

EAT TO LIVE

Ethical and environmental issues concerning what you eat ARE more important than ever before. We know we can't go on with food production the way humans have been going for the last 50 years. But seriously, get properly educated about it before you jump on a particular soap box.

Look at your own ancestors. And remember we all come from a long line of wild humans who evolved with nature. Nature has diversity and variability and seasonal change. So too does your body, and (hopefully) your ideological mind.

The perfect diet is not any one ideology. It doesn't have a name (although my current favourite term is Nutrivore - referring to people who eat nutrient-dense food) or a particular documentary/book to back it up. A dietary protocol that helps you feel Good and live well will be perfect for you — at this time. Flexible change, self responsibility and a commitment to variability to the ongoing needs of your life are necessary to eat Well.

Take a look at what humans have done for the longest time, and compare that to what we are doing now.

Five things everyone can do to eat well:

Choose variety

Hunter gatherers eat 100 species a day, yet modern humans rarely reach 30. Get creative and adventurous with your meals. A simple way to add more species is to experiment with herbs and spices. Mix it up!

Eat fresh

Choose food that doesn't come in a packet. Shop around the outside edge of the supermarket. Items that easily expire include dairy, fruit and vegetables, meat and eggs. Food in packets often have added preservatives, flavours and unnecessary ingredients. Cut out the factory and eat food as it came from the field/forest/farm.

Eat seasonally

Nature knows how to ensure an ever changing shopping list. Follow her lead and eat what's in season, when it's available. Following the food seasons also means you will better reflect the cyclical changing needs of your body.

Eat local

Address the ethics and environmental issues by getting to know the people who grow your food. Ask the questions you want answered, visit farms, get to know your producers.

Avoid chemicals

People have been growing food without the use of chemicals for 300,000 years of hominid evolution ... until the end of WW2. Food can still be grown without chemicals, it just takes a little more attention. Avoiding chemicals also addresses many ethical and environmental concerns around food production. Support producers who don't use chemicals — or simply grow your own.

Hollie Bakerboljkovac is an Integrative Therapist, providing Real Food education, Natural Movement, Counselling and Wellness therapy at Braidwood Holistic Therapies.

She is the author of the *Self Crafted Wellness Journal*, a workbook for living Well. With her husband Bolj, they produce the *Self Crafted Wellness Radio* show, aimed at sharing simple, practical steps for every-body to be more Well.

Hollie facilitates group sessions and offers individual assessments for people who desire to Think Well, Move Well, Eat Well, Do Well and Live Well.



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TRY GETTING SHOES TO MATCH

Bags and swags

Victoria Thivy runs off her troubles

In May this year we are doing a 100 km walk through the Larapinta Trail, so that's through Alice Springs following the Western MacDonnell Ranges. We're doing the walk to raise funds and awareness for multiple sclerosis. I set a target of \$6000 and we've managed to raise \$13,000 already, which is fantastic.

There's 18 people on the walk altogether but I have a little special group, just me and my best friend. We've raised the \$13,000 between the two of us.

We are planning to leave Alice Springs and then there are seven different parts of the trek through the Larapinta Trail, so there isn't exactly a start and a finish. But it's 100 km in total though with our backpacks on our back.

Each night we light a fire and hop into our swags. We will be roughing it for the whole seven nights that we're out.

There will be a support crew that moves us each afternoon after we've done our designated kilometres and we'll return to a base camp. Our base camps change throughout the week but we get returned to our base camp each evening so that we can do the different trails that way and then come back to our base.

It starts on May 25 for seven nights. We have a donation page on the net. We've been doing fund raising already and that's where the \$13,000 has come from.

We've done school discos and Zumba classes to raise funds but most of our donations have just come from people who want to lend a hand — which has been great.

VICTORIA AND HER RUNNING MATE JANE.



Six years ago I got diagnosed with Crohn's disease. I was very unwell and so about four years ago I had to have a full proctocolectomy.

Crohn's is a bowel disease and I have an autoimmune problem as well. It's where your body fights against itself. It affected my large intestine and it made the tissue so delicate that it fractured itself constantly and that's why I had to have so much taken out.

I went through a really rough time. My small intestine ruptured which put me in intensive care for four months. I was fed through my neck and I was heavily sedated for all that time.

I had the whole of my stomach, the large intestine, the rectum and the anus removed.

I also had cancerous cells in the vaginal wall, so they took that away at the same time. For the whole time they kept me heavily sedated because of the wounds.

Occasionally the sedation would wear off and I recall parts of it but very, very little of those four months.

When they took away the large intestine, they took away the rectum and the anus and so that left a 12 cm gap at the back end. Obviously then you can't move your legs and so my legs were bandaged together and I had to lay flat. When the stomach incision goes from top to bottom, you've got to keep so flat and still that you end up being totally immobilised.



After that, I had to learn to walk again. I went down to, I think it was, 43 kilos, so as well as learning to walk there was a real lot of rehab.

I also took a big knock in the week I got out of intensive care. I didn't know that my mum had been sick. She passed away two weeks later with cancer and because I had been asleep for so long I didn't know how sick she was.

I was still in a wheelchair at the time of her funeral and we had to put the funeral back by four weeks. We had to wait to bury mum because my dad wanted me to be able to attend — so it was a lot of stress on the rest of the family at the time as well.

Now I have a permanent colostomy bag so I have had my daily challenges but I'm back able to work full time. There is definitely life after having a colostomy though it is a bit scary for a young female to go through.

I have ongoing endoscopies every 12 weeks just to make sure that nothing is growing or going pear shaped in my oesophagus, but I'm off medicine at the moment.

I am into clean eating, living a healthy lifestyle and trying to get myself fit, but I'm not on any medicine now, which is fantastic.

I've come a long way and it's time to pay it forward — that's what has motivated me to raise funds for MS.

To donate to Victoria's MS fundraising go to: [www.doitforms.org.au/team/victoria-and-jane](http://www.doitforms.org.au/team/victoria-and-jane)