

Hypo Health News—
Supplementary Edition—January
2008

Happy New Year 2008 everyone!

Last year it was decided to send a supplementary newsletter in January and because of the positive response we are doing the same this year.

We are also taking this opportunity to remind all members that **subscriptions are due**. Could you please check the membership **expiry date** on your envelope. Many members have elected to pay for two years and get the third year free which is an excellent option. It is important to point out that we do charge a joining fee for those who forget and decide to rejoin at a later date.

The meeting in December was fantastic and, as Dr Samra pointed out it was very encouraging to see so many young faces. Please try to encourage your children and grand children to come along as they are likely to inherit hypoglycemia.

If you rejoin now you will receive the next newsletter where you can find out about our next very exciting speaker. At the moment the committee has a short list of three whom it would like to have as speakers. Whichever the committee chooses, we are sure you will have an interesting afternoon when you come along on 5 April 2008.

It is also interesting to note that Dr Samra has agreed to give a series of talks at the beginning of every meeting on all the various aspects of dealing with Hypoglycemia day to day.

Sue Litchfield

....and here are a few recipes¹ to inspire you.

AVOCADO, APPLE and LETTUCE SALAD

- 1 small head lettuce
- 2 large red apples, cored, unpeeled, sliced in extra-thin wedges
- 1 large ripe avocado, peeled and sliced
- 2 large sticks celery sliced thinly
- ½ cup pecan nuts
- 1 tab fresh chives, chopped
- 2 tab orange juice
- 2 tab lemon juice
- ½ cup natural sheep or goat milk yoghurt

Separate lettuce leaves. Wash and dry and place in salad bowl. Arrange apple, avocado, celery and nuts on leaves.

Make a dressing by blending the juice with the yogurt. Drizzle the dressing over the salad and garnish with the chopped chives.

BARBEQUE FISH

- 4 fillets fish e.g. ling or gemfish
- 1 stalk lemon grass
- 6 Kaffir lime leaves
- 2 tabs soy sauce
- 1 tab rice syrup
- 2 cloves crushed garlic
- 2 tab finely chopped ginger
- 1 long chilli finely chopped (optional)
- grated rind and juice of 1 lemon
- 2 tab fresh chopped coriander
- 2 tab oil

Place fish in a baking dish. Combine the remaining ingredients and pour over the fish. Cover and marinate for about 1 hour. Heat grill, barbeque or pan and grease with the oil. Cook for the fish about 6 mins on each side or until cooked and tender.

CARROT SALAD (Very simple and nice with ham)

- 2 large carrots, grated
- ½ cup currants
- ½ cup roasted almond slivers. Cashew or macadamia nuts maybe used
- grated rind and juice and 1 orange

Soak currants in the juice for about 1 hour. Add rest of ingredients and serve.

UNUSUAL RICE PUDDING

3 cups milk of choice
2/3 cup Arborio rice
4 eggs
1/2 rice syrup
30 g toasted pine nuts
30 g pistachio nuts
30 g chopped macadamia nuts
30 g sultanas
1 teas vanilla
2 tabs softened butter or margarine of choice
grated rind of 1 lemon

Preheat oven to 170C.

Heat the milk in a saucepan till nearly boiling. Add the rice, reduce heat to a simmer, cover and cook stirring occasionally, for about 30 mins until the rice is soft and creamy. Remove saucepan from heat.

In a mixing bowl beat the eggs with rice syrup. If mixture is not sweet enough add 1/4 teasp Stevia. Add pine nuts, macadamia nuts, pistachio nuts and sultanas. Add vanilla, lemon rind and softened butter.

Place cake in a floured and greased 25 cm cake tin. Bake in oven for 50-60 minutes or until the cake is set. Cool a little before turning out of tin.

This will keep well in refrigerator for up to a week if well sealed.

SWEETENERS by Sue Litchfield

Because one has Hypoglycemia or sugar intolerance it does not mean one has to feel deprived, as today there are many sweeteners on the market. There are natural organic plus a number of "synthetic" ones of which some are suitable and others are not. I tend to avoid them where possible and try to use the natural alternatives. Below are some of my favourite sweeteners

Agave

Agave is a type of cactus of which there are many varieties. This plant originated in Mexico and was introduced to Europe during the 1900's. This plant is very interesting as it has many uses. The points are very sharp and can be used as needles. Tequila and a type of hemp fibre are also extracted from this plant.

The nectar is extracted and can be used as a sweetener for allsorts of cooking. However I have found that it is not suitable to use in biscuits. This syrup is very similar to pear concentrate in its use. For more information visit the web page: <http://www.sweetcactusfarms.com/products>.

Rice Syrup

This would have to be one of the best. I have used it in both of my cook books and also in many of the recipes that have been published in The Hypoglycemic Health Assc. of Australia's newsletter.

Brown rice syrup is considered to be one of the healthiest sweeteners in the natural food industry since it is produced from a whole food source and is made up of simple sugars. It is made by combining barley malt and brown rice and cooking the mixture until all the starch is converted to sugar. The mash is then strained and cooked down to a syrup that is only 20 percent as sweet as cane sugar.

http://www.lundberg.com/info/faq_syrup.shtml

Apple and Pear Concentrate

Both of these are great to use to sweeten drinks, some sweets and cakes but is not really suitable for biscuits. I prefer to use pear concentrate as it is less acidic than apple and much softer to the palate

Stevia

Stevia a plant native to Paraguay and has been used as a sweetener and flavour enhancer for centuries. Stevia plant can be grown in Australia and is available on order from plant nurseries. Stevia is also available in leaf form, as a liquid and in powder form which is what I use. I first discovered Stevia a few years ago and now use it almost as much as rice syrup. In fact I sometimes use both. It also is great to use for sweetening drinks, both hot and cold. Because it is so concentrated it is very economical to use.

For comprehensive information as well as recipes please visit the following web site.

<http://www.stevia.net/>

<http://www.stevia.net/recipes.htm>

Xylitol - also called wood or birch sugar. It can also be extracted from birch, raspberries, plums and corn. It is primarily produced in China. I have not used this very much, but the few times I have used it I have been quite impressed. For more information visit the website:

<http://en.wikipedia.org/wiki/Xylitol>

<http://www.xylitol.com.au/>

HYPOGLYCEMIC TWO DAY SAMPLE MENU

Provided by Nicole Samra

DAY ONE

Breakfast

Banana Smoothie.

Combine with a blender or hand mixer 250mL milk, two eggs, 2 teaspoons Stevia and a medium-sized banana.

Morning Tea

Rice crackers and 100g can of tinned fish (without added sugar, e.g. John West Light Tuna Tempter in Springwater with Lemon).

Lunch

Bread roll with salad, cheese and ham.
Piece of fruit.

Afternoon Tea

Hummos dip with vegie sticks and a boiled egg.

Note: most brands of Hummos dip do not contain added sugar, but it is still recommended to check the label. Alternatively, it is easy and inexpensive to make this dip at home with fresh ingredients.

Dinner

Chorizo sausages with Spanish rice.

The optimal way to cook sausages is on a grill that drains the fat. In a non-stick pan combine 1 cup of quick-cooking brown rice, a 420g can of chopped tomatoes, 1 cup of frozen peas and corn. Cover with lid and bring to the boil, then simmer until rice is cooked. Add vegetable stock as required. When cooked, stir through 3 tablespoons of pine nuts, ¼ cup of parmesan cheese and cajun pepper to taste. Serves two.

DAY TWO

Breakfast

Open toasted sandwiches.

Toast two slices of bread, then place on a piece of foil. Divide a 100g can of salmon between the two slices of bread, and top with sliced tomato and Spanish onion, and grated cheese. Grill until cheese melts.

Morning Tea

200g tub of flavoured yoghurt (without added sugar, e.g. Nestle Diet yoghurt)

Lunch

Greek salad with boiled eggs.

Piece of fruit.

Combine chopped lettuce, capsicum, onion, tomato, cucumber, olives and fetta cheese in a bowl. Add sliced eggs and season with oregano, salt, pepper, vinegar and oil.

Afternoon Tea

Ricotta cheese with vegie sticks

Dinner

Chicken and cashew stir fry with noodles.

Piece of fruit.

Heat oil, onion and garlic in a pan or wok. Add 300g chicken strips and stir fry until cooked. Add 300g of your choice of fresh or frozen vegetables. Prepare noodles according to package instructions and add to pan. Stir through 3 tablespoons of soy sauce. Top with cashews and chilli flakes (optional). Serves two.

DIET AND DELINQUENCY

Whether you like it or not, it is a fact that whatever your family eats and drinks plus any pills they pop has a marked influence on depression, memory and criminal tendencies. A book published as long ago as 1981 called 'Diet, Crime and Delinquency' by an American criminologist Alexander Schauss covered this subject very well.

Alexander worked with the rehabilitation of criminals and delinquents and proved 24 years ago, with extensive experiments, that diet and behaviour patterns are very closely related. There have, of course, been changes in the interim; **the situation has managed to get a whole lot worse**, with the advent of more and more chemicals, GE foods and irradiation.

Alexander proved that ordinary everyday nutrition less chemically laden foods do affect our brains, just like drugs or alcohol, unleashing anti-social behaviour.

The brain is incredibly chemically sensitive and requires proper feeding for correct functioning. Affected by toxicity and starved of much needed nutrients that it needs, the brain can go right off the track.

Vitamin and mineral deficiencies, natural sugar starvation, allergies to certain foods and their additives can easily convert an ordinary normal brain into a hyperactive and 'out of balance' mind. It can cause major mood swings and memory loss.

Alexander's experiments with delinquents showed clearly a remarkable record of rehabilitation when given a superior diet. The authorities concerned in the tests cut out all de-natured foods in particular soft drinks, cola, sugar, white flour, lollies, and doughnuts etc, coffee, cured meats and related products. They added fresh, mostly raw, pure foods and juices and the results were startling. Inmates showed great improvement within two weeks, no longer hyper, belligerent or irritable.

They spoke more slowly, slept better, required less attention and related to their fellow inmates in a far less aggressive manner. Quite a few had withdrawal symptoms, head-

aches, vomiting etc. which is not surprising! Obviously the above applies to adults and children of all ages. Tests show a remarkable increase in intelligence when fed a superior diet. *I think it's surprising that a baby's first words are 'mummy' or 'daddy' when they should be saying, "Why do you keep feeding me all this junk?"*

Why not cut out the harmful foods and drinks from your child's diet and experience the different, improved behavior? After all, if you think about it, you are not only slowly killing your own child but also giving yourself major headaches when they grow older. Try saying no it's a wonderfully effective two-letter word! It can be done – do it, it feels good.

(copied from MY-OZ-HEALTH Newsletter by Michael Cambray, N.D.)

IMPORTANT

2008 MEETING DATES—5 April, 2 August, 6 December

Every year Easter falls on a different day, so please confirm the date of the first meeting when you receive the first newsletter of the year .

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