

# Low Carb Mag

**Inna Lukyanovsky**

Full Remission from  
Crohns Disease

**Pick of the Podcasts**

Rachel Zinman -  
Yoga for Diabetes

**Dr Mona Morstein**

Benefits of Beverages  
on a Low Carb Diet

Our usual round up  
of great  
**Food Festivals  
Near You**

**GMO Watch**

Alain Braux



**Top** *step by step*  
**Recipes**

**Low Carb Sausage Balls**

By Beth McIntire of [livingwithbeth.com](http://livingwithbeth.com)

**Cheesy Stuffed Pork Chops with Spinach, Peppers, & Onions**

By Taryn of [joyfilleddeats.com](http://joyfilleddeats.com)

**Chocolate Chip Blondies**

By Rami and Vicky of [Tasteaholics.com](http://Tasteaholics.com)





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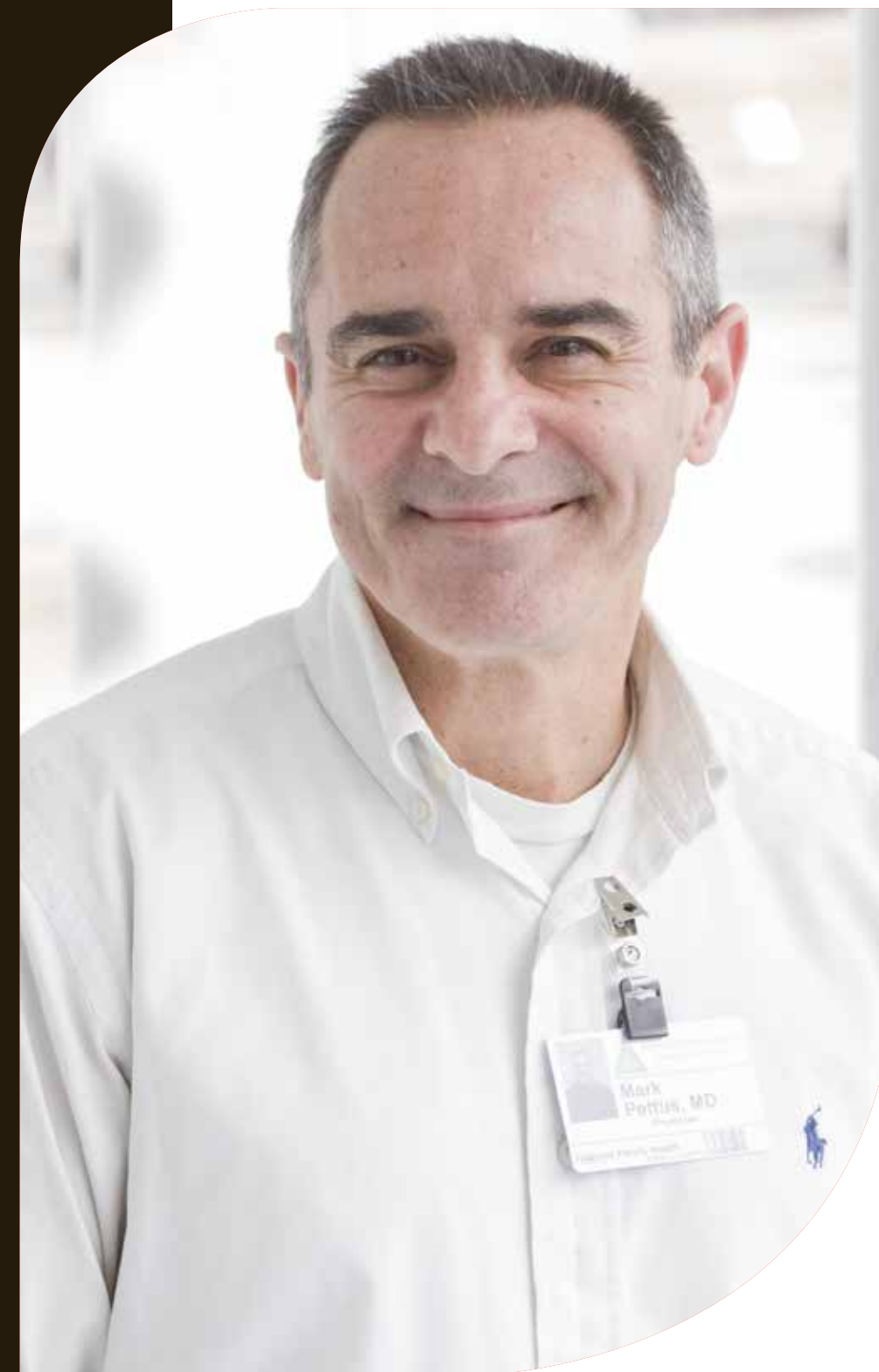
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## Next Month's Feature Interview

## Dr. Mark Pettus



Dr. Mark Pettus is a triple-board certified Internist, Nephrologist, and Integrative Medicine physician practicing for over 25 years. He is also an alumnus of The Advanced Program for Conflict Resolution, Negotiation, and Mediation at The Harvard School of Public Health.

[Check out Mark Pettus's website here](#)

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Inna Lukyanovsky

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## Editorial

**T**here is so much great content in this edition of *Low Carb Mag* that I'm not going to take up too much of your time in comment.

Except to encourage you to look into the many many old fashioned remedies that have been proven to be very effective right up to the point that the pharmaceutical companies brought out something less potent.

The general pattern seems to be that the old remedy suddenly becomes ineffective, is said to work because of the placebo effect or if people using it won't give in to the new research (aka propaganda) then the old remedy is said to be dangerous.



One of those old fashioned remedies is of course what we eat. As Hippocrates said...

*"Let food be thy medicine and medicine be thy food."*

I have yet to find more than a handful of doctors in general practice that ever get beyond pedaling anything more than 'low fat' platitudes. The rest of them don't seem to believe that what you put in your body makes any difference to your health.

Unless it is a pharmaceutical of course.

There is something very wrong with that situation and sadly, it is the misinformed who continue to suffer.

Which leads me to the real point of this short diatribe....

Well done to you for continuing to learn and become informed about how healthy eating and a healthy lifestyle can only be good for you.

All the best

Mark





Alain Braux: **[AB]** Good morning Inna and welcome!

Inna Lukyanovsky **[IL]**  
Good morning. It's a pleasure to be here.

**AB:** Good morning Mark!  
How are you?

Mark Moxom: **[MM]** Good morning! I'm wonderful thank you.

You can download the complete interview here:

<https://lowcarbmag.com/inna-lukyanovsky-the-full-interview/>

**AB:** Inna you are a pioneer among clinical pharmacists and specialize in functional medicine, which we'll talk about later, and complementary Crohn's and Colitis options and natural hormone balancing. So this is a big subject. What interests me the most in your passion about women and digestive health is your use of functional medicine. So to get people to know you can you give us your path until now, I mean your professional path.

**IL:** Sure I would absolutely love to! I was diagnosed with Crohn's in my 30s like most

people who are diagnosed with Crohn's and that kind of changed my path. I was a traditional pharmacist in my early 20s. I was thrilled to be a pharmacist. It was something I always wanted to do, help people and be in health care.

it's just traditional medicine unfortunately that kind of failed me. I also found that there are not that many resources for Crohn's and colitis. There were not that many good quality resources and articles especially when I was diagnosed in 2003. Information on the web was just not enough to



improve the symptoms, the fatigue, the pain and the fever. Now they have a lot of information to turn to. How much credibility is there and how much could you trust all that information is the big question.

So I started my own research in 2003 with the help of my husband who believed that I will find it. I felt so empowered. That's what I wanted to do since I went through my journey to heal. I felt that I could empower also others. It was like a natural step. When I learned functional medicine for my own healing and went through the program I started helping relatives. I started helping neighbors.

People would start approaching me, friends of a friend or friends of the neighbors. It came totally naturally.

The next step would be my own practice. I don't think I even thought about opening one until people started really approaching me. I wrote a blog at that time about my journey with Crohn's. People were looking for credible information. I was lucky also that I could interpret the studies with my training as a pharmacist. They question everything. They're really super detailed and analysis-based. You can't just tell me that something works. Tell me how and tell



me what factual basis you have for this statement and I will dig I will dig and often I will find out that it really doesn't look like it works. Maybe it's the placebo effect. Maybe you sort of believe it worked and it may work for you but really if you look into the data sometimes it doesn't.

My journey took me to open up the practice and now I've been helping a lot of Crohn's patients since then and other patients with digestive

diseases and with women's health. I do love to see the results. So that was my path.

**AB:** Okay that sounds great. Just to confirm, people picked up on your accent. You are from Ukraine originally?

**IL:** Yes

**AB:** You are currently working on the book "My Journey with Crohn's Disease". What can you tell us about your book?



**IL:** The book is the next step in the process. I recently got my doctoral degree and all this knowledge as a doctor of pharmacy now, as a Crohn's patient in full remission, I thought it was kind of coming for years. I wanted to write it. I did want to share with the people that kind of get stuck that do have those symptoms and can't get better. I thought that maybe I wasn't ready at that certain point. Maybe I don't have enough information. Maybe I do need to finish to be a doctor in pharmacy to have that credibility

for people to understand that it's not just another book by someone who went through and is sharing their journey but also to interpret many things in a more scientific way and to dig into the details and understand whether this is credible or not.

I used my own journey and shared the details that helped me to go into full remission. I am able to pinpoint some things in there, kind of mistakes not to make. As you know sometimes when you have been there you

I used my own journey and shared the details that helped me to go into full remission. I am able to pinpoint some ... mistakes not to make

Now I'm able to put all these details of what helped, of the case studies that I have now with many many case studies of Crohn's and colitis, hormone and other digestive illness

want other people not to make your mistakes. It was really tough to be a young mother in the early 30s. I was in my early 30s. I had two very very young kids who needed their mother to be strong and there for them and here was a tiny little infant, a second kid and I was in ICU over and over. In this book I kind of poured, and I'm still finishing it up (it's coming out soon) all of those emotions and what I went through and the actual steps along with

my current program. It took me years and years and that maybe is the best part about the book. That it took me that long to finally write it because now I'm able to put all these details of what helped, of the case studies that I have now with many many case studies of Crohn's and colitis, hormone and other digestive illness patients that I've seen and I'm able to put it all together and to make the big decision of what really is the best kind



of approach. There are many good case studies to look into the book.

The book will help you to become your own kind of patient advocate to be able to get the first steps to your own self-management approach to Crohn's, colitis or other digestive illness you have. I believe it's super important. It's extremely important to find a good doctor and the doctor that you are able to say whatever, if that's something that you're looking for. Again, I've seen plenty of patients that just want to go with the traditional way and you can't change their mind. They'll probably be able to get more benefits from the traditional approach than someone who's

doubting it now. They are already doubting the traditional system and it failed them maybe as well just like it failed me. They need to be able to have that first step where they get that self-management. They're involved. I believe that it's really important to put yourself in the center of your healing and then everyone else who you choose in your practitioner group whether it's a group of doctor, acupuncture practitioner, massage therapist, chiropractor, they're around you. They're helping you. You're in the middle.

The way it is right now I think you don't feel in the center. So I



believe that reading that book will also make you understand that you should be in the center and you're now choosing what your group of practitioners should be and the doctor should be there for you. They're not changing the concept of a doctor in no way shape or form. I want to say that. The doctor is the alpha. The doctor is the prescriber. The doctor will be making the decisions about your health based on the scientific facts and based on analysis that has been

there for years. It's great. Medicine is wonderful. We are really progressing.

**AB:** But doctors should listen to you too and should listen to the customer and not act like God which a lot of doctors do.

**IL:** Right! That is something that doctors will probably be working on in the next decade. I've seen some that are really jumping on the functional medicine wagon and it's super great. I've met plenty of doctors now that



have been practicing and they're thrilled to change. They're thrilled when they've actually done it and they transferred their practice they say, "oh my God I do have the time to listen and there could be a possible root cause that so many doctors before have missed".

**AB:** The things is typical Western medicine focus on feel and they'll decide for you instead of working with you on such issues.

So are you healed from it or are you in remission? How do you describe that?

**IL:** I'm in full remission. The first year that I was in full remission I was almost afraid to say I'm in full remission.



symptoms not on the whole person. It doesn't take the time to listen and typically assumes that you the customer don't know what you're talking about, don't know how you

Honestly was like, "oh my God I don't want to jinx it". When people would approach and say, are you completely okay? I just say I'm okay. I'm still taking supplements. I'm

still supporting my system. I'm still working with the functional diagnostic because there's a lot of stress that I just went through three years in the doctorate program. Obviously sleepless nights and the kids. I have my youngest one who is only five so you understand that you can't remove the stress from my life.

the family and also a practice at the same time.

**IL:** I do have a great support system. My parents, my husband. My boys are very independent. I've raised them to be independent so I'm very blessed.

**AB:** Good for you. So what diet are you currently on?



**AB:** It's admirable that you managed to get a doctorate with three kids. I couldn't do it. It's hard enough for me to get my bachelor's degree so I can't imagine how difficult it is to get doctorate with

**IL:** That's a perfect question for the perfect job. Yes I am mostly low carb, paleo and I do stay on this diet most of the time throughout the year with breaks. I do take occasional breaks for the



detox when you have the change in the seasons, when you go into the spring when you sometimes go into the fall especially in the fourth-season climate it really does depend on where you live like in Texas I would probably do detox maybe once a year. It's about where you live. It's about where parents and grandparents will raise their children and what they ate. It's a lot of little details when you are choosing the right diet for you especially

if you have predisposing digestive problems.

So I do stay with the low carb paleo. I love it. It gives you the most energy obviously and it feeds on the good bacteria when you eat in such way thus promoting gut healing. It does help you build the right amino acids to have that the strength of the intestinal lining. So the occasional dietary break as I call it when I go into the detox part, I do change to



smoothies and soups that are mostly semi-vegetarian to give a little break to the stomach lining, to the intestines and to the liver and to the entire detox process. So I do the soups with tons of different colored vegetables and lots and lots and lots of greens because you know the low-carb part. If you're eating sweet potato three times a day you're already really high in sugar. So yeah lots of green soups and salad if it's spring detox. If it's

more of a going into fall then you have the soups. I do add bone broth that's why I call it semi-vegetarian because it's not all vegetarian.

When I'm asked about complete vegetarian diet, I'm very careful. I've seen patients that come in after being vegetarian for five to ten years and they're super malnourished. When we do their micronutrient testing it's a mess. It works for some. I can't say that



I'm not going to take a client who's vegetarian for their beliefs but sometimes it does take more work.

**AB:** I came back from France where I basically ate my way through the holidays and in France there's no telling my family, oh I'm on a diet. They will just look at you either strangely or they will get upset because they don't understand the concept of controlling nutrition there. So, I am currently going through detox. I am eating a lot of green soups, green

salads, bone broth, light liquids and I'm trying to clean my system from all that sugar and all those chocolate truffles and cakes and cookies and all that people typically eat during the holiday. So, I'm doing my own detox now. It's interesting to watch because my body wants it. It wants to detox. My body knows that what I went through the past three weeks in France is not normal, so I need to go back to my regular routine and finally after a week I'm



starting to feel better about how my body functions.

So back to you. Keeping in mind that everyone is different of course what have you found that exacerbated or inflamed your Crohn's disease? What kind of foods? What kind of drinks will make it worse?

**IL:** It must be in combination. Besides the common ones that I always say that you have to stop right

away when you come to me and you're my client now I would really want you to stop three big things. The gluten, the dairy and the soy. It's a tricky one the soy. It's not just the fact that it's a soy. It's the fact that now you're going to get rid of a lot of processed foods, the packaged foods. If you start reading the ingredients soybean oil or soy protein and a lot of that soy is a GMO. So, getting rid of those three small things



with the secret ingredient you really start getting yourself into the healing diet. The healing diet mostly should be low carb paleo.

So getting rid of gluten is tricky also especially for those that don't want to work hard for their own gut. They will say, I tried, it's been two weeks, or it's been a whole week and I'm not seeing results so that's done. No! If we had to talk about gluten I'd probably talk for two hours or three or longer. The way gluten is affecting the gut depends on each individual like you said and also for those that are intolerant to it that's not even going to show up when you go to the gastroenterologist until they do a celiac panel. They'll tell you are okay with gluten. You could eat it.

The gluten affects the intestinal lining almost like sandpaper. Inside of our intestine there are small villus. They absorb the nutrients. They help you stay strong and have the mitochondria function for you. If you have

some kind of sensitivity not even major full-blown intolerance slowly but surely those villi are almost rubbed off from the inflammation like sandpaper to the point where the intestinal lining becomes thinner and thinner and thinner and we now are in a leaky gut syndrome and that becomes even longer to heal. So even if you have no symptoms I say that that's worse, when you have a true allergy. Celiac patients are luckier even though that's a major condition. They almost have that allergy like the strawberry. You can't breathe you're not going to touch that strawberry. You are not going to eat nuts if you're allergic to nut. It's life-threatening.

Gluten you don't feel it most of the time. It's a low chronic inflammation that will get you. It will get you, but you don't feel it.

**AB:** The question I have is we were not born gluten intolerant or allergic so







So, I think we need to be a little more cautious as to putting all the blame on these ingredients and be understanding that the reason we are sensitive to this is because our gut is not healthy to start with.

**IL:** I absolutely agree with you. There are multiple factors of course. I agree about mothers that give birth to kids with no microbiome. There is an interesting practice, very rare but you could find a doctor that when the baby's born

with the C-section they take a sterile gauze and from the mothers area they wipe the baby's mouth at the moment it's born so it's kind of re-colonizing the gut flora. My two boys, my second one and my third were born via C-section unfortunately because my intestinal inflammation was not letting me do the right thing. If I knew then-what I know now it would have been a different case but anyhow they had to be given probiotics from a very young age and I'm glad there are probiotics now.

there has to be a condition that creates that environment for the gluten to affect you. For example, if you were born from a C-section you didn't have the biodome and the healthy bacteria is helping and protecting you. If you were fed formula instead of breast milk you have that issue, so the baby starts with a weak immune system or a weak gut environment that is not capable of defending itself from things like gluten and dairy

and so on. So personally, I feel like we should be a little more nuanced as not accusing gluten for everything. Just keep in mind that the intestine the gut itself was probably already in a bad condition and then gluten or dairy makes it worse. I've worked with ADD children and autistic children and I noticed very clearly not taking dairy and gluten helps them tremendously, but the condition was already there before.

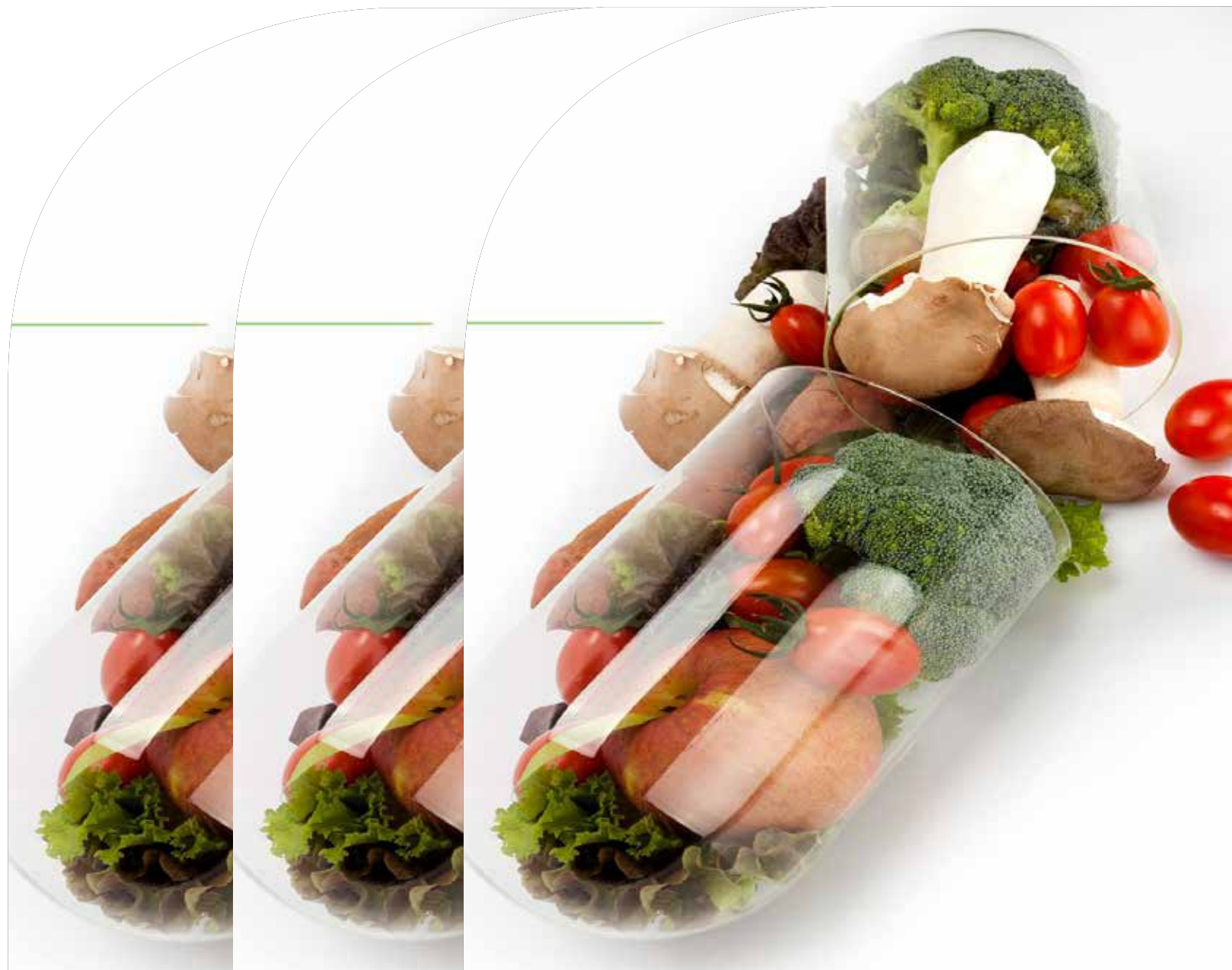




**AB:** Like you mentioned earlier most formula for babies is from soy and most soy is genetically engineered. So now you're adding a toxic into the baby's body whose immune system is already not strong to start with.

opinion how important are probiotics to gut health?

**IL:** Besides the fact that my paper for the doctoral degree was "the clinical effectiveness of probiotics on Crohn's and colitis", when I chose the topic



**IL:** I know and we are here to be helping those that are looking for change and hopefully change the system.

obviously it's close to my heart. It's something I'm researching for so many years. I was not 100% sure they will let me do it in the school because it's a pharmacy school.

**AB:** Yes absolutely. So going back to that, in your

It's a medication but they accepted with no questions. There's a lot of research now with probiotics. I was very happy. The biggest problem with probiotics for Crohn's, colitis or IBD or any digestive disease is that there's not any good quality studies. It's hard to find those randomized control trials that compare placebo to the effect of the probiotic.

Probiotics with their research are at what I would call, ground zero. We are at such dark still times with probiotics. There are millions and billions of bacteria

in our gut and our microbiome, everywhere and a lot of strains that are still not in the probiotic blends. For example one of the trials that was in my paper, something called F1C. It's one of the commensal bacteria that's present in our guts. For Crohn's patients they happen to have a low number of that bacteria.

I've tested my microbiome with uBiome and it came out to be low and I wasn't surprised because of my diagnosis. That probiotic for example, if you try to repopulate the body with that probiotic possibly good

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effects would come out. It was tried on mice so we have a long way with probiotics to get there, to truly compare apples to apples. I've seen statements from like really big names in the industry that recently one of them and I'm not going to name names but he's huge in the vegetarian diet and he said that all probiotics are no longer safe because there's one study that said that in pancreatitis patients when they tried the probiotics a large number passed

away. Those patients that passed anyway. They gave them the probiotics when they were going.

When you say probiotics didn't work you're saying such a general term. Which probiotics? What strain? There are strains of probiotics that are irritating to the gut lining. We already know that a lot of the cheaper brands of probiotics for example have *S thermophilus* and that's an ingredient that often causes irritation



especially for those with irritable bowel syndrome or IBD. I always stay away from that ingredient when we recommend probiotics.

Also there are soil based microspores. There's bifido blends. Like I said we are only at the point of ground zero. I believe that we're really gonna be smart about probiotics in the future. There's even fecal transplants. As gross as it sounds. It's tried now

on Crohn's patients. They take good bacteria from a healthy gut and they transplant in in a different way. They can use a gastric tube. They put it in the freezer so it doesn't smell. It works.

**AB:** You don't have to eat it right?

**IL:** I believe in a big future for probiotics. There's a lot of information that's being researched. For example, one of the recent studies that just came out in November



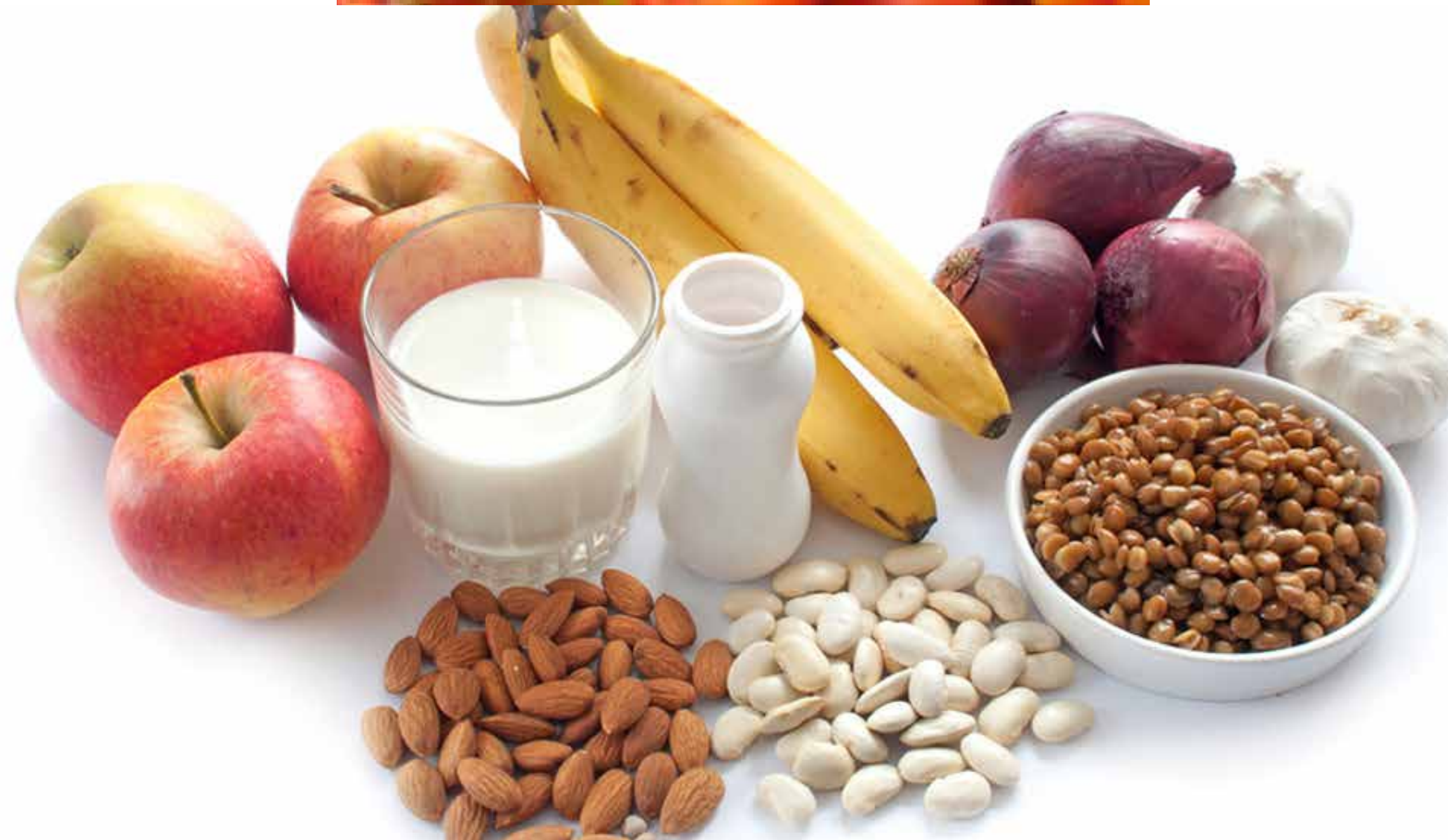
from the Medical School of Pennsylvania. They found that E.coli bacteria which is normally present in our gut and if we completely deplete it we'll have a problem. So they use mice not humans yet and they replenish E.coli bacteria and as a result it caused a lower amount of enzyme called urease and that helped with inflammation. So again, they're now using that to explore more and to research more. It's a great way.

The questions with probiotics I get often is why is this probiotic more expensive having the same billion of bacteria versus this less expensive brand? Most of the time the price difference is in the way these probiotics are manufactured. They're protected. The microspores or certain caps protecting from the hydrochloric acid in the upper stomach to destroy it. So, if you are taking 15 billion of an expensive probiotic they almost guarantee you get that probiotic into the gut lining which is

what you want. You want to recolonize your flora. You want to recolonize it with the good bacteria.

Another key that's important to mention is that if you're feeding it

the right food, the good bacteria will start growing more and you'll colonize your entire lining with the good bacteria.



**AB:** We need to tell people to eat more prebiotic foods and that will feed the probiotics. A lot of people think that they can pop any pill whether it's probiotics or anything

and continue to eat the same crap and they're going to get better. No, you need to have the food to go with whatever

supplements you take to complement each other, to support each other and saying that, "oh I'll take probiotics so I can go get a McDonald hamburger and destroy all the benefits of that. So, we need to remind people that it's not enough to take a ton of supplements and not pay attention to your diet. You need to have both working together.

Okay so moving along, let's talk about your website. Your website is Real Health Solution which is all about functional medicine. For our readers that do not know what functional medicine, can you explain what it is?

**IL:** Absolutely! Functional medicine compared to the traditional, the biggest difference is where we invest our time into changing our lifestyle habits and looking for the root causes. Root causes could be anywhere from gut bacteria, environmental issues, your water being polluted and your previous



exposure to probably radiation like in my case. I was twelve years old when Chernobyl happened in Ukraine and it could be the fluoride toxicity, mercury toxicity, hormone issues, adrenals we find as that root cause that possibly triggered. We could be predisposed to disease and never know it and never have it if there were no trigger.

So versus patching the system the way the traditional medicine works with the prescription in your hand and all that can be offered we are looking into the true root causes or multifactorial things. Looking into them and taking care of them often gets rid of the problem altogether or at least we put you in remission or we help you heal the real way we can. I love functional medicine. From day one it's where you are more proactive. You're there in the middle of the healing.

**AB:** Yeah, you're not just a prescription machine. You're

actually caring for your customers and for your clients. How's your private practice different from your job as a pharmacist?

**IL:** It's a hundred and eighty degrees completely different. Unfortunately, as a pharmacist you



don't have that much time to spend with the patient or the client. You hardly have time to get out there and speak with them even if they have an over-the-counter question. You almost wished

you had all this time to sit down with them. Here in my practice I will spend a lot of time with you. The very first appointment is at least an hour and a half. I'll find out your whole history and health history really that can open

great way of that functional diagnostic analysis-based answer. I would hate to just hand you a bottle of a vitamin if you say, "I want to have a B vitamin I have no energy". Hold on! Let me do an organic acid testing and see maybe there's a mitochondria issue or maybe toxicity related, and we'll figure this out and then I would be able to recommend something much better. So, it's more of a you ask me a question let me get you an analysis-based answer. Me as a scientist in my heart and in my profession. I can't do it any other way.

**AB:** People are realizing that Western medicine as it is done now is not always working so they're looking for different answers. What services do you offer your clients?

**IL:** I offer a few services right now. The hormone balancing, again analysis based. I do Crohn's patients, colitis, IBD, IBS and we have a whole program. I just created the program and am rolling

eyes to things. Spending time is that huge difference that makes the difference for the client. It gives me the most satisfaction obviously. I'm thrilled that now I'm able to help better. it's different that there's a



it out this year because it used to be me by appointment. Now I'll have those intense programs which I think will work absolutely amazing especially for those who are in flare right now that really need the help right now. I'm going into the beta trial period in March so those that want to try to get in with the price decrease they can do that in March with me. I also help with a detox. Those that already have seen a couple of holistic practitioners and they're just interested in a smart detox programs, those are available

for clients. Something like a quick fix. We also have holistic services in the office but I mostly concentrate on functional medicine.

**AB:** I understand you were a geriatric pharmacist. How is it different to work with older patients than regular customers?

**IL:** I love my geriatric patients because when they already get to my office they've been around. They have been to so many doctors and to so many appointments and they know more than any other



Photo by Rob Lewine/Tetra Images/Getty Images



client what they are really looking for and if they are already here in a chair in my office and ready to spend the time and the finances to heal they want the results. When I tell them this is to be done and that is to be done, it's done. Recently I had a 78 year old client who looks like she's not even 60. I love that woman. She came in with a lot of gut problems. So many issues

originally due to stress and environmental issues. She was a digestive mess. It was a lengthy healing. It was months of healing because we had to test her, we had to go through the steps but she's almost a hundred percent. She could not believe it. So yeah I love my geriatrics. They listen. They're compliant.

**AB:** So I understand you have an event coming up,



Solutions for Digestive Problems.  
Can you tell us about it?

**IL:** I want to share more details on the program to empower the client to help them figure out that there is such an option of self-management on their own and I want to share those steps in a stepwise approach. It would be a more or less short PowerPoint that I'll be presenting . It will be in Zoom and it would give a chance for the callers to get involved and ask their questions. I hope for it to be interactive at about half point of the presentation. I hope it will be interesting for your readers too.

**AB:** So what would you consider the three biggest mistakes that people make when they have digestive disease?

**IL:** Back to that number one biggest mistake is when they just, "I've tried that and it didn't work and how long have you tried it? A week or two". That's a really really huge mistake. It took you that long to get sick and you didn't know it and it took you that long to have your intestinal lining to the point that it's like literally there's holes in there. So you have to understand that it's not going to be an overnight process

# FUNCTIONAL SOLUTIONS FOR IBD



Inna Lukyanovsky,  
PharmD



the biggest mistake number one is not giving enough time to the healing diet and the changes in lifestyle

Mistake number two ...we call it doctor-hopping. So again it didn't work so let me try another doctor and another doctor.

to give that chance to the healing diet. So I would say the biggest mistake number one is not giving enough time to the healing diet and the changes in lifestyle

I would say number two and we call it doctor-hopping. So again it didn't work so let me try another doctor and another doctor. It's like you want to hope that the

next one will help but often it's within you.

Going to number three biggest mistake is not to give yourself that mindset. I believe that mindset is extremely important in any healing not just gut healing. When you have any condition if you tell yourself I'm not getting well, I'm not going to be okay, you're not going to be okay. I believe that if you're going with the mindset I want to heal and I'm going to try this

program the entire way and I'm going to give it a full chance, you'll have so much of a better chance to heal.

**AB:** And your job is to be a coach and a cheerleader to help them continue instead of being the bossy type of doctor.

**IL:** I could get bossy if you're not listening but I'm just your guide in this process. Guide is the key word for the process.

**MM:** Quick question, how can people get hold of you?

third biggest mistake is not to give yourself that mindset... mindset is extremely important in any healing not just gut healing.



# Inna Lukyanovsky



Inna's mission as a clinical pharmacist and functional medicine expert is to empower all individuals with good health by educating, supporting and guiding them in their journey to heal. Inna has been blessed to be able to live her mission every day by helping people resolve their cases of Crohn's disease, colitis, adrenal fatigue, autoimmune diseases, female hormone imbalances and more. She is very grateful to all her clients that allow her to practice her passion and fulfill her mission.



**IL:** I would hope your readers grab a copy of my book when it comes out. If they want to send me an email at gutpharmacist@gmail.com I will send them a copy of the book when it's released.

**AB:** Thank you for that. Can you tell us your website?

**IL:** My website is [www.realhealthsolutionsllc.com](http://www.realhealthsolutionsllc.com)

The phone number is 732-414-6223

**AB:** Thank you Inna for being with us.

**IL:** Thank you!

Author's webpage URL

<http://www.realhealthsolutionsllc.com/>

Author's Page URL on LCM

<https://lowcarbmag.com/inna-lukyanovsky/>

Author's Facebook URL

<https://www.facebook.com/realhealthsolutions?fref=ts>

Author's Other Links

<https://www.youtube.com/channel/UCGurGdV6mEw9T9ZCyfTpVuQ>





Dr. Mona Morstein

Dr. Mona Morstein is a naturopathic physician in Tempe, AZ, USA who has a busy practice seeing all types of diabetic patients. She is the author of the upcoming book "*Master Your Diabetes: A Comprehensive Integrative Approach For Type 1 and Type 2 Diabetes*," published in October, 2017 by Chelsea Green Publishers.

Author's Page URL on LCM

<https://lowcarbmag.com/dr-mona-morstein-low-carb-diabetes-association/>

Author's Face Book URL

<https://www.facebook.com/lowcarbdiabetes/>

Authors Website URL

<https://lowcarbdiabetes.org/>

She is the founder and Executive Director of the 501c3 non-profit, the Low Carb Diabetes Association at [lowcarbdiabetes.org](https://lowcarbdiabetes.org).

Dr. Morstein has taught diabetes education to medical students and physicians for years, and has an eleven week diabetes webinar archived at [MedicineTalkPro.org](https://MedicineTalkPro.org).

Her clinic is the Arizona Integrative Medical Solutions at [azimsolutions.com](https://azimsolutions.com).

# THE BENEFITS OF BEVERAGES ON A LOW CARB DIET



Photo by Nora Schlesinger on Unsplash



**F**ood goes down with drink, and so we need to know what beverages work well on a low carb diet plan.

The typical rule for beverage intake is that you should drink half your body

weight in ounces; that is, if you weigh 130 lbs, you should drink 65 ounces, the equivalence of around 2 quarts/liters. Why do we have to drink that much each day? (And more, if you are sweating a lot, or suffering from diarrhea or vomiting).

### Beverages serve many purposes:

The main reason to drink regularly is to keep hydrated. Up to 60% of the human body is water, so ensuring you have enough fluid in coursing through your cells is very important. Fluid loss occurs

continuously from skin evaporation, breathing, urine, and stool. It is easier to become dehydrated in warmer weather, high altitudes, and in older adults.

### Dehydration harms your body in many ways:

**1** You may become constipated.

**4** You may suffer from headaches.

**2** You may excrete less toxins through your kidneys, have less or darker urine, and have more frequent bladder infections.

**5** You may have less well functioning muscles. Muscle cells need fluid and electrolytes to perform well. Muscle fatigue, weakness, or, more commonly, cramping, can happen without enough fluids. It's important to drink when exercising.

**3** You may have less healthy looking skin, and it may be much drier and age quicker.

**6** You may lose weight—drinking water or non-calorie beverages instead of higher calorie beverages may help you lose weight.

**7** Being hydrated also helps maintain normal body temperature.

**8** A good level of fluid in your body is needed to help make saliva, absorb your food, and transport

nutrients to all your body cells.

**9** Dehydration may also reduce chemical reactions in your body, and your circulation, setting you up for blood clots or other circulatory problems.

Another benefit to beverages is taste. Although pure water is the best fluid for your body, likely you more enjoy having some sort of taste in the water. Enjoying your drink can calm you, make you happy, and also encourage regular drinking.





When you are on a low carb diet,  
some beverages must be avoided:

1

Sugary drinks: soda pops,  
sugary coffee drinks,  
sugary energy drinks

2

Fruit juices

3

Regular milk

4

Regular beer

5

Some vegetable juices,  
depending on ingredients  
and calorie levels (such  
as carrot or beet juice).

6

Beverages containing  
artificial sweeteners—  
sucralose, Splenda,  
aspartame, Nutrasweet.  
(Remember that these healthy  
sweeteners are fine to have in  
your beverage: stevia, xylitol,  
erythritol, monk fruit, chicory.)

Don't despair! There are many different types of beverages  
you can regularly enjoy:



1

Pure, filtered water—if you  
are using reverse osmosis,  
I suggest adding in extra  
minerals. I do not recommend  
using distilled water or alkaline water.

2

Herbal teas—pretty much  
all herbal teas, aside from  
a sweetened chai tea, is  
fine to drink. Green tea is  
protective of the pancreas and liver and  
is anti-carcinogenic. Ginseng and licorice  
are good for adrenals, stress and glucose  
regulation. Dandelion is good for the liver  
and bladder. Peppermint, ginger, anise,  
fennel, chamomile are good for digestion.  
Go for variety and your preferences.



3

Unsweetened alternative milks  
(such as almond, coconut,  
macadamia, soy, etc.)





4

Alternative pops using healthy sweeteners—such as Stevia.



5

Unsweetened chocolate powder—mix with healthy sweetener and unsweetened alternative milk for a nice hot cuppa chocolate.



6

Fizzy/carbonated water—whether you have a SodaStream home carbonator in your own home or buy carbonated water, this beverage offers a pleasant tickling on your tongue. Add cucumbers, lemon, lime, healthy sweeteners to bring flavors to them.



7

Coffee



8

Coffee alternatives using chicory and barley, like Roma, Teeccino, Pero.



## What about alcohol?

Aside from regular beer, alcohol tends to have little carbohydrates in it. A five ounce serving of wine has 4 grams of carbs; there are low carb beers containing less than 3 grams per bottle, and distilled hard liquor has no carbs at all.

Alcohol does have calories, though, around 100 calories a typical serving, and if you are eating low carb to lose weight, be careful

of those added alcohol calories you'll need to burn off. Also, alcohol can lead to dehydration more easily than other beverages. Last, if you are an alcoholic, have a history of acute pancreatitis, have problems with stomach ulcers, or have fatty liver, alcohol should be avoided.

Beverages can really enliven your low carb diet. Choose well and enjoy!





# Low Carb Top Blogs



**Rachel Zinman**  
**Yoga for Diabetes**

Rachel Zinman is absolutely passionate about Yoga, it's true meaning and message. She first came across Yoga at 17 and have never looked back.

That means Rachel has been practising since 1983, teaching since 1992 and teaching teachers since 2000. She has been lucky to study with some of the most influential teachers in the west including Louisa Sear, Dena Kingsberg, Alan Finger and Mark Whitwell as well as immersing herself in the study and assimilation of the classical system of Knowledge called Vedanta, in the lineage of Swami Dayananda.

In 2005 after being introduced through friends Rachel met her now life partner, John Weddepohl.

In 2011 they taught their first retreat together combining Yoga and Self Knowledge. They have been travelling and teaching together ever since.

In a class Rachel shares pranayama, asana, meditation, mudras and mantras from both the Laya and Kriya Yoga tradition. She credits her passion for meditation and Tantra to her mentor Alan Finger and her deepened understanding of pranayama to John, who initiated her into the tradition of the ancient Tamil Siddhas.

Author's LCM page

<http://lowcarbmag.com/low-carb-mag-interviews-rachel-zinman-yoga-for-diabetes/>

Author's Facebook URL

<https://www.facebook.com/RachelZinmanYoga/>

Author's Website URL

<https://yogafordiabetesblog.com/>

Author's Other Links

<https://twitter.com/passionyogi>  
<https://www.youtube.com/user/Rachelakshmi>



In this series of articles, we look at the best lowcarb blogs on the planet. We're doing this because we like to pass on details about only the best places to get top class information.

We have looked far and wide for only those people who provide top content or excellent service. Many of the ones we'll be looking at come from our own findings yet many more are ones you've told us about. Then after careful review, top candidates get asked to tell

us and you about what they do and why they do it so that you can get to know them better and get an idea about whether or not they can help you.

Now don't forget - if you know about a great blog - let us know via email

[feedback@lowcarbmag.com](mailto:feedback@lowcarbmag.com)

or use the contact form on the website.

<http://lowcarbmag.com/feedback/>

The blog we recommend this month is



# Low Carb Mag Pick of the Podcasts



We've been looking at the pick of the podcasts for the last year now and we are constantly pleased to see that all of them deliver top quality, informative and interesting articles on a regular basis.

To be frank, there are a lot of podcasts so we had to divide them up into three main categories...

- Low Carb
- Paleo
- Health - that covers things like exercise, dietary information, medical and so on.

Each month, we'll review these and see how they compare with each other and new ones as

they appear, and that's where you come in.

Firstly, thank you if you've been one of the many who vote and also suggest other podcasts we should look at. If you've never voted or suggested one of your favorite podcasts. Please let us know about any podcasts that you think are worthy of being in the top five for each of these categories as we don't want anyone else to miss out on good information. also, you can vote for them too by sending an email to us at [feedback@lowcarbmag.com](mailto:feedback@lowcarbmag.com)

Simply list them in order from best to worst.

There are a whole lot more that nearly made it into the top position so you could make the difference about who gets in and who gets the top slots.

## LOW CARB

### Livin La Vida Low Carb



<http://www.thelivinlowcarbshow.com/shownotes>



Board certified physician and Keto Hacker Dr. John Limansky is our interview guest today in Episode 1368 of "The Livin' La Vida Low-Carb Show"

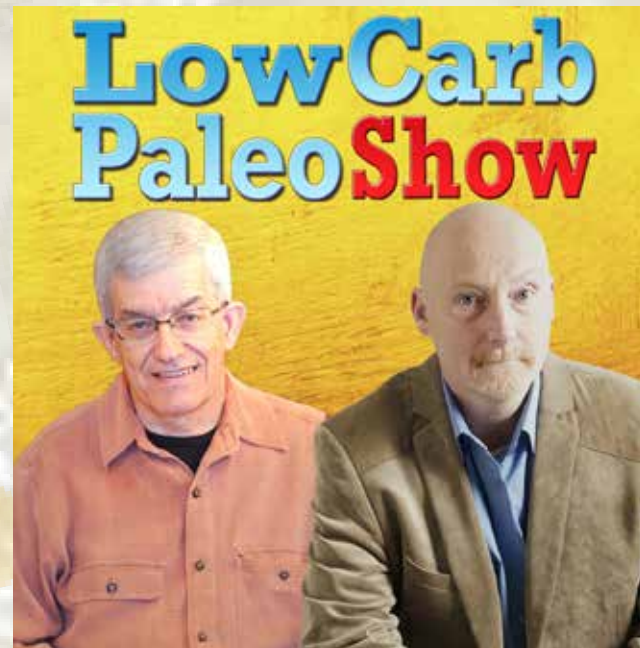
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# 2 LOW CARB

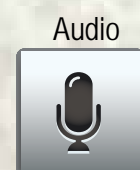
## Low Carb Paleo Show



Hosts: Alain Braux and Mark Moxom interview Mike Nelson



Dr. Mike Nelson has spent 20 years of his life learning how the human body works, specifically focusing on how to properly condition it to burn fat and become stronger, more flexible, and healthier. He has a PhD in Exercise Physiology from the University of Minnesota.



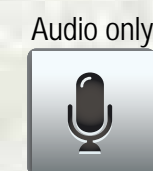
# 3 LOW CARB

## Keto Talk with Jimmy Moore & The Doc



Keto Talk

100<sup>th</sup> Episode, Low-Fat On Period, Low Leptin Slows Metabolism, Vegetables & Ketosis, Edema While Keto, How Keto Heals





# 1 LOW CARB

## Low-Carb Conversations with Leah Williamson



Audio only

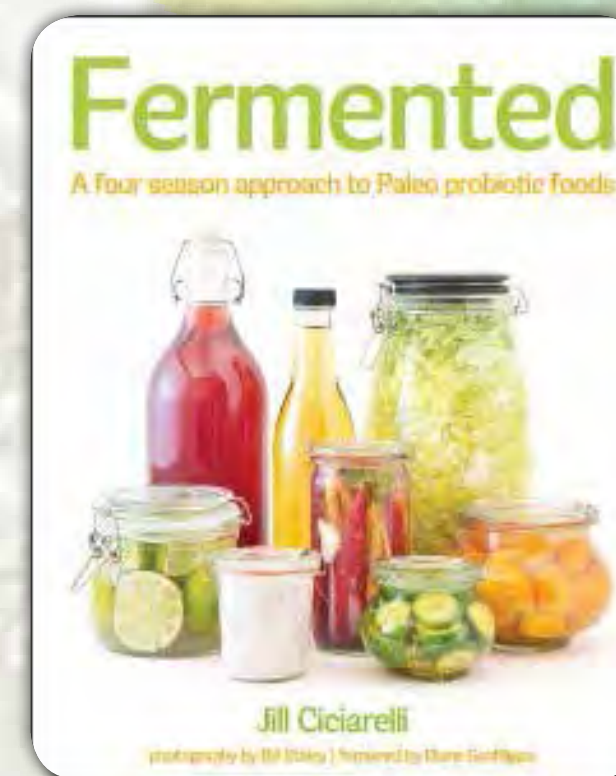


This week on Low Carb Conversations with Leah Williamson NTP and Guests, Leah chats with her friend Darryl Edwards aka The Fitness Explorer.

Sit back and relax while Leah discusses the latest health news headlines with special

# 3 LOW CARB

## Ask the Low Carb Experts



Audio only



In Episode 52 of "Ask The Low-Carb Experts" the timely and very relevant topic of "All Things Fermented (Fermentation 101)."



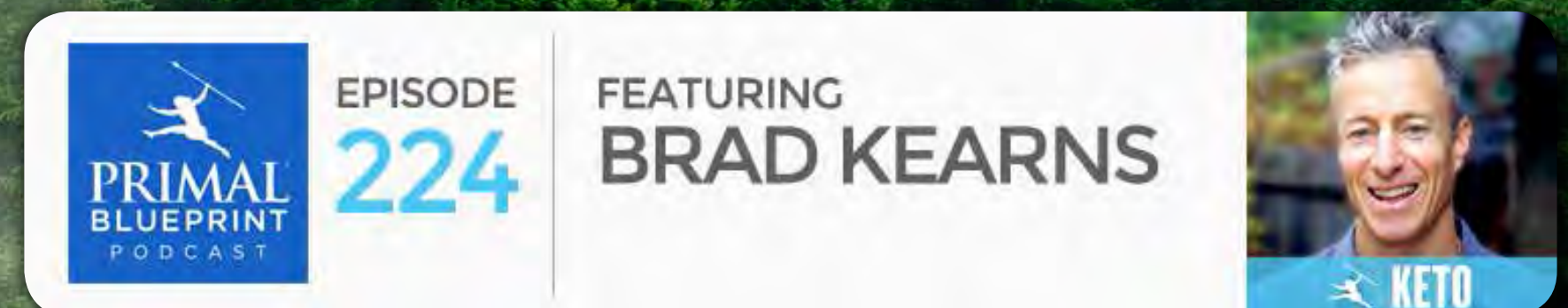
# 1 Paleo/Primal

## Balanced Bites



# 2 Paleo/Primal

## The Primal Blueprint Podcast



Host Brad Kearns offers some important tips to make your first foray into nutritional ketosis a success. As you may know, the complete Keto Reset journey entails a 21-Day Metabolism Reset, a fine-tuning period of morning fasting, followed by a minimum 6-week stint of nutritional ketosis. Regardless of your long-term keto strategy, completing a single Keto Reset journey and staying keto for at least six weeks affords you the highest level of metabolic flexibility, which you can leverage into long-term benefits. Even when well prepared, it can be tough to make it through the initial weeks of keto, since you are making such a dramatic transition from your lifelong #1 fuel source of glucose over to fat and ketones. Follow the guidelines offered in the show to make sure you succeed out of the gate and hang in to the magic six-week mark and perhaps beyond (since it gets super easy by then!) "foods."



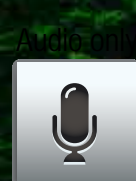


# 3 Paleo/Primal

## The Paleo Solution Podcast



You asked for it, and we delivered.  
We're back with a Q&A episode!

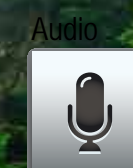


# 4 Paleo/Primal

## The Primal Show



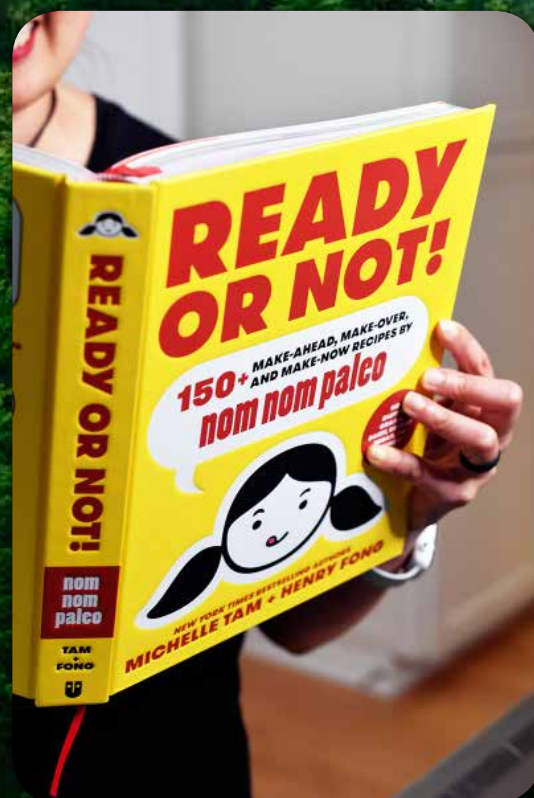
Episode #44 Guest Celebrity Chef Pete Evans is interviewed by show host Heath Squier. Pete is captivating in this 50 min interview as he provides in depth information about Paleo and how he has cooked for celebrities around the world while teaching them how to achieve optimal health through Paleo. He discusses recent controversial subjects in Australian news and also talks about the launch of his new company The Paleo Way and how people around the world rid themselves of inflammation and extra weight.





# 5 Paleo/Primal

## Nom Nom Paleo Podcast



We're back! Yeah, I know it's been over two months since our last podcast, but we think you'll really dig this hour-long episode packed with juicy details about my favorite Hawaiian-inspired summer dish, our exciting new Ready or Not! cookbook, volunteering with the family at the food bank, and my favorite green powder: Matcha! Download the episode and take us along with you on your next road trip, mountain hike, or traffic-packed slog to work!

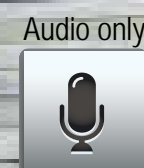


# 1 Health/Fitness

## Rebooted Body



RB188: The Day My Dogma Died



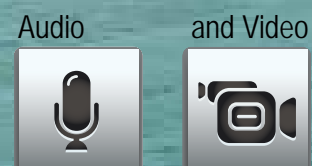


## 2 Health/Fitness

### TED Talks Health



Once a cared-for patient and now a caregiver himself, Scott Williams highlights the invaluable role of informal caregivers -- those friends and relatives who, out of love, go the extra mile for patients in need. From personal care to advocacy to emotional support, unpaid caregivers form the invisible backbone of health and social systems all over the world, Williams says -- and without them, these systems would crumble. "How can we make sure that their value to patients and society is recognized?" he asks.

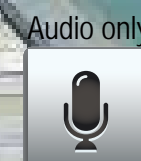


## 3 Health/Fitness

### The Fitcast



John Pallof joins Kevin to talk about common movement dysfunctions and interventions, compensation patterns to watch out for, a super fascinating discussion on concussion rehab and much more!





# 4 Health/Fitness

## The Jillian Michaels Show



The Joys of Parenthood

Audio only

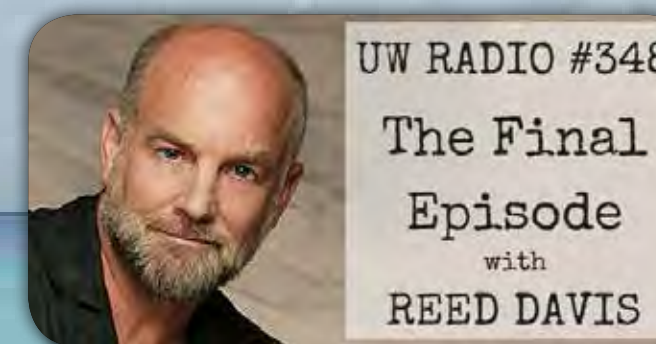


Audio only



# 5 Health/Fitness

## Underground Wellness Radio



On today's final episode of Underground Wellness Radio, Reed and I get together one last time to show you how to become your own health detective ... one who stops chasing symptoms and gets to the root cause.

Audio only





# GMO Watch



*Author Alain Braux keeps us up to date with the latest news from around the world.*

**GMOWorld:** Mathematics Explains Why Crispr-Cas9 Sometimes Cuts the Wrong DNA

<https://sustainablepulse.com/2018/02/14/mathematics-explains-why-crispr-cas9-sometimes-cuts-the-wrong-dna/>

**GMO USA:** Farmer and Conservation Groups Challenge EPA and Monsanto in Court over XtendiMax - Sustainable Pulse

<https://sustainablepulse.com/2018/02/15/farmer-and-conservation-groups-challenge-epa-and-monsanto-in-court-over-dicamba-fiasco>



**GMO USA:** Glyphosate Residues Discovered in Almond Milk, Bread and Veggie Burgers

<https://sustainablepulse.com/2018/02/16/glyphosate-residues-discovered-in-almond-milk-bread-and-veggie-burgers/>

**GMO New Zealand:** Civil Society Groups Slam FSANZ Approval of GMO Golden Rice

<https://sustainablepulse.com/2018/02/21/civil-society-groups-slam-fsanz-approval-of-gmo-golden-rice/>

**GMO Europe:** Germany Will Phase Out Glyphosate Herbicides "As Fast As Possible"

<https://sustainablepulse.com/2018/02/09/germany-will-phase-out-glyphosate-herbicides-as-fast-as-possible/>

**GMO Africa:** Burkina Faso Set for Risky GM Mosquitoes Trial with 'No Benefits'

<https://sustainablepulse.com/2018/02/12/burkina-faso-set-for-risky-gm-mosquitoes-trial-with-no-benefits/>

**GMO Europe:** High Stakes for CRISPR and GMO Regulation in Europe

<https://sustainablepulse.com/2018/01/23/high-stakes-for-crispr-and-gmo-regulation-in-europe/>

**GMO World:** RT America's Lawyer: Monsanto Weed Killer is Killing Humans

<https://sustainablepulse.com/2018/02/02/rt-americas-lawyer-monsanto-weed-killer-is-killing-humans>

**GMO USA:** US Court Rejects FDA Appeal on GMO Salmon Approval Documents

<https://sustainablepulse.com/2018/02/05/us-court-rejects-fda-appeal-on-gmo-salmon-approval-documents/>

**GMO Argentina:** Argentinian Experts Discover Glyphosate Damages Ovarian Growth in Crustaceans - Sustainable Pulse

<https://sustainablepulse.com/2018/02/07/brazilian-experts-discover-glyphosate-damages-ovarian-growth-in-crustaceans/>

**GMO Europe:** Monsanto Papers Lead to New European Parliament Pesticide Committee - Sustainable Pulse

<https://sustainablepulse.com/2018/01/18/monsanto-papers-lead-to-new-european-parliament-pesticide-committee/>

**GMO World:** Food Navigator and Urban Farm Podcasts: Pesticide Testing and Glyphosate Residue Free Certification

<https://sustainablepulse.com/2018/01/19/food-navigator-and-urban-farm-podcasts-pesticide-testing-and-glyphosate-residue-free-certification/>

**GMO USA:** China's First GM Rice Gets US FDA Approval - Sustainable Pulse

<https://sustainablepulse.com/2018/01/23/chinas-first-gm-rice-gets-us-fda-approval/>

**GMO Europe:** High Stakes for CRISPR and GMO Regulation in Europe - Sustainable Pulse

<https://sustainablepulse.com/2018/01/23/high-stakes-for-crispr-and-gmo-regulation-in-europe/>





FESTIVALS





## Baconfest Chicago

<https://baconfestchicago.com/>

Baconfest Chicago is a nationally renowned, locally beloved festival dedicated to America's favorite cured meat: bacon! At Baconfest, Chicago's best chefs concoct and serve brilliant bacon dishes to thousands of passionate bacon lovers. Liquor sponsors provide cocktails, beer and wine designed to complement a bacon meal. Bacontrepreneurs and bacon-friendly brands exhibit their wares and connect with our bacon community. A panel of judges bestows the Golden Rasher awards on chefs and guests for achievement in the bacon arts. It is a raucous, rockin' good time for everybody involved.

**Chicago, Illinois**  
**April 6-7, 2018**

## 8<sup>th</sup> Annual Kemah Crawfish Festival

<http://gulfcoastfestivals.com/>

In addition to crawfish, we will be offering great festival food as well. Come out to the Best Crawfish Festival in Texas!

The Kemah Crawfish Festival will take place under the Kemah Bridge, April 6, 7, 8, 2018. There will be plenty of crawfish, beverages, live music and fun! So come on out to Kemah Crawfish Festival and celebrate crawfish season with us!

**Kemah, Texas**  
**April 6-8, 2018**







## A Taste of Ginger

[https://secure2.convio.net/jodc/site/SPageServer;jsessionid=00000000.app212a?pagename=2018ATasteofGinger&NCE\\_TOKEN=3BA1233E4AFACD87F399CC4F3FC523CC](https://secure2.convio.net/jodc/site/SPageServer;jsessionid=00000000.app212a?pagename=2018ATasteofGinger&NCE_TOKEN=3BA1233E4AFACD87F399CC4F3FC523CC)

Save the Date for one of Boston's largest food events of the year benefitting Joslin Diabetes Center's Asian American Diabetes Initiative (AADI). For over a decade, the AADI has made substantial advances to enhance the quality of life and health outcomes for Asian Americans living with diabetes, through research, education, outreach and culturally appropriate treatments.

**Boston, Massachusetts**  
**April 9, 2018**



## The 65<sup>th</sup> Annual Pear Blossom Festival

<http://pearblossomparade.org/>

Through its 65 year history associated events have been added, including the Scholarship Pageant, Run and Street Fair. In recent years, the Pear a Fare (local artisan food & beverage tent) and the Smudge Pot Stroll (downtown restaurant event) have been added to make "The Pear Blossom" a true "Festival". We are very excited for 2018 to give even more of our community an opportunity to be involved in Medford's oldest tradition!

**Medford, Oregon**  
**April 13-14, 2018**





## **71<sup>st</sup> Annual Poteet Strawberry Festival**

<http://strawberryfestival.com/2018/1>

Located in the heart of the Artesian Belt, Poteet is recognized as the "Strawberry Capital of Texas". Each year Poteet, Texas and the Poteet Strawberry Festival is host to over 100,000 people.

**Poteet, Texas  
April 13-15, 2018**



## **Annual Franklin Parish Catfish Festival**

<http://www.franklinparishcatfishfestival.com/>

The Franklin Parish Catfish Festival has come a long way since its beginnings on the grounds of the Winnsboro Elementary School. Yet, as the event continues with its 29th annual run on April 11, 2015, it remains true to its roots — family friendly fun, quality entertainment and crafts and delicious, hot, farm raised catfish.

**Winnsboro, Louisiana  
April 14, 2018**



## 32<sup>nd</sup> Annual Fallbrook Avocado Festival

<http://www.fallbrookchamberofcommerce.org/events-v2/avocado-festival.html>

Dollars spent in Fallbrook are dollars reinvested in the entire community. Money circulated in the community not only contributes to businesses, but provides employment and support for local schools and charities. A strong diverse business base with the community provides additional business opportunities for all of us.

Fallbrook, California  
April 15, 2018



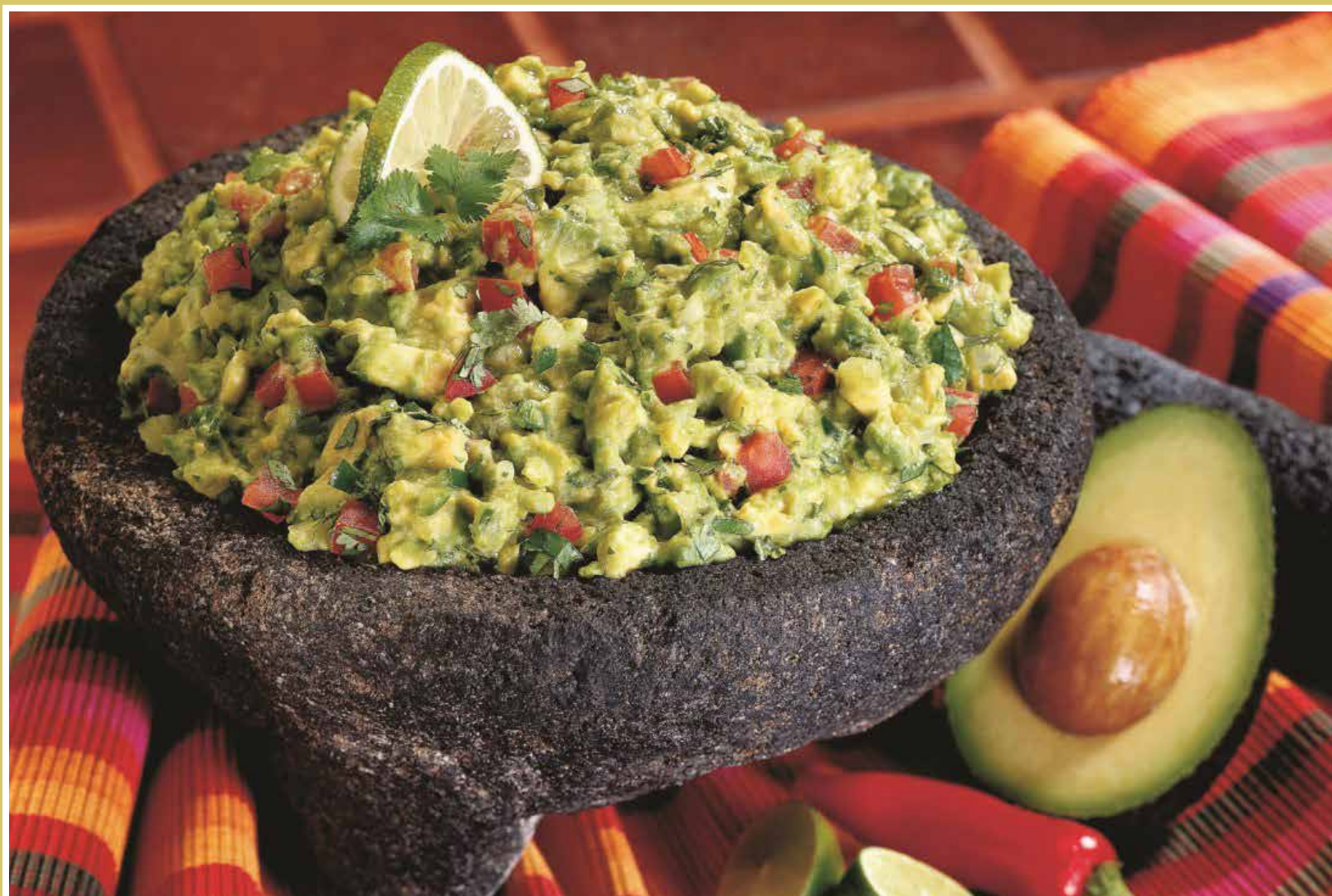
## Annual Grape Day

<http://www.temeculawines.org/events/>

Temecula Valley Wine Country is bustling with exciting events year round. Whether you're looking for one of our annual wine country-wide events, or simply looking for what's happening at the wineries when you next visit, you're sure to find something going on somewhere!

If you're the one planning the celebration, meeting or wedding, we have spaces and places for you, too!

Temecula, California  
April 19, 2018







## San Joaquin Asparagus Festival

<http://sanjoaquinasparagusfestival.net/>

San Joaquin Asparagus Festival draws a considerable amount of visitors in the spring that come together to enjoy the fun, savor the food, and catch up with old friends, all while making new friends and memories!

Stockton, Calif.  
April 20-22, 2018



## California Nut Festival

<http://www.californianutfestival.com/>

Each year, this crowd-pleasing festival showcases plentiful gourmet food offerings, always-popular wine and beer sampling, nut-inspired cooking demonstrations, live musical entertainment on two outdoor stages, a wonderful art show featuring talented local artists and much more. The event is presented by the Butte Agriculture Foundation and sponsored by Tri Counties Bank and Meriam Park - A Development For Food Innovation, C.F. Koehnen & Sons, PG&E, California Olive Ranch, RUSH Personnel Services, Farmers' Circle members and involved media partners.

Chico, California  
April 21, 2018



## Mushroom Festival

<http://greatriverroad.com/eventpages/peremushroomfest.htm>

It's back! The Mushroom Festival is returning to Pere Marquette Lodge and will be bigger than ever before. Come listen to live music, browse vendors, grab lunch in the restaurant, taste local wines and learn all there is to know about mushrooms. The Great Morel Hunt will be held at 1 pm (weather and morel permitting). Join fellow hunters from all over the area as they scan the ground for these delicious delicacies. Then bring your finds back to The Lodge and you could win a great prize! Find the smallest morel, the largest morel or the most morels and you just might go home with a free nights stay. Spring is in the air and mushrooms are on the ground...let's get them!

**Grafton, Illinois**  
**April 22, 2018**



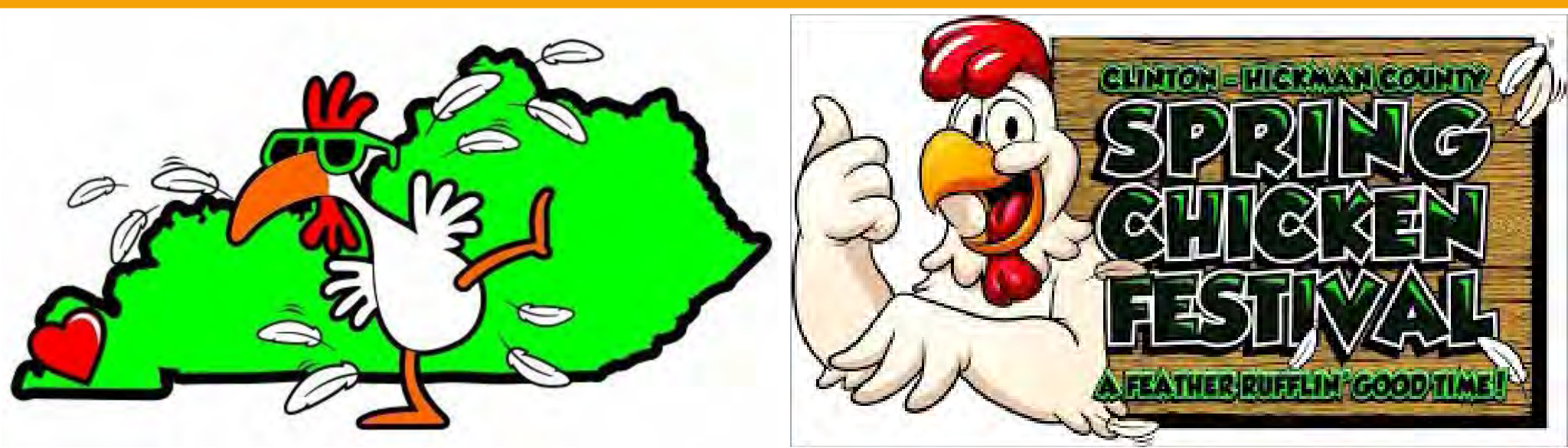
## 41<sup>st</sup> Annual Vidalia Onion Festival

<http://www.vidaliaonionfestival.com/>

Each spring, food lovers across the nation anticipate the harvest of Georgia's Official State Vegetable, the famous Vidalia® Onion. The Vidalia community celebrates the occasion with a four-day festival that's packed with fun-filled activities that offer something for everyone. The Vidalia Onion Festival has been featured on The Food Network and recognized as one of the Five Don't-Miss Festivals Across the U.S. by MSNBC and a Southeast Tourism Society Top 20 Event. Join us for a sweet time in Vidalia!

**Vidalia, Georgia**  
**April 26-29, 2018**





## Spring Chicken Festival

<http://www.clintonhickmancountychamber.com/spring-chicken-fest>

The Planning Committee is excited for the 8th Annual Spring Chicken Festival held on April 27-28, 2018 in beautiful Clinton, Kentucky on the picturesque Court Square of Hickman County. Schedule of Events will be posted on this site as well as forms for the 5K, 1 mile Run/Walk, Vendors, and Wild Wing Cook Off. We invite you to come and shake a tail feather!

Clinton, Kentucky  
April 27-28, 2018

## 34<sup>th</sup> Annual Pensacola Crawfish Festival

<http://www.fiestapensacola.org/pensacola-crawfish-festival>

Don't be shy, dig in! Fiesta of Five Flags is excited to announce that the 34th annual Pensacola Crawfish Festival will take place Friday-Sunday, May 4, 5 & 6 in Bartram Park, downtown Pensacola. Admission is \$5 daily or \$10 for a weekend pass (children 12 and under get in free). Join us before 3:00 PM on Friday, May 4th, and admission is free! Admission for active duty military with ID on Friday, May 4th is also free. Great food, live entertainment, and activities for all ages await you!

Pensacola, Florida  
May 4-6, 2018



FIESTA OF FIVE FLAGS 2016  
**PENSACOLA SEAFOOD FESTIVAL**  
PRESENTED BY WIND CREEK CASINO AND HOTEL





## Gluten-Free Expo

<https://celiac.org/cdf-conference/>

The CDF Gluten-Free EXPO, the nation's premier event for celiac disease and gluten sensitivity, attracts more than 3,500 people annually. It is the only event in the country where you will find education sessions with top researchers, in addition to a giant EXPO Hall with more than 100 gluten-free exhibitors, cooking demonstrations, book signings, and more!

**Pasadena, California**  
**May 5-6, 2018**



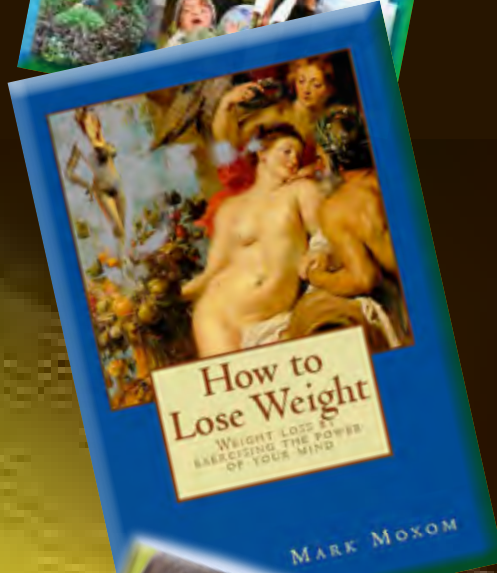
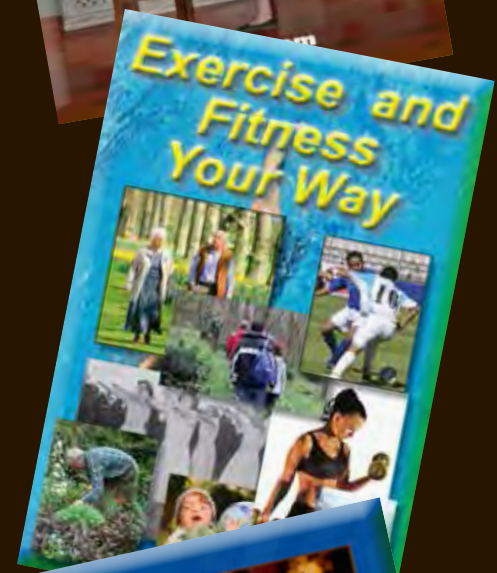
## 33<sup>rd</sup> Annual Texas Crab Festival

<https://texascrabfestival.org/>

Join in the fun of our famous Crab Legs Contest, the 5K/1K Fun Run or the Two-Step Dance Contest; cheer on your favorites at the Wiener Dog Races or test your mettle in the Washers Tournament. Browse booths from local merchants and check out the Arts and Crafts area for fine art, clothing and crafts with a coastal twist.

**Crystal Beach, Texas**  
**May 11-13, 2018**





**YOURS FREE  
WHEN YOU  
BECOME A  
GOLD LEVEL  
SUBSCRIBER**

Thanks for reading the magazine!

I really do hope you're enjoying it - There is so much more for you to see though!

Anyway, I'm sure you'd like more great information that will help you become fit and healthy and get the body and life that you want.

To help you do that we've got more - just for you.

We've done a deal with the publishers who are allowing us to let you have four more books at a ridiculously cheap price. (In fact you can get them for nearly 60% off the current price)

Each of them deals with fitness and weight loss, approaching those subjects from different angles so there's bound to be something in them that will help you achieve your goals.

Now the publishers won't let us release them to you at this price individually but you can get them as part of your subscription to our gold level membership with one book released every 3 months.

Here's what's in the offer so far:

- Easy Weight Loss Exercise
- How to Lose Weight - by Using the Power of Your Mind
- Exercise - Your way
- The Revolutionary SnackBox Diet

Right now - you can get a **full one year Gold** subscription including these four books for only \$9.99. But don't delay... This will be going away soon and you'll never see this particular offer again.

This is just for the early birds.

So what are you waiting for?

Click the button now.  
Before this offer expires.

**Go for Gold Now**

# RECIPES





# Low Carb Sausage Balls Recipe

By Beth McIntire of [livingwithbeth.com](http://livingwithbeth.com)



It's hard to resist all of those delightful treats at holiday potlucks and parties, and one of the hardest things for me to pass by is a tray of sausage balls. Unfortunately, traditional sausage balls aren't low carb. Most contain Bisquick or other flour-based ingredients.

With this recipe, you can enjoy delicious sausage balls as a low carb treat anytime, without waiting for a party. They make a great dinner option, and leftovers heat over well for a low carb lunch the next day. They even freeze well!



## Ingredients:

- 1 lb breakfast pork sausage roll, medium
- 1 lb breakfast pork sausage roll, hot
- 1 lb ground beef
- 1 lb shredded cheddar cheese
- 3 large eggs, mixed well
- 1/4 cup dried onion flakes
- salt and pepper to taste





## Directions

1. Preheat your oven to 350 degrees. Mix together the ground beef and sausage rolls with your hands in a large bowl, then add the remaining ingredients and combine well. You can add some salt and pepper if you'd like, but the sausage is probably plenty spicy without additional help.



1



2

2. Cover a jelly roll pan (or cookie sheet, if you prefer) with a sheet of aluminum foil and spray well with olive oil. Form your sausage balls into the desired size, no more than 2 inches. Smaller balls cook faster but require more effort because you have to make more balls.



3

3. Place the pan of sausage balls in your oven and begin checking them after 10 minutes. The meat needs to be completely cooked before eating. Smaller balls (about 1 inch) likely need 10 or 15 minutes for cooking. Larger sausage balls will require 20 minutes or so. After your sausage balls finish baking, gently remove them from the sheet and transfer to a serving plate. You should have about 30 to 50 sausage balls, depending on how large you made them.





### Chef's Tips

I use disposable latex gloves for mixing the meat and making the sausage balls so that I don't have to clean raw meat out of my fingernails later. I use a jelly roll pan (a cookie sheet with sides) for baking, so that any grease that cooks out of the sausage balls doesn't drip onto the bottom of my oven. I generally buy Jimmy Dean brand sausage rolls for this recipe.



Beth McIntire is a writer, blogger and technology professional with a degree in journalism and a lifelong passion for writing. She lost weight on a low-carb diet and continues to follow a low-carb eating plan.

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<http://pinterest.com/catcallsbeth>



# Cheesy Stuffed Pork Chops with Spinach, Peppers, & Onions

By Taryn Scarfone of [joyfilledeats.com](http://joyfilledeats.com)

[Link to original recipe](http://joyfilledeats.com)

These Cheesy Stuffed Pork Chops with Spinach, Peppers, & Onions are perfect for Valentine's Day at home or any other special night with your sweetie. Why pay premium restaurant prices when you can create a delicious restaurant quality meal in minutes?



## Ingredients:

- 1 tbsp cooking oil (I used avocado oil)
- 2 Smithfield Prime Fresh Pork Bone In Chops (about 2 pounds total weight)
- 1 small red pepper, seeded and sliced
- 1 small onion, peeled and sliced
- 1 cup fresh spinach
- 1 cup shredded cheddar cheese
- 1 1/2 tsp garlic powder, divided
- 3/4 tsp sea salt, divided



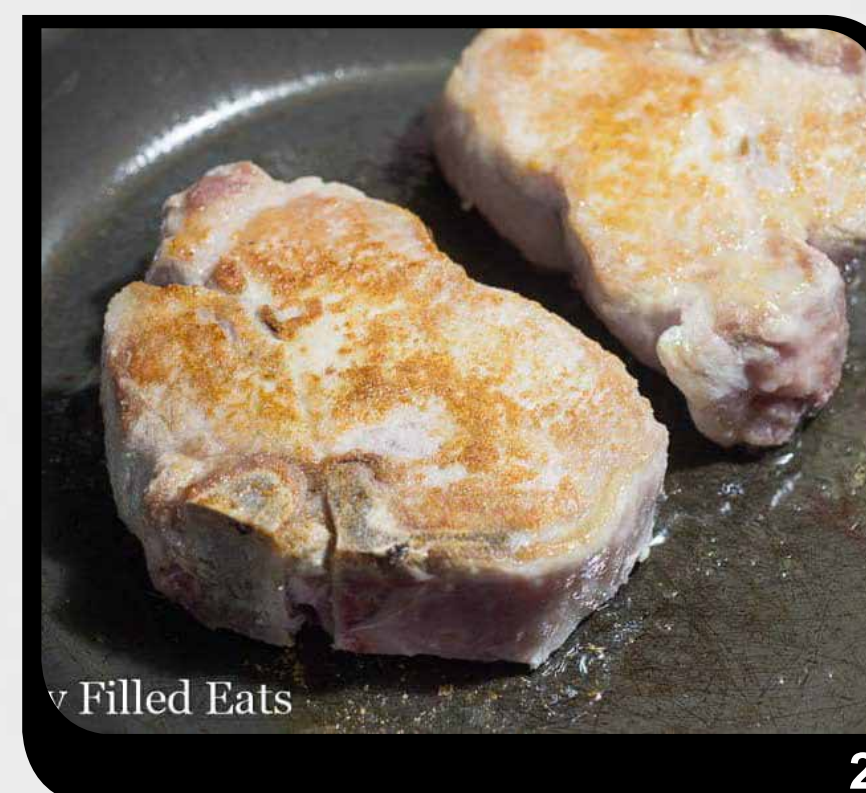
## Directions

1. Preheat oven to 350. Preheat a large frying pan over medium-high heat. Drizzle the cooking oil in the frying pan.

Sprinkle 1 tsp of the garlic powder and 1/2 tsp of salt on the pork chops. Rub it in on both sides.



2. Sear the pork chops in the hot frying pan. Transfer to a baking sheet.



3. Add the peppers and onions to the frying pan. Cook until softened. Add the spinach and cook until wilted. Add the other 1/2 tsp garlic powder and 1/4 tsp salt. Cool for 5 minutes. In a medium bowl mix the cooked veggies and the shredded cheese.



4. Cut a slit in the pork chops until you hit the bone. Stuff with the cheese and vegetable mixture. Put in the preheated oven. Cook for 30-35 minutes or until the pork reaches 160 on a meat thermometer. Bake for 30 minutes until golden brown.





**Chef's Tips:**

If you have a bottle of dry white wine open it adds a nice flavor. But I wouldn't open a new bottle just for this recipe. Unless you are planning on having a glass while you cook.

**Serving Instructions:**

I served these Cheesy Spinach Stuffed Pork Chops with Peppers & Onions with steamed broccoli and I sauteed some zucchini and tomatoes with a little bit of cream cheese. Yum!

**Number of Portions: 2 pork chops**

**Nutritional Value:**

Nutrients per serving	
Energy	734 kcal
Protein	67 g
Carbs	2 g
Fat	48 g



I'm Taryn. The kitchen has always been a joy filled place in my life. Even in the midst of dieting and weight loss food should bring JOY. I have lost over 50 pounds and enjoyed every bite. My recipes are all gluten and sugar-free. Most are also low carb and grain free. I enjoy spending time baking, cooking, and creating recipes and I want to share that with my readers.

I am a stay home mom to 4 children from 3 to 10 years old. One of my first loves is baking and cooking. I've been playing around with recipes for over 20 years. Unfortunately, mothering all these babies has added to my waistline. After baby #4 I became determined to lose ALL the baby weight.

I've tried whole30, keto, intermittent fasting, and paleo over the last 2 years. I started the Trim Healthy Mama way of eating after getting tired of cutting out entire food groups. I'm looking forward to sharing recipes and tips along the way.

The kitchen for me has always been a joy-filled place. I remember rolling out pie crust with my grandmother and sprinkling the scraps with cinnamon and sugar to make little cookies. The rolling pin in my header is a drawing of the rolling pin she passed down to me. I love having that little part of my grandmother on the top of every page.

I love being in the kitchen and I want to share that with you. I hope you enjoy Joy Filled Eats as much as I enjoy creating it for you.

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# Chocolate Chip Blondies

By Rami and Vicky of [Tasteaholics.com](http://Tasteaholics.com)

[Link to original recipe](#)

The perfect counterpart to our [Low Carb Skillet Brownies](#) recipe has got to be these Sugar-free & Low Carb Chocolate Chip Blondies we've created!



## Ingredients:

### Dry Ingredients

- 1.5 cups Anthony's Almond Flour
- 1/2 cup Anthony's Organic Oat Fiber
- 1 cup Anthony's Erythritol
- 1 tsp cinnamon
- 1 tsp baking powder
- 1/2 tsp sea salt

### Wet Ingredients

- 1/2 cup unsalted butter (melted)
- 2 large eggs
- 2 large egg yolks
- 30 drops liquid stevia
- 2 tsp vanilla extract
- 1/2 cup heavy cream

### Optional Fold Ins

- 1/3 cup chopped pecans
- 1/2 cup Lily's Chocolate Chips



Serve

Serve size  
sugar-free

Serves:

(This recipe  
makes 12)



Directions

Preheat the oven to 350°F.

Start by whisking together the dry ingredients and getting rid of any large clumps.

Add in the melted butter, stirring to combine. Then add in the eggs, egg yolks, liquid stevia and vanilla extract.

Add in the heavy cream to thin out the batter and create a softer consistency.

Fold in the chopped pecans and Lily's Chocolate Chips.

Spread the batter evenly into an 8x8" baking pan lined with parchment paper for easy removal.

Bake for 25-30 minutes. The edges should be golden and the middle a bit jiggly.

Let cool completely before cutting and serving..Season with salt, pepper and sesame seeds.



Chef's Tips:

Imagine for a second you've got both a dense, gooey dessert that's also sugar-free, gluten-free & keto-friendly. Scattered within, chunks of chocolate that are also sugar-free plus crunchy pecan bits! It's a dessert made in heaven – except that it's actually made in your kitchen and quite easily at that. You'll need a few key ingredients to make this all possible.

Erythritol -

well that's a given. You need sweetness in your desserts. Whether you choose to use your favorite sweetener or our trusty erythritol, make sure not to oversweeten; the sugar-free chocolate chips may be made without sugar, but they're definitely sweet! We used Anthony's Erythritol to give each bite of these blondies the perfect amount of sweetness.

Almond Flour –

to give these Chocolate Chip Blondies structure and bulk, we're using Anthony's Almond Flour. Their almond flour is ground fine enough to be used in most baked goods. It's affordable and organic too!

Oat Fiber –

a new ingredient for us, but a very necessary one! Using almond flour alone won't give you the same results. Without the oat fiber, the blondies will lack a certain structure and fall apart too easily. The Anthony's Oat Fiber we used soaked up some of the moisture to create a more dense, rich and filling dessert. Best of all, it's 0 net carbs!

Numberof Portions: 8

Nutritional Value (per portion)

Nutrients per serving	
Energy	290 kcal
Protein	9 g
Carbs	4 g
Fat	25 g



## We are now offering Weekly Keto Weight Loss Meal Plans delivered to your inbox!



### What can you expect from our Weekly Keto Weight Loss Meal Plans?

- Comprehensive, easy-to-follow low carb meal plans straight to your email inbox every week
- Easy, delicious and practical recipes (hello, tasty leftovers!) + keto-friendly snack ideas
- Seasonal ingredients and relevant recipes
- All nutritional information provided
- Shopping lists categorized by food type
- Technical support for any issues that may arise
- Cancel at any time for free – no questions asked

We get emails from you guys all the time asking about meals plans, calories, macronutrients and how to make it all easier. Beginning a ketogenic or low carb diet can be frustrating and we decided it's time to take your suggestions and put them all together in one, beautiful (recurring!) meal plan service

Go and decide for yourself if you'd like to try our [Weekly Keto Weight Loss Meal Plans](https://www.tasteaholics.com/recipes/breakfast-recipes/pumpkin-spice-walnut-bread-weekly-meal-plans/) for yourself. We're even offering a 7-day FREE trial to anyone who joins now! Go go go!

Find out more here - <https://www.tasteaholics.com/recipes/breakfast-recipes/pumpkin-spice-walnut-bread-weekly-meal-plans/>



We are Rami and Vicky and we're the Tasteaholics! To keep enjoying our love for food, we're making healthy and delicious meals at home and never sacrificing on flavor. Most of our recipes are keto inspired recipes (which means most are gluten-free simply because everything is very low carb). We also appreciate the paleo lifestyle and try to follow a lot of its principles. Working, cooking and living together is fun; sharing it is even better!

Creating something beautiful and nutritious for ourselves, family and friends challenges us and brings us closer together at the same time. Seeing smiles on the faces of those we feed keeps us cooking.

### Author's Facebook URL

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### Author's Twitter

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# Avocado Bacon Omelette

This is a quick and easy dish that is ideal for lunch, a snack or a starter.

[Click this link for more avocado step by step recipes](#)



## Ingredients

- 6 fresh eggs
- 9 strips bacon
- 1 cup shredded cheddar cheese
- 1 Ripe Avocado
- ½ cup red tomatoes, sliced
- 2 tbsp sour cream
- Blue Cheese for garnishing (optional)





## Directions

1. Cut the avocado in half, remove the pit, peel and slice into small diagonals. Cook the bacon in a medium nonstick skillet until crispy then transfer to a plate.
2. Whisk the eggs thoroughly and pour in the skillet where you cooked the bacon and cook for a minute or so.
3. Put half of the cheddar cheese just around half of the omelette. Put the bacon strips next then the tomato slices then the avocado slices.
4. Add the remaining cheddar cheese and let it melt then fold the egg in half and slide onto a plate.
5. Spoon sour cream on top and sprinkle blue cheese.
6. Enjoy!

## Serving Instructions:

Serve on it's own or with a garnish of lettuce and thinly sliced onions

## Number of Portions: 4

## Nutritional Value:

Nutrients per serving	
Energy	653.7 kcal
Protein	28.2 g
Carbs	9.4 g
Fiber	4.4 g
Fat	56.5 g
Water	241.5 g

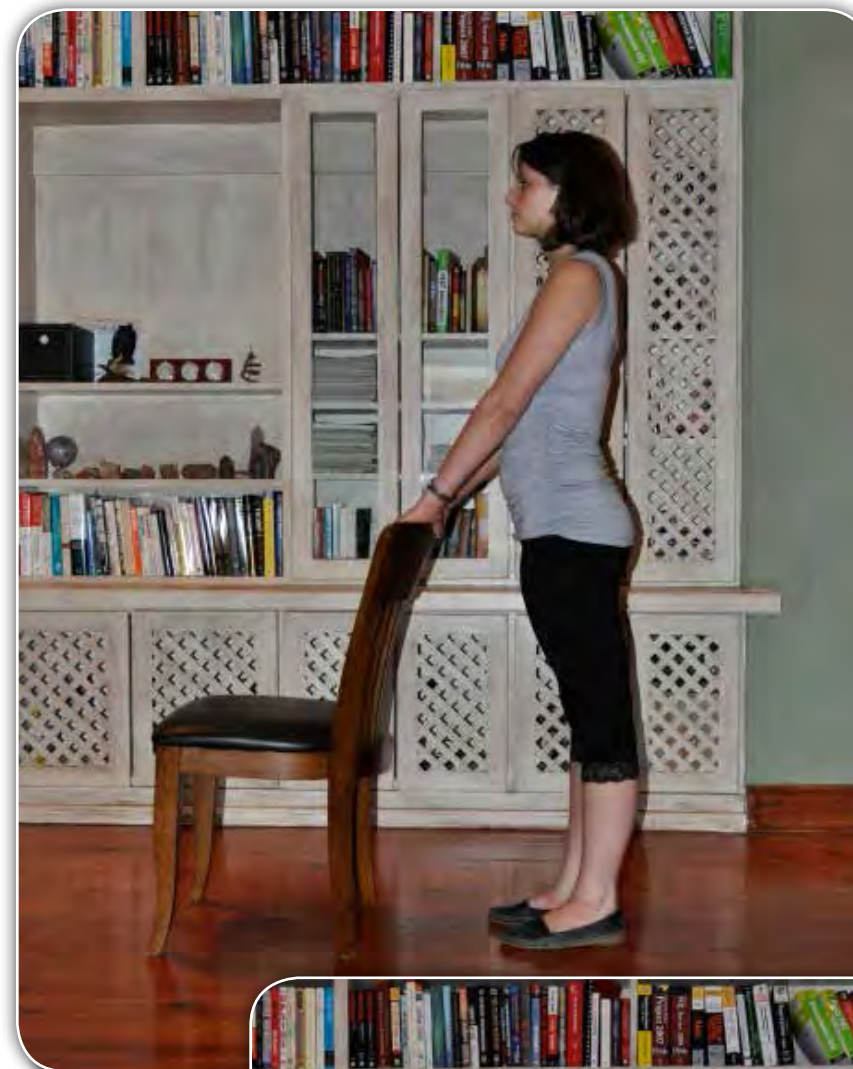


# WHY BOTHER WITH EXERCISE

## Easy Weight Loss Exercises



### Lower Body Exercises - Knee Flexor



This serves to strengthen the muscles in the back of the thigh.

Using the back of a chair or a table as support, start off by

standing up straight.

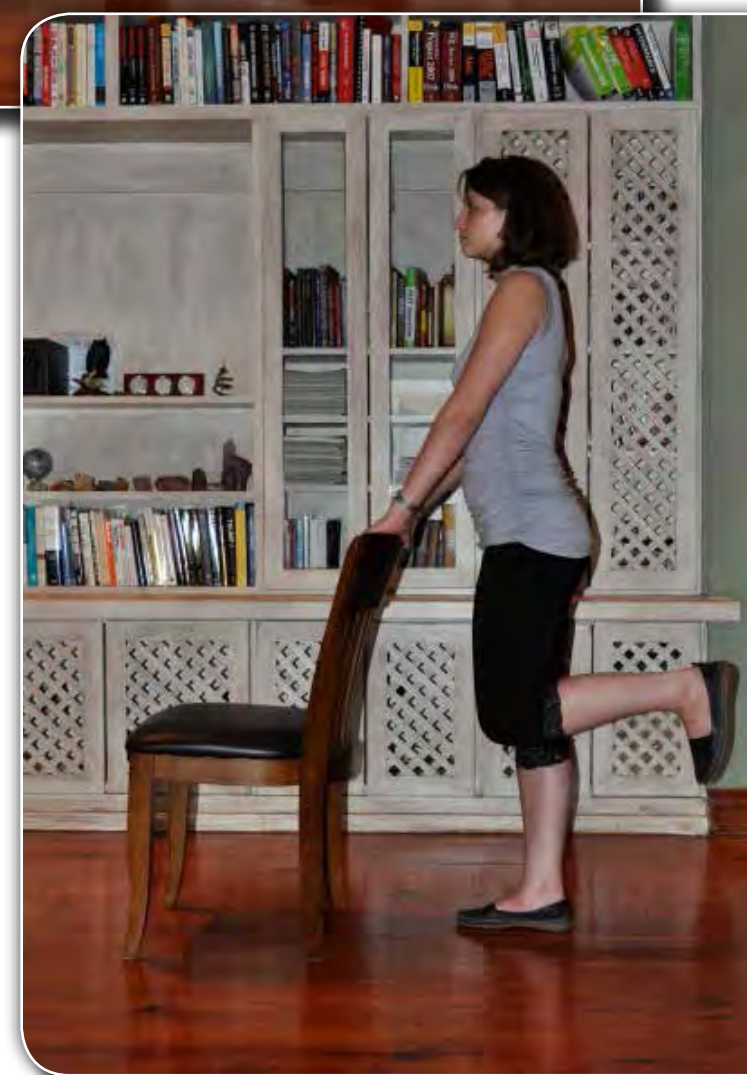
Breathe in and then breathe out slowly as you bend your left leg at the knee, lifting the foot behind you until it is roughly horizontal with the floor.

Once it's got to the horizontal position, again keeping your back straight, push the leg out behind you as far as you can.

Hold it for a count of two, then bring it back to the bent position, then lower your foot to breathing out.

Rest for one breath.

Repeat three to five times then change legs.



Continue, until you have done the exercise 9 to 15 times with each leg.





# Lower Body Exercises - Hip Flexor



This again strengthens the thigh and the hip muscles.

Using the back of a chair or a table for support, stand sideways by the support, using one hand to balance yourself.

Breathe in and then breathe out slowly as you take five seconds to raise your left leg up at the front, bending the knee as far as you can go.

Hold it for the count of one, then take 3-5 seconds to lower it back to the start position again as you finish breathing out.

Rest for one breath.

Repeat three to five times then change legs.

Continue, until you have done the exercise 9 to 15 times with each leg.

