy mills exist because people are not content with just any kind of dog. They want the top dog. Just think about this for a second. If we didn't have puppy mills, people would be forced to settle for a random dog rather than the specific breed they want.

We can safely say that humans are selfish in wanting specific dogs for the sake of how cute they look or how easy are they to train.

Puppy mills mistreat animals in every way possible, and the Humane Society and other societies are trying desperately to take them down. Sadly, there are only a few laws in place.

Commercial breeders provide only the bare necessities. Here are some scary facts:

- There are more than 10,000 commercial breeding facilities in the US, only 3,000 of which are regulated
- Half a million females are kept for breeding stock only
- They sell more than 2.6 million puppies to unsuspecting pet parents
- Only 24% of puppy mills are licensed
- More than 40% of dogs born in a puppy mill will experience health problems in their life

MAKING THE RIGHT DECISION

Choosing the right breed for you is a big decision. Do your research, and find the best match for you and your lifestyle. You can try to meet different breeds in person, and see how fitting that dog is for you.

Visit some forums or Facebook groups for specific breeds. Talk to friends and family members who already have a dog. And each breed usually has a breed club you can contact for more information.

Make your list with critical considerations, including:

- Compatibility with children
- Size
- Working or non-working breed
- Grooming needs
- Exercise needs and energy level
- Coat length
- Shedding
- Trainability/Intelligence
- Sociability with other animals

Written by [Aleksandar Mishkov](#)

CAT CURFEWS – How you can help your cat to adjust



Australia has one of the highest rates of pet ownership in the world, with over a quarter of Australian households owning a cat. There are approximately 6.5 million cats across Australia, covering some 99% of the total landmass, and pet cats account for 3.77 million of the total cat population.

Sadly, pet cats in Australia collectively kill 530,000,000 animals per year, with many species now extinct because of predatory events.

With a number of councils introducing cat curfews in recent months, some cat owners might be wondering how to make the transition smooth for their feline friend. You might wonder how your cat will adjust to being confined to your property, and what you should do if you feel like your cat isn't coping as quickly as you'd like.

Here, we chat to the Cat Protection Society of Victoria's Shelter Manager and Veterinary Nurse Emily McLeod, and our Animal Behaviourist Natalya Dundovich, about what cat owners can do to help their cat transition to the adjustment, and any warning signs that they should look out for to highlight that their cat may be struggling with the transition.

WHY A CAT CURFEW?

A cat that is allowed to roam free has an average life expectancy of only four years, compared to a cat that is confined which has fifteen years plus, so the benefits to a cat are enormous.

Addressing cat roaming with cat curfews helps to control overpopulation in cat colonies, which often result in

extensive loss of wildlife and illness for the cats. There are also positive welfare outcomes for pet cats.

“We recommend that any cat adopted from our Society is kept indoors or within the owner’s property, in a cat enclosure or suitable fencing,” says Emily. “When your cat leaves your property, you have no idea what’s on the other side. For example, you don’t know if there’s an angry dog, or if your cat sees a possum and attacks it. They might also kill wildlife, so it’s for every creatures’ safety.”

BREAKING DOWN THE BENEFITS

There are a number of benefits to keeping your cat confined, including:

- A reduced risk of them being injured or hit by a car
- Less chance of them fighting with feral cats or

by having wandering cats come through. So I think that that’s something that we should be thinking about in terms of our communities and our neighbours. I also think that it’s very reasonable for us to try and find a balance between giving cats what they need to be happy and healthy and also protecting our native wildlife, because we do have such rich wildlife here in Australia”.

It’s also important that we’re able to drive our cars without the threat of a cat or dog running out in front of the vehicle and potentially getting into an accident.

HOW TO HELP YOUR CAT ADJUST

Natalya and Emily offer some practical tips for helping make this transition smooth and comfortable for your feline friend.



contracting a disease, such as cat flu, ringworm or Feline Immunodeficiency Virus (FIV) from another cat’s bite

- Protection from being accidentally poisoned by toxic plants or baits in neighbouring gardens or being bitten by snakes or spiders
- Reduced risk of your cat getting lost, or being exposed to extreme weather

AN UNFAIR ADVANTAGE?

When asked if a cat curfew is unfair to cats, Natalya says “To me, it seems very reasonable to keep any domestic pet confined to your property. I actually work with a lot of clients who have to modify their own fencing and properties to keep nuisance animals out and protect their own pets who are contained and get really distressed

“It takes most humans a few months to change a habit in their usual routine so expect that you’ll need to help your cat for a minimum of 30-60 days. Allow as much time as possible to ease your cat into the transition - especially if they have been coming & going freely for years,” she says.

Her tips include:

- Keep a diary to learn your cat’s current routine (baseline) prior to making changes. Note times of the day they particularly want to be outdoors and why. For example, maybe it’s access to a favourite sunny spot or first thing in the morning to toilet.
- Fresh air and natural light is essential for all cats. Cat-proof fencing, Catio’s and enclosures allow cats unsupervised time outdoors. Did you know we can also teach cats to come when called + wear a harness

& leash? Research options and consider the best one for your cat - make sure it's a big, bulky one that looks like a dog harness.

- If your cat predominately toilets outside in the garden and they will be confined indoors more, refresh their use of the litterbox. Lots of cats hate the small litterboxes that are commercially available, so it can be useful to trial a much larger litterbox (an underbed storage tub works well for this). Lots of cats prefer a clean toilet so ensure you're spot cleaning at least twice a day - otherwise they'll find another area of the home they deem suitable!
- Set up your cats' space with the things they need - high perches, sturdy scratching trees, places to hide, interactive toys that encourage them to use their body and mind.
- Ditch the food bowl & start tricks training. Cats have bursts of playful 'hunting' behaviour and a great outlet is hiding their food in enrichment toys.
- Use play, favourite toys and foods to teach your cat new tricks. Doing this for 5mins a day is a great outlet for pent up energy that otherwise could manifest in disruptive behaviours. Remember that toys don't have to be expensive – even a cardboard box can be fun!
- Start by confining your cat to your property/home for small chunks of time initially. Leave your cat with some interesting activities to keep occupied. Build up the amount of time gradually. It can be helpful to start by confining your cat during a time of day they're taking a nap or relaxing.

If you feel that your cat isn't coping with the changes, Natalya suggests speaking with your vet or a cat behaviour professional because there are a number of products available to support cats that are experiencing stress.

“For cats with a history of spending time outdoors or roaming freely, a sudden reduction in freedom and control over their life is likely to create frustration. Cats communicate with us using their behaviour and vocalisations, so you may notice behaviours pop up (or escalate) as you make changes to their outdoor access.”

“Take note of toileting outside the litterbox, excessive vocalising, disruptive during the night, scratching around the home, conflict with other pets, rough play, aggressive behaviours towards humans, demanding attention and not being able to settle independently,” she says.

CELEBRATING SUCCESS

We love celebrating cat success stories at the Society, and Boo Boo is our community cat, who had never lived in a house when he came to us at the Shelter, but is now thriving as an indoors-only cat.



You could tell he was terrified of people. He didn't like anyone and he had multiple medical injuries, but now he is the happiest cat you've ever met!

He lives in a foster home because he is a community cat. He goes out to older aged people on a lead, sits on a bed, and laps up attention on the couch. He loves sitting on the kitchen bench, and he's happy to share his human's food! He looks at the outdoors and wonders why he ever lived out there. When he's at the Society, you just try to have lunch with him in the outdoor courtyard - he sits at the door and screams until he is let back inside so that he can go back to bed!! For Boo Boo, he is living his absolute best life knowing that he's never, ever going to be on the streets again.

Remember, that these changes will benefit your cat in the long run, as well as help to protect our precious wildlife and environment.

At the Cat Protection Society, as part of our adoption process, we do recommend that cats are confined at all times, and all cats within our care are desexed before being put up for adoption. This helps prevent cat overpopulation, and the associated environmental and local community concerns.

Written by [Natalya Dundovich](#)

FEATURED INGREDIENT – GOCHUJANG

The best korean red chili paste

If you are anything like myself you have a love of the fragrance of fresh chili. A deep appreciation for most spicy condiments and pastes. Well we are not alone, many around the world share the same passion, there are even competitions around the world for those who can eat the hottest chili's. I am no where in that league, though I do appreciate the spice for my pallet.

A popular Korean condiment is Gochujang, a sweet , savory, and of course spicy fermented chili condiment. Made from chili powder, glutinous rice, fermented soybean powder (meju), barley malt powder (yeotgireum), and salt. There are many other ingredients that can be added, such as pumpkin, sweet potato, wheat, barley, and short grain rice.

Here though is a traditional recipe which includes:

18 kg	Fermented Soybeans (Meju)
540 gm	Chili Powder
1.8 kg	Glutinous Rice Flour
	Light Soy Sauce

Families would make their own Gochujang at home, and depending on the region, or access to available ingredients, substitutions, or additions were always included. Home preparation of this condiment has declined since the early 1970's when mass production became commercially viable.

Now, most Koreans simply go to the grocery store to purchase their Gochujang, instead of preparing it at home.

Traditionally, the condiment would be stored in earthenware pots, similar to kimchi, and allowed to ferment for years, in the backyard. There is even a annual festival to honour the condiment, The Sunchang Gochujang Festival, held in Gochujang village, South Korea.

It is said that the production of this Gochujang dates back to the early 1600's at which time Portuguese traders bought chili from the Americas to east Asia, via trading routes. Though Korean spicy past was said to have been produces for centuries prior to that using black pepper instead of chili.

FOR COOKING

Gochujang is used as a base for making popular Korean condiments for protein (meats, & seafood) or vegetarian based dishes. It is extensively used in Korean cooking to flavour stews, salads, soups and to marinate meats. Perhaps the most

famous, or well know dishes is bibimbap, that delicious marinated meat, cooked and served with rice, pickled and cooked vegetables and lastly topped with an egg.

The first time I came across Gochujang was when I experiences Bulgogi beef, in a Korean kitchen. With its distinctive umami overtones, and biting chilli kick, I can honestly say I was hooked. I had to find out more about what went into creating this unique orchestral movement on my tastebuds. BANG!



Image source: <https://insanelygoodrecipes.com/gochujang-substitutes/>

There it was the good old Gochujang, chili paste, what a revelation, and since then I have been hooked. I now always have a tub of it in the fridge, though I have to admit I have never been brave enough to prepare my own. It is just too easy to buy a premium quality product at the store, not to mention the ease of use.

The best thing of all, I think is the Gochujang heat measure, which allows consumers to purchase a Gochujang to suit their particular spice requirements. There are five levels of spiciness, so there is almost one for every taste.

These include:

Extreme Hot	>100
Very Hot	75-100
Medium Hot	45-75
Slight Hot	30-45
Mild	<30

Whichever category you fall into there is a variety for your taste, and I would highly recommend you venture down to your local Asian grocer to pick up a tub of Gochujang. I think you will be amazed at its versatility, and how you can incorporate it into your repertoire. Impressing not only yourself but your friends and loved ones. Happy cooking!

Written by [Kevin Kapusi Starow](#)

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