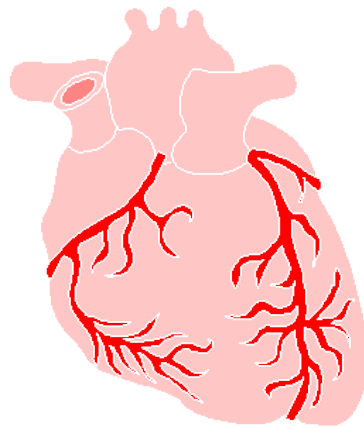


Heart Story

For Dialysis Patients





There was one man from community who had been on the machine for a few years.



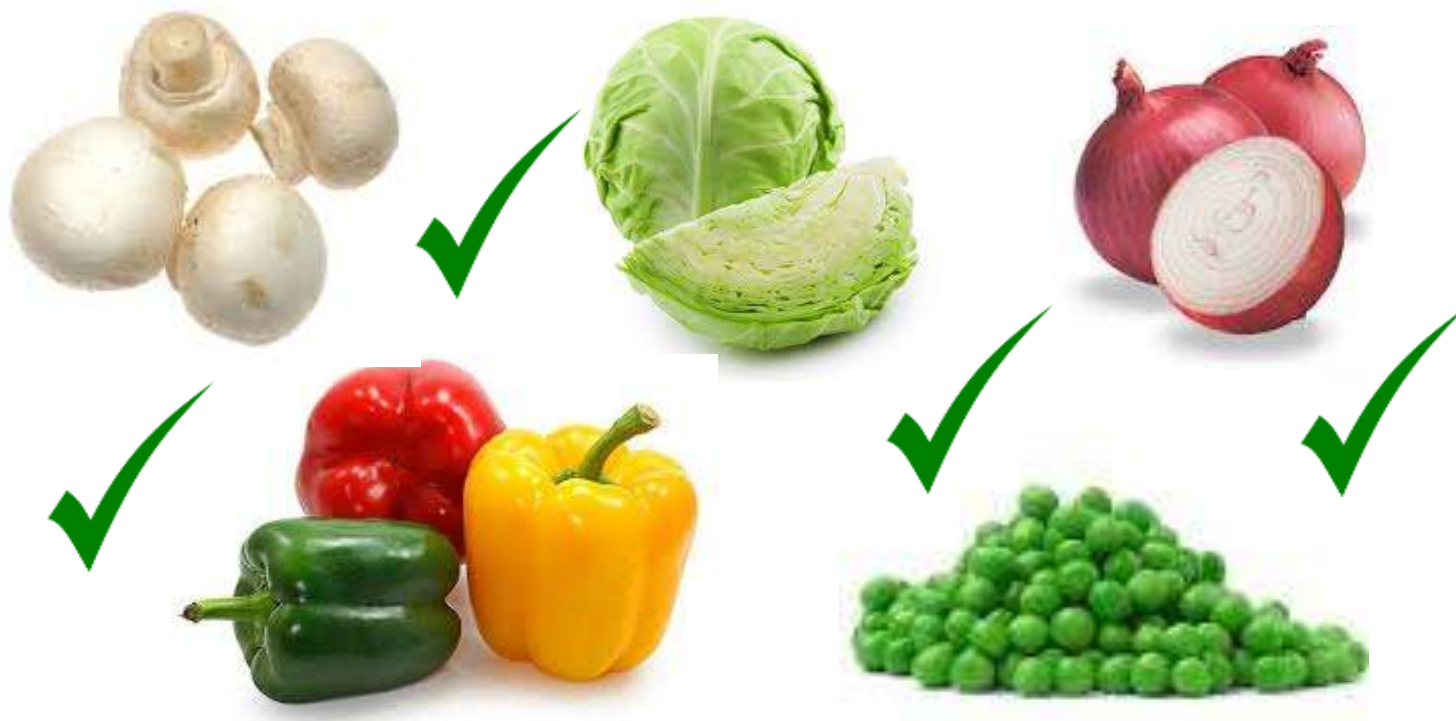
He had just moved into his new flat in Darwin and he wanted to cook some tucker to celebrate. He invited his family and friends from Nightcliff Renal.



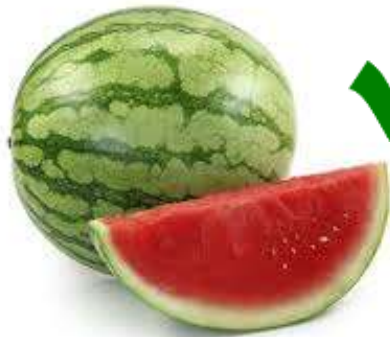
He wanted to cook some potatoes, pumpkins and carrots. He cut them into small pieces and boiled them in water. Then he threw the water away.



He did this because potatoes, pumpkin and carrots have big mobs of potassium that are dangerous for the heart. Boiling gets rid of the potassium.



He also cooked some other vegies like cabbage, capsicum, mushrooms , onions and peas. These vegies have less potassium.



He also cut small pieces of oranges, apples, paw paw, pear and watermelon because these fruit were also safe for the renal mob.



His favourite fruit were bananas, mangoes, stone fruit and kiwi. He knew the renal mob had to eat only small bits of these because they had big mobs of potassium.



So he cut only ONE mango and ONE banana into very small pieces to share with the renal mob. He also asked the renal mob to eat these only once a week.



When the renal mob came to his house they were very happy to see all the food. One woman brought some juice and some chips to the mans house.



What's wrong with



The man said thank you but told the woman he couldn't have juice and chips. She asked, "What's wrong with juice and chips?"

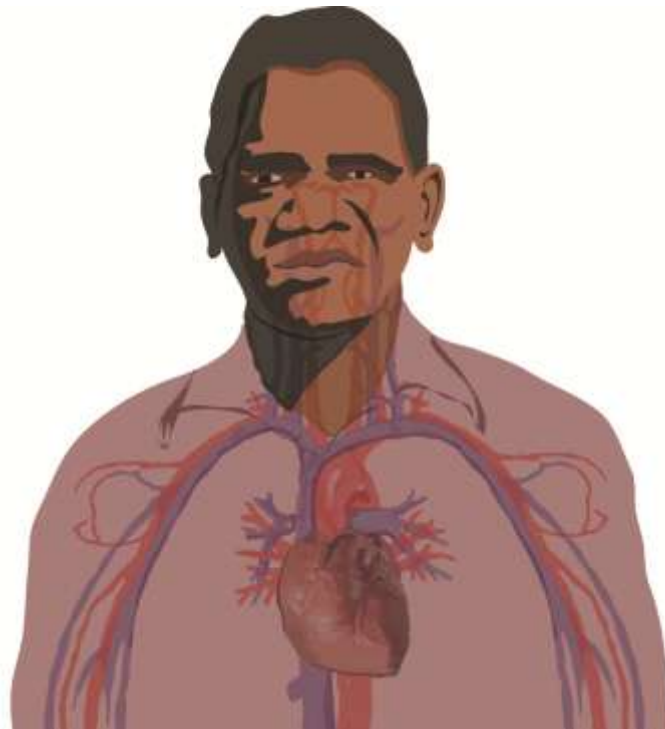


So what ?



"Juice and chips have too much potassium for people on the machine" he said.

"So what?" said the woman.



"Do you want your heart to get sick? If you have too much potassium your heart will get sick, you might have a heart attack."



**The woman decided to give the juice and chips away.
The woman's husband was pleased that the man had
shared this story and kept his wife safe.**

WE ARE WHAT WE EAT

We are what we eat
from our head to our feet
our ancestors knew long ago
that eating the right foods was the go

fish, possum, kangaroo helped us survive
plums bush honey kept us healthy and to survive
walking, swimming and hunting every day
this active lifestyle helped the blood flow each day

fresh water to drink from running streams
no coke , junk foods no ice-cream
bush tucker in abundance from the land
shared around the campfire by loving hands

we must change our diet in order to live
return to the old ways we have got to believe
our elders have knowledge deep in their hearts
draw on their knowledge from the past

WE ARE WHAT WE EAT

remember the dream-time our sacred songs
a healthy lifestyle will keep us all strong
turtle and dugong from the deep blue sea
an environment of love minds at ease

take me back to country by the blue sea
where my blood can flow with so much ease
my spirit my body united and free
comforted by a refreshing sea-breeze

we are what we eat
from our head to our feet
i feel so alive eating vegetables and fruit
gone all junk foods given the boot

luke s morcom
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