

January 2019

I love my life. I have a strong and reasonably supple body that can still run 10km, I live in a beautiful place with magnificent views surrounded by wildness and can go to the beach every day I am home, I have a supportive partner who grows wonderful vegetables, is good company, has great computer skills and is a whiz at maintenance of all that needs maintaining on our property, I have plenty of creative pursuits I can and do indulge in, I still consult which keeps my brain active and is a source of much satisfaction, and I have friends and family, including 3 cute grandchildren and another on the way, to fuss over and be fussed over by. How lucky am I.

We all have so much to be glad and thankful about. Just living in Australia is reason enough!! Thinking about all the pluses in our lives is good therapy. To dwell on negative aspects in our lives (and we all have some) can act as a dragline on our health and wellbeing. Often what is worried about never comes to fruition anyway and if it does, it is time for action, not more worry. Worry never helps anything and only serves to wind our nervous systems up like tight springs ready to release at the slightest provocation. Having a peaceful and contented demeanour goes a long way to being happy and healthy.

Endocrine Disruptors have been a big topic over the past year. These are chemicals which interfere with hormonal action. The list is long and include pesticides, herbicides, fungicides, solvents, flame retardants, industrial byproducts, surface protectors, sunscreens, plastics and cosmetics. They are implicated in cancer, birth defects, learning and developmental problems, reproductive problems, obesity, type 2 diabetes, cardiovascular and thyroid disease.

We are stuck with these chemicals but fortunately we can be proactive, smart consumers and take steps to reduce our exposure. Read labels, avoid chemically treated clothes and furnishings, plastics and artificial air fresheners. Use natural cleaning products, clean with microfiber cloths, wash hand frequently, remove shoes at the front door, use non toxic personal care products, use low VOC paints, filter water and use natural products to control household pests. Buying certified organic food where possible, and growing your own veggies are huge positive steps in the right direction.

Having been beekeepers now for 5 years I am ecstatic to report the very successful construction of a solar wax extractor. This has at last enabled us to master making beeswax candles and beeswax wraps. Furniture polish, lipbalm and moisturising cream are in the pipeline!

The endeavour to keep magnificent Storm Bay wild and free is heating up. Despite the green light to establish fish farms having been given, public outcry is heating up and politicians are being seriously lobbied at a state and federal level. The public needs to be aware that farmed salmon does not have the healthy balance of fats that wild salmon does and because they have 70% more fat than their wild counterparts and harmful chemicals concentrate in fatty tissue, they could well be contributing to endocrine disruption.

May 2019 be a year of learning and wonder.

Yours in blooming health,

Monica