

Editor's Note: Men Driven by Vision

It's beyond Nuts 'n Bolts and takes a special type of bloke. The kind who can clearly see the outcome and then 'joins the dots' to make it happen. Against setbacks. Against the 'knockers.' Those men who 'can't stop now,' driven and committed. These are the blokes who get an impossible idea – then get into the shed and come out with something real to blow the mind. In this edition of Franklin eLocal magazine, we are proud to open the shed doors and bring you their stories.

"No monument was ever built in the name of a critic" – Plato

Have a great month.

Mykeljon Winckel

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Optimal Health

Ginny McArthur



Did you know that the human body is wired to seek out sugar and fat?

When we had to search for our food or hunt it down and foods were truly seasonal this was not a problem, indeed it was essential for survival.

But the energy used to drive to the takeaway for a burger, chips, and a sundae does not compare to that used when hunting down the burger, digging for the spuds, and shaking trees for the fruit.

For our ancestors it was essential to find animal fats and sweet fruits as often as possible to make up for the times when they were not available. We needed plenty of energy reserves for the hard times.

Unfortunately those same taste preferences can now cause us to overindulge in calorie laden foods seven days a week without the exercise or hard times.

Fat is cheap and easy to find. Sugar is now extracted from nutrient dense plants and fed to us as empty calories with no nutrition but the potential to be turned into large amounts of body fat.

The fast food industry readily uses this inherited desire for sweet and fat to its advantage. It tastes good to us and is addictive.

But we are the product of what we eat and how sad it is to see overweight, lethargic and unhealthy individuals walking our streets.

Many millions of us in the western world suffer from the so called 'life-style diseases' –cardiovascular disease and stroke, some cancers, type 2 diabetes, liver and kidney problems, obesity, arthritis and osteoporosis. These can be attributed to poor nutrition.

In the late 1800s before we started eating manufactured goods the fat in our diet was on average 15 -20% less than it is today. The average sugar intake has increased from 10% to 65% today. The other problem is the addition of hidden salt to preserve and add taste to manufactured foods. The human body is designed to function on a diet high in potassium from natural foods. Sodium is the main cause of raised blood pressure, which in turn is a major risk factor for cardiovascular disease.

So we come back to the fact that despite our taste buds and food manufacturers claims, 80% of our diet or our every day food needs to be 'real food.' It can still be quick and easy to prepare but needs to be high in the nutrients and fibre that we require and low in added sugars, fats and salts that we don't - then there is the other 20% which can be fun treat foods .Use the 80-20 rule, exercise for a minimum of 30 minutes per day and you will stay well and increase your chances of a long and happy life! ■

Ginny McArthur's
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