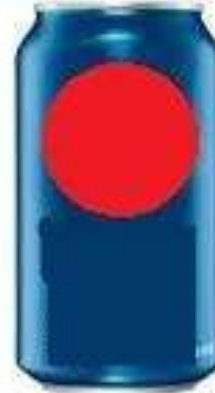




A Story About Strong Bones

For Dialysis Patients



There was a young woman from community who had a young son. She would eat pies and chips and drink coke.



One day her kidneys got sick and she had to start on the machine.



When she first started on the machine she was very scared and worried because the people around her kept telling her she could no longer eat some foods.



She had a yarn with her cousin sister, Mary, who had been on dialysis for many years to find out the real story.



Mary said, 'There is a part of food called 'phosphate'. Phosphate in the blood is like termites eating through wood - phosphate makes the bones weak by eating them. '

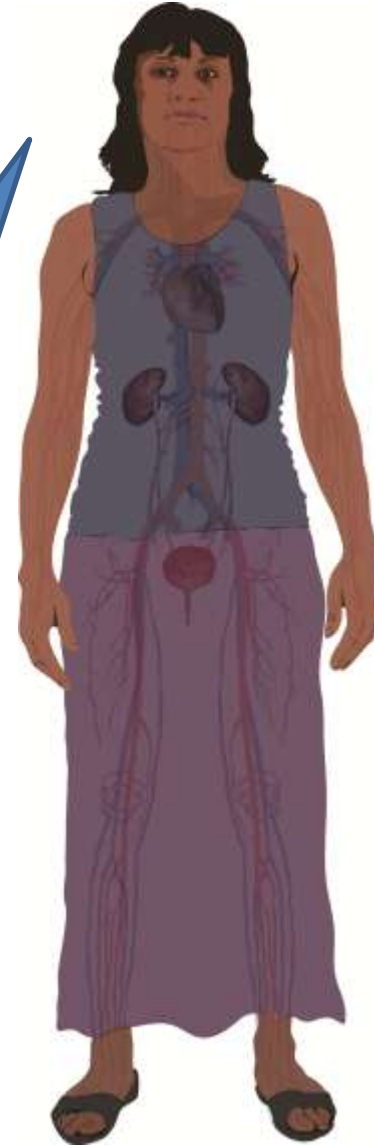
PHOSPHATE



PHOSPHATE

When the kidneys are not working well big mobs of phosphate can build up in the blood and make the bones weak.

"But how does the phosphate get into my blood?"

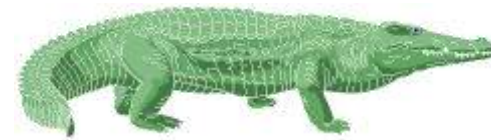




Mary told her it comes from some foods like coke, pies, sausage rolls, Maggi noodles, corned beef, ham, beer, vegemite, peanut butter and yellow cheese.



"I will have diet coke instead!" she said
"It doesn't matter," said Mary "diet coke is still going to go into your blood and make your bones weak".



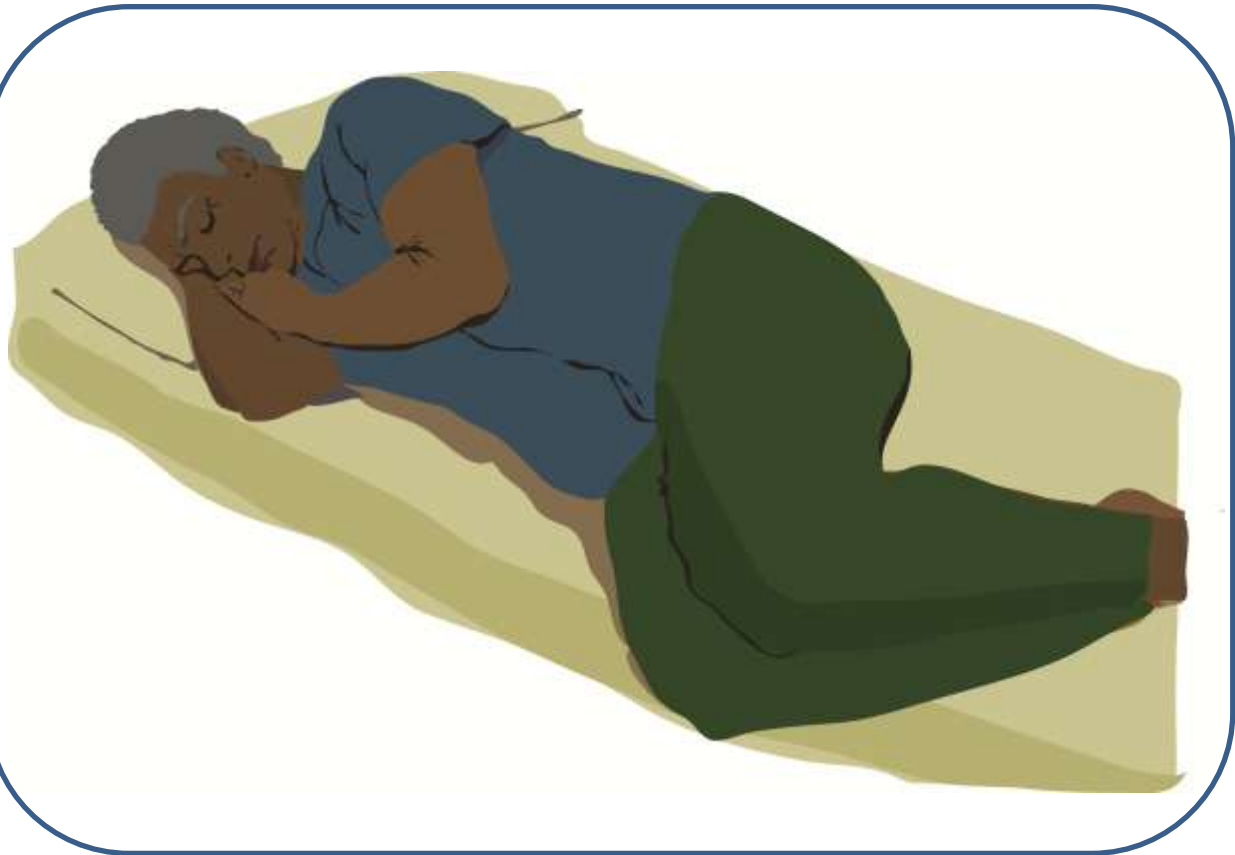
"You should catch bush foods like goanna, barramundi, turtle. You should eat eggs, chicken, fish, beef and beans. This will make your blood strong."



“You should drink water, tea or diet lemonade instead. These foods will keep your bones strong.”



“Also take your tablets when you eat your meals. The tablets keep the phosphate from your bones.”



“Look at this old man here he ate pies and drank coke and now his bones are weak and broken”



When the woman went home, she looked at her son and remembered that it was important to take care of herself. So she cooked herself some good tucker.



She decided to eat more of the foods that are good for her blood. She would cook and eat fresh chicken, eggs, beans, fish and beef.



When she was thirsty, she would drink water, tea or diet lemonade. She also took her tablets before she ate to get rid of the phosphate.



On the weekends, she and a few of her friends would go out to the bush to collect some bush tucker or go fishing to get good tucker.



Because her blood was strong she could see her son grow up and watch him play football even though she stayed on the machine.



THIS CONCRETE JUNGLE

I hate this jungle of concrete and steel no contact with the land under my feet there are
no signs of wildlife living here there is always strife

got to get away from here

back to country where I feel safe
draw on the dream-time get advice
unite with country food that's nice
plenty of bush tucker there to eat
rivers to bathe in combat the heat

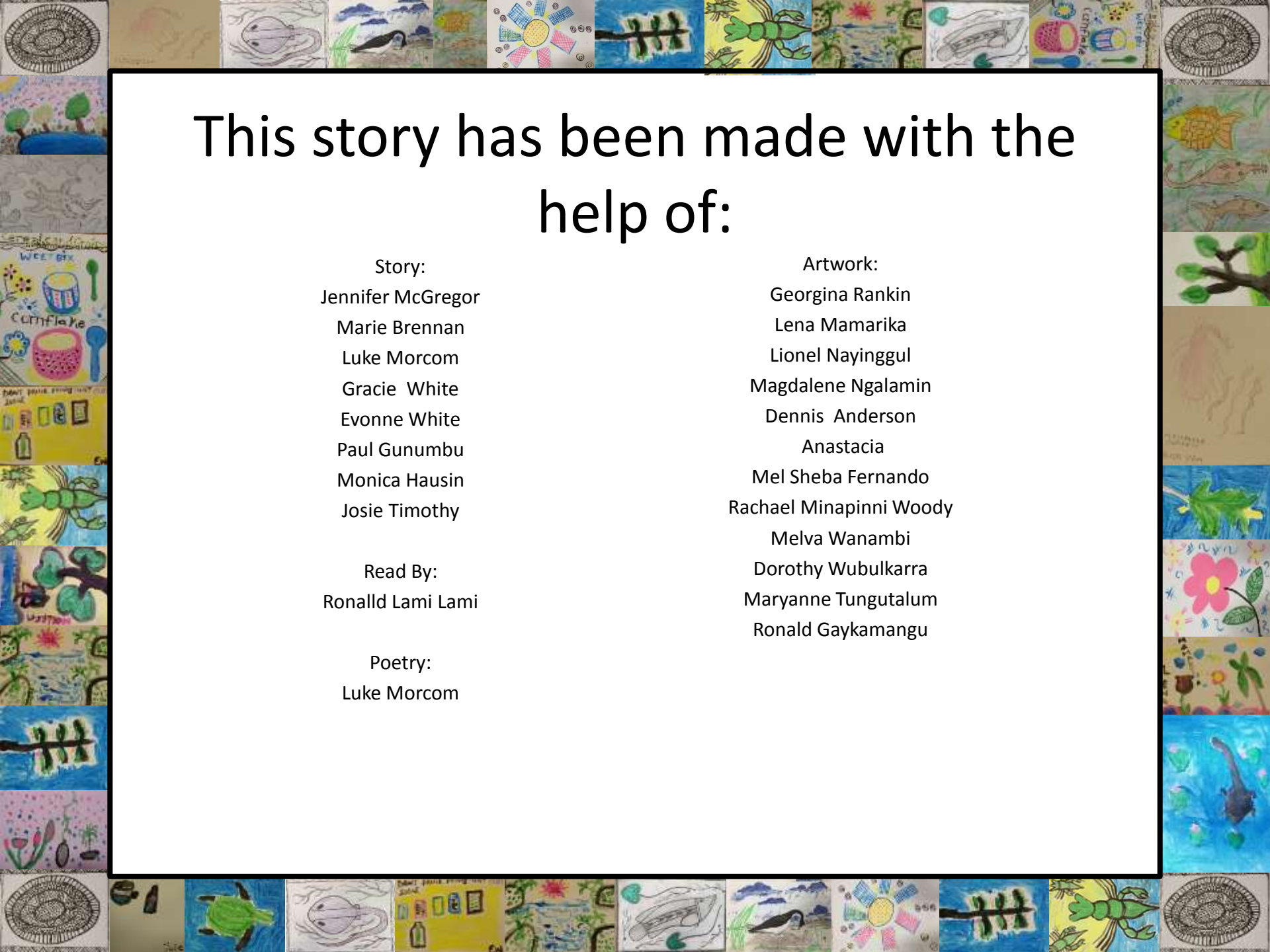
away from this concrete jungle may I abide where I can live again with great pride

plenty of bandicoot, possum and kangaroo clean fresh running water no more booze fish,
bush banana wild plums healthy foods back on my country not seen as a fool

an active lifestyle with all my kin

families together all happy again around the campfire stories to tell out of this concrete
jungle known as hell out of this jungle of concrete and steel my spirit rejoicing land under
my feet feasting on turkey wild ducks and geese at long last I have eternal peace

luke s morcom 13-2-2015 (c)



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