



Hypoglycemic Health Association of Australia

working to prevent diabetes

HYPONEWS

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*The Newsletter of the Hypoglycemic Health Association of Australia is distributed to members of the association and to health professionals with an interest in **nutritional medicine and clinical ecology**. Past newsletters are also available on the website.*

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Our next Public Meeting and AGM will be at

2pm on Saturday 1 December 2012

at Kogarah Library

O'Keefes Lane, Kogarah

Our guest speaker will be **Dr George Samra:**

“How ‘Leaky gut’ can cause multiple food allergies and its treatment”

*Can you please **RSVP to Kerrie or Linda on 9553 0084** to assist with the organisation of the catering. If anybody could assist with afternoon tea in any way, please advise at the time of your RSVP as Sue Litchfield is unable to assist on the day.*

PATRONS

- Dr George Samra
- Steve McNaughton BE (NSW)

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- Dr George Samra

SECRETARY

- John P Natoli

TREASURER

- Sue Litchfield

AUDITOR

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- Amitee Goulton

PUBLICITY

- vacant

NEWSLETTER EDITOR

- Susan Ridge

Don't forget to put the next meeting of the year in your diary: Saturday, 1 December 2012 – speaker and topic to be announced in the next newsletter.

DISCLAIMER: The articles in this newsletter are not intended to replace a one-to-one relationship with a qualified health professional and they are not intended as medical advice. They are intended as a sharing of knowledge and information from research and experience in the scientific literature. The Association encourages you to make your own health care decisions based upon research and in partnership.

Dr George Samra

Dr George Samra is a medical graduate of Sydney University. He holds a fellowship with the Australasian College of Nutritional and Environmental Medicine (ACNEM) and is well known to doctors in the field of nutritional medicine. He has special interests in all aspects of allergies, hormonal medicine, nutrition and environmental medicine. He is President of the Hypoglycemic Health Association of Australia and has been a regular on talk back radio. He is also a senior lecturer for ACNEM. Dr Samra has successfully treated thousands of patients with his sensible and simple approach to diet.”

Treasurers Report

By Sue Litchfield

Sadly this is my last letter to you all as Treasurer. As you know, I suffered a hiccup with my health when overseas, and on doctor's orders, I have been forced to resign. I have been Treasurer now for over 12 years, and have enjoyed every minute of those years, making many a friend along the way. Crystal Andronico has very kindly volunteered to take over from me and I wish her all the best - I know she will get the support of all of you fellow members.

Jur Plesman, our retired editor, has also not had the best of health this year. Speaking on behalf of the members, I wish him well.

Just a reminder that memberships are due for renewal in February. It is always appreciated if you pay on time or even earlier as it does make life a lot easier. Please take note of when your membership is due - the due date is on your mailing label.

This year has been a very productive year for us. The new web page has been a big challenge to Amitee Goulton and Alex Rush - it looks great and many thanks to all concerned. The brochures we had printed were a huge success and disappeared very quickly. I hope we can afford to get some more printed in the New year. The note pads have also been successful especially in chemists and health food shops. I would like to thank Luch Ticchio at Catapult Graphics for all his help with not only the brochures, but also with our logo and web page - he has done a fantastic job.

Also, you may notice we have a change of venue for our next meeting. There has been a lot of feedback about the parking at the previous venue and it also cost us \$170.00 per meeting. For the past few years we have received nowhere near that amount in donations. The only drawback is there are no facilities for tea and coffee making, which is a small price to pay when we are getting the venue for nothing. May I suggest that you take a bottle of water and something to eat.

Crystal is organising a pre-meeting at 1pm at Gloria Jeans for those would like a little social get together before the meeting. The address for the cafe is 53 Railway Pde, Kogarah.

Although I am retiring, I will still be in touch and attending as many meetings as I can get to Sydney for. Unfortunately, I will not be at the December meeting as I have a grandchild leaving school who has asked me to attend a couple of school functions. Wishing you all a very Merry Christmas and a happy and healthy New Year.

Did You Know...

...that various hormones may impact on Hypoglycemic Disease and exacerbate the suffering of patients. For instance, when **thyroid hormone is low**, it causes severe fatigue and may intensify the fatigue suffered by hypoglycemic patients. **Excessive adrenal hormones** can also impact on the condition as well as **sex hormones**.

These are discussed in chapter 16 of Dr Samra's book: *"Eat Your Way Out of Depression and Fatigue – The Hypoglycemic Connection II"*. **If you haven't already received a copy, you can obtain one by phoning Dr Samra's rooms on 02 9553 0084.** This book is very thorough and discusses all aspects and symptoms of hypoglycemia. For instance, if you are going into hospital

for an operation, there is a letter that you can present on page 150 of the book to ensure your dietary needs are met and that correct drips are used for you.

If you think you may have a problem with food allergies, Dr Samra has also written another book called: "*The Allergy Connection*", *Featuring the Food and Disease Paradigm, Eat Right*". This book is also available from his rooms on the above phone number.

Special Member Discounts

Members can obtain discounts on the following grocery items as follows:

- **Stevia** - Members can receive a 15% discount for Stevia, Xylitol and other products on all orders over \$50.00. The discount applies over and above all discounts advertised on the following web page:

<http://www.naturallysweet.com.au/our-products/xylitol/>

At the checkout, make sure the discount code below is added:

Discount Code HC15D

- **Pure Harvest Products** - Members receive 5% discount on all wholesale prices via the following website:

<http://gungurru.com.au/>

You will need to set up an individual account and use the login password "Hypo".

Effects of Exercise and Diet on the Management of Hypoglycemia – a Patient's Perspective

by Graham Reilly (extract from his talk given at the August Hypoglycemic meeting)

Introduction

The subject today is "*The effects of exercise and diet on the management of hypoglycemia – a patient's perspective*". Exercise and diet – I'll discuss the two separately, but I strongly believe that they go hand in hand. You can't do one properly without the other.

Disclaimers: This is not a celebrity challenge!!! I am not an expert in the field of diet as it relates to hypoglycemia, nor am I a professional coach or an elite athlete. What I am, is someone who has realised that I have a potential time bomb, and have taken steps to stop or delay it. Nothing more. Along the way, I've made a lot of mistakes, but had a few successes, and if I can help or inspire then this session will be a success.

Diet: - Hypoglycemia rules:

- **No SUGAR – no simple carbs**
- **Eat every 2 hours**
- **Protein at the first (or 2nd) meal of the day**
- **Caveman diet – minimised processed food**

Physical exercise is any bodily activity that enhances or maintains physical fitness and overall health and wellness. It is performed for various reasons including strengthening muscles and the cardiovascular system, honing athletic skills, weight loss or maintenance, as well as for the purpose of enjoyment.

Frequent and regular physical exercise boosts the immune system, and helps prevent the "diseases of affluence" such as heart disease, cardiovascular disease, Type 2 diabetes and obesity. It also improves mental health, helps prevent depression, helps to promote or maintain positive self-esteem, and can even augment an individual's sex appeal or body image, which is also found to be linked with higher levels of self-esteem.

Childhood obesity is a growing global concern and physical exercise may help decrease some of the effects of childhood and adult obesity. Health care providers often call exercise the "miracle" or "wonder" drug - alluding to the wide variety of proven benefits that it provides. [Ref: Wikipedia]

What are you exercising?

- Weight bearing - skeletal
- Strength - muscular
- Flexibility & agility
- Cardio: elevated heart rate for 30 mins 3 times a week
- Mental: elasticity + positivity
- Skills: sport / activity specific

Why are you exercising?

- Health, lifestyle
- Heart, weight, body tone, feel good, look good
- Recover from an illness or injury
- Mental health
- Stave off a disease of affluence - in our case diabetes and others

History

Before we talk about the two key elements, I thought I should share with you a little of my history, as it relates to the 2 stories of exercise and diet.

I'm the eldest of 6 children born in 1953 and raised in Kogarah Bay. I went to Marist Brothers, Kogarah, and graduated from UTS in Civil Engineering in 1976. In 1978, I got a job in Canberra, and apart from a few short stints, I've lived there ever since – full time since 1982. I have 2 wonderful daughters both of who have hypoglycemia – but more about them later.

My Exercise Story

At school I was never very successful at sport apart from swimming. I grew up in a Rugby League family and went to a Rugby League school – so expectations were high. But as you can see I'm not built to be a footballer. In summer, you either swam or played cricket. My Dad was a keen water person and we all learnt to swim early. We belonged to the swimming club, so it was natural that I took that path at school.

After school, in the 70's, life was taken up with study, career, socialising. As a single person I was pretty unfit. **And then I met Steph** – a keen walker, cyclist and camper!! – and I changed. We settled down and regular exercise became more important.

In the 80's & 90's, I tried to exercise consistently, but was always going through cycles of feeling good and exercising hard, then crashing and doing very little. During this time, my main focus was rock climbing. Early on, I also ran quite a lot, mainly to keep fit for climbing. I also did the gym thing, but was never really excited by that. Somewhere in the mid 80's I started doing triathlon, mainly because it took the load off from running.

As things got busier with my business, rock climbing became more difficult. In 2001 I had a climbing accident in the USA and I haven't climbed too much since then. There was always bush walking associated with the climbing, so I've done a lot of that over the years as well.

Over the last 10 years, I've got more and more involved in a structured approach to training and competition in triathlon. The one thing that has really helped me, was joining a club, and getting regular professional coaching - a theme I'd like to come back to.

My Diet Story

I grew up in a typical low to middle class family in 1950's & 60's Australia – meat and 3 veg and very little inspiration. There was diabetes in my father's side and alcoholism in both sides. The signs were there but we weren't equipped to read them.

Being a slim person I was able to drift along eating and drinking whatever I liked without much consequence. I had flat spots but didn't everyone? Not long after I was married, my Dad was diagnosed with type 2 diabetes. There was a sense of inevitability around it because his mum had it, and her mum etc. etc. I never for a minute thought that I might be next in line.

The turning point for me was twofold: In the late 80's I had chronic fatigue – it lasted a couple of years. In terms of stories I've heard it was relatively mild – I could work but I couldn't exercise too much or too hard. Then in the early 90's, Claire was in early school and exhibiting some extreme behaviour – angry, then tired and lethargic – addicted to ice cream. Steph being the detail person was convinced that it was diet-related – pretty radical then, but not today.

A GP friend at the time knew of this doctor in Sydney who specialised in diet related medical issues and referred Claire to him – enter George Samra!!

At Claire's first (or 2nd) appointment I casually asked George if he knew anything about Chronic Fatigue. Suffice to say that we both ended up on the programme in quick succession. Claire took some time to let go of the sweet tooth, but in the long term she has responded well. Luckily I never had a really sweet tooth, but I had trouble moving from 3 square meals to 6 small meals.

I drifted through the 90's gradually honing my diet, and the family's. In some ways we were quite fortunate in that both kids had allergies when young – colours and preservatives. So our diet was always pretty good. Over the last 10 years it has become a lot easier to stick to the plan for two reasons:

- There is more awareness of special dietary requirements and more appropriate food options are appearing every day.
- I'm convinced that with a more consistent approach to exercise it has been easier to be more consistent with diet.

I'd like to discuss my current exercise regime, then talk about how I fit the hypoglycemic diet around that regime.

Firstly Exercise:

My current program consists of:

Monday: Rest. Later in the year an extra session will be thrown in.

Tuesday: am – 45min run; pm 1 hour swim squad

Wednesday: am – 90min ride; pm 1 hour walk

Thursday: am – 45min run; pm 1 hour swim squad

Friday: Rest Day

Saturday: am – 3-4 hour ride; pm later in the year a 3rd swim

Sunday: am – 9-10km run + exercises

I must stress that this is the model week and I'm nearly 60, so if I'm tired, I'll miss a session, without regret – that's important. This is the winter program, so the focus is on strength and base building. As it warms up we'll increase the load through speed and intensity.

I'm hoping to qualify for the World Champs in London in 2013, and to do this I have to enter a number of qualifying races during summer and autumn. So there will be a build to this race series. So, while the weekly plan will continue along similar lines, there may be a couple of extra sessions. We will also have some intermediate milestones – e.g. City to Surf, Hartley or bike camp.

The main weakness with this programme for a holistic point of view is that there is very little ongoing strength work – apart from the sports specific aspects. In the longer term I intend to address this.

How do I fit the Hypo Diet into this?

The most important thing to remember is that the Hypo diet must take precedence. I know I'm not perfect but I try to be. The diet fits like this:

Monday – rest day so a normal diet day

Tuesday – early run – only 45-50 minutes so I usually start with a small snack – 1 Weet Bix with a little Soy milk or a small bowl of leftovers. After the run, I'll have my main breakfast – protein and some carbs. If it's been a hard session I make sure I'm good with my snacks and lunch. If I'm swimming, I have a decent snack at around 5:00pm – something a bit more substantial. After swimming I make sure I have dinner as soon as possible. It's usually later so there's no need for supper.

Wednesday – up early for a 5:15 start. I like to start with something a little more substantial – some protein and a coffee. After the ride, some more protein. During the morning it's common to feel tired so I stay hydrated and watch the snacks. If I don't recover in the afternoon I know it's time for a rest.

Thursday – similar to Tuesday

Friday – Recovery day – always enjoyable. Stay hydrated and keep on top of the snacks.

Saturday – 70 – 100+ km ride, variable courses. This is a big session so I always have a decent breakfast – protein and carbs + coffee. Same again afterwards. During the ride I'll take 2 water bottles – 1 water and 1 sports drink (homemade). Plus a (relatively) hypo friendly sports bar + a gel or two – more on "competition food" later. Be good for the rest of the day. I might have a sleep in the afternoon. The need for a sleep is another good indicator of fatigue – sometimes I don't need it, other times I have 2 hours!!

Sunday – More like a Tuesday – it's hard to have too much to eat before a run. When we start getting into longer runs in Spring, I'll take a sports drink on the run and maybe a gel for emergencies. Always a good meal afterwards – as soon as possible. Another sleep if necessary.

Work – I run my own business so all of this fits around work. It seems to work OK.

I definitely believe that there's a synergistic relationship operating between diet and exercise. While each could exist in some form without the other when they are combined, there is a leveraging effect. If your diet is right, your performance is better - if you are exercising, the diet is easier and you are able to have the odd luxury.

This is what works for me – you all need to find what works for you.

Some Important Learning

1. Food for training and competition:
 - Glycerine + Shutz + Diet Lemonade – max 30ml Glycerine per day makes it difficult for long days
 - Energy Bars – Detour Bars, Sue's Muesli bars
 - Gels – Carb blast
 - Intake Guidelines – 1gram carbohydrate per 1kg body weight per hour of competition. Most important after 1 hour intensive exercise.
2. Heart rate monitor – no matter what your level. It's great to make sure you're working hard enough but not too hard.
3. Vitamin supplements – Chromium, Zinc & Magnesium + Multi + Beroca
4. Be prepared to experiment
5. Think about exercise and diet in terms of stress / recovery
6. Just because you're on the Hypo diet doesn't mean you can't have exciting food
7. CONSISTENCY – can't stress this enough

Editor's Note: If this story inspires you to do bigger and better things, before embarking on a new exercise regime, you should consult your doctor for a thorough health check. It may also be wise to engage an exercise specialist of some kind to help guide you on what types of exercise are best for you and your overall goals and how much you should do.

Sugar Really does Rot your Brain

(Source: The Australian National University (ANU)), Article Date: 14/9/2012

People whose blood sugar is in the high end of the normal range may be at greater risk of brain shrinkage that occurs with ageing and diseases such as dementia, according to an academic from The Australian National University. Dr Nicolas Cherbuin, from the Centre on Ageing, Health, and Wellbeing in the ANU College of Medicine, Biology and Environment, studied 249 people aged 60 to 64 who had blood sugar in the normal range. The participants had brain scans at the start of the study and again, on average, four years later.

"Numerous studies have shown a link between type 2 diabetes and brain shrinkage and dementia, but we haven't known much about whether people without diabetes with blood sugar on the high end of normal experience these same effects," said Dr Cherbuin.

"Blood glucose levels are measured in millimoles per litre (mmol/l), a normal blood glucose level is considered to be between 4.0 and 6.1 mmol/l. Those with higher blood sugar levels within the normal range were more likely to have a loss of brain volume in the areas of the hippocampus and the amygdala – areas that are involved in memory and cognitive skills – than those with lower blood sugar levels."

After controlling for age, high blood pressure, smoking, alcohol use and other factors, the researchers found that blood sugar on the high end of normal accounted for six to 10 per cent of the brain shrinkage.

“These findings suggest that even for people who do not have diabetes, higher blood sugar levels could have an impact on brain health,” Dr Cherbuin said. “More research is needed, but these findings may lead us to re-evaluate the concept of normal blood sugar levels and the definition of diabetes.”

The study was supported by the National Health and Medical Research Council of Australia.

Stevia Conversion Chart for Naturally Sweet Stevia and SweetLeaf Stevia

(Source: <http://www.naturallysweet.com.au/our-products/stevia/>)

These are approximate conversions for Stevia products. You may need to alter to suit your taste:

Sugar	Naturally Sweet Blend	Naturally Sweet Sachets	SweetLeaf Sachets	SweetLeaf Stevia Plus	SweetLeaf Liquid	SweetLeaf Extract	Naturally Sweet Extract (OTEO90)	Naturally Sweet Extract (OREBA40)
Granular	Granular	Granular	Powder	Powder	Liquid	Powder	Powder	Powder
1 tsp	0.5g	1/2 sachet	1/2 sachet	1/8 tsp	2-3 drops	NA	NA	NA
2 tsp	1g	1 sachet	1 sachet	1/4 tsp	4-6 drops	NA	NA	NA
1tbsp	2.2g	4 sachets	3 sachets	3/4 tsp	6-9 drops	NA	NA	NA
1 cup	22g	NA	NA	1.5-2 tbsp	1tsp	1/3-1/2 tsp	1/5 tsp	1/8 tsp

The Health Benefits of Nuts

By Kerry Torrens – BBC’s Good Food magazine’s nutritional therapist

(Extract from <http://www.bbcgoodfood.com/content/wellbeing/features/healthy-nuts/1/>)

All nuts have different nutrition credentials and will offer various health benefits - find out which nut is rich in calcium, which will offer a protein boost and how much fat is in each type with our nutritionist’s guide...

Packed with protein, fibre and essential fats, nuts are one of this season’s best buys. A golf ball-sized portion (about 30g) of unsalted nuts makes a vitality-boosting snack and, unlike most other options, contributes a mix of valuable vitamins and minerals. All nuts have different nutrition credentials and will offer various health benefits - find your perfect match with our guide...

Almonds - If you avoid dairy, calcium-rich almonds are a good choice to ensure you’re getting enough of this bone-building mineral. Almonds are also high in vitamin E, a nutrient which helps to improve the condition and appearance of your skin. For some extra heart help, swap flaked almonds for the whole nut - with the skin intact - because the almond’s skin is full of heart-protecting compounds called flavonoids.

Brazil nuts - Ideal for those with low thyroid function, Brazils are a good source of the mineral selenium, which we need to produce the active thyroid hormone. Selenium also supports immunity and helps wounds to heal. You only need three or four Brazil nuts a day to get all the selenium you require.

Cashews - Because they contribute a good level of protein and are a useful source of minerals like iron and zinc, cashews make an excellent choice if you're following a vegetarian diet. They're also rich in the mineral magnesium, which is thought to improve recall and delay, age-related memory loss. Add a handful to a vegetarian stir-fry or use as a nut butter on crackers or bread.

Chestnuts - By far the nut with the lowest fat and calories, chestnuts are rich in starchy carbs and fibre, and in their raw form are a good source of vitamin C. They're lower in protein than other nuts but make a useful contribution of B vitamins including B6. Ground chestnut flour can be used as a gluten-free flour for cakes and bakes, or buy fresh and roast for a tasty snack.

Hazelnuts - Opt for hazelnuts if you're concerned about high levels of homocysteine, an amino acid which has been associated with heart problems as well as conditions like Parkinsons. Hazelnuts are a good source of folate, which plays a key role in keeping homocysteine within normal levels.

Macadamias - With one of the highest fat contents, macadamias are often used to add flavour and texture to dishes and work well in both savoury and sweet recipes. Although high in fat, they do supply good levels of the healthy mono-unsaturated variety. They're a rich source of fibre and make a useful contribution of minerals including magnesium, calcium and potassium. Buy in small batches and store carefully to avoid rancidity.

Pecans - Heart-friendly pecans are packed with plant sterols, valuable compounds that are effective at lowering cholesterol levels. Pecans are also antioxidant-rich which helps prevent the plaque formation that causes hardening of the arteries. They're rich in oleic acid, the healthy fat found in olives and avocado. As a good source of vitamin B3 pecans are the perfect option if you're fighting fatigue because this vitamin helps us access the energy in our food.

Pistachios - Being especially rich in vitamin B6, which is important for keeping hormones balanced and healthy, pistachios are a good option for those with problem periods. They're the only nut to contain reasonable levels of lutein and zeaxanthin, two antioxidants that play an important role in protecting the eyes. Pistachios also contain potassium and fibre - in fact a 30g serving has more than three times that supplied by the equivalent weight of plums.

Walnuts - Their superior antioxidant content means walnuts are useful in the fight against cancer. They're also a good source of mono-unsaturated, heart-friendly fats, and studies show they help to lower the bad form of cholesterol (LDL). Finally, they're rich in omega-3, so they're a great alternative if you don't eat oily fish.

Worried about the fat content? - Nuts are high in fat, but much of it is the heart-healthy variety. The amounts of saturated fat, the type of fat we should avoid, varies between nuts and has been flagged below. Aim to eat those in the medium and low bands most of the time and enjoy those in the high band occasionally:

- **High saturated fat content** - Brazil nuts, Macadamias and Cashews
- **Medium saturated fat content** – Walnuts, Pecans and Pistachios
- **Low saturated fat content** – Hazelnuts, Almonds and Chestnuts

Susan Ridge's Coeliac Disease and Gluten Free Tips....

(Information has been extracted from "The Australian Coeliac", March 2012 edition produced by Coeliac Australia)

At the recent Gluten Free Expo, Country Life presented a new range of bread based on new recipes. They are now all dairy free and the multi-grain can be served fresh in a sandwich and tastes quite delicious. So for those of you who have had to toast their bread to make a sandwich, try the Country Life MultiGrain and enjoy a fresh salad sandwich that doesn't fall apart. However, the breads do still contain sugar (the Yeast Free has 5.3% sugar).

At a recent talk given by Dr Jason Tye-Din, who is a coeliac disease researcher and chair of the Medical Advisory Committee of Coeliac Australia, it now appears that the incidence of coeliac disease is around 1 in 60 people in Australia. It can occur at any age.

The two genes responsible for 99.6% of the "disease" (HLA DQ2, half HLA DQ2 and HLA DQ8) are also common to auto-immune diseases and are found in around 30-50% of the population in Australia. The actual incidence has risen over recent times.

It has been shown that a breast feeding mother should ideally give her child some small crumbs containing gluten between the age of 4-7 months to minimize the risk. Children being breastfed at the time of introduction of gluten have half the chance of developing coeliac disease compared to infants who are not. Frequent infant infections, such as rotavirus (a common cause of childhood gastroenteritis) have been associated with the later development of coeliac disease.

Anecdotally, some patients report being diagnosed with coeliac disease after developing traveller's diarrhoea or other infections. Other environmental factors that have been associated with coeliac disease include the use of certain medications (such as Interferon-alpha used to treat Hep C), the effect of sex hormones (more common in females), stressful life events and trauma.

Another thing to think about is that, apart from the two known genes, there are at least 40 other genes implicated in coeliac disease although none as significant as the two main ones. These 40 others direct various functions of the immune system and are likely to influence susceptibility for coeliac disease ie why some people with the genes do or don't actually get the disease. Only one of these 40 relates to the intestine, and it tells us that coeliac disease is primarily an abnormality of the immune system, and does not originate from a bowel abnormality. The immune disorder of coeliac disease explains why so many different organ systems can be affected ranging from the gut through to the skin, bones, thyroid, joints, liver and many other organs.

Gluten is found in wheat, oats, barley and rye, and other foods derived from them, such as thickeners in sauces and gravies. For a full list of gluten free ingredients, you can check out the Coeliac Australia website at "www.coeliac.org.au".

Sue Litchfield's Recipes

MY CHRISTMAS CAKE

I have been making this cake for years. For those intolerant to milk, substitute Almond milk, those intolerant to wheat use Gluten free flour but add 2 teaspoons of Guar Gum, and those intolerant to milk use a milk free margarine. I have done this on many occasions and it works well.

Ingredients

1 kg mixed fruit

1 cup dates
 2 tabs Sherry, Rum, Brandy or Orange juice
 1½ cups Xylitol
 ½ cup milk or substitute
 250 gr butter or substitute
 3 beaten eggs
 3 cup Plain Flour or substitute
 2 tabs glycerine
 ½ teas of the following: Nutmeg, Ground ginger, cinnamon, Bi-carb Soda, Vanilla and Lemon Essence

Method

- Mix fruit, sherry, sugar and spices and allow to stand at least 2 hours. I stand it overnight and sometimes up to 2 days. I also add a couple of tabs of glycerine.
- Combine butter and milk in a saucepan over a low heat and stir till melted.
- Add to fruit mixture.
- Add eggs, essences, and finally sifted flour. Mix thoroughly and place in an 8" (20 cms) lined tin and bake in a very slow oven for 5½ hours, or till cooked.
- I pour over extra Rum while still hot. This cake also keeps well stored in the fridge

CRYSTAL'S PROTEIN BALLS

(keep in a sealed container for up to a week)

Ingredients:

½ cup protein powder (health food store or vitamin section of supermarket)
 ½ cup quinoa flakes
 ½ cup coconut
 ½ cup soy milk powder (Asian Supermarket)
 ½ cup LSA mix (health food store, supermarket)
 1 tbs black chia seeds (Woolworths Macro whole foods)
 2tbs cocoa
 1tbs hot water
 3tbs peanut butter (organic – no added sugar)
 1tbs unhulled tahini (Woolworths Macro wholefoods)
 2tbs rice syrup (Coles, health food store)
 5tbs almond milk (health food store, long life milk section of supermarket)
 ½ cup chopped nuts

Method:

- Mix all dry ingredients EXCEPT CHOPPED NUTS together in a bowl
- Melt peanut butter, rice syrup, tahina and hot water together in a separate bowl and melt in microwave
- Add to dry ingredients and mix until combined
- Slowly add almond milk, stirring until sticky and smooth
- Roll in balls then roll in chopped nuts
- Refrigerate until chilled

ALL IN ONE CAKE

Ingredients:

245 gr grated zucchini
140 gr grated carrot
¾ cup vegetable oil (I use Rice bran Oil)
¼ cup glycerine
12 drops liquid Stevia
1 teas vanilla
3 large eggs beaten
2 ½ cups SR gluten free flour(I used Orgran)
½ cup protein powder
1 teas bicarb soda
1 teas cinnamon
1 cup roughly chopped walnuts
1 cup raisins

Method:

- Preheat oven to 160 Deg fan forced 180 non fan forced line a 13x23 cm loaf tin with baking paper
- Combine all dry ingredients in a large mixing bowl. Add fruit and nuts mix well
- In another bowl mix the vegetables together
- Combine eggs and all liquids in another bowl
- Place vegetables and liquids in large bowl with the dry ingredients Mix well
- Place into prepared loaf tin and bake for approx 1 hour or till cooked

Icing

50 g s butter softened
100 g light cream cheese
2 teas grated orange rind
1/2 cup protein powder
1 tea vanilla
10 drops liquid stevia

- Place all ingredients in a mixing bowl and cream till smooth. Spread over cake

BEETROOT CAKE**Ingredients:**

2 cups cooked and mashed beetroot
2 ½ cups Plain Gluten free flour
1 cup Cocoa powder
1 cup Xylitol
2 teas Bicarb soda
1½ cups rice bran oil
2 teas vanilla
4 large eggs beaten

Method:

- Preheat oven to 180 deg. Grease a 20 cm square cake tin
- In a large mixing bowl mix all dry ingredients
- In separate bowl combine eggs, oil and vanilla. Add to dry ingredients mix thoroughly
- Place into the greased cake tine and bake till cooked about 45-50 minutes

BANANA CAKE NO2**Ingredients:**

150 gr Nuttelex
1 cup Xylitol
3 eggs beaten
1 cup mashed Banana (approx 2 large Bananas)
1/3 cup Soy milk
2 teas vinegar
½ teas vanilla
1 teas cinnamon
1 teas mixed spice
½ teas Guar Gum
1 teas bicarb soda
1 cup chopped pecans nuts
300 gr Plain Gluten free Flour

Method:

- Line a 20 cm square tin with baking paper
- Preheat oven to 180 C
- Add vinegar to Soya milk and stand while preparing mixture
- Cream Nutlex and Xylitol till light and fluffy
- Add beaten eggs, add banana
- Add spices, vanilla soda.guar gum
- Add flour and pecans, then add milk at the end
- Place in oven and bake for about 1 hour or till cooked

QUINOA SALAD (with caramelised onions)**Ingredients:**

2 cups sweet potato peeled and cut into 2 cm squares
2 tabs rice bran oil
1 cup Quinoa
2 cups bay spinach or rocket leaves
120 gr goats feta cut into 2 cm cubes
3 Tabs Grape seed oil

Caramelised Onions

2 cups sliced onions
2 tabs rice bran oil
2 tabs Xylitol
4 tabs balsamic vinegar

Method:

- Preheat oven to 200°Fan forced. Line a baking dish with baking paper.
- Toss sweet potato in oil and bake till cooked about 15-20 minutes. Cool.
- Cook Quinoa as per instructions then drain and cool.
- To make caramelised onions, fry onions in a heavy fry pan over a low heat till turning a pale golden colour (about 15 minutes). Add the Xylitol and balsamic vinegar and continue cooking till thick and syrupy. Cool.
- To assemble salad combine all the ingredients .Toss well and serve.

- This also makes a great lunch dish but is also great served at a barbeque.
- The onions are also great served as an compliment to steak, chops and Atlantic salmon.

DATE SLICE

Filling:

500 gr dates
½ cup water
1 teas xylitol

- Place all ingredients in a saucepan slowly bring to the boil and cook till a pulp over a low heat and stir constantly. Cool

Base

200 gr milk free shortening (I used Nuttelex brand)
½ cup Xylitol
2 ½ cups Rolled Oats
2 cups plain wholemeal flour
1 teas Bi-carb Soda
¾ cup warm water

- Preheat oven to moderate, line a 28x18 cm slab tin with baking paper.
- Mix well together the Xylitol and shortening, then add bi-carb, flour and oats. Finally add water, mixing well
- Divide mixture into half. Spread one half over the base pressing down firmly.
- Spread over the cooked date mixture
- Sprinkle over the remains of the base mixture and gently spread out to form a topping
- Bake in moderate oven for about 35 minutes or till cooked and very pale brown
- Cut into slices and serve either warm as a dessert or cold as a slice.

Some Interesting TV Shows

Good Chef Bad Chef (see www.goodchefbadchef.com.au)

Chef Adrian Richardson and nutritionist Janella Purcell bring their distinctive styles of cooking to the screen for a food showdown. From Adrian's love of meat and full-flavoured food creations, which threaten to expand the waistline, to Janella's natural and nutritious recipes, made to work with the body not against it, each dish will challenge viewers to decide what's good for them. This program explores ingredients, recipes, cuisines and food themes that tantalise and inspire home cooking and educate people on striking a healthy balance with their diet. The website contains some very nice recipes. The show can be viewed on Channel 10 at 9.30am on the weekend.

Sweet Truth

Who wants to sacrifice sweetness for sanity? Sugar-free/gluten-free dessert chef Kelly Keough lets us in on the secret to satisfying our sweet desires by using natural, healthy alternatives to the dreaded sugar. The show was on channel 74, TV4Me but I could not find it this week. Go to the website for some interesting recipes: <http://www.veria.com/tv/show/the-sweet-truth>