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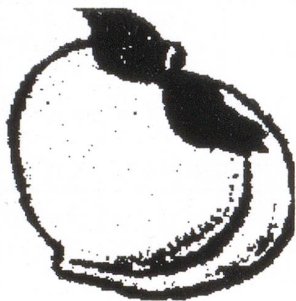
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*'HELVETIA's Editing team offering themselves for re-election at the coming Swiss Society AGM in Wellington, . I.t.r., (front); Bert Flühler- Soc. Vice. President), Trudy Wilson-(Your Corner...), Ruth Waldvogel- (Secretary), Doris Rust-(Your Corner...). - I.t.r., (back); Heinz Leuenberger-(Delegate for Swiss abroad), Joe (Sepp) Staheli, Beatrice Leuenberger-(Soc. President), Charlie Waldvogel, Rinaldo Rust, (Editor).*

## Your Corner....



Food seems to play a big part in our lives - either in it's preparation, initially in growing fruit and vegetables, to preserving and jam making, or analysing it to see if it's good for you or if it contains too many calories, too much cholesterol or if it has been genetically modified to make it look appealing. For many of us a lot of thought and time goes into meal planning and preparation and naturally we want to eat food that appeals to our tastes and at the same time is healthy and of nutritional value. The following are some interesting facts about food:

### Blackcurrants

- \* Excellent source of vitamin C
- \* Soothes sore throats

- \* Combats bacterial stomach infections.
- Blackcurrants have four times as much vitamin C as an orange. Blackcurrants skins contain pigments which are known to inhibit bacteria causing stomach upsets.

### Celery

- \* May help to lower cholesterol levels and blood pressure
  - \* Helps to relieve joint pain
  - \* Low in kilojoules
  - \* Good source of potassium
- Celery is a good source of potassium, which helps to maintain healthy blood pressure (as long as no salt is added). Celery contains a valuable anti-inflammatory agent which is said to help alleviate the painful symptoms of gout.

### Peaches

- \* Contains vitamin C and niacin
  - \* Easily digestible
  - \* Gentle laxative
- Peaches are easy to digest and have a gentle laxative effect. When canned they lose 40 per cent of their vitamin C content.

### Rice

- \* Good source of starch
- \* Gluten-free carbohydrates, suitable for people with colic disease
- \* Helps to steady blood sugar levels
- \* Rice bran may reduce the risk of bowel cancer. The starch in rice is digested and absorbed slowly, thereby providing a steady release of glucose into the blood. This is helpful in controlling blood sugar levels. Rice is believed to relieve mild cases of diarrhea and constipation, and eating rice bran may reduce the risk of bowel cancer.

### Yoghurt

- \* Useful source of calcium and phosphorus
- \* Contains protein and vitamins B2 and B12
- \* May help to replace valuable bacteria in the gut killed by antibiotics and so boost the immune system.
- \* May help to prevent bad breath, constipation and diarrhea, as well as aid digestion.

People who need calcium but cannot drink milk because of a lactose intolerance may find that they can tolerate yoghurt. Practitioners often advise eating live yoghurt after a course of antibiotics to restore the healthy intestinal bacteria that may have been destroyed by illness or treatment.

*The above information was taken from "FOODS THAT HARM, FOODS THAT HEAL", - Reader's Digest!*

Doris and Trudy

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