

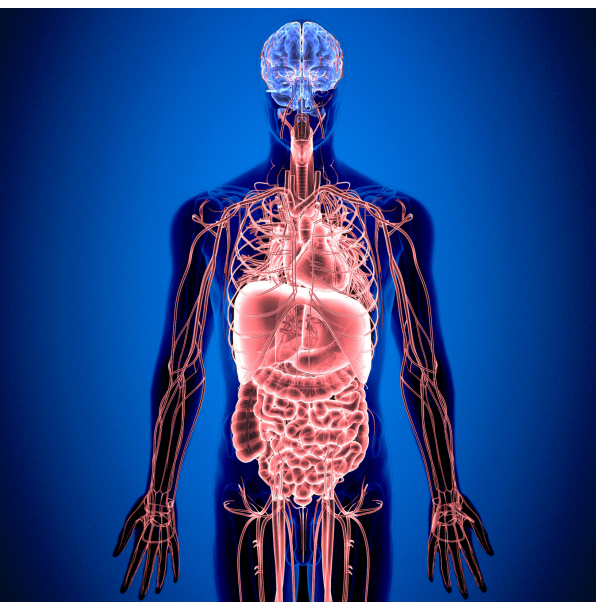
# Healthy Habits Newsletter

June 2023

In this month's newsletter, I dive into new research on how our body ages. Plus, cauliflower is in the spotlight, with a tasty roast cauliflower recipe! You can also grab a discounted copy of my book as part of the EOFY sale.

## WHAT'S NEW

New Australian research suggests that parts of our body age at different rates



### In brief

- A person's biological age can be different from their chronological age
- The biological age of a person's brain and organs can be measured which is contrary to the belief that age is determined by your date of birth
- Lifestyle factors such as diet and exercise can influence the rate at which our organs age

### In detail

A research study conducted by Melbourne University and published in April 2023 examined the ageing process of various organs and tissues in the human body. The study aimed to understand why different organs and tissues age at different rates and to identify potential factors contributing to this variation.

The researchers analysed a diverse group of individuals spanning different age ranges, collecting data on the aging process of multiple organs and tissues. They observed that while some organs showed significant signs of aging, others appeared to age at a slower rate.

The study revealed that the brain exhibited a relatively slower aging process compared to other organs. This finding suggested that the brain may possess unique mechanisms that contribute to its resilience and preservation over time. The researchers speculated that factors such as neuroplasticity, the brain's ability to adapt and reorganize itself, might play a crucial role in its slower aging process.

On the other hand, organs such as the skin and muscles demonstrated more noticeable signs of aging. The researchers attributed this difference to factors such as exposure to environmental stressors, genetic predispositions, and the accumulation of cellular damage over time.

Furthermore, the study highlighted the role of lifestyle choices in the aging process. Factors like diet, exercise, and overall health were found to influence the rate at which certain organs aged. For example, individuals who maintained a healthy lifestyle exhibited slower rates of aging in their cardiovascular system compared to those with poor lifestyle habits.

Overall, the research conducted by Melbourne University shed light on the diverse aging patterns among organs and tissues. The findings emphasised the importance of understanding these variations in order to develop targeted interventions and therapies to promote healthy aging and improve overall well-being.



## IN THE SPOTLIGHT

### CAULIFLOWER

Winter has arrived in Australia so that means cauliflower is in season!

Cauliflower is a versatile vegetable that you will usually see in the classic white colour, but it can also come in shades like orange, green, or purple.

Cauliflower has been cultivated for centuries and is native to the Mediterranean region. It is now grown worldwide and is a popular ingredient in many cuisines, particularly in Indian, Middle Eastern, and Western dishes. It has gained significant attention in recent years due to its versatility and potential health benefits.

Cauliflower is low in calories and carbs, and is loaded with vitamin C and K, which are good for your immune system and bones. Plus, it's got folate and dietary fibre, which are both important for your overall well-being. Additionally, cauliflower contains several beneficial phytochemicals and antioxidants, such as sulforaphane, which have been associated with potential anti-inflammatory and anticancer properties.

But here's the fun part: you can do so much with cauliflower! It can be enjoyed raw, steamed, roasted, boiled, or even mashed as a substitute for potatoes. Cauliflower rice, made by pulsing cauliflower florets into rice-like grains, has gained popularity as an alternative to traditional rice. It can also be used to make a pizza crust!

So, in summary, this is a tasty, versatile vegetable that also offers a bunch of health benefits.

See this month's recipe below which features cauliflower.

Just 100 grams of cauliflower has:

- 25 Calories
- 2 grams of fibre
- 2 grams of protein
- 0.3 grams of fat
- Vitamin C: 46% of the Recommended Daily Intake (RDI)
- Vitamin K: 14% of RDI
- Folate: 14% of RDI
- Vitamin B6: 9% of RDI
- Potassium: 9% of RDI



## THIS MONTH'S RECIPE

### ROASTED CAULIFLOWER BITES

This makes a great side dish, a flavourful base for a warm winter salad, or even a tasty addition to a wrap. Using miso paste instead of salt or other similar seasonings gives the cauliflower a lovely umami flavour.

SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 25 MINUTES

#### INGREDIENTS

- 1/2 cauliflower
- 1 tablespoon olive oil
- 1/2 teaspoon ground cumin
- 1/2 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon turmeric
- 2 teaspoons miso paste
- freshly ground pepper to taste
- 1-2 tablespoons hot water
- 1/2 lemon
- toasted sesame seeds

#### METHOD

1. Preheat oven to 180 degrees.
2. Remove the leaves and the tough stem from the cauliflower and cut into florets.
3. In a large bowl, combine the olive oil, cumin, paprika, garlic powder, miso, and pepper. Add hot water and mix well into a smooth thin paste.
4. Add the cauliflower florets to the bowl and toss them in the spice paste until evenly coated.
5. Spread the cauliflower florets in a single layer on a prepared baking sheet.
6. Roast in the preheated oven for about 25 minutes, or until the cauliflower is tender and golden brown.
7. Once roasted, remove from the oven and squeeze over the juice from the lemon and sprinkle with sesame seeds.





## WHAT'S IN SEASON

Eating in season makes sense as produce will generally be cheaper and also taste great!

Here are a few fruits and vegetables that are in season in Australia right now.

### FRUIT

grapefruit  
Hass avocados  
lemons  
limes  
mandarins  
oranges  
pears  
rhubarb

### VEGETABLES

beetroot  
broccoli  
broccolini  
brussels sprouts  
cabbage  
cauliflower  
fennel  
parsnips



## WHAT CAN YOU START DOING THIS MONTH?

Here are some simple things you can start doing today to help build a healthier you:

- Start the day with a glass of water – before you have a coffee or tea or anything else
- If you sit for long periods of time during the day, set a reminder on your phone or watch or elsewhere to stand and stretch every 30 minutes
- Avoid consuming caffeine after lunch as it can disrupt your ability to get a good night's sleep



HELPING BUSY PEOPLE LOOK, FEEL, AND PERFORM AT THEIR BEST

## About me

I'm a wellness transformation coach, hypnotherapist, corporate trainer, and creator of the DARE Model, a four-part system that helps individuals create healthy habits that stick. The DARE model forms the basis of my first published book, DARE to be Awesome: How to Create the Life of Your Dreams One Habit at a Time.

I now help busy people implement healthy habits so they can look, feel, and perform at their best.

I specialise in helping people with:

- losing weight using the Virtual Gastric Band technique
- stopping smoking and vaping
- stopping or reducing alcohol consumption
- pain management
- sports performance
- business performance

## About my book and EOFY sale!

I created the DARE model to help people easily set up healthy habits that stick.

DARE stands for Desire, Accountability, Reward, and Environment.

The DARE model forms the basis of my first published book, DARE to be Awesome: How to Create the Life of Your Dreams One Habit at a Time.

Buy the paperback or e-book [here](#) during the end of financial year sale - 20% off until 30 June 2023. Use code **20%OFF**

## Work with me

Contact me if you would you like to know more about how I can help you reach your wellness goals.



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