

"Psychology made Simple" By: Ângela Rodrigues

GET YOUR HOPES UP

Last year I used this space to speak about some subjects that I thought to be important for people to know, to reflect, or to make a change.

I started speaking about LOVE, as the central pillar of healthy relationships, and followed with Counselling as a helping tool, in difficult times, and also with testimonies of how counselling helped people.

Gave some information about violence cycle, explained about what it is psychological violence and reflected about violence harvest - we reap what we sow!

On the last months I brought the fear effect subject and spook about dealing with anger. Also reflected about our inner world, with all the changes that need to happen every day for us to develop healthy.

And finally I spook about dance as a therapeutic tool.

At the beginning of this year I'll like to give a word of hope.

Hope is the believe that something good is going to happen to us. To hope is healthy and is something that you can chose to have.

Somebody says that in life everything is a question of attitude. And it's truth.

You can choose it every day; are going to be in a good mood or are you going to be in a bad mood? You can choose to be in a good one!

You can choose to learn something from a bad situation instead of being a victim!

You can choose to see the positive side of life instead of accepting someone's complaining.

You can choose to be proactive and act well, when people try to affect you, instead of reacting with a bad attitude.

Don't give up of your aspirations and dreams. Hang on to hope! Your brain is going to thank you and function much better than if you decide to be angry or worried.

Remember that we reap what we sow. And this is truth for good things also!

But don't decide to live like that just on New Year's Day.

Make a decision and a commitment for life! Make it every day!

Decide to be hopeful!

Happy New Year for all my readers!!

God bless you all with a lot of HOPE!

By: Ângela Rodrigues

Counsellor

From APPCP (Portuguese Association of Person-Centered Psychotherapy and Counselling) association that is a "Full Member" of European Association for Counselling

Master in Helping Relationship and Therapeutic Intervention.

From UAL (Universidade Autónoma de Lisboa), the oldest Private University of Portugal

Salsa Dance Teacher

From EDSAE



Contact: **78073834** or **rodriangie2@gmail.com**



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HEALTH

I beat type 2 diabetes with 200-calorie drinks' By James Gallagher



and science correspondent, BBC News Nearly half of patients have reversed type 2 diabetes in a "watershed" trial, say doctors in Newcastle and Glasgow. People spent up to five months on a low-calorie diet of soups and shakes to trigger massive weight loss. Isobel Murray, 65, who had weighed 15 stone, lost over four stone (25kg) and no longer needs diabetes pills. She says: "I've got my life back." The charity Diabetes UK says the trial is a landmark and has the potential to help millions of

patients. Isobel, from Largs in North Ayrshire, was one of 298 people on the trial. Her blood sugar levels were too high, and every time she went to the doctors they increased her medication. So, she went on to the all-liquid diet for 17 weeks - giving up cooking and shopping. She even ate apart from her husband, Jim. Instead, she had four liquid meals a day. It is hardly Masterchef - a sachet of powder is stirred in water to make a soup or shake. They contain about 200 calories, but also the right balance of nutrients. Isobel told the BBC it was relatively easy as "you don't have to think about what you eat". Once the weight has been lost, dieticians then help patients introduce healthy, solid meals. Eating normal food is the hardest bit," says Isobel. The trial results, simultaneously published in the Lancet medical journal and presented at the International Diabetes Federation, showed: 46% of patients who started the trial were in remission a year later 86% who lost 15kg (2st 5lb) or more put their type 2 diabetes into remission Only 4% went into remission with the best treatments currently used Prof Roy Taylor, from Newcastle University, told the BBC: "It's a real watershed moment. "Before we started this line of work, doctors and specialists regarded type 2 as irreversible. "But if we grasp the nettle and get people out of their dangerous state, they can get remission of diabetes." However, doctors are not calling this a cure. If the weight goes back on, then the diabetes will return. "I will never go there again," says Isobel. So far, she has kept the weight off for two years. Why does losing weight work? Body fat building up around the pancreas causes stress to the beta cells in the organ that controls blood sugar levels. They stop producing enough of the hormone insulin, and that causes blood sugar levels to rise out of control. Dieting loses the fat, and then the pancreas works properly again. The trial looked at only patients diagnosed in the past six years. It is thought having type 2 diabetes for very long periods of time may cause irreversible damage. Prof Mike Lean, from Glasgow University, told the BBC: "It's hugely exciting." "We now have clear evidence that weight loss of 10-15kg is enough to turn this disease around. One in 11 adults worldwide has diabetes, and most of them have type 2. Uncontrolled sugar levels cause damage throughout the body, leading to organ failure, blindness and limb amputations. Treating the disease costs the UK's NHS about £10bn a year. Dr Elizabeth Robertson, the director of research at Diabetes UK, said: "[The trial has] the potential to transform the lives of millions of people. "The trial is ongoing, so that we can understand the long-term effects of an approach like this." Isobel said: "I don't look at myself as a diabetic at all.. You have to be fired up, you have to be prepared, but anybody can do it if you feel strongly enough." *BBC*

CROSSWORD

Across: 1. Sally 2. Gunwale 8. Athlete 9. Nevis 10. Tired 11. Euterpe 13. Eels 15. Nobody 17. Erased 20. Ease 22. Unready 24. Sorry 26. Irish 27. Allegri 28. Strange 29. Ellie **Down:** 1. Spartan 2. Lehar 3. Yielded 4. Gretel 5. Nonet 6. Adverts 7. Ensur 12. Uses 14. Eyed 16. Barrier 18. Resolve 19. Daytime 21. Aye-aye 22. Units 23. Ashen 25. Regal

SUDOKU

3	6	2	1	8	7	9	5	4
8	9	1	3	4	5	2	6	7
5	4	7	9	2	6	8	3	1
4	5	9	8	1	2	6	7	3
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1	7	6	5	3	9	4	8	2
7	3	4	2	5	8	1	9	6
9	1	8	4	6	3	7	2	5
6	2	5	7	9	1	3	4	8

KAKURO

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2	1	6	9	2	5	8	1	7	
6	3	9	5	7	8	8	7	3	9
4	2	1	8	3	9	8			

The Da Vinci Book Quizzes:
A.
His Mother

The Rock Pop Trivia Book Quiz:

35. 'Lover, You Should've Come Over' (Jeff Buckley, from Grace, 1994)
36. 'Love And Affection' (Joan Armatrading, from Joan Armatrading, 1976)
37. '(Take A Little) Piece Of My Heart' (Erma Franklin, 1967)
38. 'Constant Craving' (k d lang, from Ingenue, 1992)
39. 'Dry Your Eyes' (The Streets, from A Grand Don't Come For Free, 2004)
40. 'Paranoid Android' (Radiohead, from OK Computer, 1997)

CODE CRACKERS

H	E	L	P	I	N	G	B	A	L	L	A	D
I	E	N	R	O	A	M						
D	W	A	R	F	A	G	O	P	O	A	C	H
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SUPER SUDOKU

9	1	4	8	7	3	6	2	5
7	3	2	4	6	5	9	1	8
8	5	6	1	2	9	3	7	4
1	2	9	7	5	6	8	4	3
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6	4	7	5	8	1	2	3	9
3	8	1	2	9	4	7	5	6
2	9	5	6	3	7	4	8	1

POCKET PUZZLER

Mystery Word: Comfort