

Time to kick habit

Emma Chadwick



EXPERTS estimate that one in five Australians will experience depression at some stage in their lives and Townsville residents are not immune.

Many people seek help from medicos who prescribe medication, but former Townsville woman and health writer Tracey Carmichael said the answer lay not in 'taking' something but in 'giving it up'.

She found it was her relationship with addictive foods such as wheat, gluten and sugar which was one of the root causes of her unhappiness. Now she is on a quest to educate others about going through the 'food-based break up'.

And as with any relationship that ends, there's always doubt it will be better on the other side, and Ms Carmichael said she is living proof that it is.

"Whether you are depressed or not you will experience positive benefits from 'breaking up' with these foods and ditching them from your diet," Ms Carmichael said.

"Once the break up takes place, people will experience a lift in mood, increased energy levels, better sleep patterns, decreased anxiety, less bloating and decreased intestinal and weight loss problems."

A study from the University College London UK, found people who eat a diet high in processed foods have a 58 per cent higher risk of depression.

Dr Sherry Ann Rogers said in the 26 years she had been in medicine, if she had to choose the number one food that has caused the most depression, it would be sugar. The second most common food to cause depression is wheat.



ADDICTIVE SUBSTANCE: Sugar has been linked to high levels of irritability and depression.

Melbourne University released a study showing that gluten and wheat-based products caused addiction withdrawal symptoms for more than 70 per cent of the 200 people tested.

"Wheat, gluten and sugar along with alcohol and caffeine have a direct affect on blood sugar levels resulting in Hypoglycaemia and dramatic mood swings," Ms Carmichael said.

"Most people have no idea hypoglycaemia is the dramatic spike and fall of blood sugar levels.

"During a hypoglycaemic episode the blood sugar levels skyrocket, causing a spike in serotonin, our 'happy hormone' and after a brief euphoric period sugar levels then crash resulting in irritability, anxiety and depression."

She said these highs and lows created a dangerous and addictive cycle.

Ms Carmichael, who wrote the 'Happy Mind Formula' said people needed to know this information so they could take control of their depression and get off prescription drugs.

Q and A

with Clarity Hearing audiologist Grant Collins



Good use for donated aids

Q. Is there anywhere I can donate old hearing aids to?

There are several charitable organisations which re-use hearing aids both here in Australia and overseas.

My personal charity choice is an organisation called All Ears Cambodia. Having travelled to Cambodia, I have seen first-hand the poverty and the organisation does put to good use hearing aids of all quality and standard. Most hearing aids handed in to me are of a poorer quality and generally this is when I send them.

Another very good organisation in Australia is a hearing aid bank run by the Princess Alexandra Hospital in Brisbane. This is a free service for low income people on healthcare cards or those that can show that they cannot afford a hearing aid.

Another is Better Hearing Australia. Like the Princess Alexandra, they supply reconditioned hearing aids to those unable to afford new devices. If the income and circumstance eligibility criteria is met and suitable devices for your hearing loss are available then the aids are sold at a minimal cost.

If you, or someone you know has any unused hearing aids then you can send them to the following addresses or drop them into Clarity Hearing Solutions to be sent on to an appropriate charity.

- All Ears Cambodia - Jane Crouch, Intrepid Travel, PO Box 2781, Fitzroy, Victoria 3065
- Hearing Aid Bank Princess Alexandra Hospital, Audiology Dept, Ipswich Rd, Woolloongabba 4102
- Better Hearing Australia, 5 High St (corner of Alfred St), Prahran, Vic 3181
- Clarity Hearing Solutions, 266 Charters Towers Rd Hermit Park, 4812.



HOT topics
with Sonya Mitchell

Door-knocking targets retirees

Have you had anyone door knocking or telephoning your place recently wanting to sell something? Well according to a recent ACCC report every Australian household will be door-knocked about eight times a year.

The report warns that older people are being particularly identified as 'easy targets'.

Whether you love them or loathe them, unsolicited (uninvited) sales are a growing industry in Australia and it is important to know your rights.

Examples of unsolicited sales include: door knocking, telemarketing or being approached by a sales agent in a shopping centre.

Sales agents can only door-knock within certain time periods.

They cannot visit you on Sundays or public holidays, outside the hours of 9am-6pm on weekdays and 9am-5pm on Saturdays and you can ask the sales agent to leave at any time and they must do so immediately.

Before they can discuss a product or service with you they must show you their identification.

While selling, the agent must not pressure, harass or mislead you into signing up.

If you agree to a purchase, you must be given a copy of the contract that you sign.

You should be provided with a termination notice to complete in case you decide to cancel.

There is a cooling off period of 10 business days for unsolicited sales. You can cancel anytime within those 10 days at no cost to you. You cannot be asked to make a deposit for your purchase within this period.

If you do make a purchase, use your 10 days to make sure that you have a good deal, that you can afford it and actually want it. To find out more, phone the Seniors Legal and Support Service on 4721 5511.

Have a heart and put your body to good use

MACABRE as it might sound, it's something we have to address at some stage.

What happens when we go - burial or cremation?

With all those television advertisements for funeral cover, one gets the impression that those in the know want to fast-track the process.

So what happens when you go? Is there a follow-up plan which will leave a lasting legacy?

More and more Australians are considering the option of organ donations or giving their body to science.

Using Medicare, you can sign up to be a donor. It's a very simple process and takes a few moments to be part of the Australian Organ Donor Register.



A Harro-ing Time
with Dave Harrison

If you need a first-hand experience, check out the website dontburyme.com

It features the courageous story of Will Chapman, who's seeking a heart and lung transplant, otherwise he won't make it to Christmas.

While there is still a stigma attached to organ donation, in these days of medical advances there are things my friends in the science world say we can learn from the human anatomy.

The option of donating your body to science appears to again be on the radar especially in recent times with Prime Minister Julia Gillard's

father John having bequeathed his body to science.

Forget about donating just the organs, let them take the lot.

It's not as if you will have any need for it in the future, it's just a body that could improve someone else's lot.

Sure, you need to talk it over with your family as a matter of courtesy, but at the end of the day it's your body and it should be your decision what you do with it.

The Discipline of Anatomy in the Faculty of Medicine, Health and Molecular Sciences at James Cook University runs a donor bequest program.

This is used in the teaching of anatomical sciences to the North's future medical professionals and obviously relies on the generosity of

individuals who donate their body. Respect for those who have made the sacrifice is maintained at all times and the use of bodies for teaching and research is strictly governed by appropriate legislation.

Gory as cutting into human flesh might sound, you won't be around. It's done in a dignified manner with the appropriate protocol.

The teaching is conducted in a restricted area and access is limited to authorised staff and students.

What's it to be you ask - organ donation or medical science?

I think in my case it will be the latter, if for no other reason than some people saying I don't have a heart. And after all these years indulging in the North Queensland lifestyle, the liver and kidneys might be in need of attention.

Swimmers to lap up challenge

THE inaugural Lap-It-Up Global Swim Challenge will be held on December 2.

Event co-ordinator Adrian Low said the event would be held locally at Long Tan Pool at 7am, while around the world people will be swimming on the same day at their local pools.

The swim is raising funds for three charities in Cambodia.

"The entry fee of \$200 will go directly to the swimmer's charity of choice," Mr Low said.

"The challenge is to complete as many laps of an Olympic-sized pool in a two or four-hour period.



"Participants can take the challenge as an individual or a team of up to four."

Alicia and Daniel Horrocks of Mundingburra have already started their training.

They have decided to swim as a team, each doing a two-hour block of swimming.

So far, swimmers from

Adelaide, Yungaburra, Townsville, UK and America have committed to the swim. "You don't have to be a great swimmer to do the challenge," Mr Low said.

"You don't have to swim non-stop. You can plod along at your own pace, and complete as many or as few laps as you like."

Prizes will be awarded to the individual and team who do the most laps in the allotted time.

For more information contact Adrian at adrianexternal@hotmail.com or visit globalsportchallenge.wordpress.com

Editorial

Emma Chadwick
journalist
phone 4722 4458
fax 4722 4562
primetime@townsvillebulletin.com.au



Advertising

Glenys Brabon
phone 4722 4597
fax 4722 4554
mobile 0417 342 370
glenys.brabon@townsvillebulletin.com.au

