

# Health & Home

*The Home Helper Magazine*

*For Locals. By Locals*



**Helen Blackburn**  
*for Mayor*

Let's build a brighter  
future for Bundaberg

**Mayoral  
campaign  
trail**

See page 3

# Contents

3  
HELEN BLACKBURN  
FOR MAYOR  
**Helen Blackburn**

4  
NUTRITIONAL  
MEDICINE AND  
MENTAL HEALTH  
**Rebecca Lang**

7  
LOVE IS THE WATER  
OF LIFE  
**Ramona Lane**

9  
VIBING FIT  
**Daniel O'Keeffe**

10  
CAN MENTAL HEALTH  
DECREASE WITH THE  
SUPPORT OF THE  
COMMUNITY  
**Rebecca Lang**

11  
MENS RETREAT  
**Leon Christiansen**

14  
HEALTHY QUICHE  
**Nutritionist Recipe**

15  
INSPIRATION FOR 2024  
INTERIORS  
**Leanne Zielke**

16  
TURTLE WISDOM  
**Cynthia Hoogstraten**

18  
WILDLIFE CARERS  
**Christine Wynne**

22  
PET ADVICE  
**Debbie Gordon**

24  
FULL MOON DRUM-  
MING DATES  
**Community Events**

# Editors Note



Welcome to Issue 268  
February 2024 and all  
the love for Valentines Day!

With our election coming up March 16th we  
are proud to have Helen Blackburn on our front  
cover. I think it is great she has been going  
door to door and introducing herself and asking  
residents what they want from their council.

The cost of living has greatly increased and I  
for one would be happy if she could assist to  
bring back the 10 percent early rates payment  
discount. We wish Helen all the support with  
her endeavour to be Mayor and I also love to  
support and encourage women to be in politics.

In this magazine, I have spoken at length about  
an issue that is close to my heart, and based on  
the studies - close to many peoples hearts. I  
strongly believe their needs to be more support  
and awareness around mental health world  
wide. Mental health issues, just like any other  
sickness or disability, is not something to be  
ashamed of.

The more that people start speaking about this,  
the more we are going to encourage those in  
need to reach out for help. We need to push  
the council and the government to look at  
more options of support for all people, but in  
particular our younger generations.

Recently the council has provided free live  
music along different beach fronts. This is a  
step in the right direction.

*Rebecca Lang*



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# Helen Blackburn *For Mayor*

## Let's build a brighter future for Bundaberg



It would be no surprise to learn that as I've been on the Mayoral campaign trail, I've been out door-knocking locals across our region to hear directly from them which issues they care most about.

Most residents tell me it's the first time they've had a politician at their doorstep and are happy to have a chat with me. One issue comes up above all else. No points for guessing what it is, because we're all experiencing it.

The cost-of-living crisis really started to bite in 2023, and I fear it's going to get much

worse this year. Although instead of being pessimistic, I've decided to throw my hat in the ring, announce my candidacy for Mayor, and put a solution on the table.

I recently announced that if elected on 16 March, I would fight to bring back the 10% early rates payment discount. I know that as Mayor, I would only be one vote on the council decision-making team of 11, although I think this issue is too important to sit on the sidelines for.

If council can ease household bills for families, it makes it easier to put food on the table, get the car serviced, get what the kids need for the new school year, and much more. I think that's worth fighting for.

I'm not going to have a shopping list of big 'pie-in-the-sky' announcements during this election campaign. This is the big one. It's an approximate \$1,000 rates saving per household over 4 years. A council I lead will find savings across the administration; we will start by going back to the basics. Cutting the waste and using common sense when it comes to spending on new projects, so we don't have a repeat of the ANZAC Pool demolition and \$80 million new pool blowout debacle.

I'm looking forward to having conversations with thousands of more locals between now and 16 March – and beyond. With your feedback and support, together we can create a brighter future for the Bundaberg region.

**Helen Blackburn**  
**Candidate for Mayor the Bundaberg Regional Council**



# Nutritional Medicine and Mental Health

The Australian 2020 - 2023 National Study of Mental Health and Wellbeing found that 42.9% of people aged 16-85 years had experienced a mental health condition at some point in their lives.

**21.5% of people had a 12-month mental health disorder 2020-2021**

**17.2% of people (3.4 million people) had a 12-month anxiety disorder**

**7.5% of people (1.5 million people) had a 12-month affective disorder**

**38.8% of people aged 16-24 years had a 12-month mental health condition**



*Rebecca Lang*

These figures are alarming to say the least and as a society we need to start focusing on how we are going to address this issue. More needs to be done. Depression is a common and a debilitating health condition and one of the leading causes of disability worldwide. It is a significant public health problem that is significant worldwide and across all ages and genders. A sharp increase in depression is also between 18-24 years. There is also a strong link between mental health and physical health. Some may say these figures are depressing in themselves, but for someone who has depression or suffers with mental health it may help them to realise they are not alone.

No one is immune from depression with it affecting people from all walks of life. From athletes, students, medical professionals, mothers, shift workers, etc. People of all levels of society. Depression has significant economic and social consequences

It is important for people with depression to get professional help. Health professionals play a significant role in the holistic care of a person suffering with depression and other mental health issues. This article will focus on some of the nutritional deficiencies in mental health but it is to compliment the support of a medical professional.

Optimal nutrition is the foundation to optimal health. Unfortunately, the diet of people (in particular our younger generation) can result in many nutritional deficiencies. And even when the diet is optimal then absorption also needs to be addressed. We are what we eat but we are also what we absorb. With many people suffering from bloating, reflux, indigestion, constipation, ibs etc - all signs of digestion and absorption issues it is no wonder so many people are deficient in nutrients and minerals.

Humans are also spending more and more time inside. Living in apartments, binge watching tv shows, gaming, watching youtube for hours. Vitamin D is received from the sun. Even sunscreen and clothing will block the absorption of vitamin D. Vitamin D is an antioxidant. It is anti-inflammatory and has pro-neurogenic and neuromodulatory properties that appear to be fundamental to its antidepressant and anxiolytic functions.

It is capable of crossing the blood-brain barrier and there are specific regions in the brain that are vitamin D receptors and are known to play a key role in mood regulation. Vitamin D insufficiency is estimated to affect about 50% of the global population. There is a correlation between vitamin D levels and symptoms of depression and anxiety according to studies and a deficiency has been associated with an increased risk of developing depression and anxiety. Vitamin D can be tested in blood and optimal levels are between 100 and 150.

A deficiency in magnesium has been associated with depression, fatigue and many other conditions. Magnesium is involved in over 300 enzyme reactions. It plays many roles including neurotransmission

and neurotransmitters. A deficiency in magnesium leads to a dysregulation in the HPA axis, which is well known to be involved in the pathogenesis of depression and anxiety. (Magnesium does not show accurately in blood tests for mild deficiency)

Zinc is one of the most prevalent and essential minerals involved in optimal brain function and nerves. Zinc is a neuromodulator, antioxidant and antiinflammatory. It is interesting to note that many young men are low in zinc or zinc deficient since zinc is lost with ejaculation.

Active B vitamins are essential to support mood and mental health. The synthesis of neurotransmitters involves vitamin B1, B6 and B12. A deficiency in Vitamin B6 has been associated with depression and inflammation. The active form of vitamin B6 plays an essential role in the metabolism of neurotransmitters, such as serotonin, dopamine, glutamate and GABA. A deficiency in folate has been associated with depression and cognitive dysfunction and decline. Which also leads to discussion in MTHFR and other genetics.

Essential Fatty Acids such as Omega-3s have anti-inflammatory properties and are involved in cell membrane composition and function, cell signaling, endothelium function, and platelet function. Studies have shown an inverse relationship for omega 3 intake and depression.

The gut brain connection is well known and studies have shown that probiotics have a beneficial role in improving mental health. The gut microbiome profile of people with depression is distinctly different to those of healthy people. The intestinal system and the brain are intimately connected via the gut-brain axis.

More awareness and support is needed around mental health, depression and anxiety. Especially for our younger generation. Nutrient and mineral deficiency can play a key role in supporting mental health. Support from a qualified nutritionist or naturopath alongside a medical practitioner and pharmacist would be beneficial.

Disclaimer - this article is not to replace medical advice. Supplements and pharmaceuticals can interact. It is better to see a qualified practitioner than self prescribed supplements. References are available on request for this article



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# “Love is the Water of Life. Drink it down with Heart and Soul”

Rumi

LOVE - the intricate thread that weaves through the fabric of human existence, transcends time, culture and boundaries. It is a universal language that speaks to the depths of our hearts, a multifaceted gem, reflecting an array of emotions.

With Valentine's Day approaching, the air becomes tinged with a sense of anticipation and warmth. Many will be planning a romantic evening, exchanging flowers or chocolates, whispering heartfelt sentiments.

While this special day serves as a reminder to express affection and gratitude, the essence of Love is a constant presence in our lives. Love is a powerful force that should be acknowledged and celebrated every day, not just on Valentine's Day.

This day extends beyond romantic love. It's an opportunity to express gratitude for the friends who stand by us through thick and thin, the family members whose love is a constant,

and the mentors whose guidance shapes our journey.

Acts of kindness, empathy and understanding are expressions of love that resonate in our daily lives and every moment offers an opportunity to appreciate this love.

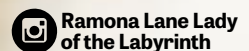
In the hustle and bustle of life, it's easy to overlook the beauty of these everyday moments.

*In a world often marked by turmoil, love remains a beacon of hope. It is a force that unites us, fostering compassion and acceptance.*

So perhaps pause, savour the Love that surrounds you and make every day a celebration of the heart.

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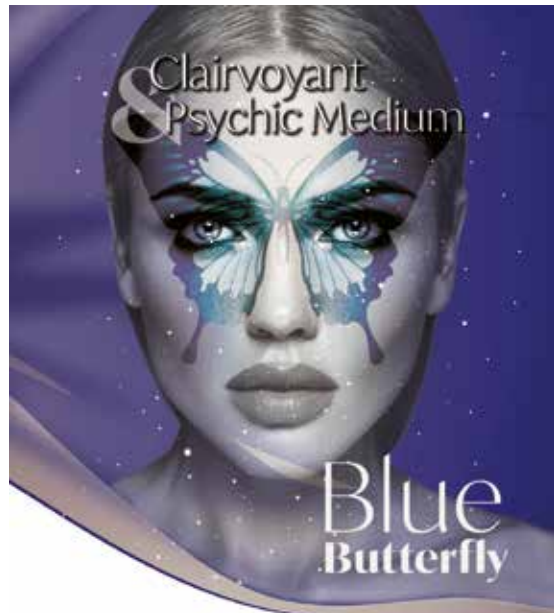
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# Can Mental Health Decrease with the support of the Community?

A recent article I read by Dr Bronwyn Baillie (Registered Osteopath) B.Clin.Sci.,M.Ost discussed the global, growing mental health crisis and the evidence of our current medical system struggling to support the increase of mental and physical health issues, especially since 2020.

In her article, Dr Baillie discussed how as a society we have systematically stepped away from community, from knowing and talking to our neighbours, to understanding where our food comes from, to knowing the true power of nature. Until we can get back to reconnecting with our community, mental health may continue to rise.

I have always reflected about how in the past, people would go to church on a Sunday and hand over their problems to God (whoever their God may be) and also ask for forgiveness for any wrongdoings. They would be reminded to have faith and trust in a higher power to help them through the many challenges of being human. They would also have the support of their community. If a family had a member that was sick, the whole community would drop off meals and help the struggling family and support them. If a person lost their house to a fire, the whole community would work together to rebuild their house.

Now, what do people do on a Sunday? They binge watch Netflix and get door dash! I am not saying religion is the answer (but some may believe it is and one could say anxiety has increased as church Sundays have decreased) but what I am saying is that community is perhaps one of the answers. The shift in values and perceptions in society over the last decade reflect the need for more inclusive and holistic approaches.

In our beautiful little community, we are also seeing everyday people helping the homeless. With various Facebook groups created by members of the community, such as “Helping the Homeless and Vulnerable – Bundaberg” and “Bundy Cook Up”. People are cooking meals, donating items such as tents and blankets and school items. It really humbles your heart to see how much people really just want an opportunity to be able to help and give to others.

We have men supporting other men in the community. With organisations such as Marcus Missions and Brave Brothers – they are really bringing awareness to men's health issues.

People such as Adam from barefoot\_and\_breathe who was in our January issue, and Leon Christensen who has been facilitating men's retreats and workshops. We also have Daniel O'Keeffe – a young man showing other young men the way to health and wellness with his personal training, fitness classes and meditation and ice baths.

Cynthia (article on page 16) who gives up her own time, with members of Bundaberg Unity Drummers, to offer Full Moon Drumming Circles on Bargara foreshore for the community. Cynthia, Ramona and Wendy are often at the beach for sunrise, drawing labyrinths and bringing light to peoples day. Community gardens are another lovely way to connect people of all walks of life. The elderly can often give advice to the younger generations.

If you are lonely, find a way to help others. Involve yourself in community programs where you can make a difference. In giving we also receive. Is it time for you to reach out to your community and receive or give help? Are you connecting with nature to help ground your energy?

*Rebecca Lang*





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# Healthy Quiche

A recent Australian study of more than 3000 people found that two-thirds of people are overweight, with Queenslanders the third fattest state! 12.6 million people are putting their health at risk by not eating properly or exercising consistently.

This recipe is great to have after a work out as it is high in protein and will help increase muscle. It won't spike blood sugar and remember - eggs are actually good for cholesterol according to recent research. So this is my recipe as a Nutritionist that I recommend. (Rebecca Lang)

Suitable for diabetics, pre diabetes, and weight loss, keto, gluten free, sugar free

## Ingredients

6 eggs  
Pepper and salt  
1 cup of almond flour  
1/3 cup of olive oil  
3 slices of bacon chopped  
1 cup of grated cheese  
2 grated zucchinis  
1 diced onion  
1/2 bag of spinach  
Sliced tomatoes

## Method

Crack eggs into a bowl and add pepper and salt and beat to make fluffy  
Add rest of ingredients, except tomatoes and mix  
Use oil spray on base of a rectangular lasagna type of baking tray  
Pour mixture into tray and place sliced tomatoes on top of mix  
Bake at 180 degrees c for approx 45 minutes until brown on top  
Slice in squares, or very small squares for a savory platter  
Tastes amazing reheated or cold

## Variations

The above recipe tastes best but here are some other options  
You can remove the flour and the oil - best to do both than one or another  
You can use any other flour - coconut flour doesn't seem to work as well, almond meal is a higher protein option, chickpea flour works well too  
You can use less eggs if you are on rations  
Duck eggs could replace chook eggs  
If you don't have zucchini, use any other vegetables and roast them first  
You could use vegan cheese, cottage cheese or goats cheese  
Bacon could be removed and you could replace it with ham, chicken or just more vegetables  
If you don't have spinach or tomatoes it will still taste good  
You can use this in small muffin tins and any shaped baking tray



BY **LEANNE ZIELKE**  
INTERIOR DESIGNER

# Inspiration for 2024 Interiors



Need a 'light bulb moment' to kickstart your interior styling for the new year? Check out some of the forecast trends and see if any appeal to your personality and style.

The much-loved 'Australiana' will continue to build momentum bringing grounded earthy tones, characters and natural elements into your space. Focus on the textures and tones for a laidback relaxed atmosphere.

From furniture to artwork, rust tones to pinks. Elevated layering will be seen with an abundance of cushions, throws and rugs to start. Create a beautiful, timeless, and functional interior with multiple layers.

To succeed here, included at least three different textured in every space. An ex-

ample: sheer curtains, leather sofa and boucle ottoman. Continue with into your bedroom space.

With the juxtaposition of different shapes used in the past, having a sense of fun. Geometric patterns will again be highlighted in 2024. Whether a patterned tile or rug with bold lines and patterns, furniture with curves as well as organic-shaped ceramics. Lines, angles, points, and shapes are all elements that will create an intriguing space



Leanne J Zielke  
0413009380  
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wellbeing

# Turtle Wisdom

BY CYNTHIA HOOGSTRATEN  
MARRIAGE & FUNERAL CELEBRANT

**W**e can learn much from nature, as nature can be the best teacher. On one of my regular visits to the beach, I noticed the tracks from a turtle that had made her way up the beach, but then she changed her mind and returned to the sea without laying her eggs. This is known as a 'false crawl'.

I reflected on why she changed her plan, turned around, and used my conclusion as a metaphor in life. A plan is good, but sometimes the best plans can go awry. There are some things in life we cannot control, but we can learn from the turtle's wisdom.

She patiently turns around in full faith that she will return and complete her task. She tunes in to her inner self and surroundings and allows her intuition to guide her. She is aware that life is forever changing and growth comes through change. Turtles swim through many conditions, sometimes smooth and other times turbulent, just like our journey in life.

Turtles rely on their inner compass to guide them throughout their life. They have the wisdom to trust their inner guidance to show them the way. It is sometimes challenging to navigate difficult times, but a calm and persistent approach will often see us through. We are constantly reminded 'that life wasn't meant to be easy'; yet with a positive attitude and a 'get up and go' perspective, life can appear to be a little easier.

It is okay to reset and try again. We don't always have to succeed the first time. We can learn from our mistakes, trials and false starts. If we put aside other people's expectations of ourselves, as well as our own and nurture the ability to accept 'come what may' and, with purpose and self-control, change our direction, we are learning from nature and our wise turtles.







Pictured is a Black Winged Petrel, what a beautiful seabird! He was found at port Bundaberg, At this time of year, with all the storms we experience, it's very common to find exhausted and injured seabirds along our coastline.



Sadly this beautiful Petrel had a badly fractured wing. He was transported by one of our carers to a local vet where he was humanely euthanased. Thank you to the caring member of the public who called us so he was not just left to die a slow and painful death.

There are many different species of Petrel. Long ago it was thought that the Black Winged only had breeding sites in the Kermadec group of islands northeast of New Zealand. Later on colonies were found on Norfolk Island, Lord Howe and now along the east coast of Australia. Breeding occurs between November and May and one egg is laid in a burrow.

As I am writing this story, I have just had a White Capped Noddy dropped into me. He was found on the

beach at Elliott Heads. He is extremely thin and exhausted. I will attempt to force feed him but I'm afraid that he is far too debilitated to survive.

The White Capped Noddy or Black Noddy as it is also known is the species that is most commonly found washed up on our coastline. There is a large breeding colony on Lady Elliot Island and with the very strong winds, they often get blown off course and end up beached. Over the years we've had hundreds reported and taken into care.

Another issue which seriously impacts our seabirds. and indeed all sea life is discarded fishing line and plastic. Hundreds of birds become entangled in fishing lines and are also killed by ingestion of plastic.

To all the fishers out there, please be careful not to hook seabirds when you're casting your line and also dispose of discarded hooks and line responsibly. Same applies to anyone using the beach or simply sailing. Don't throw your rubbish overboard or leave it on the sand to be washed into the ocean.

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# How have your New Year's Resolutions gone so far?



BY DEBBIE GORDON  
RAW FUR SURE

Is it time for a new year, new start for your pet?

Here are my top 3 New Year Resolutions for your pet!

Feed your dog and cat whole foods. If you haven't gone off the commercially processed kibble yet, make it a goal to switch their food to an all natural, biologically appropriate raw food diet. Your pet will thrive for years to come, just by making this small adjustment to their diet. Gut health rules 70 – 80% of the immune system, which makes gut health pivotal for over-all wellbeing. If you have ever wondered why some dogs and cats seem plagued by skin conditions and allergies, chances are, it all refers back to gut health and food intolerances. To put it simply if your pet's gut isn't happy, neither is your pet.

Get your pets outside. Make it a goal to get your pet out for some fresh air and exercise. Perhaps a walk on the beach or a run in the park, or schedule some time in your routine to take your pooch for a walk around the neighbourhood to do some sniffing and exploration. It is important to let your dog stop and sniff (and probably pee on everything), this is how they communicate to other dogs in the area and not to mention it is good mental stimulation for them, as well as exercise.

Educate yourself. You are your pets advocate. The more you know about the pet food industry and the ingredients in your pets' food, the better you can advocate for them. Explore other food options, and learn how your pets gut health works. Delving deeper into the link between commercially prepared dog and cat food and disease and illness in our pets will be a big eye opener for you. You are what you eat – it's the same for our pets.

To speak with someone about natural food, supplements and remedies please call in and have a chat to one of our friendly staff today!

Debbie.  
11 Princess St, Bundaberg East  
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If you would like further information on pet nutrition please call into Raw Fur Sure Pet Supplies. A little shop all about dogs & cats – where *Food is Medicine.*

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Sun Jul 21st  
5.15- 6.15pm

Sat Nov 16th  
6.00-7.00pm

Wed Apr 24th  
5.15-6.15pm

Tues Aug 20th  
5.15-6.15pm

Sun Dec 15th  
6.15-7.15pm

Thurs May 23rd  
5.00-6.00pm

Wed Sept 18th  
5.30-6.30pm

*Sat Feb  
24th  
6.15- 7.15pm*

 Unity Drummers Bundaberg

*We hope to see you all there!*