

Free

ISSUE 29 • JULY 2013

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Health

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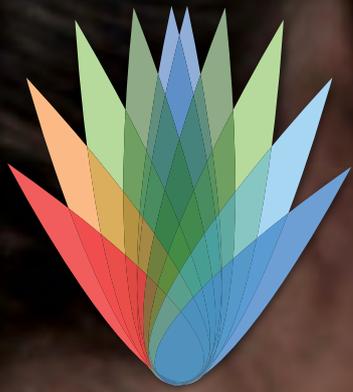


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Dr Matthew Cardone, Dr Stella Ward, Dr Shannon Butler and Dr Erin Harten have a special interest in Children's Health.

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YOU DESERVE**

FROM THE EDITOR...

It's a perfect time of year to delve into our annual health & wellbeing issue as we hear tale after tale of low immunity from the seasonal changes. This issue also ties in with the huge amount of support and admiration we have for our friends at the Children's Health & Wellbeing Expo.

Each year the expo team give our community the best products, services, advice and education for raising a healthy family all for free in one place! Mark it in your diary (21 July) and make sure you come and visit the Coast Kids team on the day as we search for our new cover star! We will be snapping away all day and giving each of you your very own cover shot to cherish - we would love to see you there!



From teeth to eyes, sitting to skating we have opened up a can of worms and barely touched the surface of all there is to say on this ever-growing wellbeing industry. We have information at our fingers tips more than ever - just ask my 8 year old as she tells me to 'google' the answer! It's up to us to make conscience decisions on how to raise our families to our best abilities and knowledge is power!

health & happiness,

Keeley

editor@coastkidsgc.com.au



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Cover style...

COVER SHOOT:
Beautiful North Kirra Beach
COVER MODELS:
Amelia, Sienna M, Freya & Sienna O
PHOTOGRAPHY: Julie Willis Photography
www.juliewillisphotography.com.au



The team...

EDITOR/OWNER: Keeley O'Connor
editor@coastkidsgc.com.au

ART DIRECTOR: Emma Mardaine
design@coastkidsgc.com.au

ADVERTISING SALES:
Keeley O'Connor
advertising@coastkidsgc.com.au

Jenni Johnson
jenni@coastkidsgc.com.au

Skye Miller
skye@coastkidsgc.com.au

Marissa Harding-Smith
marissa@coastkidsgc.com.au

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Contributors



JENI BONE
Features Editor

Jeni Bone has been writing professionally for 24 years, across newspapers, magazines, TV and online media, covering business, lifestyle and news, as well as in PR and marketing for global brands and media for the Sydney 2000 Olympic Games. With hubby Carlton, she does her best to raise Alex and Sophie with inquisitive minds, a love of learning and sense of community.



DEBBIE HOGG
Life Skills

One of Australia's leading Coaches & ANZI Coaching Coach of the Year 2010 - Debbie is co-creator of 'Life Skills Programs' Social & Emotional learning programs for parents, she is passionate about 'Enriching the Lives of Children' and is a specialist in family coaching. Debbie is a trainer, NLP Master, author, mum to two girls and is a spirited & passionate coach who will encourage you to shine.

www.lifeskillsprograms.com.au
www.debbiehogg.com



TANYA CURTIS
Behaviour Specialist,
Counsellor & Facilitator

Tanya founded Fabic (Functional Assessment & Behavioural Interventions Clinic) in 2006 with a vision to support people to Understand & Change unwanted behaviours, whilst simultaneously valuing each person's uniqueness and individual strengths. Tanya is the author of "Challenging Change, Behaviour Strategies for Life", writes and presents Behaviour Specialist DVDs, and has developed online behaviour support programs.

www.fabic.com.au



FE TAYLOR
Health & Wellbeing

Fe is the director of Leaps & Bounds Children's Fitness Centre, Fe Taylor Fitness and also the Children's Health & Wellbeing Expo, held annually on the Gold Coast. Fe's health and wellbeing programs are associated with the GCCC Active & Healthy Program.

www.childrensfitnesscentre.com.au
www.fetaylorfitness.com



JANE WHITTRED
(MRS RED) Art Projects

Jane has a Bachelor of Art under one arm, a PG Diploma of Education under the other, 3 children and a hubby in one hand & a mini farm in Gold Coasts hinterland in the other hand. Jane owns Mrs Red's art room in Miami and believes this business found her, mixing 2 degrees together and using these skills to open an art room to teach both children and adults visual art.

www.mrsredsartroom.com.au



DR ELEN ApTHOMAS
Family Health

Dr ApThomas is a leading General Practitioner with over fifteen years of private clinical experience. She combines conventional medicine with a complementary approach to meet your individual health needs. Treatment plans focus on achieving the correct diagnosis, controlling symptoms and amending the imbalances that actually cause disease.

www.medsan.com.au



ANTHONY SHERRATT
Daddy Diaries

Anthony Sherratt is a full-time stay-at-home dad who juggles looking after his twin girls, lecturing at university and contributing to a variety of websites and publications. He's finally thankful for his insomnia.



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Love
project

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Your divine family and children are captured by me in regular or ONE session. You are asked to put into words this particular moment in their lives. Combining stunning images with your words of love to create beautiful things that will be with your children forever. The images will be kept and combined with your words and made into albums and stunning wall art.



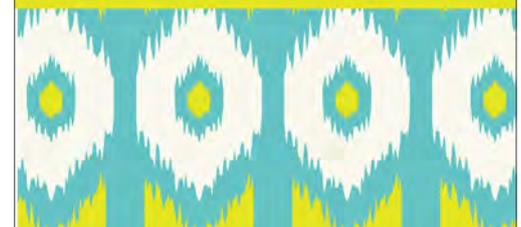
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CHECK OUT THIS MONTH'S NEW RELEASES AND TIME SAVING APPS.

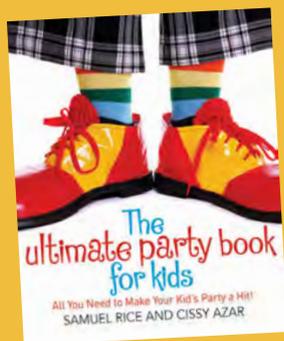
Books

SO MANY SOUNDS

Claire Chadwick

So Many Sounds is a fun, catchy and colourful picture book for young children by author, Claire Chadwick. Claire used her teaching background when scripting the story, and has created a marvellous array of educational activities and resources to enhance the reading experience. This read-aloud story will be the perfect addition to a young family's library, a children's centre or primary school. Illustrator, Trevor Salter has made this story come to life with eye-catching pictures and loveable characters.

More at www.clairechadwick.com.au

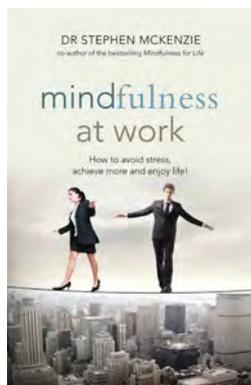


THE ULTIMATE PARTY BOOK FOR KIDS

Stop stressing and start enjoying a party with all the trimmings! The Ultimate Party Book for Kids is a must-have guide that takes you step-by-step through the process of planning and delivering a fun, memorable event that everyone will enjoy. Written by party planning professionals, The Ultimate Party Book for Kids helps you at every planning stage, from the theme and invitations, food and decoration ideas, to birthday cakes, games and activities.

Also found is a comprehensive health and safety section for the necessary checklist to having awareness of common food allergies to playing it safe and having age appropriate games on the day. Party theme ideas include Pirate, Princess, Superheroes, Fairy, Clown and many more, including Easter, Halloween and Christmas parties. Plus, this book contains all you need to cook for a children's party with fun and delicious treats to make even the pickiest child smile. New Holland, RRP \$29.95.

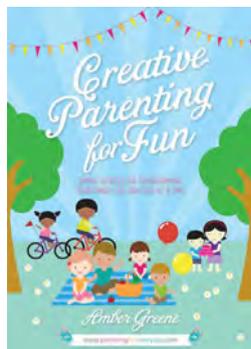
More at www.newholland.com.au



MINDFULNESS AT WORK Dr Stephen McKenzie

One of the most important areas of our lives is our work. Mindfulness at Work is the complete guide to using mindfulness (the art of paying attention to what is going on in our lives right now) to help us work better. By working mindfully we can work more naturally, more enjoyably, more harmoniously and even more productively. Written by an expert with years of clinical and personal experience, it gives us the tools to reduce stress, to be more creative, improve decision making and to develop better leadership skills. Just as importantly, in a world where technology offers endless distraction, Mindfulness at Work helps us regain our peace of mind and enjoy our work, transforming our working lives into something really fulfilling. RRP \$29.99, eBook \$9.99.

More at www.exislepublishing.com.au



CREATIVE PARENTING FUN Amber Greene

This new e-book is a 420-plus page book helping and supporting parents to navigate the early years of parenting from ages 0-6 years with the most fun, and least stress! The paperback book will be published in August. The book is filled with full colour, step-by-step pictures, delightful illustrations, hand-written music, and super practical actions you can begin taking today.

More at <http://www.parentingfun everyday.com>

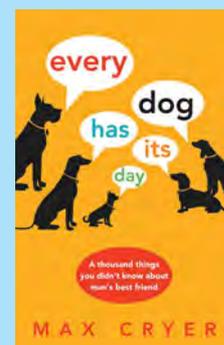
EVERY DOG HAS ITS DAY Max Cryer

Why do people say it's raining cats and dogs? Dogs never eat other dogs, so why is it a dog-eat-dog world? Did any dogs survive the Titanic? And exactly why are the 'dog's bollocks' the best?

Max Cryer's new book, Every Dog Has Its Day, 1001 things you didn't know about man's best friend, is a splendid collection of historical facts and eccentricities of language that will delight all dog-lovers and anyone with a morsel of interest in the world around them.

Every Dog Has Its Day pays homage to man's best friend, telling the stories of famous dogs in history, tracing the origins of some of our favourite breeds, showing how dogs have become a significant part of our language, and describing the amazing range of activities in which dogs are involved. RRP\$24.99 eBook \$9.99

www.exislepublishing.com.



Apps



MY BABY JOURNAL APP

Record and relive all of your baby's special milestones, magic moments, or medical history and routines with the app, My Baby Journal.

Created by busy mum, Vanessa Bashir, My Baby Journal is a must-have app for all parents whether their children are newborns, toddlers or even teenagers.

Create photo albums of every special occasion, and use the Diary to preserve thoughts and memories. The Calendar,

Shopping List and To Do List help to keep track of their busy schedules, daily tasks and social events.

The Alarm Clock and friendly Reminder will ensure they don't miss anything in their busy lives as parents. A contact list is also conveniently included for easy access to emergency contacts, family and friends. Simply touch the phone number to call the contact or the email address to send an email. Check it out on Facebook or download from itunes.

LumiAir to Light Up Jupiters Theatre



BRIGHT WITH COLOUR, STRONG WITH A CAST OF 40 INTERNATIONAL AND AUSTRALIAN CIRQUE PERFORMERS AND ALIVE WITH BRILLIANT COSTUMES, STUNNING SCENERY AND STATE OF THE ART PRODUCTION THAT IS LUMIAIR – A CIRQUE EXTRAORDINAIRE.

Coming to Jupiters Hotel & Casino from June 20, LumiAir will delight audiences of all ages with a lavish 90-minute production teeming with an extraordinary cast of cirque characters, lithe dancers and breathtaking acrobatic performances brought to life in an illusion of colour and vibrant energy.

While the LumiAir cast features world-renowned performers from France, Canada, Russia, China and the Republic of Belarus, the unique point of difference is behind-the-scenes with the production team and event crew who are thoroughly home-grown and Gold Coast-based.

Burleigh's Angelis Productions owner and creator behind LumiAir, Sue Parrett said it's exciting to introduce some of the newest cirque acts from overseas into LumiAir in Jupiters Theatre while also having the chance to incorporate Australian talent of such a high standard.

"Gold Coasters have the chance to witness the incredible talents of world-renowned performers who have never been seen in Australia before," she said. "There is something for everyone in LumiAir from grand cirque style sequences using big apparatus for spectacular tricks in the air, to drama with breathtaking acrobatic ballet scenes that touch your soul, captivating scenes featuring lighting and magical illusions, intertwined with humorous breaks performed by our charismatic LumiAir jesters.

Talented star coach and international performer in his own right, Anthony Ikin also plays a key role in the production shaping the show with exciting and unique choreography.

Tickets go on sale from May 27 via Ticketek.com.au and through Jupiters Box Office, with an exclusive ticket offer for locals.



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NEWS...



CHILDRENS HEALTH & WELLBEING EXPO

Connecting the community is the aim of the 5th annual Childrens Health & Wellbeing Expo, Sunday 21 July at Tallebudgera Active Recreation Centre from 10am to 3pm, with free entry for everybody.

This is you once-a-year opportunity to access all the top childrens health and wellbeing products, services and specialists at one time, in one place – and have active fun at the same time, too!

Come and kick the Footy with Gold Coast Suns, hear about health straight from the garden and sustainability with the host of Gardening Australia, Costa Georgiadis.

All the Gold Coast's best products, services, resources, advice and education to help you raise happy and healthy kids, brought together for you in one fun-filled and free day out for all the family, with plenty to see and do, get hands on, samples and info to take home.

More at chwexpo.com.au

BED-SHARING LINKED TO SIDS

New research suggests the risk of Sudden Infant Death Syndrome (cot death) is five times higher in babies who share parents' beds.

Australia currently advises only certain parents not to bed share with their young infants, including smokers and those who have been drinking alcohol or taking drugs.

Professor Paul Goldwater, Senior Consultant, Microbiology & Infectious Diseases at SA Pathology (North Adelaide) and University of Adelaide School of Paediatrics and Reproductive Health, says the findings are not surprising and confirm that co-sleeping is particularly dangerous for babies under three months of age.

"The main message is that co-sleeping should never occur.

OXFAM TRAILWALKER 100KM

Our very own Debbie Hogg undertook the Teaming up against Poverty for the Oxfam Trailwalker 100km to raise funds for the global relief work it extends to thousands of families in third world countries.

According to Oxfam, in Bangladesh, \$117 will build a tube well, to provide fresh water for families in flood emergencies. In Sri Lanka, \$50 will give a family a gardening tool kit to enable them to provide fresh healthy food.

"These are all places that as a traveller I love to visit," says Debbie. "These places offer such grass roots type of experiences and the people are simply beautiful."

Debbie is no stranger to endurance events, having conquered the Kokoda Trail and more over the past four years.

"Teaming up against Poverty for the Oxfam Trailwalker 100km is exciting and apart from full on hard work, it will be lots of fabulous fun along the way. Oxfam provide



funding to thousands of families and individuals around the world in third world countries and areas enabling people to take responsibility for themselves and provide for their families."

Debbie began Friday 14 June at 0700am and crossed the finish inside 24 hours. Congratulations!

To help Debbie in her fundraising visit <https://trailwalker.oxfam.org.au/team/home/14969>

STAR RATINGS FOR FOOD

A new voluntary front-of-pack food labelling scheme which gives foods a star rating based on the amount of sugars, saturated fats and salt present in the food has been approved by an intergovernmental forum on food policy. Only confectionary and soft drinks will be exempt, and the new rating scheme would be made mandatory if it is not widely adopted by food companies within two years.

Heather Yeatman, Associate Professor of Public Health at the University of Wollongong and President of the Public Health Association of Australia was a member of the Food Labelling Review Panel. She says the Food Ministers' decision to approve a standardised, easy to understand, interpretive, front-of-pack labelling system for food products is important for several reasons.

"Firstly, it reinforces the Australian governments' commitment to implementing the recommendation that was put forward in the Labelling Logic report, the first national review of food labelling law and policy in Australia and the world. Secondly, it is an excellent example of public health, consumer and

industry groups working together to agree on a system that contributed to public health outcomes, as well as being feasible for industry to implement."

Then from a consumer standpoint, it's a win for public health. "The guidance offered through this system can help people to make healthy choices for themselves and their families – it is easy to read and the advice is based on a scientific nutrient profile system. People don't have to get out their glasses and magnifying glasses to read the label, nor do they need to be health experts to interpret the information.

"The information has been interpreted for them, so healthy choices are easy choices." The star system would also act as an incentive for food companies to modify their products so as to achieve higher star ratings, she concluded.

"They have two years to achieve widespread uptake. If after this time industry support is weak, it will become a mandatory system. So it will be a test of the food industries' commitment to implement effective self-regulation."

More at www.foodlabellingreview.gov.au

but it is OK to breast feed in the parental bed and then to put the baby to sleep face up in its own cot (with clean linen) in the same room as the parents."

He goes on to explain that the parental bed or sofa represents a dangerous sleeping surface. "Both of these are heavily contaminated with bacteria such as E. coli and Staphylococcus aureus, which are equipped with a variety of lethal toxins. A baby sleeping in such a contaminated environment could inhale or ingest shed skin cells covered in these bacteria. A genetically susceptible baby is at risk in the co-sleeping situation."

Combined with thermal stress, current bed sharing practises appear to place children at risk of SIDS and research should continue to provide greater understanding of why in order to avoid the devastating consequences.



What we... Love, Love, Love



BALANCE BIKES

Mocka's quality range of wooden balance bikes (also known as running bikes) are designed to develop your child's balance and co-ordination in preparation for riding their first push-bike. With no pedals, the Mocka bike provides an easy, safe, and fun way for children to build their confidence on wheels.

www.mocka.com.au

www.madisonjane.com.au



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www.FeTaylorFitness.com



GOOSEY GANDER PUFFER VEST

One gorgeous way to keep the kids warm while hitting the Coast playgrounds this winter. Goosey Gander stocks a few options this one Bebe Minihaha is a fav with hood for either the boys or girls. RRP from \$55 +

www.gooseygander.com.au



BILIBO

The makers of Bilibo believe that open-ended play is essential for healthy physical, social and intellectual development of children – we couldn't agree more! Let the kids grow to be creative, confident and let them innovate their own use for this great toy! Indoors or out, wet or dry, this toy will engage your child's imagination and curiosity.

www.bilibo.com

BEBE BOTTLE SLING – HANDS FREE BOTTLE FEEDING

The BeBe Bottle Sling encourages babies to play with the bottle and as a result they learn how to take the nipple in and out of their mouth whenever they want. Parents of twins and triplets say that these baby bottle holders are a lifesaver! RRP \$34.95.

More at www.bebebottlesling.com.au



DARK HORSE ACCESSORIES

Fun and funky, Dark Horse Accessories are beautiful, edgy pieces created by Queensland designer, Emma Gascoyne and ethically made in Indonesia. With prices ranging from \$15 to \$40, they are affordable for all.

www.darkhorseaccessories.com

SPEAK WITH ME, NOT AT ME

Words: Jeni Bone



HOW ARE YOU COPING, WADING THROUGH THE BARRAGE OF CORRESPONDENCE FROM REAL ESTATE AGENTS, YOUR CHILDREN'S SCHOOLS, ACTIVITIES, E-NEWS FROM RETAILERS, ALERTS FROM FACEBOOK AND WEBSITES YOU BOUGHT SOMETHING FROM ONCE, AND OTHER THINGS THAT END UP IN THE JUNK MAIL OR CLUTTER YOUR SMART PHONE?

SOMEWHERE IN AMONG ALL THAT GUMPH IS SOMETHING IMPORTANT. LIKE THE DATES OF BOOK FAIR, OR VACCINATIONS, MOVIE NIGHT, THE INVITATION TO YOUR SISTER'S WEDDING.

SO, LET'S HIGHLIGHT THE CONUNDRUM OF COPIOUS, ONE-SIDED, OVER-COMMUNICATION. FIRST, THE CONSEQUENCES: WE MISS SOMETHING. WE SWITCH OFF. WE BECOME IRATE.

I know on my part, grainy pictures of my precious offspring "interacting in a meaningful way with peers" are not appreciated as I power towards deadline, just one hour after dropping her off at daycare. I love my child. I value knowing she's safe and in a learning environment, but my phone is for business as is my email. I know your facility has KPIs and KRAs to tick off, but it is ticking me off no end.

Worse still, I know if I mention I am not interested in these epistles, eyebrows will rise. After all, it IS my child. But did you ask me how I would like to receive information?

Communications must be requested, relevant and reciprocated.

The challenge is to connect with people without bombarding them with your agenda. Instead, communications, marketing and general conversations between brands or services and their customers, need to be with the recipient's permission, in an engaging format and crucially, two-way.

Relationships are hard work, but as the old saying goes 'it's easier to keep a customer than it is to acquire a new one'. Understand your customer and how your brand/service can help them.

If you understand and respect your target audience you will be rewarded with loyalty. Developing a lasting relationship will ensure that your brand is recommended and passed on to friends, family and children.

Social media and now, apps, are all about conversation. Get onboard Facebook and other social media or miss out on this vital dialogue between women and the products that resonate with them. When embracing social media, take the time to really engage with your target audience and it will pay dividends as those people share within their social circles.

One mum, digital designer and former Visual Effects Composer who worked on some of

the biggest films in Hollywood, Danielle Bennett, has devised a concept that works as a communication centre, ideal for daycare centres and kindies, called "Kindyhub".

"Being a busy mum I found it difficult to make time available during drop off & pick up times to read up on my children's daily activities, keep up with all the notes stuck in pigeon holes & on walls, also discuss information with their teachers, which is not what I want to have happen. This combined with text messages and the occasional e-mail sent from the centre, I felt there was a need for a centralised place where I could communicate and receive information about my children that was secure and private, that I could access on the run.

"I came up with a solution that allows parents and carers to easily share current news, photos, videos and information through a secure login for parents and families to access at a convenient time for them, so they don't have to miss out on what their child did during the day.

"It empowers child carers with a tool to capture children's milestones and development in a simple and fun way which saves them time, which in-turn can be spent on our kids. Kindyhub aims to take the ad-hoc nature out of it."

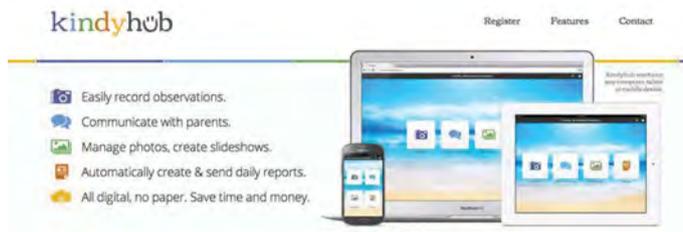
Several centres will be trialling the app from July, and are looking forward to the one-stop shop for admin, parent engagement and communication.

"For parents, it means you can choose how you receive your information and it's all in one place so you needn't miss important dates and can check what your child has been up to, when you want to. With the app, it increases parent engagement by providing a channel for input, collaboration all through the same hub."

Another tool to navigate through the barrage of communication was created by parents of four, Jase and Brooke Farmer, who started FamilyHQ as a safe and private space for family and friends to connect and see what they'd been up to.

"We wanted somewhere our relatives could share photos and information free of the digital footprint that is created these days, and free of Google data mining and advertising. We had dozens of requests from friends for their own. We got some press, then the NSW Department of Education contacted us to develop something similar for schools."

There's now a version for Education, Enterprise, Sporting Networks and Communities and the concept has been picked up by groups from Dubai to Dublin!



As Jase explains: "FamilyHQ centralises information, it's private and safe, and allows collaboration between people in a group. Interactivity is key. It's a communication platform. In our view, it's the ideal way to create engagement and collaboration in one space."

Emails, notes, newsletters and texts are just part of the daily noise parents have to deal with.

"We have moved beyond relying on a five-year old to take home a note from school," says Jase. "There's nothing worse than turning up to school and finding out it's a particular event or you had to bring something in for class. FamilyHQ is group based so in an education environment, you could be connected to three or more different groups: sport, class and P&C, which means you can have school-wide information and then specific details from your child's class that the teacher can upload, and change as things invariably do change."

FamilyHQ is connected to an app which then alerts you to updates.

As communication reaches crescendo, these central hubs cut through the noise and overcome the idiosyncrasies of each one of us. Kindies and schools can harness the considerable power and input [not always negative] of the parent body, many of whom are eager to contribute, but have found the channels of communication closed to them. The class teacher cannot be expected to know when your day off can be best accommodated so you can volunteer or offer a skill to the appropriate school group. Likewise, the Principal may have other matters on his hands. Yet, the school or centre would be the richer for parent contribution.

Best of all, these interactive hubs allow you to determine when and how you access the information at a time to suit you, with all the immediacy and multiple communication channels we are used to.

THE NEW FIVE GOLDEN RULES OF COMMUNICATION:

- 1 Participation – we expect companies to listen, be responsive and engage in two-way conversation. Most people say they prefer to conduct customer service queries or complaints via social media, rather than a 1800 number or email
- 2 Be personal and rewarding – we are busier and feel more time-poor than ever. Make life easier and get us where we want to go, faster. Also, our loyalty should be rewarded
- 3 Mobile first – everything should be optimised for mobile phones, as the smartphone is now indispensable
- 4 Have a higher purpose – people are altruistic and if brands want to truly connect, they need to be genuinely attached to a higher purpose [charity, investment in community, genuine family values], not just "selling stuff"
- 5 Be fastidious about aesthetics – looks count. For women, it's more than making things pink or glittery, adding happy kids or stating you're 'family friendly'. It pays to understand symbolism and invest in quality content and images for all your communications. And more importantly, you have to walk the walk!

Source: Ipsos study "Girl by Girl – Understanding the Modern Woman"

LEARNING BLOCKS

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Words: Debbie Hogg

A PICTURE IS WORTH A 1000 WORDS!

SITTING WITH A CUPPA TEA AND BREATHING AHHHHH..... IN A FLASH THE 'VISION' APPEARS: 'PALM TREES, HAMMOCK, WHITE SAND AND TROPICAL PEACE' OR '10 LUSCIOUS ACRES WITH HORSES, CHICKENS AND THE ABUNDANT VEGIE PATCH FOR SELF-SUFFICIENCY' OR 'A MORTGAGE FREE BEAUTIFUL HOUSE WITH A SWIMMING POOL' OR 'OWNING A YACHT AND ISLAND HOPPING FOR MONTHS AT A TIME' OR 'RUNNING AN ORPHANAGE IN A THIRD WORLD COUNTRY' OR 'BEING A GREY NOMAD TRAVELLING AUSTRALIA'.

Our dreams are individual and 100% ours!

So, where are they right now? Have we pushed them aside, parked them temporarily or are they completely gone because we feel they are no longer possible. Deciding to let them go makes it difficult to get back on track and the gap becomes bigger: we will also have people around us that will attempt to steal our dreams and say "oh, be sensible" or "you'll have to win lottery to do that". don't let anyone else dim your dream simply because it's shining in their eyes.

Our dreams are attached to our life purpose and when we let go of our life purpose it leaves us feeling empty, alone, unsatisfied, frustrated and sometimes angry. How would it be, if when our children venture off on their journey we are left with our dreams buried because we were too overwhelmed by the reality of now and forgot about us? To let go of our dreams is to let go of our confidence, self-esteem, health and wellbeing, happiness and fulfilment!

Vision Boarding (also known as dream-boards or treasure-maps) are powerful, they are a way to visually document our life. They provide the focus to manifest that which we want, and will connect us directly to our emotions and intuition, which ignites the manifesting process.

The first step is to get clear because without absolute clarity it's impossible for the unconscious mind and the universe to provide. The eight key pillars of our life are 1. Career/Money 2. Finance 3. Health/Fitness 4. Relationships-Family/Friends 5. Relationships-Partner 6. Personal Growth 7. Fun & Recreation 8. Physical environment (our home). Make a choice to focus on 'Life' or just one pillar.

Take some deep breaths, relax and imagine yourself floating into your future. Connect with your intuition and ask it "What is it that I need to focus on to achieve my dreams?"

Because clarity is so essential, ditching the clutter in our heads is a great start. Articulating our dreams and thoughts with a coach, our partner or a trusted non-dream stealing friend will assist in becoming specific. Giving ourselves permission to 'think, reflect and play with our imagination' is also important; imagine having fairy dust and being able to do whatever we want. Next we start with the vision board which allows focus, establishes our intention and provides a constant emotionally charged driver.

Follow your dreams, they know the way!

“LIFE SHOULD NOT BE A JOURNEY TO THE GRAVE WITH THE INTENTION OF ARRIVING SAFELY IN AN ATTRACTIVE AND WELL PRESERVED BODY, BUT RATHER TO SKID IN SIDEWAYS, CHAMPAGNE IN ONE HAND, STRAWBERRIES IN THE OTHER, BODY THOROUGHLY USED UP, TOTALLY WORN OUT, AND SCREAMING WOOOO HOOO – WHAT A RIDE!”

UNKNOWN



Creating your Vision Board. [Nice music is helpful in this process].

Take some deep breaths, relax and imagine yourself floating into your future. Connect with your intuition and ask it "What is it that I need to focus on to achieve my dreams?" Connect with your feelings and emotions, what will it be like to have that? Give yourself permission to fully go there and play in the excitement and joy, feel it, hear what is going on around you, see your life with it in! Note: you are using all your senses.

Flick through magazines pulling out pictures, phrases or words that resonate with you. Be totally 'in the moment' trust your intuition and accumulate your pile of dreams.

Cut the pictures out and arrange on your board, move them around, be creative, place words and phrases to support your feelings and desires.

Paste pictures, allow your spirit to come out to play and fully connect. Feel the emotions going on inside, get excited – DREAM – DREAM – DREAM and have FUN!

Lastly, hang your Vision Board where you will see it every day, it's your magnet!

Vision boards are powerful and are the driver, encouragement and magnet that pulls us towards our dreams! They keep us connected daily, remind us of possibility and keep our DREAMS real and alive. Visual and emotional connection is where the magic begins.

Turn your dreams into reality, start today and get connected with what you truly desire in your life.

"Don't die with your music still inside you. Listen to your intuitive inner voice and find what passion stirs your soul. Listen to that inner voice, and don't get to the end of your life and say, 'What if my whole life has been wrong?'" Dr. Wayne W. Dyer.

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SOME OF THE BEST CHILDHOOD MEMORIES ARE CREATED AT THE EKKA, WHEN THE COUNTRY COMES TO THE CITY, AND THIS YEAR, THE NEXT GENERATION OF SHOWGOERS WILL NOT BE DISAPPOINTED. ORGANISERS PROMISE EVEN BIGGER ATTRACTIONS FOR THE KIDS AND THE WHOLE FAMILY, WITH THE RIDES AND SHOWBAGS AS WELL AS AN ALL NEW NIGHT SHOW.

Running from August 8 to 17 at Brisbane Showgrounds, this Queensland icon event offers something for every taste and inclination.

New for 2013 is the Ekka IgNites 360 presented by B105 in the Energex Community Arena each evening, which will thrill audiences with true-blue Aussie entertainment earlier in the evening, including champion axe men, monster trucks, sheep dogs and horses, followed by a massive Ekka finale when the sky will erupt in a 360 degree blaze of colour, surround sound music, fireworks, fire dancers, international artists, H2O and speed bike action! This world-class entertainment event uses the latest technology and is inspired by three elements: light, fire and water.

Also for the kids, Peppa Pig and her brother George will appear live in a singing and dancing stage show in the CommBank Auditorium. Peppa Pig is a lovable but slightly bossy little pig who loves jumping up and down in muddy puddles, laughing and making loud snorting noises. With four live stage shows and one VIP meet and greet daily, the Peppa Pig musical show is a must-see at Ekka 2013.

On the Heritage Bank Community Stage, there will be a host of world record attempts every day of the show. From holding as many snakes as you can while singing the Australian National Anthem backwards, to eating as many bags of fairy floss as you can in a minute, and shovelling cow manure, there will always be something interesting going on.

Comedic juggler James BuSTAR will bring unique stunts to the stage, from his death-defying axe juggling routine to crowd-favourites like his humorous bowling ball juggle.

The Headst@rt, The Courier-Mail Learning Fun Precinct is more than double the size than ever before and will introduce new, entertaining and educational exhibits.

Ryan McNaught, who is one of only 13 LEGO certified professionals in the world, will bring The Love Boat and

Elvis the Helicopter to Ekka 2013. As his largest creation ever, The Love Boat is built with approximately 250,000 LEGO bricks, sits at just more than three metres long, one metre high and is packed full of power functions including a propeller, rudder, raise/lower life boats, anchor and the rudder. Elvis the Helicopter is built with 100,000 bricks and stands at just under four metres long and more than one metre tall.

Children will also get the chance to become an eco-marine as professional rangers from Tangalooma educate them on the importance of conservation and the role we all play in keeping Moreton Bay thriving.

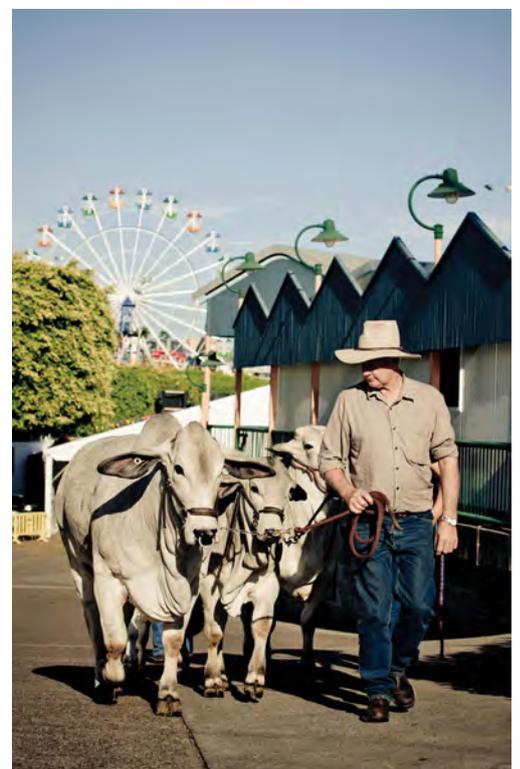
The Ekka Kids in Kitchen teaches up-and-coming cooks basic recipes and while Seqwater will have an amazing water pipe for kids to explore while watching their world record attempt for the most water testing on one day.

Animal Boulevard is the Ekka's one-stop shop for all creatures great and small. A series of interlinking pavilions allow visitors to get up close and personal with hundreds of animals, view various demonstrations, participate in interactive displays all designed to get Ekka visitors acquainted with Queensland's primary industries. Visit 400 baby barnyard animals, watch live milking demonstrations, meet 18 breeds of horses, speak to beef cattle experts, shear a sheep, take a peek at the weird and wonderful poultry flock, pat a puppy, hear a kitten purr, and visit the birthplace of more than 100 baby lambs.

If this isn't enough, the Learning Fun Stage will feature back to back information sessions daily ranging from Farmer Rob to palaeontology talks and digging activities with dinosaur experts and the Street Science shows which will put the fun back into science.

Mums and dads aren't forgotten with plenty to see and do, from The CommBank Natural Fibres Fashion Parade to cooking, displays, meet and greets, shows and more.

Tickets are available online at www.ekka.com.au



PURE TALENT, PURE TENNIS

Words: Jeni Bone

TO ATTAIN HER DREAM OF HOLDING ALOFT THE WIMBLEDON WINNER'S TROPHY, A MASSIVE PLATE THAT HAS BEEN THE PRIZE SINCE 1877, OLIVIA MANN IS PREPARED TO PUT IN THE HARD YARDS, BOTH ON THE COURTS AND IN THE CLASSROOM.

At just 13, Olivia has set her sights on rising through the ranks with sheer determination and more than her share of talent.

Olivia is a part of the Pure Tennis Academy Full time Study & Play Elite Program under the guidance of coach, James Griffiths. She started having tennis lessons at the age of five after playing Badminton one summer with her sister. "I enjoyed playing that, and my parents let me start tennis lessons."

Now ranked in the Top 16 players in Australia in the 2012 Nationals, she was most recently quarter finalist at the Hope Island AMT Open Tournament. "I won \$45. I was so excited. I also won the Consolation round at the Brisbane Open Age Tournament."

Olivia trains at Pure Tennis Academy at Southport five days a week, five hours a day. "I attend school at Southport High School from 9am to 12 noon, then I am on-court playing tennis until 6.30pm. Lucky I love it and I want to keep playing, so I work hard to stay on top of school work too!"

In Term 3, Olivia is changing schools, taking up a Scholarship at St Hilda's School, Pure Tennis Academy's new venue, which she says she is looking forward to "because they have just put in five brand new courts and they have some good players there too".

That's Olivia's main asset, along with superlative hand-eye coordination and stamina – her competitiveness.

"I love winning, and when I don't, I know how to put it behind me and bounce back," she says with a maturity that belies her years.

"I am motivated, organised both on and off the court, committed and I never give up even when things get tough."

When she's not playing tennis, Olivia spends her weekends catching up with friends, movies, bowling and the usual fun of girls in their early teens. "I am really in to the weather, too. I research all about different conditions on the internet and love dancing. I do shows for my parents and dance around, just to let off some steam."

Along with coaching expertise, the main support that the Pure Tennis Academy provides to participants is guidance and direction in all their pathways, professional and personal.

The program has access to USA College scholarships through relationships with more than 50 American Colleges and an American recruitment team seeking



players to join their Colleges. Putting emphasis on education, students can undertake a University degree without losing sight of their dreams of a career in Tennis.

There are also Traineeships for aspiring players to become Coaches, a lucrative and satisfying career within the professional and recreational ranks.

Tennis, as the experts will tell you, equips young people with many life skills, such a value for physical fitness and healthy choices, good sportsmanship and etiquette which can be so rare in most spheres of society, a positive outlook, commitment to achieving a goal and many more vital attributes which lay the foundation for success in later life.

More at www.puretennis.com.au

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WHEN MEMORY LANE TURNS OUT TO BE IN THE BAD PART OF TOWN

Words: Anthony Sherratt

IT'S SAFE TO SAY DAUGHTERS OF STAY-AT-HOME DADS EXPERIENCE A FEW THINGS DIFFERENTLY. IT'S NOT NECESSARILY BETTER OR WORSE. BUT IT CAN BE QUITE NOTICEABLE.

For example there might be a little less Disney and Octonauts and a little more Ghostbusters and Nightmare Before Christmas.

And - talking about no family in particular of course - perhaps they were exposed to Star Wars at a younger age than most. And yes, they might recognise the Dr Who theme song. And they love Superman, Supergirl and Blackman [actually Batman but, because he wears black, the toddler logic will not tolerate backchat].

Okay so my twins might not be typical little three-year-old girls at this stage, but recently I decided it was time to expose them to the ultimate childhood classics: the original old-school Disney movies.

I have wonderful memories of Robin Hood as a fox, the moral lessons of a wooden boy whose nose grew with dishonesty and those amazing dancing broomsticks, so it seemed a no-brainer that the girls' cinematic education include the films from the Magic Kingdom.

They'd already seen the Little Mermaid and the Lion King and even though I had some doubts about those [graphic death scenes and disturbing themes in both] the older movies were from a purer age right?

Boy, I was in for a shock. Those sweet movies with the catchy ditties? Not so sweet and good.

Let's start with Dumbo. I remembered a vague story about a cute little elephant who finds his place in the world with a special talent. But the reality is a movie full of bullying, racism and general negativity. And, to make matters worse, Dumbo only flies in the last ten minutes.

Snow White and the Seven Dwarfs? Lovely animation but full of plot holes and Snow White treats the animals like second-class citizens/slaves. Not to mention, she has the most annoying shrill voice of all time. And the prince goes looking for a beautiful princess he's heard is dead but preserved in the forest? Soooo inappropriate.

I love Peter Pan but the stereotyping of Native Americans beggars belief. The song even says they have red skin because in the past a Native American blushed at a girl implying they were originally the 'normal' white skin. And misogyny? Don't start me...

Cinderella does nothing but wish for stuff. And everything gets handed to her on a platter.

Beauty and the Beast supposedly teaches us to not judge a book by its cover [though I notice Belle is pretty attractive for some reason] but the message that actually shines through is that it's okay to stay with abusive, temperamental men because eventually they'll magically change.

Bambi's mother's death scene traumatised ME when I was young. No way are my girls seeing that one.

Step-mothers are pretty evil across the board and



most Disney characters are missing at least one parent. And whether they have one or two parents there's a recurring theme of "it's okay to disobey your parents as long as it's for love".

It goes on and on and this is even without touching on the underlying Disney messages of girls having to be pretty.

Seriously, what the hell was wrong with these people? I know it was another age but that still doesn't make it okay for my girls today.

Thankfully we have one or two recent depictions of strong, fully independent women in The Princess and The Frog and Tangled [the modern Rapunzel is awesome] but as for those so-called classics? Well, I think we'll stick to Star Wars and Supergirl thanks.

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Active & Healthy Citywide Program Kicks off 15 July 2013

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- Weekend mini fun days, stand up paddling, circus fun and rock climbing
- Over 170 free and low cost active & healthy activities per week
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The new program will be online from early July. To find out what's happening this year and to request a booklet visit gcparks.com.au



Active & Healthy Free Family Fun Day

Saturday 27 July 10am to 2pm

Broadwater Parklands,
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NEW Health and Wellbeing Seminar Series

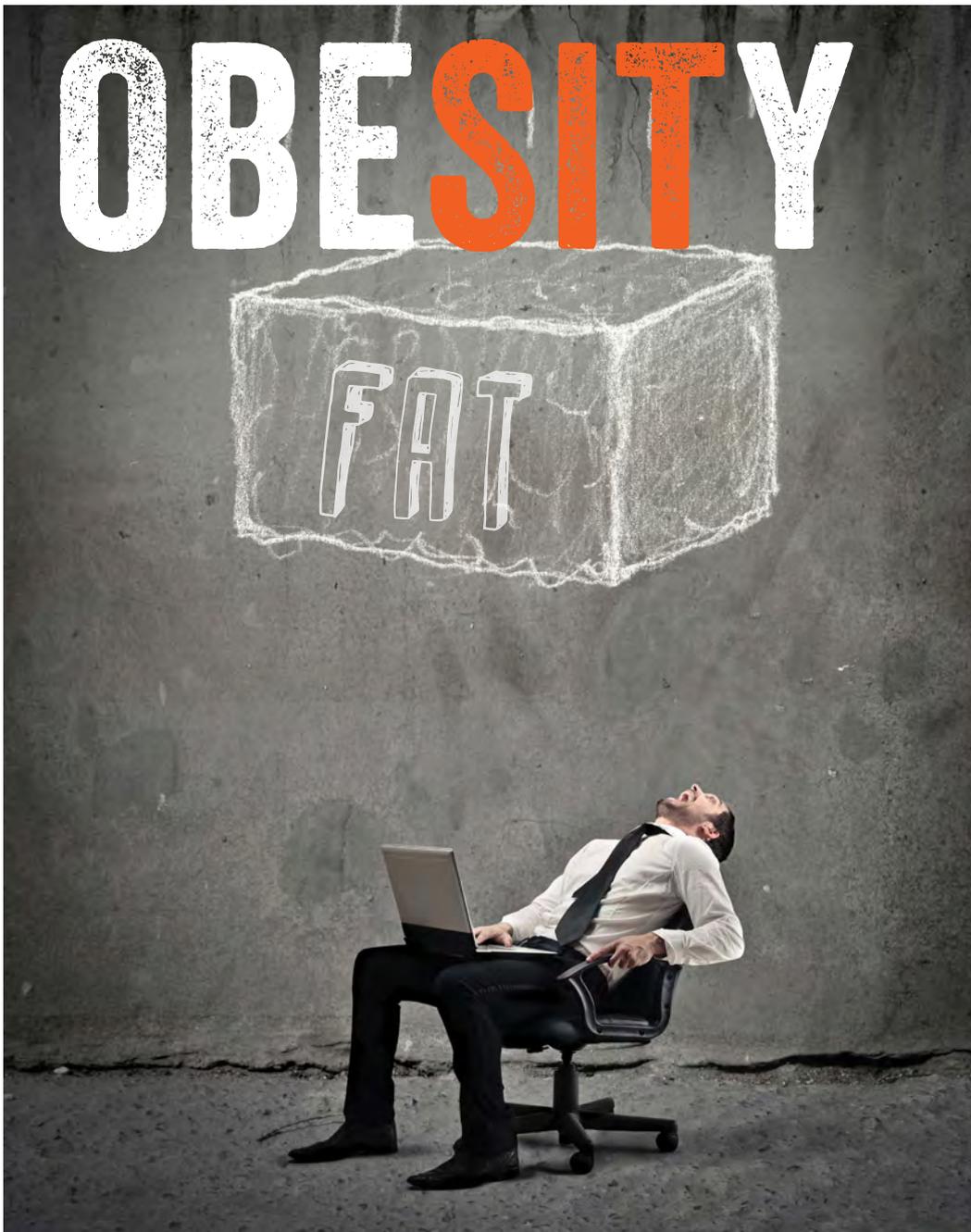
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\$10 per seminar. Bookings essential. To book your spot please visit makeiteatitloveit.com





IS SITTING KILLING US?

Words: Fe Taylor

In January 2013, the Harvard Business Review published "Sitting is the Smoking of Our Generation," an article by Nilofer Merchant. A 2008 study has shown that every hour of sitting cuts 22 minutes from our life span*. In contrast, smoking one cigarette apparently shortens the life span by 11 minutes. With less smoking and an increase in sitting in today's society the correlation between smoking and sitting is very relevant.

"The common denominator in the modern workday is our, um, tush," wrote Merchant, a corporate director at a NASDAQ-traded firm and a former founder and CEO of Rubicon. "As we work, we sit more than we do anything else." Add in the time we sit in transit and at home, and we're averaging 9.3 hours of sit time every day.

The article went on to discuss the effects on our children. A high percentage of kids are driven to school, they then sit at their desks, older kids and teens tend to sit with their friends during breaks, they are driven home where they will spend time in front of computers or the TV, they sit to study, sit to eat and then they are off to bed. Sound familiar?

The same of course can be said for those who work in office environments, who are in transit either in the car or train for a large percentage of their day and then come home to sit and eat and watch the box or jump back on their computers.

Getting regular, preferably daily exercise is important – but is that enough to ward off the effects of prolonged sitting? Heading to the gym for an hour each day will certainly help your health and fitness but is it enough when we are sedentary for the rest of the day? Sure, diet and genetics contribute to obesity and being overweight, but so does simple inactivity – and prolonged sitting may be a killer even if we don't put on the Kilo's.

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Corporate giants such as Facebook have introduced compulsory walking meetings. Steve Jobs was well known for his walk and talk meetings with staff and clients. Changing the way we do business – getting some fresh air and increasing our heart rate can also be beneficial for promoting new ideas and flow of conversation.

Queensland's 10 000 steps program [www.10000steps.org.au] was designed to get people moving more regularly. The concept moves away from the previously recommended 30 minute walk each day. Going for a number – reaching that 10 000 means you have to be more active and using a pedometer is the key to success.

The daily step goal of 10 000 is based on an average adult. This of course needs to be altered for young children and the elderly. The 10 000 step program breaks down the steps as follows:

| STEPS PER DAY | ACTIVITY LEVEL |
|---------------|-----------------|
| <5,000 | sedentary |
| 5,000 - 7,499 | low active |
| 7,500 - 9,999 | somewhat active |
| ≥10,000 | active |
| ≥12,500 | highly active |

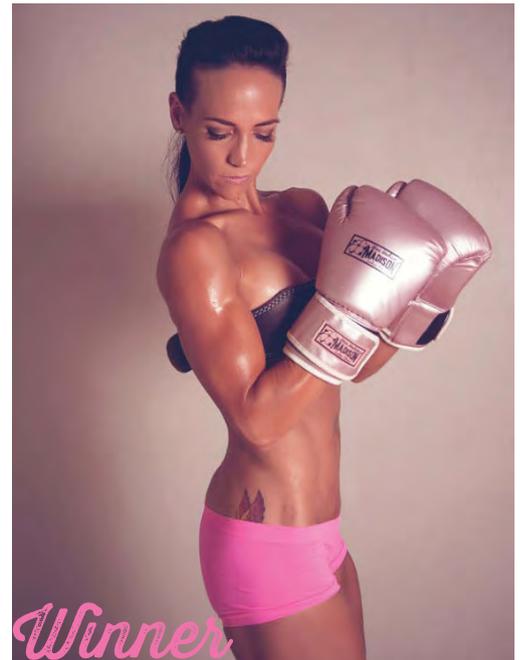
So what about the kids? Obesity rates are on the rise and our Childhood diabetes [Type 2] rates are also rising at alarming rates.

Kids need to be active for their health, their emotional wellbeing and cognition. Unstructured play is paramount for our kids on so many levels – I am sure you can think back to your childhood and remember climbing trees, running and playing with friends and siblings and generally being outdoors until you were called in for dinner. In the US there is a movement among Paediatricians and mental health professionals prescribing “green exercise” in parks and other natural settings. Have we really come to health professionals writing us scripts to go outside and play?

Taking the 10,000 steps challenge as a family is a great way to ensure you are not going to become one of the sedentary lifestyle statistics. The site has some great information, plans and advice.

We live on the Gold Coast. We have beaches and parks galore. Taking time to get out and move is not an option if we are to reverse the current health issues and trends. So get off that Killer Couch and MOVE!

*Television viewing times and reduced life expectancy: [Veerman, Healy Cobiac:Vos:Winkler Owen, Dunstan]



Winner

A huge CONGRATULATIONS to our Strong Woman [May CK] Megan Flanagan. Megan won her division as WFF Figure Class 1. All Megan's hard work, commitment and focus has paid off! And doesn't she look Amazing!

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AS A PARENT OF YOUNG CHILDREN ON THE GOLD COAST A TIME MAY COME WHEN YOU FEEL THAT YOUR CHILD NEEDS TO HAVE THEIR TEETH CHECKED BY AN ORTHODONTIST.

This may be concerned that their teeth are not developing correctly and that they may require orthodontic treatment. Children as early as age eight can have a consult with Dr Bleakley, Dr Angie Phelan or Dr Scott McNabb of Gold Coast Orthodontists to help prevent orthodontic complications later in life.

Many parents wait until their children are in their teens before seeking an orthodontic consultation. however, research has shown that this can lead to developing problems being overlooked.

If you notice any irregularities with your child's teeth or jaw it is ideal to visit an orthodontist at around 8 years of age.

The Australian Society of Orthodontists does recommend an orthodontic assessment for patients at 8 years of age. In many cases your children's teeth are monitored every 6 to 12 month whilst their adult teeth are coming through. saying this, an assessment of a young child's teeth does not and should not routinely lead to early orthodontic treatment.

A beautiful smile is a sign of a healthy smile. Orthodontics focuses on treating patients that have irregular teeth alignment. Teeth that are in correct alignment function properly, are easier to clean, and are less susceptible to gum disease.

At Gold Coast Orthodontists we recognise that every patient has different needs, and we pride ourselves in the friendly and professional service we deliver to each person who visits our practice. Whether you're an adult, teenager or child, our knowledgeable orthodontists and staff are committed to helping you achieve the smile you deserve - a healthy, beautiful one! We specialise in orthodontics for patients of all ages.

Dr Bleakley, Dr Angie Phelan or Dr Scott McNabb are qualified specialists in the field of orthodontics with practices conveniently located at Westfield Helensvale, Robina Town Centre and Harbour Town Shopping Centre on the Gold Coast.

Our practice offers a warm, friendly and fun environment where you and your family will feel at-home and comfortable. Our Doctors are dedicated to providing quality treatments and exceptional patient care by using the latest technology.



To make an appointment, simply visit Gold Coast Orthodontics at www.gcsmls.com.au. No referral is required and we offer complimentary consultations for new patients who have never had orthodontic treatment.

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1-14

Fro Zone Fun
During Trading Hours
Pacific Fair
Hooker Boulevard Broadbeach
www.pacificfair.com.au

1-5

PUPPET TRICKSTERS
9.30am and 11am
Gerda Pinter Pavillion
Macintosh Island
Surfers Paradise
www.qtop.org.au

1-6

SNOW WHITE AND THE SEVEN DWARFS
10.30am
Spotlight Theatre Complex
185-187 Ashmore Road
Benowa
(07) 5539 4255

3-6

Ballet Revolution
8pm
The Gold Coast Arts Centre
135 Bundall Road
Surfers Paradise
www.theartscentregc.com.au

6-7

THE 35TH GOLD COAST AIRPORT MARATHON
6am till 2pm
Broadwater Parklands
Southport
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12-14

ELVIS - VIVA SURFERS PARADISE
Starts 10am
Surfers Paradise Foreshore
Surfers Paradise
www.surfersparadise.com



13-14

KOKODA CHALLENGE
7am till 10pm
Gold Coast Hinterland
www.kokodachallenge.com

13-14

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Southport
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16

GOLD COAST NURTUREGROUP
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Varsity Lakes Community Resource Centre
Mattocks Road Varsity Lakes
www.miraclebabies.org.au

19-21

3 Day Retreat
www.debbiehogg.com



20

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Sanctuary Cove Village Carpark
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- 20th GC Suns -v- Collingwood Metricon Stadium Carrara
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- 27th GC Suns -v- Carlton Metricon Stadium Carrara

IMPROVING YOUR FAMILY'S HEALTH WITH FERMENTED FOODS

Dr Elen ApThomas

CULTURES AROUND THE WORLD HAVE BEEN EATING FERMENTED FOOD FOR CENTURIES. THE GERMANS HAVE THEIR FERMENTED CABBAGE CALLED SAUERKRAUT AND THE KOREANS HAVE THEIR VERSION CALLED KIMICHI. SCIENTIFIC RESEARCH IS NOW STARTING TO UNDERSTAND AND DOCUMENT THE ENORMOUS HEALTH BENEFITS THAT EATING THESE AND OTHER FERMENTED FOODS HAVE ON OUR BODY.

Fermented foods are foods that have gone through a fermentation process during which organisms, [usually a lactobacillus bacteria] feed on the sugar and starch in the food and release lactic acid which helps to preserve the food and pre-digests it for easier absorption.

When we eat these foods we enjoy many different health promoting effects. The healthy bacteria in the food interacts with our own immune system which lines the wall of our intestines and helps offer a balancing effect to strengthen the immune system against infection and helps to reduce the inflammatory response that causes many different health issues such as eczema, dairy intolerance, irritable bowel syndrome and allergies just to name a few.

During the fermentation process the bacteria produce digestive enzymes this predigests the food and allows us to absorb the nutrients of the food more easily. This is important not only for improving our nutritional levels of vitamins and minerals but also to ensure that undigested food is not sitting around in our digestive tracts feeding unhealthy organisms such as candida and pathogenic bacteria.

The exact mechanism of how these healthy bacteria exert their many beneficial effects on our body is unknown but is likely due to correcting the intestinal pH levels, producing lactase, keeping the numbers of bad organisms down and interacting with the immunomodulatory cells within the gut that balance the immune response.

Many of us are unaware that we often only absorb a little of our food. This means that not only are we missing out on essential vitamins and minerals but the bad organisms living in our digestive tract are having a feeding frenzy and they dump lots of unwanted waste products into our intestinal blood stream adding to the inflammatory and acidic load on our bodies.



Consuming fermented foods will not only assist in providing healthy bacteria but will also help the body absorb the many important vitamins, minerals and antioxidants in our food. The fermentation process is most effective when the food you are fermenting is as nutrient dense as possible which in turn will maximise the health benefits. There are now many fermented superfood products that contain a range of impressive foods such as spirulina, dunaliella salina, and chia seeds. These provide not only the benefits of the bacteria and live enzymes but the health providing properties of the foods themselves with guaranteed absorption.

If I had to recommend the one greatest health promoting change to your diet it would be to include on a daily basis these fermented foods provided from the life giving wisdom of nature.

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Words: Meredith Graham

SEE THE LIGHT

A modern tale of glasses

JUST LIKE PEOPLE, EYES COME IN MANY DIFFERENT SHAPES AND SIZES. WITH THIS, MAY ARISE THE NEED FOR GLASSES. IN CHILDREN THERE TENDS TO BE A FEW DIFFERENT TYPES OF EYE PROBLEMS:

Eye turns and lazy eyes. Eye turns may be easily spotted, but not so lazy eyes. The two don't always occur together. It takes a trained eye to diagnose a turned or lazy eye, and common misconceptions such as "he'll grow out of it" are rarely true past the age of 3 months.

Sight based problems. These occur due to "refractive error", where the eye shape causes a focusing error. There are a few types: shortsight, longsight and astigmatism.

Hidden vision problems. So named because they don't affect sight. Rather they are associated with the fine muscle control of the eyes involved in focusing, eye teaming and tracking/eye movements. They can adversely affect attention, concentration, comprehension or cause sore eyes, headaches or fuzzy vision.

Finding out your child needs glasses can be a stressful time! If you have a family history of eye problems it may not come as a complete shock, but for others the diagnosis just seems to come out of the blue. As the owner of a children's optometry practice, I have seen and heard it all. So, here is my advice for transitioning your child happily into wearing glasses.

Don't blame yourself

What did I miss? Why didn't I notice they had eye problems? How much have they missed out on? This is a natural reaction for some parents. What many people fail to realise is that the act of seeing should happen automatically, and as such we tend to take it for granted. Children just assume that how they see is the same as everyone

else. The important thing is that now you have found the problem, it is important to do something about it. Children shouldn't fear wearing glasses, and so it is important to remain positive. For older children you should also explain to them with the help of your optometrist, the importance of their glasses, in simple terms.

Lenses

All lenses are custom made to some extent. A stock lens is premade to the prescription, but still needs to be cut to a frame. A grind lens is custom made entirely. Lens technology has changed dramatically in recent years. Ok, so maybe your gran still wears her trusty old bifocals, but computerised lathes have revolutionised many lenses. As such, it is important to realise that not all lenses are created equal! When weighing up lenses, here are some important points to consider:

Lens Thickness and Weight. The lens can add a lot of weight to a frame, and as such little noses. Always ask about lens thickness, as there are many options in lens density and design to reduce lens thickness and weight.

Scratch resistance. Hardened coatings should be applied to both sides of the lenses to help prevent scratching, but be warned, nothing is scratch proof!

Safety. Gone are the days of dangerous glass lenses, but impact resistance is still important, especially for young or rough and tumble kids as chipping or cracking may occur. My preference is to use a mid-density material with superior impact resistance, similar to safety lenses.

Single vision, bifocal, multifocal designs refer to the number of optical zones in a lens. In some cases, it is necessary to give a different optical strength for distance than for near viewing. Once again, technology has changed, and even bifocals can be manufactured now with an "invisible line". However, the type of lens is part of the prescription and should never be altered without first consulting your optometrist.

What did I miss? Why didn't I notice they had eye problems? How much have they missed out on? This is a natural reaction for some parents.

Frames

There are typically two types: metal and plastic. But that's where the simplicity ends! Kids are literally spoilt for choice with a wide range of brands, colours, designs and looks. So what do kids like?

Colour and more colour! Parents often want the "invisible look" with glasses. Usually kids don't. They don't have the same reservations as us, and if they have to wear glasses, then they usually love colour! I say go with it – we are only young once!

Durability. This varies considerably but generally speaking durability will make a difference to the price. Ideally look for frames that have a spring-loaded temple for greater flexibility when taking them on and off. Be cautious of buying overly "flexy" frames that bend through the nose piece as heavier lenses may actually bend the frame out of shape!

Fit. They don't have to fit perfectly when trying them on. Ask questions of your eye care professional, as they should be able to guide you to a correct fit. All frames will require some individual fitting to your child's face. As such, don't ask your child to choose solely based on what fits well initially (as this can be modified), rather your child should also choose what they like the look of. Never choose frames with too much growing room, as they will not fit comfortably.

Trouble choosing? If your child is hesitant, then try some frames on yourself first. If you already wear glasses, put them on. If your child is really distressed (this rarely happens), go home, talk about it calmly, and return later when they have calmed down. On the other hand, if your child can't decide on a selection, then keep the choosing simple. From a group of frames, compare just two at a time, and then eliminate one out each time, until you end up with their most favourite!

Lasting the distance

Teaching your child proper care and maintenance of their glasses is vital. Even young children should be encouraged to remove or put them on correctly. For school aged children, have your eye care professional explain how to clean the lenses with spray, how to avoid scratching, how to take them on and off and how to store them in a hard case.

The most important thing to remember about kids' vision problems is that you cannot assume their eyes are fine. Only a thorough check up of their sight, focusing, eye teaming and eye movements by a trained professional can assure you of this. And if there is a problem that requires glasses, gone are the days of daggy glasses. Glasses can look and be just as individual and cool as your child!

Meredith Graham is an Optometrist and CEO at Harmony Vision - Optometry and Vision Therapy Clinic.

More at www.harmonyvisioncare.com.au

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BEHAVIOUR Q&A

Words: Tanya Curtis

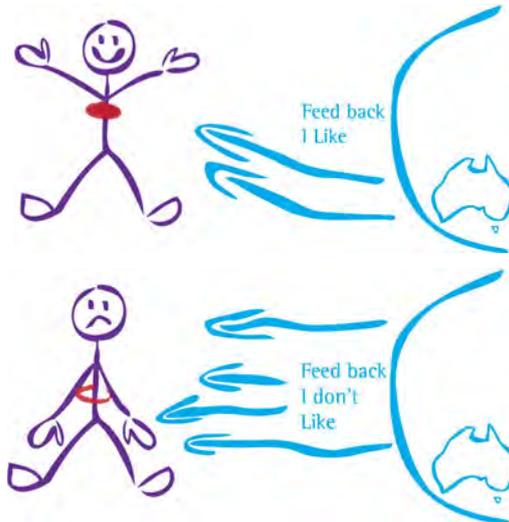
Q My daughter is four years old and will only wear boy's clothes. We have fights daily about what she will wear and no pink, purple or girly colours are acceptable to her. I am just so tired of arguing about it. Is this something she will grow out of or will she be a tomboy for life?

A I Am Amazing just for BEING ME, not for what I wear and not for what I do! AMAZING JUST FOR BEING ME!

It will be important to teach your daughter that no matter what her clothes choices are, or in fact, what any of her choices in life are ... she is amazing just for being her. A contributing factor to many people's issues in life is that they start to seek feedback from the world from either what they look like or from what they do. This feedback soon becomes very needed by a person and they soon forget to value how they feel about themselves.



When a person forgets that they are amazing for WHO they are NOT what they do or what they look like, the feedback from the world influences how they feel about themselves.



What is sad is that it is this feedback that has significant psychological impacts on a person and can influence their whole life.

As parents or carer, one of your most important roles is to teach a child, or in fact any person you spend time with including yourself, that they are awesome, amazing and loveable just for being them. They are not awesome for the grades they get at school, they are not amazing because of the clothes they wear or how pretty the look, they are not loveable because of the way they cuddle you and bring you a treat ... they are awesome, amazing and loveable just for being them.

By introducing this language in your home you will be supporting your children to know that no matter what, you will always love them ... you will love them just for being them. You may not always like their behaviour choices but you will ALWAYS LOVE THEM JUST FOR BEING THEM.

You & 1 will always be...



... an awesome, amazing loveable being

The value with this language is that it has the potential to impact a person's life forever! With this language your child's opinion of themselves becomes based on who they are and not what they do!

REMEMBER A PERSON'S OPINION OF THEMSELVES:

1. Is of far greater importance than the opinion or feedback that comes from the world
2. Will significantly influence a person's psychological well-being both in the short-term and long-term.

I Am Awesome, Amazing and Loveable just for BEING ME!

Send us your questions on children's behaviour to editor@coastkidsgc.com.au and put Kids' Behaviour in the subject line

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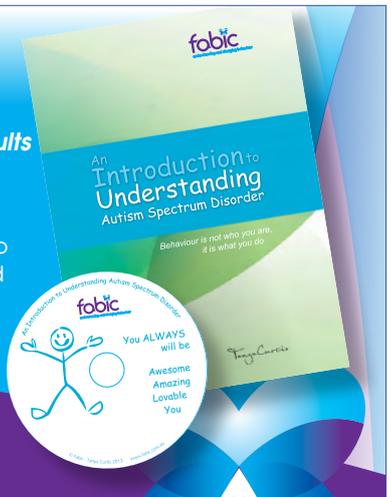


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DYSLEXIA? THERE'S AN APP FOR THAT!

Words: Dr Craig Wright PhD

BEING A CHILD OF THE PRE-ATARI GENERATION, I HAVE BEEN SLOW TO CONVERT TO THE USE OF IPADS AS EDUCATIONAL TOOLS. HOWEVER, NOW THE CONVERSION IS COMPLETE, I HAVE ADOPTED THEM WITH BORN-AGAIN VIGOUR.

Much of my practice involves working with children who have dyslexia. The ever-growing and improving range of native functions and apps for iPad now means that having dyslexia should no longer be a barrier in the classroom. That is something we couldn't say even 18 months ago!

The use a teacher can make of an iPad is only bound by the limits of the imagination. However, this article will focus on my four favourite apps that parents can use and can teach their children to use independent of teacher input.

Text-to-speech

Almost by definition, children with dyslexia have difficulty reading at least some of the text with which they are presented in class. Text-to-speech, a function that converts written words into spoken words, is native to iPad. However, the voices are a little robotic and only certain types of text can be read. For example, it won't read the text in a PDF file.

The ClaroSpeak app has two good quality Australian voices. It has the option of visual highlighting as words are spoken. Best of all, almost any type of text can be entered into the app and read aloud using text-to-speech.

As added bonus, ClaroSpeak allows the child to record the text being read aloud as an mp3 file. This function allows the child to listen to the information on their iPad or other mp3 player at a later date. Essentially they are creating their own audio book!

Want to take notes about the text? Easy. The app uses Apple's speech recognition function to allow notes to be dictated directly into ClaroSpeak. The app then reads it back so the child can check for accuracy. Brilliant!

Object Character Recognition

A great new addition that only really works well with the HD camera on iPad3.

An ideal classroom would provide children with most of their reading material in a format that can be consumed by text-to-speech applications. However, I am yet to visit that classroom. I therefore see a lot of children who have dyslexia struggling to read a maths question that they could do if they could read the question. I see other children who have good listening comprehension but fail comprehension tests because they can't read enough of the words on the page.

No longer! Object character recognition apps allow the child to read anything (text on handouts, sections of a book, etc) via text-to-speech. Apps like TextGrabber allow the child to take a photo of any text. The app then converts the picture into text, which is then read aloud to the child. Perfect!

Word prediction for writing

Many students who have dyslexia know what they want to write but are hamstrung by spelling weaknesses. They often have to put so much effort into spelling that they forget about what they are trying to say.

No app will compensate completely for these problems. However, some are making it possible for all children to write good stories. My favourite writing app is Clicker Docs.

How does it work? Imagine you want to write the sentence "Think about what you are doing tomorrow". Type the first three letters of "think" and the correct spelling appears as part of a list of possible options.

Select the word and it automatically appears in the story. Type the first three letters of "about" and it appears as the first option in the list and so on. The app reads the text aloud when the child finishes a sentence. This feature allows the child to check that they have written what they wanted and gives them the chance to edit.

The app is very rich in features and these are just some of the ways in which it can be used.

Book creator

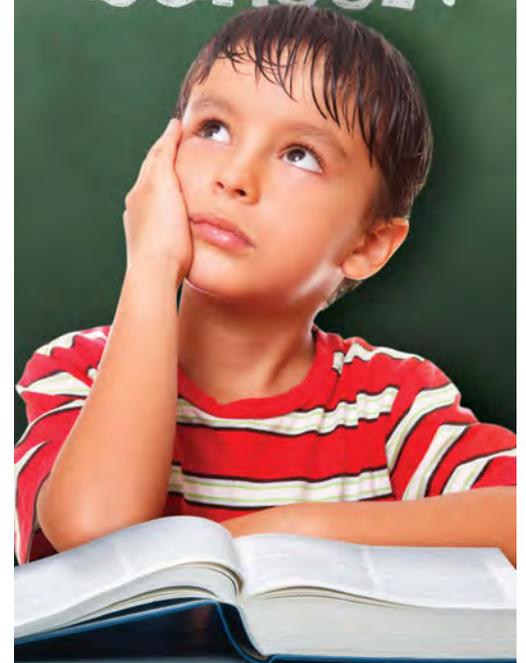
The traditional form of educational assessment involves writing an essay of some description. This will almost certainly remain the case for high-stakes exams. However, there is no reason why students can't submit other forms of assessment in alternative formats.

Enter Book Creator. Book Creator allows the child to create a multimedia book that can include pictures, video, text and audio. Even Max Gillies-style puppet shows can be used to present information.

Finally, these new technologies come with two warnings. First, they are compensatory strategies and should not replace intervention programs for dyslexia or any other learning difficulties. Second, the iPad doesn't teach. Teachers and parents do.

Dr Craig Wright PhD, Clinic Director
Understanding Minds. Tel: 07 5526 1516.
More at understandingminds.com.au

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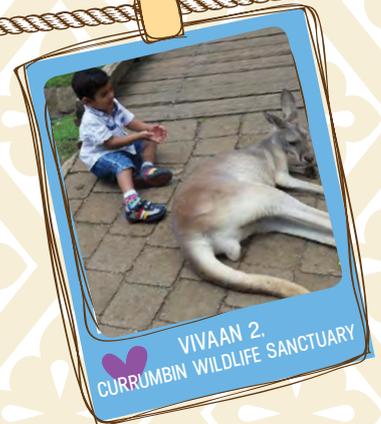
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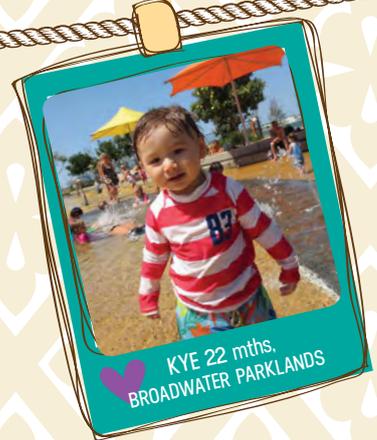


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Love this room



Rooms That Rock

Words: Bec Watts

BEC WATTS FROM YUMMY MUMMIES & MINI ME HAS CREATED THE PERFECT OASIS FOR HER GROWING FAMILY. SHE TAKES US THROUGH HER INSPIRATION CREATING THAT SWEET SPOT FOR HER DAUGHTER – FRANKIE.

I created a room for Frankie that she could grow in but still wanted to keep it age appropriate. I had a very small space to work with, and it was quite a challenge finding storage space for all of her toys [there are lots of toys hidden in her cupboard and in tubs in the lounge room]. I wanted to create a cosy atmosphere without imposing too much clutter and sacrificing space to move and play.

Our budget was small, so most of the things in the nursery are handmade or repurposed from somewhere else in the house. It's amazing what you will find around your own home that will give you inspiration, and some of our ideas started from cleaning out the spare room. We didn't know the gender of our baby so we needed to create a gender-neutral nursery.

We previously had painted the coffee coloured wall, and we started with the cot, change table

and dresser that we had left in the nursery from our first baby. I had this urge to be creative with Frankie's room. I had a pile of things from the spare room cleanout that I didn't have a home for. Looking at the pile, there were board games, a rubix cube, an old Polaroid camera along with an abundance of bits and bobs. I placed a few of the things on the dresser and change table shelving, like the camera, and the rest grew from there.

I have a creative family and I bounced lots of ideas off my cousins and my Nan and quite a few family members all had an input in the nursery. My cousin made the mobile from an old lampshade, my Nan knitted the large dice, our brother-in-law made the change table to suit my height, as it's lower than the standard sizing, as I am not the tallest mum getting around. The cot was purchased second hand and Scott sanded it back and painted it white.





He also made the chalkboard on the door and the shelving to house the scrabble letter name centrepiece. The vintage chair was given to me over 10 years ago by one of my bosses Mother. It was an old green velour chair with a big rip down the front of it. I'd been hanging on to the chair for years, not knowing what to cover it with and it just sat in our shed. I finally decided to have it re-upholstered in white leather and have it in the nursery for my feeding chair.

The décor is a mix of DIY and handmade finds.

Most things that we didn't make within our family, were found or inspired through hours of online browsing within Pinterest, Etsy, Made It and Facebook.

Scrabble Letters:

Typo – www.typo.com.au

Hobby Horse:

<http://www.etsy.com/shop/threelittleants>

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METABOLIC CLOCK – THE SECRET INGREDIENT

WE ALL KNOW DIETS ONLY WORK FOR THE SHORT TIME YOU ARE ON THEM. YOU CAN COUNT CALORIES TO LOSE WEIGHT, BUT YOU MAY ONLY BE MAKING AN UNHEALTHY DIET SMALLER. YOU CAN CUT OUT ALL THE CARBOHYDRATES AND FATS FROM YOUR DIET AND ALWAYS FEEL HUNGRY OR LOW IN ENERGY. THEN THERE'S PRE-PACKAGED, PORTION-CONTROLLED MEALS, WHICH LIKE A DIET, ARE NOT FOREVER FOOD.

Or, according to author and professional coach, Julie Rennie, you can use the strategies of The Metabolic Clock to create a balanced approach to losing weight and being healthy that lasts a lifetime.

In her book, The Metabolic Clock Cookbook, she outlines how to figure out what to eat and when, in order to speed up your metabolism and burn body fat for fuel while making it easy to shed excess kilos.

Using the core principles of the successful The Metabolic Clock healthy life plan, The Metabolic Clock Cookbook is filled with recipes that are designed to speed up your metabolism and improve your health. This is an inspiring cookbook filled with nourishing and delicious meals covering breakfast, lunch, dinner, snacks and treats.

These simple and nutritious recipes are family-friendly and fool-proof.

With a background in elite sport and 10 years in the personal growth industry, Julie works with everyday people, professional athletes and celebrities, coaching them to discover their personal best.

Hailed as the "no diet" way to shed weight and feel great, The Metabolic Clock healthy life plan and now, the cookbook revolve around working with your body's metabolism.

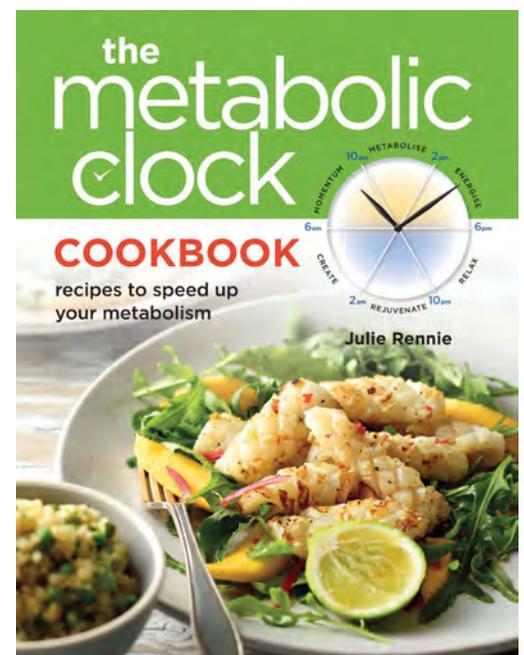
As Julie explains: "The metabolic clock is your internal body clock, which cues you to be in balance with nature's rhythms so that you have the right energy at the right time to perform the functions of your daily life comfortably and easily.

"In recognising this natural 24-hour cycle you can maximise your metabolism for peak digestion, burn body fat more easily and have more energy for daily living. A balanced metabolic clock will have you feeling inspired, energised and empowered."

Julie understands that most people feel too busy to be creative in the kitchen. "I used to think I was too busy to

cook. Then I began cooking with love and thinking about how to nourish my body. This shift in attitude has been the most important change I have made – the wellbeing that springs forth has touched every corner of my life."

The recipes in The Metabolic Clock Cookbook were developed using the principles of The Metabolic Clock and are designed to speed up your metabolism. "The recipes and way of eating and living that I suggest are far more enjoyable than a diet – and you will feel more energised as you gradually add the suggested healthy, daily practices to your life. The first practice I suggest you adopt is to actually make the time to prepare healthy food – don't you owe it to yourself to nourish your body and gain the energy to live life to the fullest?"



MORNING METABOLISM BOOSTER

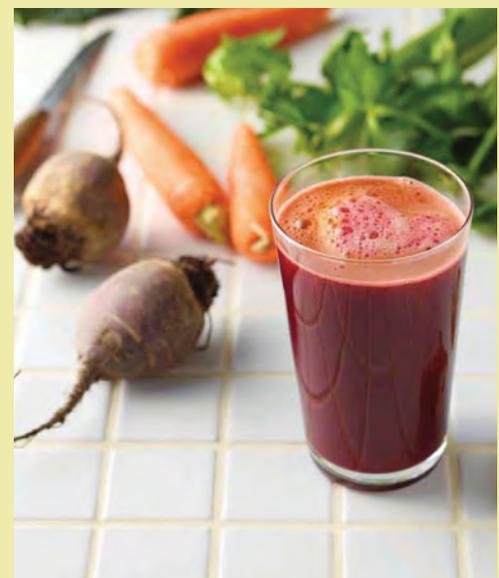
Fill your body with live enzymes and wake up your metabolism with fresh vegetables.

INGREDIENTS:

- 1 stick celery
- 1 carrot
- 1/4 small beetroot [beet]
- small slice of ginger
- 1 green apple, cut into quarters
- 3 kale leaves [Tuscan cabbage]

METHOD:

Juice all ingredients in a juice extractor and drink immediately. The enzymes begin to oxidise as soon as you juice, so it doesn't store well.





SPECIAL OCCASION BREAKFAST HOTCAKES WITH STRAWBERRIES

Serves 2

INGREDIENTS

1 free-range or organic egg, separated
 pinch of Celtic sea salt
 1/4 cup ricotta cheese
 3/4 cup buttermilk
 1/4 teaspoon vanilla essence
 1/2 cup white spelt flour

1/4 teaspoon baking powder
 25 g [1 oz] butter
 100 g [3.5 oz] strawberries, sliced
 2 tablespoons manuka honey or pure maple syrup
 2 lemon wedges to squeeze

METHOD

Place the egg white in a bowl with a pinch of Celtic salt and whisk until soft white peaks form. Place the ricotta, buttermilk, vanilla essence and egg yolk in a medium-sized bowl and mix together with a hand or electric beater. Sift together the spelt flour and baking powder. Add to the ricotta mixture and mix well. Gently fold in the egg white with a spatula.

Heat a non-stick frying pan and melt half the butter. To make breakfast hotcakes, drop tablespoons of batter into the hot pan.

Make three hotcakes at a time. Cook over a medium heat for two minutes and turn over with a spatula. Cook until golden on both sides. Wipe pan with a paper towel and melt the remaining butter and cook another batch.

To serve, pile 3 hotcakes onto a plate and top with sliced strawberries. Drizzle honey or maple syrup over the top. Serve with the lemon wedges.

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"Cheers to Art!"

Words: Jeni Bone

Mrs Red's art room is branching out to tap in to the creative urges of non-artists, those who would love to undertake their own original pieces on canvas, but perhaps lack the confidence, time or inclination to undertake lessons. "Cheers to Art!" workshops, which draw inspiration from the hit concept that developed in New York and LA, complete with BYO beverages and nibbles, is a way to let loose your artistic impulse, under the guidance of art instructors and a step-by-step process, while socialising with friends and meeting new people.

Starting Friday 5 July, the weekly workshops are ideal for families, groups, bridal or baby showers, date nights, corporate team building and even Birthday parties for everybody aged 9 plus.

"It's a great way for those who consider themselves 'non-arty' to get hands on with painting," says Mrs Red, aka Jane Whittred, whose studio at Miami hosts an array of children's and adults' workshops all year round.

"We will often use templates and each session is supervised by an art instructor who takes you step by step through the process, until two hours later, you have your own original art work on canvas. It's a great bonding experience, a way to get together with friends for something different that's not the pub or dinner. And to produce a beautiful artwork you can put straight up on your wall is exhilarating!"



Jane assures us there's no scrimping on the equipment either. "This is something you will want to keep forever or give as a gift, so we only use Atelier Acrylic paints and quality canvas."

You can see the line-up of images you will be able to create and book online at an introductory price of \$29 per person on Mrs Red's Website and Facebook page.

Another aspect of the 'Cheers to Art!' concept is that Mrs Red and her team will be donating their own finished piece at the end of each session to a local fundraising cause, whether that be a school or club, fete or raffle.

"It's our way of giving back to the Gold Coast community and inspiring people to really get involved with art."

www.mrsredsartroom.com.au

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ALL ABOUT HER

Being a mum is a great achievement, a joy and a challenge.

You are still every bit your own person as well and need to honour your family, by looking after yourself. You are a woman, with interests and needs – health, beauty, social life, career.

All About Her showcases the latest news, views, products, treatments that can help you maintain your health and wellbeing from the inside out.

CHOOSING AN OBSTETRICIAN GYNAECOLOGIST

What do the letters mean? What to know and where to look.

Words: Dr Gary Swift
MBBS (Qld) FRANZCOG MReprodMed (UNSW)

HAVING TO SEE A SPECIALIST CAN BE A DAUNTING EXPERIENCE FOR ANYONE. IF IT'S FOR PREGNANCY MANAGEMENT, ONE HOPES IT IS AN EXCITING EVENT. IF FOR OTHER WOMEN'S HEALTH ISSUES, THE CONSULTATIONS MAY VARY FROM A "WELL WOMAN CHECK" TO THE INVESTIGATION AND TREATMENT OF MORE SIGNIFICANT ISSUES.

Surgery may be required and if so the question of which doctor to consult for a specific problem may arise.

General Practitioners guide the referral process and generally will know who is the appropriately skilled and qualified specialist to manage a specific problem. Matters of gender, age, ethnicity, language, religion and economics will all factor into matching any particular patient with the right specialist.

Previous experience and testimonials from friends and relatives may be helpful. Searching Google, websites, professional body registries and other sources is becoming more common. We also like to prepare ourselves often before the consultation with online searches of our suspected condition. So what do we need to know about the specialist we are about to be referred to?

Who are you? Where and when did you qualify? What are your specific skills training and expertise? How many times have you done the operation I need? What is your complication rate? Have you ever been in trouble with your professional body or had restrictions imposed? This information is freely available and thankfully regulatory bodies take care of training, qualification, certification, discipline and matters important to public safety.

The Royal Australian and New Zealand College of Obstetricians and Gynaecologists [RANZCOG] is the professional organization responsible for selection, training, initial and ongoing certification of O&G specialists in Australia and New Zealand. To practice here as a specialist Obstetrician/Gynaecologist the qualification of FRANZCOG from this college is mandatory.

All doctors in Australia require a primary Medical degree from a recognized University.

Overseas trained doctors may have had to undergo further testing to ensure equivalence to Australia, which has a very high standard.

A period of internship and employment in a public hospital as a Resident Medical Officer then follows to



enable registration as a medical practitioner with APHRA. To specialise in O&G junior doctors apply and compete for entry positions in the RANZCOG integrated training program. The program lasts six years and requires rotation through at least three different training sites, the completion of regular assessments and exams. Fellowship of the college is then awarded to those who complete the program and achieve the required standard. The professional qualification of FRANZCOG is added to the letterhead. Overseas trained specialists have to be assessed to ensure equivalence and may sometimes need to complete additional supervised training and assessment.

The first four years of the training program focus on the core skills required in the specialty. The two final years present trainees with the opportunity to advance general skills, focus on a specific interest area or enter an accredited subspecialty program. Within the RANZCOG there are five certified subspecialties, which require three years training with further teaching, supervision, research and examinations.

An additional qualification is awarded if candidates complete this structure program. The subspecialty areas are: Gynaecological Oncology [Women's Cancer], Urogynaecology [Incontinence and Pelvic Floor disorders], Maternal-Fetal Medicine [Complex Pregnancy Disorders], Ultrasound and Reproductive Endocrinology.

An increasing number of Doctors have websites, Facebook pages and even Apps. It is always a good idea to discuss matters of referral with your GP and don't be afraid to do your homework and request a specific specialist.

Dr Gary Swift has a primary medical degree from the University of Queensland and an FRANZCOG achieved through the Queensland rotation training scheme. He completed a fellowship in Advanced Laparoscopic Surgery through the Mercy Hospital for Women in Melbourne and subsequently completed a Masters in Reproductive Medicine through the University of New South Wales. These qualifications and 13 post fellowship years of experience have evolved a practice which combines Infertility, IVF, Reproductive Medicine and Surgery, Pregnancy care and complex Gynaecological Laparoscopic Surgery procedures at the highest standard.

He consults privately at Pindara Hospital and has a VMO appointment at Gold Coast and Robina Public Hospitals. He is the current President of the Gold Coast Medical Association [GCMA], Treasurer of the National Association of Specialist Obstetricians & Gynaecologists [NASOG], a financial member of the AMA, Australian Gynaecological Endoscopy Society [AGES], Fertility Society of Australia [FSA], European Society of Human Reproduction and Embryology [ESHRE] and American Association of Gynecological Laparoscopists [AAGL].

More at www.drgaryswift.com.au

Environmental Oestrogens and their potential adverse effects on our health

Words: Dr Maneesh Singh



The hormone oestrogen is the predominant hormone of reproductive life in women and produced to a lesser degree by men. Vital not only for reproductive health oestrogen is essential for bone, cardiovascular, bowel, skin and brain function and protect women from associated diseases until the menopause. At this time oestrogen production drops dramatically and women are no longer protected and attain similar risks to men of the same age.

Over the past two decades we have seen a rise in incidence of a variety of conditions and cancers possibly related to oestrogen. Some of the increase is due to better diagnosis however this alone does not explain the rise. In women cases of breast and endometrial (womb) cancer, endometriosis and polycystic ovaries have almost doubled. In men sperm counts have fallen and prostate cancer is rising. Obesity and diabetes rates also continue to rise.

These rises cannot be explained by changes in our genes and therefore raises the possibility of environmental causes. In the past chemicals have been proven to cause some cancers but proving a cause and effect in research remains difficult. Smoking is now accepted to cause lung cancer however proving the link took many years.

ENVIRONMENTAL "OESTROGENS" (XENOESTROGENS)

Chemicals that potentially have oestrogenic action are found throughout our environment and are almost

unavoidable. The best known of these is Bisphenol A (BPA) others include polychlorinated biphenyls (PCB), phthalates and parabens.

BPA was first discovered in 1891 and was originally developed as a hormone replacement therapy but now is commonly found in plastics and resins that coat food containers. In animals it has been shown to lead to breast, ovary and uterine abnormalities. Many major companies are offering alternatives in packaging from plastic bottles back to glass bottles.

PCBs have been shown to lead to premature labour and low birthweight in mice.

Levels of phthalates and parabens found in cosmetics and sunscreens have been found to be five times higher in women than men and now many cosmetic companies are advertising their products as paraben-free. These chemicals have been shown in men to reduce sperm counts.

PREGNANCY AND XENOESTROGENS

Unfortunately many of the chemicals are able to cross the placenta to the baby. BPA levels are 5 times higher in babies cord blood and amniotic fluid. Potentially these chemicals may have an effect on the developing fetus. There may be an unknown risk in predisposing our children to diseases in the future and over time this may become more apparent. Childhood obesity rates thought to be due

to poor diet and lack of exercise may have association with exposure in pregnancy to xenoestrogens.

The Royal College of Obstetricians and Gynaecologists last month produced a scientific advice paper on environmental toxins and pregnancy. They accept that most of the effects of xenoestrogens remain unproven but concern has been raised and in pregnancy they have advised women to:

- Eat fresh and organic where possible
- Reduce consumption of food and beverages from plastic packaging
- Reduce the use of moisturisers and cosmetics
- Be wary of natural remedies that remain untested and should be taken with caution

Environmental oestrogens are ubiquitous and increasing concentrations have been found in humans. Associations with many conditions have been found but a direct cause and effect has not. There potentially may be effects on the unborn child predisposing our children to future conditions later in life. As with many things in life moderation may be the key to improving our health.

More at www.thewomenshealthcentre.com

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A Cure for Grey Hair?

A CURE FOR GREY HAIR THAT WILL ALLOW MILLIONS TO THROW AWAY THEIR HAIR DYES COULD SOON BE AVAILABLE.

Researchers in the US found people who are going grey develop "massive oxidative stress" via accumulation of hydrogen peroxide in the hair follicle, which causes hair to bleach itself from the inside out.

The journal for biological research, FASEB Journal, reported that the research team, which included experts from Bradford University's School of Life Sciences, had discovered the accumulation of hydrogen peroxide could be remedied with a proprietary treatment.

The researchers, who made their discovery after studying an international group of 2411 patients, described the treatment as "a topical, UVB-activated compound called PC-KUS [a modified pseudocatalase]", the journal said.

The treatment can also be used for people with the skin condition vitiligo, which causes a loss of pigmentation.

FASEB Journal editor-in-chief Gerald Weissman said: "For generations, numerous remedies have been concocted to hide grey hair but now, for the first time, an actual treatment that gets to the root of the problem has been developed.

"While this is exciting news, what's even more exciting is that this also works for vitiligo. This condition, while technically cosmetic, can have serious socio-emotional effects of people. Developing an effective treatment for this condition has the potential to radically improve many people's lives."

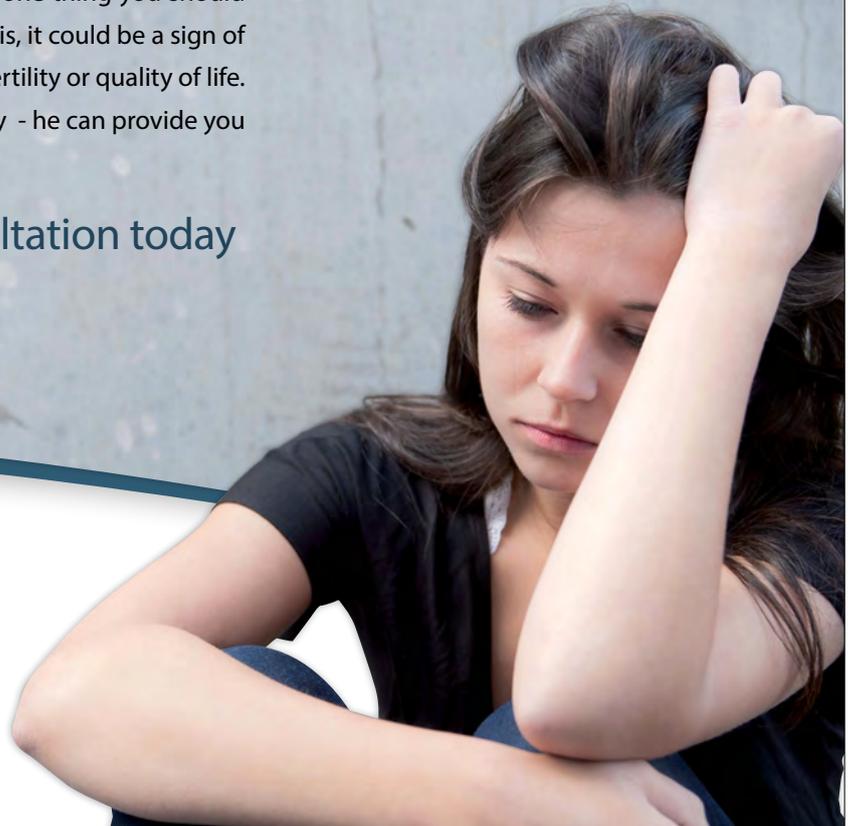


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Dr Gary Swift
MBBS (QLD) FRANZCOG,
MReprodMed (UNSW)
Leading Specialist in
Reproductive
Medicine and Surgery

Feel great about being a loser

DRAWING INSPIRATION ON THE ETHOS AND APPROACH OF THE HIGH-RATING TV PROGRAM, THE BIGGEST LOSER, A NEW CONCEPT IS POISED TO OPEN ITS DOORS AT GOLDEN DOOR. WITH ITS OWN STYLE OF "FIT AND FIERCE" TEAM TRAINERS GEARING UP TO HELP ALL-COMERS WITH AN APPROACH THAT IS AS MUCH ABOUT FUN AS IT IS ABOUT FITNESS.

Beginning in July, The Biggest Loser Retreat operated by Golden Door Australia aims to help achieve lasting body fat loss with a tailored weight-loss program and while some of the features of the hit TV show may be incorporated, it's these three compassionate and supportive, yet firm, individuals who will make visitors accountable.

Leading the team of program professionals at The Biggest Loser Retreat operated by Golden Door Australia, Andrea Baker brings a wealth of knowledge and experience to the specialist retreat. The mother of three has been involved in the health, fitness and wellbeing industry for 15 years and is known for her "energy and fun". Her main area at the retreat will be the Fit'n'Fierce Gym.

"Put simply if you're not having fun, why do it?" says Andrea. "We are all a work in progress, with self-belief and support, you can do anything."

Trainer, Michael Kirby has also been in the fitness world for about 15 years. The qualified personal trainer's also adds gym manager, group and aqua fitness instructor and wellness coach to his resume. Mick specialises in strength training, circuit style training, boot camp and will be in charge of the outdoor Combat Zone.

And rounding out the trio, trainer Duncan MacDonald who has helped thousands of people with his tailored programs from 20 years in the industry and as a Personal Trainer at The Golden Door Health Retreat. Qualified in physical education and personal training, Duncan will be hanging out in The H.I.T. Gym and prides himself on introducing

unstable cable training at the International Fitness Convention almost a decade ago to his fitness industry peers, an incredibly popular training tool today.

Set among 86 hectares of pristine native bushland at the foothills of Mount Wongawallen in the Gold Coast Hinterland, The Biggest Loser Retreat operated by Golden Door Australia offers plenty of room to move with varied, compulsory fitness activities and also yoga, meditation, stretching classes; bushwalking and team challenges, plus cooking classes, style workshops and movement awareness technique, Feldenkrais.

The facilities includes two heated swimming pools: a lap pool; deep water running pool; beach volleyball court; bushwalking tracks; The Hanger (main gym); The H.I.T. Gym (High Intensity Training); Fit 'n' Fierce Gym; Combat Zone; tennis court; sauna/steam room; The Golden Door Spa; The Boutique gift shop and recreation room.

The retreat will embody The Golden Door's key philosophies of movement, food, coaching and education, and provide a compassionate yet firm environment for guests who want to begin a health and wellness overhaul.

Renowned expert in nutritional medicine and go-to health guru, Dr Cris Beer says the program is about making healthy lifestyle choices with simple habits.

"The program is about taking small steps and incorporating your newfound knowledge into maintaining a healthy lifestyle," she says. "It doesn't have to be about pain and sacrifices, but is more about a restoration of health and vitality can be achieved."

Best of all, you don't have to audition to attend The Biggest Loser Retreat operated by Golden Door Australia.

Just register online at www.biggestloserretreat.com.au or go to <http://www.facebook.com/BiggestLoserRetreat>



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The weekend will give you time to get clear on where you are, support your own growth and provide the space to contemplate where you truly want to be. As women it's important for us to understand how important 'time out' for us really is. It's a reflection, a time to process the 1000s of thoughts that take over our minds. It's a time to clarify what's next for the rest of 2013 and You.

Make a choice to do something special for You, be supported by likeminded ladies and look at what is holding you back or getting in your way right now! Do you have that balance right for You?

The past retreats have filled up fast and have been



beautiful enlightening experiences for the amazing women who have participated.

This is your invitation to join Debbie Hogg, the Gold Coast's leading Life Coach, regular contributor for Coast Kids and ANZI Coaching - Coach of the Year 2010. You will be in safe, nurturing loving hands where Debbie will support and assist You to make the changes that You truly want.

The groups are small and intimate – come along and start your 'cleansing, revitalising and growth' now!

Connect with Debbie directly and start your journey. The upcoming Inspirational Living Retreats - Gold Coast Hinterland are on 19/21 July and 23/25 August 2013 and we have a special rate for Coast Kids readers at only \$490 fully inclusive.

Participants said: "I came away from the retreat feeling lighter and so refreshed. The things that go on in my life actually happen in other people's lives, it was so



comforting and nice to talk and share. I loved the 'ceremony' with the candles and full moon, so cleansing! Thank you Debbie, I now see things differently and with so much clarity".

"Spending time at the Solitude Retreat has recharged my batteries and allowed me the time to re-assess what I want, where I am going and how I will get there. It was a wonderful gift to myself © Thank you Debbie for providing a safe place to share." Kathy

"Geez, Debbie Hogg, since your life coaching weekend my head has been in a much better place, thank you so very much!!" Belinda

Go on, make time for YOU!

Debbie Hogg PCC – APC Professional Life Coach and Women's Retreat Master
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First Baby at -40? Don't let age hold you back

LISA POTTER WAS IN HER 39TH YEAR SHE BECAME PREGNANT AND FOUND THAT EVERY HEALTH PROFESSIONAL SHE MET SPENT ALL OF HER APPOINTMENT TIME HIGHLIGHTING THE NEGATIVE ASPECTS OF PREGNANCY AND CHILDBIRTH AT HER "ADVANCED AGE".

Thankfully her hairdresser had a positive birth story she shared with Lisa. She recommended her midwife as did another friend. Lisa felt sure she could birth well but she didn't want to leave hospital 4 hours post birth so she looked for a model of care that allowed her to stay a few days in hospital if she wanted. The midwives at My Midwives Gold Coast all have visiting rights to the Gold Coast Hospital. They work closely with the Obstetricians so all women can have private midwifery care no matter how complicated the pregnancy or birth.

At My Midwives Gold Coast Lisa found the carer she

was looking for. "My Midwife coached me through what could happen but then focused on how to ensure the best possible outcome for me and my baby."

Lisa admits she fell pregnant easily, enjoyed a "blissful pregnancy" and had a great birth. She denies she was lucky however. Lisa believes this was due to her own hard work and preparation and that of her midwife.

"My midwife was like a coach. She helped keep me healthy, focused, gave me knowledge and support and provided trust and friendship." Lisa believes having the same midwife from early pregnancy through birth and for 6 weeks after birth is what helped her achieve her ideal. She feels strongly that women should talk more about their positive birth experiences and help educate others that there are many options of maternity care.

"Don't let anyone tell you it can't be healthy and fulfilling because of age."

Amanda Wellspring was also 40 when she had her first baby. Hers is a different story with early labour and the

birth of her baby boy six weeks premature. Amanda will agree with Lisa that having her own midwife made a big difference.

"When the staff in the neonatal unit knew I had a private midwife that worked with the hospital doctors they were really happy for me to take my baby home after a few days. They knew my midwife would keep a close eye on us and contact the hospital if there were any problems."

Amanda's baby is growing well and learning to breastfeed under the watchful eye of his midwife.

Lisa and Amanda attend My Midwives Gold Coast Friday fortnight morning teas to share their birth stories and meet with other mothers with new babies where they all learn together. Postnatal care with Medicare rebates is provided for midwifery care for six weeks post birth.

More at facebook.com/GCMidwives and mymidwives.com.au

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INSURANCE QUESTIONS ANSWERED

Adrian McDonald, known as the “Bowtie Man”, is exceptionally dedicated to his clients, and he is moved by the challenges they overcome. Here he answers some of the main questions about insurance

WHY SHOULD INSURANCE BE AN IMPORTANT PART OF A FAMILY’S BUDGET?

It’s like having the foundations of your house in order. If you haven’t got that right, and you get an earthquake or a cyclone, it gets the wobbles. We all accept debt, and usually have to anchor debt to something, like the family home. But if something happens to you or your income, and you can’t pay, the banks come knocking. In the case of insurance, the expense has to be seen in terms of investment in your family’s security. If you had to find \$100,000 quickly, you can try and sell something whether the market is right or not, or try and borrow at 10% interest, but when it comes to insurance, you can insure yourself for less than 5c in the dollar.

And sadly, but realistically, it’s not a matter of if something will happen, but when.

IS IT POSSIBLE TO BE OVER INSURED?

When I’ve handed over a cheque for a lump sum, after managing a claim, I’ve never heard a client say ‘It was too much, would you like half?’ The cost in terms of treatment, selling your house in a fire sale or the impact on your family is far greater if you don’t have insurance. A loved one gets better far quickly when they are being cared for at home by their spouse or close relative. Can you afford to take six months off to look after your partner, and keep everything else going?

WHAT ARE THE BASIC TYPES OF COVER PEOPLE COULD CONSIDER?

Life insurance for sure. If you’re dead they pay out to the benefit of a loved one. If you die and don’t have insurance, your debts are somebody else’s problem. You wife or husband, or loved ones have to clean up the pieces. The working life you have spent accumulating assets could come to nothing if you’re not adequately insured.

Then there’s Total and Permanent Disability (TPD) which is your retirement superannuation pension. It will get you from age 65 to death, keep you away from the Centrelink queue. It’s the difference between living and existing if you are injured and incapacitated, and medically or physically can’t work.

Critical Illness or Trauma cover refers to a lump sum payment on diagnosis, which covers medical conditions, the big three being, Cancer, Stroke, Heart Attack or Disease.

We have one in three chance of suffering a major medical illness like Cancer, Heart Disease or Stroke between the ages of 30 and 64. That’s not even taking in to account the rise in mental illness and dementia. One in five Australian adults will experience a mental disorder at some time in their lives. Nearly 40% of women with breast cancer are under 55.

HOW DOES YOUR SERVICE DIFFER FROM A PACKAGE DEAL FROM OR ONE-SIZE FITS ALL BRAND ADVERTISED ON TV?

When you deal with a broker, you are underwritten correctly, at the time of application, rather than at the time of claiming. No sense in finding out you are not eligible for the payout after the event! You get the insurance you need at no additional cost. With me, you are not dealing with a 1800 number! You get personalised service, somebody to manage your claim and deliver the cheque to your door.

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NEW SHOW FROM DRACULA'S

Sin & Tonic

SOMETHING FOR THE GROWN UPS. THE SIN & TONIC DINNER SHOW IS THE NEWEST INCARNATION OF DRACULA'S UNIQUE BLEND OF BURLESQUE, COMEDY AND NOVELTY ACTS.

A breakaway from Dracula's usual glam show, Sin & Tonic offers a decidedly darker menu of variety performance, set to a high energy soundtrack.

Recently, two of our daring staff attended Sin & Tonic, lived to tell the tale and recommend it for a fun night out with a twist.

According to Emma and Marissa, who hit the town for a girls' night out, the format thoroughly appealed – "an energetic mix of burlesque, comedy and song with some cool costumes and humour that is very tongue in cheek".

"We arrived by ghost train, which is a great entrance to set the mood, and then spent time in the bar to savour the awesome décor and soak up the ambience beforehand," said Emma. "I thought the attention to detail with costume and décor were fantastic. The service was superb and the waiters and waitresses really get into their characters."

The show itself is high voltage and riveting from the start and the meal went down a treat. "Be prepared to explore outside of your comfort zone – it's not for the faint-hearted!"

But the quality of the performances and the live music more than made up for the shock of the risqué. "I have never seen anything like it before. I went with a couple of girlfriends for a girls' night out but after seeing the show I believe our husbands would have enjoyed it as well. I would have loved to see even more burlesque and aerial acts in the show. The girls in the show were amazing and stunning!"

The price of the ticket includes three hours of fun and frivolity (political correctness is thrown out the window) ranging from vampire-themed burlesque, aerial circus stunts, a scary trip on the ghost train and a three course meal served during the show.

According to Marissa and Em, the meals were a great size and great value. "They were so big that I had trouble finishing my third course - 'death by chocolate'."

Said Em: "The food was great, but I didn't really have time to concentrate on the food as the show was too compelling. Sin & Tonic would definitely suit a Hen's or Buck's night, as the show is quite raunchy, but it would also be a great first date as there would certainly be no dull moments!"

The girls' verdict? "Tourists will love it, and locals will find it a fun night out for date night, Birthday or special occasion for something really different. It was creative, exceptional entertainment and worth the entry fee."

More at www.draculas.com.au/queensland



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FE TAYLOR IS A PERSONAL TRAINER, FOUNDER & DIRECTOR OF THE CHILDRENS HEALTH & WELLBEING EXPO, OWNER OF LEAPS & BOUNDS CHILDREN'S FITNESS CENTRE AND FE TAYLOR FITNESS, AMONG MANY OTHER THINGS, INCLUDING BEING MUM TO TOM 16 AND JUDE 8.

Business

TELL US ABOUT YOUR BUSINESS / CURRENT ROLE?

Well, there are a few! Fe Taylor Fitness – Personal Training and group fitness. Leaps & Bounds Children's Fitness Centre- keeping kids moving! I am a Senior Sales Consultant for Juice Plus + and I am the founder and Director of the Children's Health and Wellbeing Expo.

WHERE DID THE CONCEPT FOR THIS COME FROM?

The Expo started in 2009. It was a small affair [11 exhibitors] and came about because I felt there was a gap in information for parents / guardians and educators in relation to options for kids and family health. Expo 2013 will feature more than 80 exhibitors and provide entertainment and displays.

WHAT'S YOUR BUSINESS BACKGROUND?

I have worked in management in both the public and private sectors Education and Financial Planning. I opened my own business in 2003 to make work life and parenting easier.

WHO WERE YOUR MENTORS ALONG THE WAY?

Many! In Education I had a great boss that taught me a lot about working with people. There have been a number of mentors on the way and each has given me tools and skills. I surround myself with inspiring friends and colleagues and they keep me on my toes too!

WHAT IS A TYPICAL DAY FOR YOU?

4.30am start and a Personal Training Clients and group fitness classes from 5am to 6.30am. Then home to get the kids to school and do the drop offs. Back to work and usually clients or classes. Meetings and admin in the middle of the day and twice a week I do a weights session with my PT. School pick up, more classes and then home for dinner. My eldest son and I walk after dinner, usually 5km and then I will follow up on admin and emails and then get the house sorted for the day ahead. I ALWAYS fit in meditation before bed.

DO YOU HAVE HELP AROUND THE HOUSE?

YES! We have a star chart for the youngest! The family all chip in and I do have a house cleaner and she helps with the ironing too.



WHO DOES THE COOKING AND CLEANING AT YOUR HOUSE?

I do the cooking and I LOVE my Thermomix! It cuts down prep times in the kitchen. I am a big user of the slow cooker too! We share the cleaning and have help too, plus Darren, my husband helps with meals if I am working in the evening.

IF YOU HAVE 10 MINUTES TO YOURSELF, WHAT DO YOU DO?

Meditate and BREATHE! (preferably all by the ocean!).

Kids

WHAT DO YOU DO FOR CHILDCARE?

I use after school care for Jude and vacation care too when needed. I have gorgeous nieces who like to help out too!

DO YOUR KIDS DO MANY EXTRACURRICULAR ACTIVITIES?

Tom is in year 12 now and will do weights and walk with me but not organised activities. Jude comes along to my afternoon classes and joins in. He also plays basketball and does trampolining. He is my runner so he is always up for any running training that we can fit in.

WHAT DO YOU DO FOR FUN AS A FAMILY?

Picnics! On the beach, in the rainforest, Fingal headland, Point Danger, food with adventure!

Fun

WHAT IS YOUR FAVOURITE THING TO DO FOR DATE NIGHT WITH YOUR PARTNER?

Just to head out for dinner at one of the local restaurants!

WHAT IS YOUR FAVOURITE GOLD COAST PLACE?

The beach.

HOW ABOUT FAVOURITE PLACE TO EAT OUT AS A FAMILY?

We tend to BBQ and picnic more than head to restaurants – I prefer to be outside and incorporate a game of cricket while the steak is on the Barbie!

Girl Stuff

WHERE DO YOU HEAD TO WHEN YOU GET TIME FOR A GIRLS' NIGHT OUT?

Just a local restaurant or we do have themed dinner parties too which is fun.

WHAT IS YOUR BEST BEAUTY TIP FOR MUMS?

SLEEP! It's called beauty sleep for a reason! And don't use toxins in your beauty regime – go for an organic range. (I love MiEssence! – beautiful products and a Gold Coast Business)

FAVOURITE PLACE TO SHOP?

I'll confess I am NOT a shopper. The closest I get to browsing and shopping is at Wray Organics at Palm Beach.

Tips

MUST HAVE PARENTING TIP OR TOOL?

The tool is your ears and the tip is to listen. Really listen to your kids. And keep up your sense of adventure and imagination – it makes parenting more fun!

CAN YOU SHARE ANY TIPS ON THE FINDING THE RIGHT BALANCE AND THAT JUGGLING ACT?

Eat well – really well. And exercise everyday – even a walk around the block is better than nothing. Get out into the fresh air and sunshine and finally, learn how to meditate and still the mind.

HOW DO YOU STAY MOTIVATED?

I am on a mission! There are a number of things that I want to achieve and this is my purpose in life. It gets me out of bed before the sun and keeps me moving all through the day. I am focussed on what I want to achieve daily. Importantly, I want to leave my kids a legacy.

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Little Big Sport caters to boys and girls, aged two to eight years, as a fun way to keep active, whilst learning the fundamentals of the game and the importance of teamwork, simultaneously improving confidence, coordination, balance and gross and fine motor skills.

"The concept is to learn the fundamentals of Soccer based around fun," explains Zoe Pepyat. "Our qualified and friendly coaches incorporate fun soccer drills, games and activities to keep the children engaged, and the kids sharpen their motor skills, fitness, and tactics for the older age groups."

After two years on the Gold Coast, Little Big Sport has also moved south to the home of Australian Soccer,

Melbourne, bringing the fun and friendship of the game to kids in both cities.

"Parents and kids tell us their kids have a great time. Our experienced coaches are great at keeping kids focused and mentoring them. We always find parents are surprised at how the program keeps their kids engaged for half an hour to 45 minutes. It's often the highlight of their week!"

There are no registration fees, and with each affordable block of 10 sessions purchased, children receive a free Little Big Sport uniform, which is one of the highlights! At eight venues around the Gold Coast, sessions are conducted after school during term, weekends and some during school holidays, and kids can join at any time. For venues and details, check the website.

To register for a free trial, Tel: 0426 236 063 or visit www.littlebigsport.com.au



Stem Cells – UNLOCKING LIFE

WE'VE ALL HEARD ABOUT STEM CELL SCIENCE, AND THE DEBATE SURROUNDING THEIR USE. BUT BET YOUR LIFE YOU CAN'T DEFINE WHAT THEY ARE AND WHY THIS FIELD OF RESEARCH IS SO INTRIGUING TO MEDICINE, THE MEDIA AND THE PUBLIC.

Stem cell breakthroughs are being reported almost daily, with applications for this technology capturing our imagination: embryonic stem cells, tissue stem cells, umbilical cord blood stem cells, and more recently, induced pluripotent stem cells.

Stem cells are found in the early embryo, the foetus, amniotic fluid, the placenta and umbilical cord blood. After birth and for the rest of life, stem cells continue to reside in many sites of the body, including skin, hair follicles, bone marrow and blood, brain and spinal cord, the lining of the nose, gut, lung, joint fluid, muscle, fat, and menstrual blood, to name a few.

In the growing body, stem cells are responsible for generating new tissues, and once growth is complete, stem cells are responsible for repair and regeneration of damaged and ageing tissues.

The question that intrigues medical researchers is whether you can harness the regenerative potential of

stem cells and be able to grown new cells for treatments to replace diseased or damaged tissue in the body.

WHY ARE STEM CELLS SPECIAL?

1. Stem cells are unspecialised

They have not developed into cells that perform a specific function.

2. Stem cells can differentiate

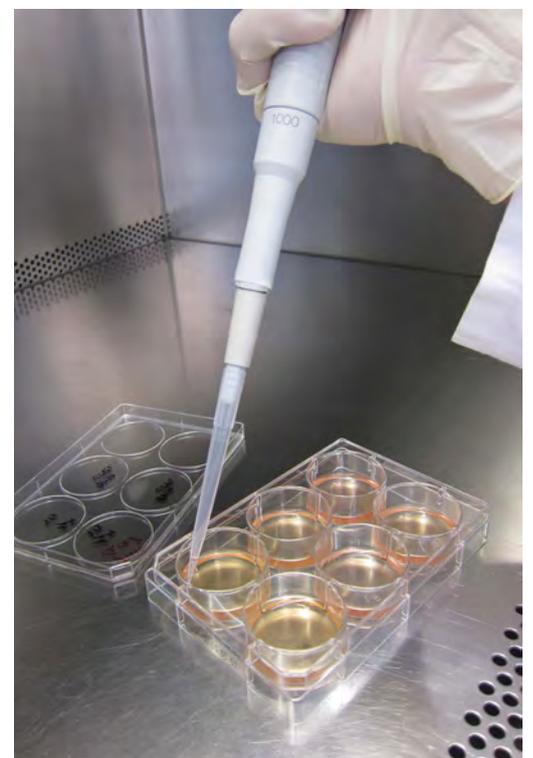
This means they can divide and produce cells that have the potential to become other more specific cell types, tissues or organs. These new cells and tissues are used to repair or replace damaged or diseased cells in the body.

3. Stem cells are capable of self-renewal

Stem cells are able to divide and produce copies of themselves which leads to self-renewal. Once a cell has become specialised [has differentiated] to a particular tissue or organ, it has a very limited capacity to self-renew [produce new stem cells] but instead produces only cells relevant to that organ.

Source: www.stemcellsaustralia.edu.au

More collection information at www.stemlife.com.au



WET & WILD

[WHALES ARE IN TOWN]



ONE OF THE MOST AMAZING NATURAL MIGRATIONS IS ABOUT TO PASS BY THE GOLD COAST. THE HUMPBCKS ARE ON THEIR WAY NORTH TO CALVE AND YOU CAN GET UP CLOSE AND VERY PERSONAL WITH THEM AS THEY FROLIC AND PLAY, SEEMINGLY FOR THE AWE AND AMUSEMENT OF SPELL BOUND SPECTATORS.

Whale Watching Season has begun and runs until early November, and Gold Coast Island Adventures [formally Tallship Island Adventures] can take you out beyond the breakers to witness first-hand the inspiring and colossal mammals.

A family operated Whale Watching & Cruising company established 20 years ago, they offer whale watching tours, throughout the whale watching season [June-Nov] or Calm Water Cruises to McLaren's Landing, South Stradbroke Island. You can watch Humpback Whales directly in front of Surfers Paradise and the beautiful Gold Coast Beaches, or enjoy the ambience of Island Paradise with a calm water cruise in air-conditioned comfort on their 32m, high speed, wave-piercing catamaran to McLaren's Landing.

"Humpbacks are naturally curious and like to interact with the vessel," says Dale Longworth at Gold Coast Island Adventures. "This can happen as soon as we pass through the Seaway which is about 15 minutes into the tour. The experience of seeing a whale up close for the first time is a truly exhilarating and unforgettable experience."

The difference between Gold Coast Island Adventures and the rest is their awesome vessel and expert commentary. "The shape of our hull and the way it shines down into the water creates a very appealing aqua colour directly below," explains Dale. "This entices the curious humpback

whales as they can often be clearly seen sitting below us and popping up alongside the vessel to have a look at the passengers onboard."

Onboard these luxury, high-tech vessels, there are large video displays to view whale documentaries and their highly experienced eco-team, and Humpback Whale specialists, provide commentary on the Humpback whale season, whale migration, and their annual journey past the Gold Coast and South Stradbroke Island.

Offering the Gold Coast's only Eco Certified whale watching vessel, boasting five spacious viewing decks with elevated viewing angles to ensure that your view is never obstructed, Gold Coast Island Adventures whale watching tours depart from Mariners Cove Marina at Marina Mirage.

"I think a lot of families take into consideration that we are the Gold Coast's largest and most stable whale watching vessel, giving them peace of mind while on the boat with their kids."

Free undercover parking at either Marina Mirage or Mariners Cove Marina, as well as complimentary morning tea, coffee and light snacks.

More at www.whalewatchinggoldcoast.net.au



SPECIAL OFFER:

Gold Coast Island Adventures is offering Coast Kids GC readers \$20 off the standard price of the half day whale watching adventure cruise.

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OR CALL 1300 WHALES [94 25 37].

GOLD COAST
Island
adventures

Meet the artist



ELLIN MINOGUE IS AGED 11 AND ATTENDS SUSY BOYER'S AFTERNOON WORKSHOPS AT THE ART ROOM. HER STRENGTHS IN ART ARE WELL-DEVELOPED DRAWING SKILLS AND A WONDERFUL SENSE OF DESIGN. HER WORK OFTEN HAS A STYLISED/ILLUSTRATIVE FEEL, WITH QUITE ORIGINAL IDEAS.

What year are you in this year and which school do you attend? Right now I am in year 7 and I go to Broadbeach State School.

What is your favourite subject at school and why? My favourite subject is art, of course. I really like the art at my school because we do a new piece of art every week.

Why do you like doing art so much? I like doing art because it is just a really creative way to show your ideas and things you like and to express yourself.

What is your favourite kind of art to do? My favourite art to do is something fun and colourful and more focused on one thing but I do like all the other styles too.

What would you like to do when you finish school? After I finish school, I would like to be either an artist [of course] or a pianist, and if they don't work out then I would like to be a prep teacher.

Do you have a favourite song? I don't really have a favourite song but if I had to choose one it would be either 'Thank You' by MKTO or '22' by Taylor Swift.

What is your favourite colour? My favourite colour is definitely aqua as I think it is really pretty.

If you could go anywhere in the world for a holiday, where would you go and who would you take? If I could go anywhere in the world I would go to Paris and I would take my friends: Julia, Rhiannon, Lucy, Hannah, Allannah and my best friend who lives in Canada, Brittany.



Words: Jane Whittred

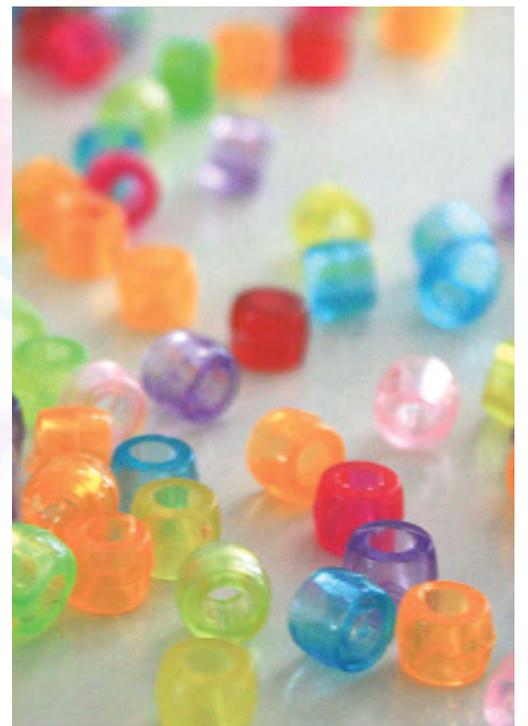
Colour YOUR WORLD

ART PROJECTS WITH MRS RED

Is there anything prettier than seeing the sunlight shining through a suncatcher on a cool wintery day? This project is best done at home where the whole family can have a go. It was a beautiful project to do and my kids were fighting to help and who was having which one - steady on children, let me photograph them first!

These gorgeous little suncatchers have been made with melted transparent beads. It is a must to buy transparent ones for the obvious reasons and if you can, melt them in the BBQ as the smell of melting plastic in the kitchen isn't the healthiest option.

I shopped around to find a big bag of beads and managed to get them at Spotlight for \$6 a bag. The \$2 shops stock them but they were all in small packs. For this project I used two bags with left over beads to decorate when hanging.



THINGS YOU WILL NEED...

- A BIG BAG OF TRANSPARENT BEADS
- NON-STICK MUFFIN TINS
- METAL COOKIE CUTTERS
- COLOURFUL WOOL
- HAND DRILL

DID YOU KNOW...

it was the Southwestern American Indians who first began making suncatchers and they are still popular in that region today.



HOW TO:

I did experiment with this first by putting paper muffin cases into the muffin tin however not even 24 hours of soaking would remove the paper from the melted beads. A non-stick tin will do the job, no need to oil or protect it as the melted plastic simply pops out when cool enough. I also read on a couple of blogs that using metal cookie cutters work however some of them leaked under and a couple didn't even come away from the cutter. If you can, buy some at a cheap store purely for this use. It is then worthwhile. But don't risk your expensive cutters.

Put the BBQ (with lid) on about 220 degrees or oven (in well ventilated kitchens). Get the kids to put one layer of beads into the muffin tins and then you place in BBQ. It takes about 10 minutes but unlike a cake, you can check as many times as you like. You will know when they are done. Take them out and about five minutes later the tin should be cool enough to touch.

I did 12 circles in the end, all of them popping out with no problems.

With a small drill bit, drill a hole at both ends, big enough to fit your chosen wool though. Best to let the kids just watch on at this stage, plus it's too much fun to let them have a go at drilling anyway! Once all holes



are drilled let the kids go wild, adding beads to their suncatchers etc. Make sure the knots are tight, other than that, it's over to them.

These are too pretty to have hanging in a bedroom window and they are weather proof so hang them in the garden, take them along to hang at picnics, hang from the rearview mirror if you must!

"IT DOES NOT DO TO DWELL ON DREAMS AND FORGET TO LIVE."

J.K. ROWLING



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AN EPIC BLAST FROM THE PAST

Words: Jenni Johnson

STRAP ON YOUR SKATES. BETTER STILL. HIRE THEM FOR THE DAY. AND REVIVE THE FAB FUN OF THE DISCO ERA AT EPIC SKATE.

Always keen to get the kids away from the TV, computer and Wii on the weekends, I decided to introduce my kids, five year old Holly and seven year old Zac, to something I was pretty good at when I was younger [if I do say so myself] – Rollerskating!

Many a Saturday, my best friend and I would be found at the local Rollerama in Melbourne and we thought we were pretty cool, rolling along to a bit of Billy Idol – well, it was the early 80s!

So the Johnson family headed down to Epic Skate in Tweed Heads, and yes, the whole family – I had convinced my hubby to join us and I thought the sight of him on skates would alone be well worth the trip.

Once there, Holly was already asking when we could come back again before she'd even laced up her skates. Since the kids had not been on skates before, we decided the one hour lesson would be a great place to start and I would highly recommend this.

Our instructor, "Kiwi" was patient and great with all the kids and taught the basics like forward skating and starts, stopping [always important] and balancing on one foot. There are different levels in the learning program for those with a bit more skill than we had. But more importantly, it was all about building confidence and having fun.

Epic Skate offers Learn to Skate Value passes – a great idea if you're planning on going regularly.

For a Birthday party with a difference, I'd recommend looking at Epic's Skate's party packages which start at only \$14 per person. The skating parties are easy to organise, the kids have loads of fun and more importantly for the parents, no mess to clean up at the end.

Rollerskating and rollerblading are activities the whole family can enjoy. Epic Skate also have a Friday night teen disco and themed nights like the Pyjama party.

When the kids decided they had had enough, I took the opportunity to do a couple of solo laps – and with the music pumping and my hair blowing back [yes, I was going fast enough to generate a big of wind action], I thought to myself: 'Yep, I've still got it!'

More at www.epic skate.com.au Tel: [07] 5523 9660



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Happiness from within

ALTERNATIVE HEALTH GURU, DR ANDREW WEIL KNOWS FIRST-HAND THE DEBILITATING EFFECTS OF DEPRESSION. THROUGHOUT HIS LIFE, HE HAS DEALT WITH ITS MANY FACETS. HE HAS SPOKEN OPENLY ABOUT LOW ENERGY, FEELINGS OF HOPELESSNESS AND STRONG DESIRE TO CLOSE HIMSELF OFF SOCIALLY.

He, like countless others, has suffered with dysthymia, the commonest form of mild to moderate depression for which he sought psychotherapy and counselling, as well as relying at times on a dose of antidepressants.

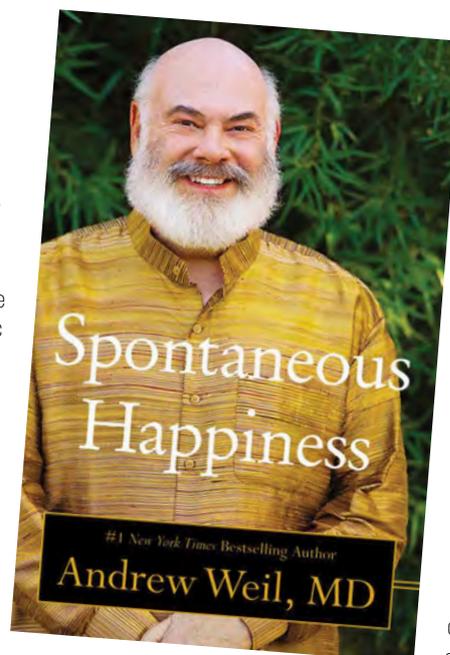
And while he doesn't claim to have fully attained happiness, which he deems a lifelong goal, what he found most effective to combat negative feelings were simple lifestyle changes, among them:

- Increased physical activity
- More omega-3 fatty acids in the diet, such as wild-caught fatty fish and quality fish oil supplements
- Vitamin D levels in the optimum range
- An anti-inflammatory diet
- Meditation each morning to learn how to stop the thought patterns that make him feel unhappy.

In his new book, Spontaneous Happiness, Dr Weil, who is director of the integrative medicine program at the

University of Arizona College of Medicine and Professor of Medicine and Public Health, asserts that scientific evidence shows that true satisfaction and well-being come from within.

By his own example, he shows the best way to maintain optimum physical health is to draw on both conventional and alternative medicine. In Spontaneous Happiness, he lays the foundation for attaining and sustaining optimum emotional health. From his pioneering work in integrative medicine, the book suggests a reinterpretation of the notion of happiness, discusses the limitations of the biomedical model in treating depression and elaborates on the inseparability of body and mind. Dr Weil offers an array of scientifically proven strategies from Eastern and Western psychology to counteract low mood and enhance contentment, comfort, resilience, serenity, and emotional balance. Drawn from psychotherapy, mindfulness training, Buddhist psychology, nutritional science, and more, these strategies include body-oriented therapies to support emotional wellness, techniques for



managing stress and anxiety and changing mental habits that keep us stuck in negative patterns, and advice on developing a spiritual dimension in our lives.

In addition, Dr Weil presents an eight-week program that can be customized according to specific needs, with short- and long-term advice on

nutrition, exercise, supplements, environment, lifestyle, and much more.

Whether you are struggling with depression or simply want to feel happier, Dr Weil's revolutionary approach will shift the paradigm of emotional health and help you achieve greater contentment in your life, not from the acquisition of material assets, accumulation of achievements or acknowledgment from others, but from within.

More at www.spontaneushappiness.com

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Coast Kids GC Directory

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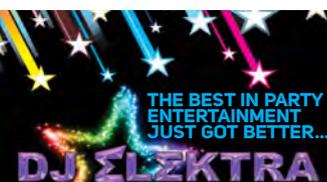


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