

POLITICAL COMMENT

There's more to do together

John Barilaro MP, Member for Monaro, Deputy Premier

Over the past eight years I've been lucky enough to work with many worthwhile individuals and organisations who call the Braidwood region home. For me, the past two terms of Government have been about more than just the dollar figure of delivery. The best moments have been celebrating with the Redbacks after their first night home game, turning on the Gundillion Telstra Tower with residents of the area, and visiting the Braidwood National Theatre after its full theatre facelift, just to name a few.



There are so many talented people that are working hard to better the lives of each and every person in this town. Together, we have achieved so much for Braidwood and the surrounding region, but there is still more we need to get done. That's why I won't rest until the job is finished.

have invested \$1.3m to revitalise Braidwood's Recreation Ground, giving locals access to proper sports facilities in their own backyard. We are funding \$9m worth of upgrades at Braidwood Central School in an effort to give every student and staff member the resources they need to succeed at school.

To date, we have sealed a large part of Nerriga Road, with work underway to seal it all. We are re-developing the Braidwood MPS to ensure that health facilities for our ever growing region are first class now and into the future. We

Mobile phones are finally ringing and data is flowing at Gundillion after the installation of a new mobile tower, and work is underway on the new tower at Majors Creek. This means that parents can call their kids after school, a small business can operate properly without fear of disconnection, and our residents across Braidwood's surrounding properties know help is only a phone call away.

I've been privileged to serve as the Member for Monaro. Joining local CWA members for morning tea, visiting the kids at Braidwood Central School, celebrating Braidwood's milestones and joining community groups have been some of the best moments.

As well as these celebrations and deliveries, I have enjoyed working with the community on the tough things too.

The campaigns to have roads sealed, the plights for funding for important community projects and the moments I have spent with individuals who need a life-impacting problem solved have been some of my most privileged experiences.

I love the Braidwood community and as the Member for Monaro I am honoured to serve this region day after day. There's more to do together and I'm ready to keep working with each and every person for the benefit of our community.

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John Barilaro MP MEMBER FOR MONARO

I'm proud to be your local member of Parliament, and I've spent the past eight years fighting for you.

- ✓ Sealing Nerriga Road
- ✓ Upgrading Braidwood MPS
- ✓ \$9 million upgrade of Braidwood Central School
- ✓ Upgrading Braidwood Police Station

There's still a lot to do, which is why I'll need your support on March 23.

More to do *together*

Authorised by J. McCormack 130 Sharp St. Cooma NSW 2630



YOU ARE WHAT YOU EAT

There's no such thing as the perfect diet

Rhythm of Life : a map for Self Crafting
Hollie Bakerboljkovac charts the course

With so many dietary protocols on offer to our modern culture, many people are left feeling confused and overwhelmed when choosing the perfect diet for good health and longevity.

Amidst the science of nutrition, we are also bombarded with ideological nonsense from every direction. We are spoiled for choice at a time when you can have super foods from Peru and Finland in the same meal, yet as a species we are more removed from our food production than ever before. Choosing what to eat and when is fraught with questions of health, ethics and financial integrity ... we've come a long way from the way our great-grandparents ate food.

Humans are supreme obligate omnivores. All over the world people eat animal proteins and essential fats (they're called essential because we can't live without them) in the form of hunted game, domestically raised and grazed animals, as well as fish, reptiles and insects. We've been doing it for as long as humans have been humans, from a time when sustainable was not a catchphrase, but a way of life.

Reports of human groups who have lived primarily on animal protein are rare, and a variety of whole plant foods appears in every traditional dietary protocol — even in Alaska where the ground is frozen most of the year. Ancestral people eat a diverse range of food over the course of a seasonal year: a minimum of 100 species per year. Modern humans are lucky to reach 30.

Self Crafted Wellness Principle #3: Perfect is the Enemy of Good

Good is a balance which addresses the cyclical nature of life — the changes that occur due to ongoing shifts in your life and in the natural world. Perfect requires a stagnant focus. Perfect assumes things are always the same, appropriately balanced just so, with no room for change.

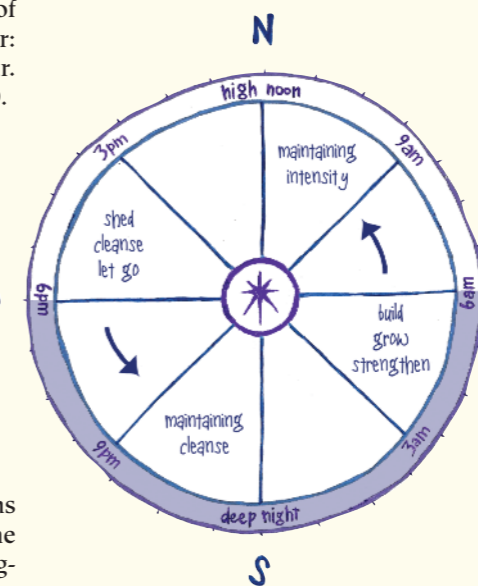
Nature doesn't do perfect: the seasons change. Mixed up by the sun and the rains and wind; nature is never stagnant. In nature, different foods are

available at different times of the year, and we see that it is Good. Our wild ancestors evolved in a constantly changing environment and modern humans still run on the same program, even though we've created ways to junk it up.

There's no such thing as the perfect diet. There are times in your life where you will need to clear out your digestive pathways; to strip away unneeded debris, drop excess weight and fluid, and generally clean your internal system. There are also times when you will need to rebuild yourself; where you may need to bulk up a little for strength or immunity, or perhaps you will need to become more robust to deal with life's unending challenges. In between the times of clearing and building, you require a process of maintenance — keeping up or keeping clear whatever your needs are for this phase of life.

Your digestive needs may be mapped on what I call the Rhythm of Life : a map for Self Crafting. This map details the pathway of living well, in attunement with both nature and your own physical body.

Many filters may be placed over this map, depending what your focus is on. There's a lunar filter, a seasonal filter, a circadian filter, time of day, physical matter, energetic matter, wellness ... the list goes on and on.



Of course, like any map it has compass directions. Each compass point directs you to further information on the map, for example, in the east, where the morning sun rises each day, is the region of clarity and the beginning stages of building anew.

Opposite, in the west where the sun disappears and down-regulation occurs at the end of the day, is the region for shedding, letting go, clearing away. In the north, where the sun is most intense, the region is for peaking, an apex of the built and spent, before it flows into the inevitable down shift of the west.

In the south, the sun does not appear and so the region is one of quiet repose. This is the region of gentleness, silence, all the light that could happen has happened and preparation for new light occurs.

When we look at this map through the filter of diet and digestion, the same principles apply. In the east are the types of foods/diets that can build and strengthen your body. Typically this could look like high protein and complex carbohydrates that allow you to strengthen and build your physical body.

The north is about deeply nourishing, maintaining foods that keep your strength up. This might look like clean marine-based protein and well cooked vegetables, as well as beneficial fats. In the west are the foods that help you cleanse and peel away : juice fasting, raw foods, or restrictive diets are all examples of this region.

The south is where you will find diets that maintain the cleanse for a period of time — most commonly, vegetarian and plant based.

You see, just like the seasons, our physical needs change throughout our life. So the diet that's good for you may not be made up of the same foods as it was ten years ago. People find themselves at odds with their physical body when ideology takes the place of nourishment. Food is for self care. We eat so that our body is supported to do whatever endeavour you're asking of it. Feed it what it most needs to get the job done.

Digestion and dietary needs are ever changing, dependant on your age, stage of life and what you actually wish to do with your body. A vegan lifestyle in your 20s has a very different affect than in your 50s. The physical body of a man who builds houses all day will require a different amount of protein than a female university student who spends her days trolling meat-eaters on the internet.