

Did you know World Liver Day was on the 19th of April?

THE Ethnic Communities Council of Queensland wants to join you in celebrating your liver health.

Because our liver is such an important organ, the World Health Organisation created a day to raise awareness about liver health on the 19th of April every year.

It is recommended that we maintain a healthy weight, get regular exercise, and have regular check-ups with our doctor.

How can we best look after our livers?

- It is recommended that we maintain a healthy weight.
- Eat plenty of vegetables of various colours and types.
- Eat wholegrain or high fibre foods including rice, breads pasta and cereals.
- Eat lean protein including meats, fish, poultry, eggs, tofu, legumes, nuts etc.
- Eat dairy/non-dairy



alternatives such as milk, yoghurt – choosing low fat options is best.

- Drink plenty of water.

What should we avoid or reduce to protect our livers?

- Limit fatty and fried

foods

- Avoid added salt and sugar in our diets.
- Limit processed and fast foods.
- Limit or avoid alcohol.
- Stop smoking.

What else can affect our

liver health?

- Diseases that affect the liver- these include hepatitis B and hepatitis C, haemochromatosis, fatty liver disease, liver cancer, some medications, and supplements including

traditional and herbal.

What should we do if you are concerned about our liver health?

- See our doctor and get tests to check our liver health. These might include:
 - o Liver function tests.
 - o Check for hepatitis B and hepatitis C – this will need a separate blood test.
 - o Tell our doctor if we have a family member who has had or has a liver disease.
 - o Tel our doctor about any medications we take including herbal, over

the counter supplements or traditional medicines.

For more information about hepatitis B, hepatitis C, please visit our webpage: www.eccq.com.au/bbv or contact us at health@eccq.com.au.

Phone: 07-3844 9166

If you live in Cairns, you can also contact:

Rhondda Lewis
Viral Hepatitis Health Coordinator

Phone: 07-4226 4769

Email: Rhondda.Lewis@health.qld.gov.au



Hepatitis, HIV/AIDS and Sexual Health Program Ethnic Communities Council of Queensland (ECCQ)

Moistening Your Lips

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Hey Girls,

Mostly this time of the year everybody complaining about chapped or dry lips. Some of the main causes are vitamin deficiency, allergic reaction, dehydration, smoking, excessive licking of lips, sun exposure and harsh weather.

Chapped or dry lips are a common problem that can be painful and unattractive. Common symptoms are dryness, redness, cracking, flaking, and tender or sore lips.

THERE ARE MANY COMMERCIAL PRODUCTS

Available to treat chapped lips. But you can save money and easily get relief with some easy-to-follow home remedies.

CASTOR OIL:



Castor oil is another good treatment for dry and chapped lips. Simply apply castor oil to your lips several times a day. You can also make a soothing treatment using one teaspoon of castor oil, one teaspoon of glycerine and a few drops of fresh lemon

juice. Mix it well and apply it on your lips before going to bed. In the morning, wash it off with a cotton ball dipped in lukewarm water. Repeat this daily until your lips are healed.

MILK CREAM:



The high fat content of milk cream makes it a great natural lip moisturizer. Apply fresh milk cream on your lips and leave it on for 10 minutes. Then gently wash your lips with a cotton ball dipped in lukewarm water. Do this daily to help your lips heal faster.

ROSE PETALS:



The rose plant in your garden can also come to your rescue when suffering from chapped lips. This remedy will help your lips stay moisturized while also enhancing their beautiful color chapped lips home remedy using rose. Wash a handful of rose petals thoroughly in water. Soak



the petals in milk for a few hours. (If you have issues with dairy products, you can soak them in glycerin instead.) Mash the rose petals into a thick paste. Apply the paste on your dry lips two to three times a day and every night before going to bed.

COCONUT OIL:



Coconut oil is a natural

moisturizer that can help heal chapped lips caused by cold or dry weather. Simply apply pure coconut oil several times a day on your lips to keep them moist. You can also use olive oil.

SUGAR:



Exfoliating dead cells off your chapped lips will

help restore their natural softness faster.

chapped lips home remedy. Mix two teaspoons of sugar with one teaspoon of honey. Apply the paste to your lips and let it sit for a few minutes. Then use your fingers to gently rub the mixture around on your lips to loosen the dead skin cells. Wash it off with lukewarm water.

HONEY:

Honey is a great moisturizer that also has healing and antibacterial properties to treat chapped lips.

Simply apply pure organic honey on your



chapped lips several times a day.

You can also make a paste of honey and glycerine and apply it before going to bed to enjoy softer lips in the morning.

This will bring smile to your face and pocket. See you next month.