

Greetings from the CFS team midway through 2022

For those of you who conscientiously read this newsletter, thanks Sam, Tim, Jane and Mike, I can confirm that my wife Donna and I did indeed make it back into NZ on 1 March, from our 2021 Xmas holiday to see our daughters in Australia. I can happily report that the 10 week holiday was wonderful and we did mix with the many interesting and exotic locals; eastern grey kangaroos, koalas, red belly black snakes and leeches to name a few. Fortunately we were only bitten by the leeches and while it was concerning to see a steady stream of blood flowing from our feet, there was no associated itchiness nor buzzing, so a lot less irritating than mozzies.

Still enough about my holidays, in this newsletter we wish to remind you that even in these times of never-ending stories about the end of the world, we need to retain our sense of perspective. Believe it or not in 150 years we'll all be dead! But should we panic? Not at all, there'll be at least 8 billion new people!

Enjoy this newsletter and if you wish to discuss the appropriateness of your life, income protection, trauma or health insurance or discuss your investment plan, please call us and make a time with Yupar, Nicholas, Joy or myself to have a chat.



Benefits of fasting, who knew!

An article from the New England Journal of Medicine 27 February 2020:



Although intermittent fasting often results in reduced calorie consumption, weight loss is not the main driver of the health benefits observed in preclinical and clinical studies, according to the authors. Rather, the key mechanism is metabolic switching, in which fasting triggers the body to switch its source of energy from glucose stored in the liver to ketones, which are stored in fat.

"Ketone bodies are not just fuel used during periods of fasting," the authors wrote. "They are potent signalling molecules with major effects on cell and organ functions."

Ketogenesis, or the increase of ketones in the bloodstream, initiates activity in a variety of cellular signalling pathways known to influence health and aging. This activity enhances the body's defences against oxidative and metabolic stress and initiates the removal or repair of damaged molecules. The impact of ketogenesis carries over into the non-

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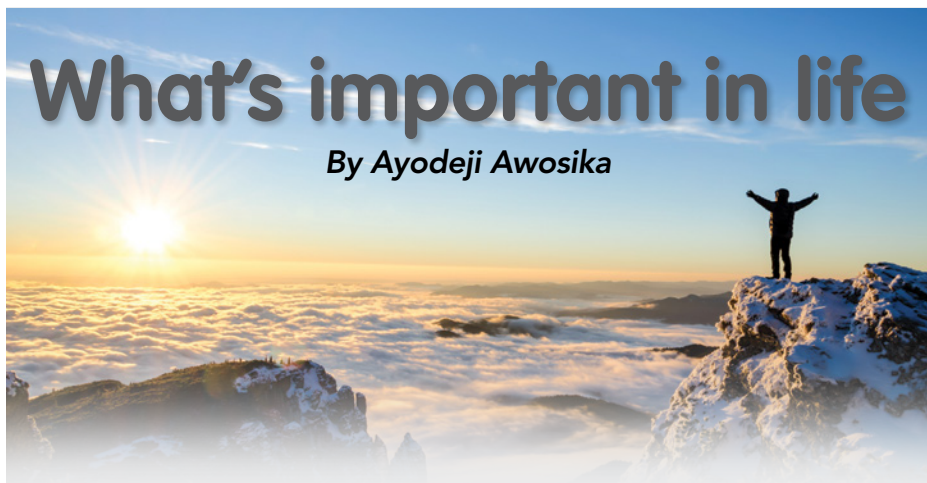
Benefits of fasting, who knew! continued ...

fasting period and can improve glucose regulation, increase stress resistance and suppress inflammation.

"Repeated exposure to fasting periods results in lasting adaptive responses that confer resistance to subsequent challenges," the authors explain. The "broad-spectrum benefits" include not only disease resistance but also improved mental and physical performance.

The authors acknowledge impediments to widespread adoption of intermittent fasting: the ingrained practice in developed nations of three meals a day plus snacks (along with the ready availability and marketing of food), the discipline required to shift to a new eating pattern and the lack of physician training on intermittent fasting interventions.

As a convert to intermittent fasting, finishing dinner at 7pm and not eating again till 12 or 1pm the following day, as well as undergoing one 45 hour fast, I can attest to the benefits and relative ease of intermittent fasting. If any reader wishes to discuss the problems and remedies of adopting a fasting practice please feel free to call or email Adam.



What's important in life

By Ayodeji Awosika

The Triviality Trap

'We're all going to die, all of us, what a circus! That alone should make us love each other but it doesn't. We are terrorised and flattened by trivialities, we are eaten up by nothing.' - Charles Bukowski

Big challenges don't trip us up. Little petty annoyances cumulatively throw our lives off-balance. Office politics at work, your commute, errands, meaningless news, gossip, tiny bouts of envy, social media, so it goes. Think of how much time you spend on meaningful activities vs. the amount of time you spent letting life's trivialities swallow you whole.

Don't Be Insane

"Madness is rare in individuals, but in groups, states, and societies, it's the norm." - Friedrich Neitzche

Human beings are tribal animals. We've evolved group cohesion strategies to survive. Social media companies, the news, and the shrewd culture war generals know this and use it to cause groupthink on steroids.

Mark Twain was also onto this:

'Whenever you find yourself on the side of the majority, it is time to pause and reflect.' - Mark Twain

Do you think for yourself or have you been indoctrinated to think a certain way?

Thinking for yourself is difficult and uncomfortable because you subject yourself to alienation. But which would you rather be? Alone and free? Or singing kumbaya with the fellow members of your ideological cult?

Run Your Own Race

'If you judge a fish by its ability to climb a tree, it will think it's stupid.' - Albert Einstein

You have a skill, a talent, a perfectly suited spot for you in this universe. Finding it and doubling down on it for the rest of your life is pretty much the only success tip you need.

Political quotes

"A politician needs the ability to foretell what is going to happen tomorrow, next week, next month, and next year. And to have the ability afterwards to explain why it didn't happen."

Winston Churchill

"A government which robs Peter to pay Paul can always depend on the support of Paul."

George Bernard Shaw

"The best argument against democracy is a five-minute conversation with the average voter."

Winston Churchill

"Politics is the art of looking for trouble, finding it everywhere, diagnosing it incorrectly, and applying the wrong remedies."

Groucho Marx

"Everyone is in favour of free speech. Hardly a day passes without its being extolled, but some people's idea of it is that they are free to say what they like, but if anyone else says anything back, that is an outrage."

Winston Churchill

"Suppose you were an idiot. And suppose you were a member of parliament.

But I repeat myself."

Mark Twain, (paraphrased for New Zealanders)

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PO Box 12004 1 Olive Road Penrose. P 09 525 7022 E admin@cfsfinancial.co.nz www.cfsfinancial.co.nz

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