

Low Carb Mag



Mark Pettus

Getting the Edge
On Your Health

John Wright

Why Farmer's
Markets Are Better

Dr Mona Morstein

Three Meals vs Grazing:
Which is best?

**Low Carb Mag Interviews
Integrative Nutritionist:**

Melissa Patruno

Book Review:

Yoga for Diabetes by
Rachel Zinman

GMO Watch

Alain Braux

Top *step by step*
Recipes

**Chicken Marsala
Avocado Mousse in Chocolate Cups
Kiwi and Orange Salad
Cheesy Tomato Zucchini Frittata**



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Next Month's Feature Interview

Ross & Kara Taylor - Drop an FBOMB



Kara and Ross Taylor are co-founders of Love You Foods, and are real people just like you. They live, work and play in Flagstaff – a beautiful, outdoorsy, small town in the high country of Northern Arizona, at the base of the San Francisco Peaks. Seeing elk or antelope on a daily basis is just part of life there. And, while they love world travel, being at home doesn't suck. Not one bit.

Between Ross and Kara, they've got a wide range of background experiences – from commercial Alaskan fishing boats to law

enforcement to finance and restaurant management, to renewable energy and ecology work in the Grand Canyon. And, you'll have to guess which of them did what – it might surprise you! What ties all of that together, though, is a love of people and the world, both local and abroad, and a need to be healthy. That led them to learn about food, diet, and travel-friendly methods of living a low-carb/high-fat life. They want to share that.

[Check out the Drop an FBOMB website here](#)

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11

Dr. Mark Pettus



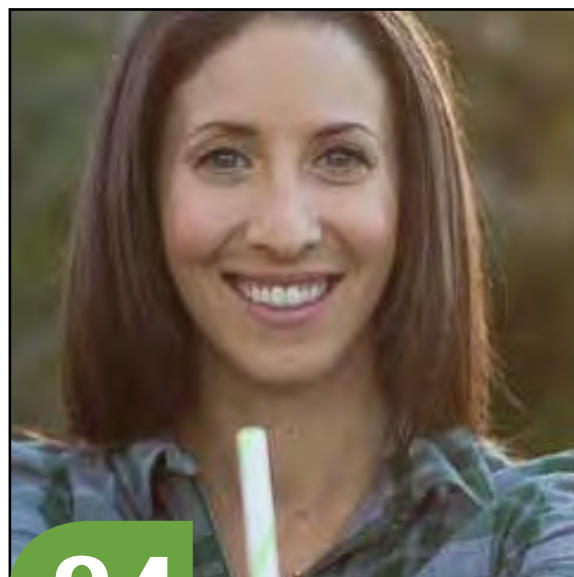
51

Artisan Food



66

Dr. Mona Morstein



84

Top Blog



106

Festivals



72

Rachel Zinman



122

Recipes



Contents

Editorial	6
Dr. Mark Pettus	11
Featured Food Artisan	
Bee Wild	51
Bottled Thyme	59
Dr. Mona Morstein - Three Meals vs. Grazing	66
Rachel Zinman - Finding your feet	72
Book Review	80
Low Carb Top Blogs	84
Pick of the Podcasts	86
GMO Watch	102
Festivals	106
Recipes	
Cheesy Tomato Zucchini Frittata	124
Low Carb Kiwi and Orange Salad	130
Slow Cook Chicken Marsala	134
Avocado Mousse in Chocolate Cups	140
Why bother with Exercise	
Lower Body Exercises Side Leg Raise	147



pigeon

Noun (plural pigeons)

One of several birds of the family Columbidae, which consists of more than 300 species.

(slang) A person who is a target or victim of a confidence game.

Verb

(third-person singular simple present **pigeons**, present participle **pigeoning**, simple past and past participle **pigeoned**)
to deceive with a confidence game

From yourdictionary.com

nutritionist

systems analyst

secretary

plumber

carpenter

electrician

housewife

teacher

writer

accountant

editor

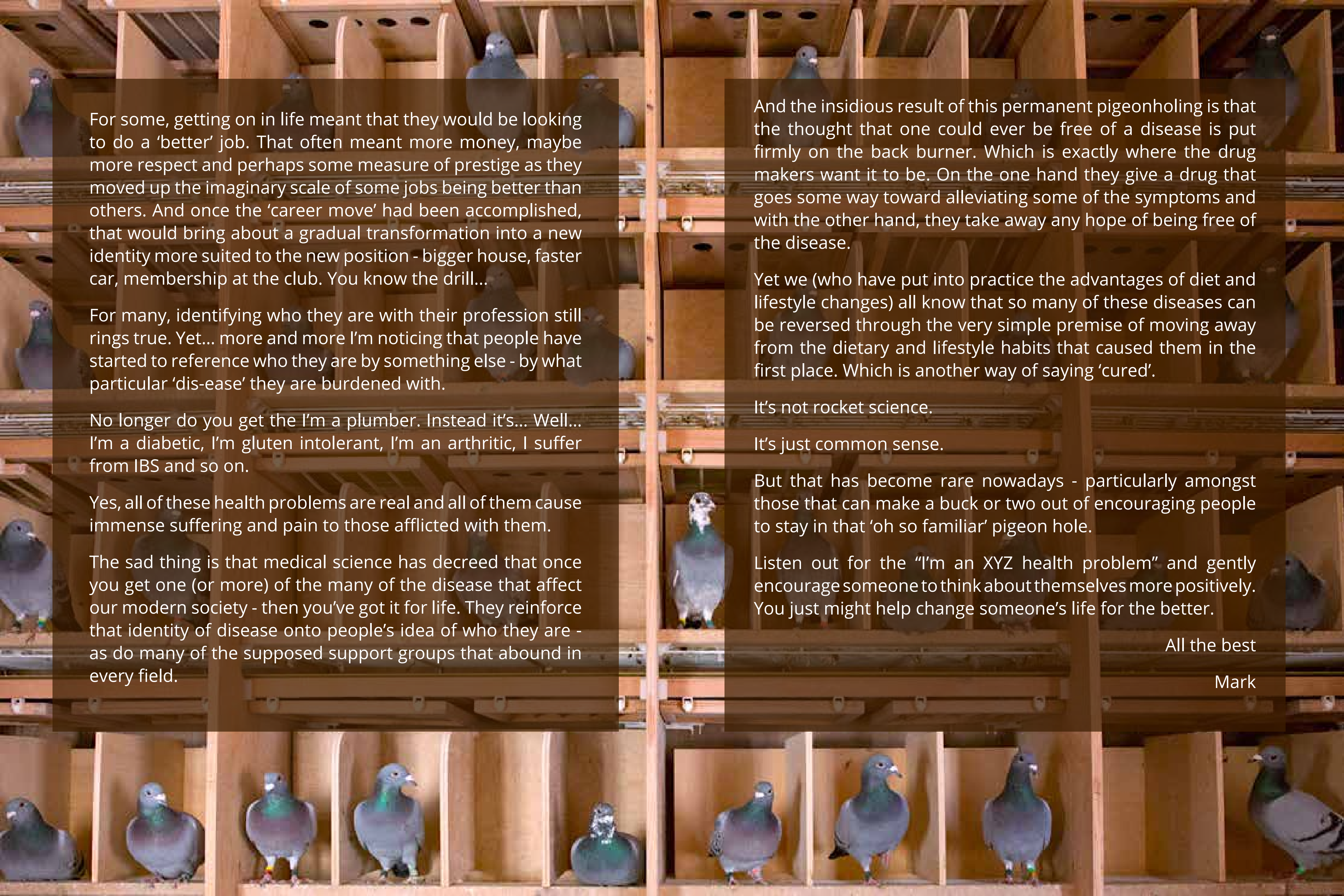
pharmacist

It used to be that when you asked most people in the West what they did, you'd get the usual, I'm a plumber, or I'm a nurse, accountant or I'm a house wife, or... Well, you get the picture. For many decades people have often referenced 'who' they were by what type of job they did. And the rest of us would then know exactly what box that person fitted into and imagine we also understood where they fitted in on the social scale and hierarchy. And of course that person knew who they were too and simply got busy settling

into being comfortable in that particular pigeon hole for the rest of their working lives.

Their job was their identity and who they were - and that was it! Everything they did was centered around that identity and woe betide anyone who tried to throw them out of that particular nest.

Then, when the working life came to its natural end they became retired plumbers or nurses or accountants. Though I've never heard anyone call themselves a retired housewife!



For some, getting on in life meant that they would be looking to do a 'better' job. That often meant more money, maybe more respect and perhaps some measure of prestige as they moved up the imaginary scale of some jobs being better than others. And once the 'career move' had been accomplished, that would bring about a gradual transformation into a new identity more suited to the new position - bigger house, faster car, membership at the club. You know the drill...

For many, identifying who they are with their profession still rings true. Yet... more and more I'm noticing that people have started to reference who they are by something else - by what particular 'dis-ease' they are burdened with.

No longer do you get the I'm a plumber. Instead it's... Well... I'm a diabetic, I'm gluten intolerant, I'm an arthritic, I suffer from IBS and so on.

Yes, all of these health problems are real and all of them cause immense suffering and pain to those afflicted with them.

The sad thing is that medical science has decreed that once you get one (or more) of the many of the disease that affect our modern society - then you've got it for life. They reinforce that identity of disease onto people's idea of who they are - as do many of the supposed support groups that abound in every field.

And the insidious result of this permanent pigeonholing is that the thought that one could ever be free of a disease is put firmly on the back burner. Which is exactly where the drug makers want it to be. On the one hand they give a drug that goes some way toward alleviating some of the symptoms and with the other hand, they take away any hope of being free of the disease.

Yet we (who have put into practice the advantages of diet and lifestyle changes) all know that so many of these diseases can be reversed through the very simple premise of moving away from the dietary and lifestyle habits that caused them in the first place. Which is another way of saying 'cured'.

It's not rocket science.

It's just common sense.

But that has become rare nowadays - particularly amongst those that can make a buck or two out of encouraging people to stay in that 'oh so familiar' pigeon hole.

Listen out for the "I'm an XYZ health problem" and gently encourage someone to think about themselves more positively. You just might help change someone's life for the better.

All the best

Mark



Alain Braux: **[AB]** Good morning Mark!

Mark Pettus: **[MP]** Glad to be with you Alain and Mark

Mark Moxom: **[MM]** Good morning to both of you as well.

You can download the complete interview here:

<https://lowcarbmag.com/mark-pettus-the-full-interview/>

AB: So Mark in America so to speak, your friend and colleague and podcast partner, John Bagnulo who has been on the show already suggested we talk to you. Thank you for coming on the show.

MP: My pleasure.

AB: A quick presentation, you're both a certified internist, nephrologist and integrative medicine physician. You're also the Director of Medical Education Wellness And Population Health at Berkshire Health System So how did you come to do what you're doing now and what was your defining moment?

MP: It's been an interesting journey. As you mentioned my original training is in nephrology, kidney specialty. Kidney specialist tend to take care of really sick people. People that require dialysis because their kidneys are failing and often they have many health issues, high blood pressure, diabetes, high cholesterol, heart disease, etc.

About 15 years ago both my parents developed kidney failure. It was just a horrible coincidence and I had an epiphany at that time in my life that most of what my parents confronted, and there

was a great deal of suffering involved, could have been prevented and it sent me on a journey of gaining a better understanding of nutrition and lifestyle which led to more training in integrative medicine and has totally transformed the way I care for myself and the way that I serve others.

AB: right so you still have one foot in the traditional western style medicine but you also do sort of alternative medicine as well?

MP: Exactly! I do straddle those worlds. Much of my professional life is steeped in academic educational models that practice very traditional

approaches to care and the other half, very much outside of that focusing on lifestyle. But one of the things that I am seeing now certainly in America though the pace of change is slow is that those worlds are coming together more and more so there's much more convergence of the integrative with the traditional and in population health that's very relevant because ultimately it's all about helping people care for themselves in a more effective way.

AB: And you're the perfect person to do that because you are steeped in the traditional side of



medicine. So do you integrate nutrition and all these "alternative" ways into your traditional treatments? Or do you keep those two separate like what you do in the hospital and what you do in your private practice?

MP: They very much overlap and are much more congruent now. That continues to be the case with each passing month so most of our community programs in diabetes and helping people lose

weight are translations of the nutritional science and mind-body science. Things that would have been more peripheral a few years ago are now very central to all of that so there's a great deal of overlap now.

AB: So it's not considered as woo-woo kind of thing anymore?

MP: Not as much though I have to say I've been in this Berkshire Health Systems

now for almost 30 years so it does help to have some relationship capital. Other physicians look at me and have a kind of an understanding of where I've been and where I'm at and it makes the sell a bit easier.

AB: Right and you know that the most of what you're dealing with in your professional environment could be fairly easily controlled through diet and lifestyle changes, right?.

MP: Absolutely! I think that's really where the rubber meets the road. We know that mostly eighty percent of all chronic

complex health issues are lifestyle related and even if physicians have an interest in that often they don't have much time to spend with people or the resources they need to help others. This has never been more important than it is right now.

AB: So typically in your daily practice you tend to come towards the end of the problem when it's already, maybe too late. so how do you combine the preventative part? Do you catch the clients or your patients before it's too late, are you able to fix that or help them?

We know that mostly eighty percent of all chronic complex health issues are lifestyle related

For people who have more advanced disease even if one is beyond the point of reversibility there's a great deal one can do to manage how that disease is disrupting a person's life

MP: Really the continuum varies from people who are at risk and have an enormous opportunity for preventing diseases in their future to the other end of the continuum or I'll see people who have quite advanced chronic complex disease. But as I like to share with folks no matter where somebody is on that continuum of their health there are always tremendous opportunities. For people who have more advanced disease even

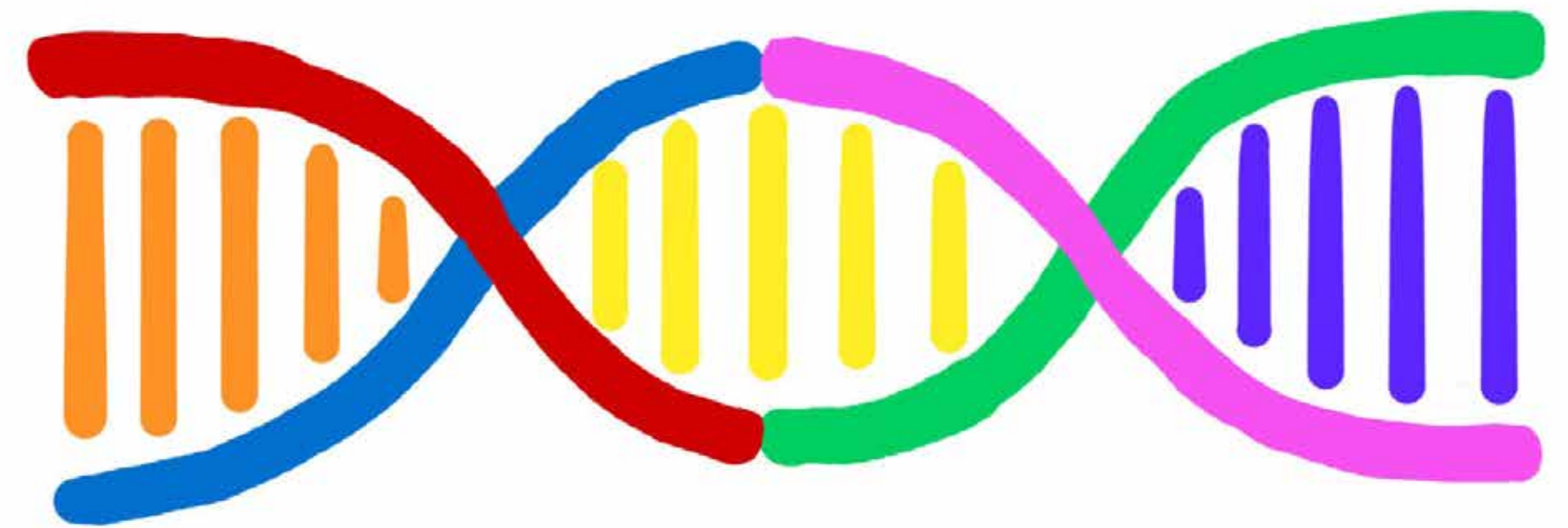
if one is beyond the point of reversibility there's a great deal one can do to manage how that disease is disrupting a person's life. The opportunities are great there as well so it's always nice when you can catch someone more upstream but this is a model that can impact anyone no matter where they're at on that continuum.

AB: Do you have the luck to be able to reverse certain conditions through diet and so on?

MP: That's an interesting question Alain because the R word in American medicine is not one that is used that often and when your models of understanding and education are such that a disease once it occurs is just it's part of who you are. You're less likely to think of it in terms of reversibility. A person who is at risk of diabetes [and in America that's almost one out of three adults] and people who have actual type 2 diabetes; there's a lot of interesting research to suggest that you can reverse those diseases. I think

we're gonna learn that most chronic complex diseases have profound capacity for reversal at least to some extent no matter where a person is in that disease process.

MM: Yeah a case in point there is my dad. I mean he's been diagnosed with diabetes for 10 to 15 years and back in March he had a stroke and because of that I've been looking after him. While he was in hospital the dietician said you know you need to go on a low-carb diet which



was a shock to me. Obviously I know a little bit about low carb diet so as he's living with me I put him on a low-carb diet. So he's now off insulin and he's been off of his glycoside as well for four months and he's got to the point now where the doctors are saying, well, we don't think we need to monitor you for diabetes anymore. So it can be reversed.

MP: It can be reversed. That has been my experience Mark for countless numbers of people that I've worked with.

AB: Yeah I found it shameful that the medical system they seem to assume

that once you have a certain conditions or sickness that's it, and all we can do is pharmaceutical and surgery in this and that. That's typically the approach. My dad died of cancer and one of my fights is to survive or to reverse the potential for cancer. Some people say, well if your parent died of cancer you're gonna die of cancer right? Well with epigenetics now we can confirm that you can control, to a certain extent, the behavior of your cells and it doesn't mean because one of your parent dies of cancer then you're gonna catch it. So I do believe very strongly in preventative not just medicine but eating healthy, exercise so on and so forth. In this case Mark's

dad is a very good example. We can reverse certain conditions. It's not easy and most the time unfortunately when the patient come to us, it is in a lot of cases too late or it's your last resort. First they come to the regular medicine and if the regular medicine says well, there's nothing we can do then they come to me because in a few cases I've been able to help but it's difficult to convince a patient to change their habits. Have you seen that too?

MP: I have absolutely seen that Alain. You brought up something

people tend to resist the possibility of change is this field of epigenetics. I find that certainly many physicians in America still and many people that we serve are under the impression that most of the health issues they confront are largely genetically driven. The mindset is these are cards that I inherited, there's not a whole lot I can do to change the cards that I'm holding and fortunately I have things that I can take in the form of pharmaceuticals. So I do think that this

Fundamentally, our life is determined not by genetics but by epigenetics, that is, the environment we live and create for ourselves primarily determines the expression of our genes and our level of health

Louisa L Williams

that really jumped out at me and I think it's so fundamental. One of the reasons that many

revolution of biology and our understanding of life-style and the environments

that we are in, fundamentally shifts throughout our lives. So a lot of what I try to do as a practitioner is to understand the perceptions

much fixed genetic pre-determinants. They inherited social and environmental conditions that set the stage and people are capable

...helping people realize that it's not genetically locked in. That one of the reasons their mother or father had it is because they confronted the same environmental conditions. They ate the same foods, they moved the same way, they had the same stressors in their lives.

that guide the behaviors of those that I serve and to try to transform those behaviors.

Consistently one area of opportunity there is helping people realize that it's not genetically locked in. That one of the reasons their mother or father had it is because they confronted the same environmental conditions. They ate the same foods, they moved the same way, they had the same stressors in their lives. So what they inherited were not so

of understanding that. Once I can help a person begin to appreciate how malleable we are as human beings and how quickly we can begin to experience change in our lives you begin to see that shift and I think that's critical.

AB: Right! One thing that we've known for a long time is that our cells regenerate all the time. It makes sense that if we generate constantly new cells why

not make these new cells healthy cells and guide them to be healthy.

MP: I totally agree with that. I can tell you early on in my career that was not my perception and that's part of what the transformation for me as a caregiver has been. Part of that challenge as caregivers and as people who are looking to find a better way to care for themselves requires unlearning

and transforming some of the perceptions that have guided them. As we've been reflecting I think experience is the best teacher so I try to help people create experiences in their lives that they can begin to notice in a relatively short time. They may change the way they're eating, they may change the way they're moving, they may change the way they are interpreting and



responding to stressors in their lives and I know and I can share with them confidently that in a relatively short time their experience of life is going to begin to shift. That I find is the most powerful lever to begin to nudge someone in the direction of changing the way they care for themselves.

AB: Right! There's a couple of side issues that I like to address. One of them is that it seems that the system has brainwashed people into believing that you know I could do whatever

and the doctors will fix me. It's like they're giving up their control over their own health and giving it to doctors and such.

MM: I think they're giving up common sense as well.

AB: Right but also part of it is brainwashing. In the sense that we are the doctors and you know nothing and we're gonna tell you what to do so give away all your power, we'll take care of you.

MP: The American healthcare system is perfectly designed to produce the results that

we currently see which is some of the sickest human beings that have ever walked this planet. So I couldn't agree more with what you say. There has been this tendency to believe that the doctor will fix me when I'm broken and that there is nothing empowering or true in that ideology and yet it's still quite pervasive. Like I do find there's a bit of a generational shift certainly in the United States where the younger generations are much less willing to relinquish the control they have

over their lives. They're much more skeptical. They question more and that gives me hope in terms of sort of moving beyond that mindset which has been so pervasive.

AB: Another behavior that I noticed which may not be entirely medical but more psychological is some people actually think their disease defines them. It's like they own their disease. They become their disease. All they talk about is their disease. I

generational
shift
empowering
broken
believe
true
bit
tendency
Wordalizer
doctor
fix
ideology
pervasive
find



have a couple of friends like this. Every time we meet, they'll say oh you know I have this, I have that. It's always about their sickness. How do you explain that?

MP: That's another great observation. I see that all the time. People will tell me I'm a diabetic, I'm hypertensive and it speaks to this critical issue of mindset, how the interpretation and response to the experiences of our lives begin to define

how we perceive ourselves. So I think part of this revolution is that I need to help people realize that they're human beings with infinite possibility and the conditions that they confront in their lives are consequences of the relationship between who they are and the choices that they make. That's a liberating empowering position to take but at the same time there's a challenge there. A person is then forced to look into the mirror and say



well perhaps I'm not who I thought I was and as a consequence I need to assume more responsibility for the choices I make. That could be a very unsettling place for people to be and yet it's profoundly empowering. You touched on what I believe to be cultural means. I'm a disease, its genetic I can't do anything about it, the doctor and the hospitals are there to fix me. From a population health perspective those are the worst ideologies to promote or liberate the health potential that people have.

AB: Yeah right but on the other side of the coin do you find doctors or maybe younger doctors more willing to actually discuss and communicate with their clients or involve their clients with the whole process?

MP: I think there are more and more physicians that desire to have those conversations at the same time they confront a

growing disconnect between the values that they embody and the model of care that they practice in which gives them so little time to explore those issues. They're insensitive to lots of people and lots of things. So what I see now is a growing crisis of value conflict between that which caregivers embody and that which they actually experience in the context of the work that they do. It's very frustrating for them. There are some that maybe haven't learned a lot about nutrition for example. Rarely do I confront a colleague and I love my colleagues. They're my brothers and sisters who aren't confronting some health issue in their own lives or confronting burn out. So I try to help them look at their own lives as examples of opportunities for them to transform the way they think about care. That can be another powerful lever to shift the way they think about how they engage those that they serve.

AB: Absolutely! Regarding the pressure put on the doctors

We spent three point trillion dollars in the American healthcare system last year and it's estimated that over a third of that is essentially squandered for things that do not prolong life or enhance the quality of life

let's be honest about it. In this country at least, health care is a huge business and it's a lot about money. It's not necessarily about taking care of people. There's a difference in Europe. I don't know about in England but in France there seems to be more of taking care of the customer or taking care of the patient more than making money. I think it's a general European way of looking at it. The system is very socialized so the advantage is to heal people faster instead

of dragging and making more money out of them. What's your take on that?

MP: Well I think the American healthcare system can learn a lot from what's happening in other countries and could learn a lot about what's happening in other industries that are much more sort of service oriented if you will. We spent three point trillion dollars in the American healthcare system last year and it's estimated that over a third of that is

essentially squandered for things that do not prolong life or enhance the quality of life. So when you look at the effect that the market has 18 - 19 percent of our gross domestic product largely goes to pharmaceuticals, and to biomedical interventions. It's very hard to achieve the outcome of empowerment when that is going to risk people taking fewer medicines, people requiring fewer surgeries and and all the things that have generated profit

are now in conflict with a system that can no longer afford to care for the people that it serves . So there are very pernicious conflicts at play that are powerful and influence how we govern in America and probably true in other countries as well.

AB: I hear that more and more doctors are quitting the traditional so to speak because it's not that you know it's really the last couple of generation because in the old days there was

18 - 19 percent of our gross domestic product largely goes to pharmaceuticals and to biomedical interventions



more of a sense of taking care. Your family doctors, they would come and see you and so forth so there was more caring type of personality but it's turned into a huge business but I hear that more and more doctors are moving out of that. Either they're moving into the more alternative or they establish their own private business that would take better care and will give them the time to actually talk to people instead of having ten minutes looking at a clipboard and then

boom they're gone. Are you seeing this shift as well?

MP: I'm definitely seeing that shift more and more with each passing year. There are a couple of shifts that I see. One is in the category that you described. Physicians that can no longer feel satisfied with their inability to serve in ways that they would like to serve so they divorced themselves if you will from the more traditional insurance model here in America and they focus on practices

where they can spend more time with the individual, focus more on lifestyle and there does tend to be more of a cash exchange as opposed to a third party insurance exchange. More and more physicians are doing that and I totally understand that.

The other trend that I see is that I have a lot of colleagues that are expediting their decision to retire because they're in that part of their career

to be spending hours on the computer doing all of their electronic documentation, things that have nothing to do with the direct relationship or compassion of caring for others . So I'm seeing a lot of physicians choosing to retire at younger ages than they would have otherwise. I think these have huge implications for workforce needs and for how future physicians look at their care.

That's the third thing that I see. I work a lot with

I have a lot of colleagues that are expediting their decision to retire because they're in that part of their career where it's simply no longer worth it for them to be seeing thirty people a day to be spending hours on the computer doing all of their electronic documentation, things that have nothing to do with the direct relationship or compassion of caring for others .

where it's simply no longer worth it for them to be seeing thirty people a day

young residents who are training. They've not yet gone into practice. Many of

them don't want to go into primary care, family medicine or pediatrics because they see how crazy that model is and how ineffective it can be and they're choosing careers that tend to be more procedurally oriented. It feeds this model of doing things and and so I think there are issues for young doctors, for doctors that are in the prime of their practices that are finding another way to do what they do. Those on the tail end of their practices are choosing to retire at a time in their lives

when they have more wisdom than ever. There's something sad and tragic about that.

AB: Yeah the problem I see with that is I think it's a great thing for them to shift away from that. The problem is the system does not support that. It's all geared towards insurance, paperwork and being reimbursed whereas the ones that tried to get out of that system are forcing cash payment or credit cards or whatever which pushes away the people that can't afford to pay cash.

I mean even in my situation and I'm not that expensive but a lot of people when I tell them \$150 for the first consultation or first meeting and they look at me "well my insurance is not going to pay for that." I lose customers that way so I'm saying that although it is a great shift I also see the fact that people that can afford this kind of medicine will go more towards that and get more personalized medicine and the rest of the people that



can't afford will still be stuck in the the traditional system of insurance and all the nightmares that go with it.

MP: That's a big issue and there is a bit of a paradox. In America for example, we know that and this is true all over the world but in America and where I serve, people with fewer resources we know are at much greater risk of chronic complex disease. When you look at the social determinants of

health, your health literacy, how educated you are, your financial resources, your social networks of loving friends, people in those lower socioeconomic stratum have much worse health outcomes, much higher prevalence of substance abuse and those folks are locked in to this system. There's no way that they could see someone like yourself or many of my colleagues who do amazing work in a different model of care. So those that need

it most are least likely to have access to it. Until we gut our system and rebuild it from the ground up I think that's going to continue to be an enormous paradox.

AB: I think you and I will be long gone before that happens unless there's some kind of revolution that happens. What I hear also and it's a great shift but it also brings us back to the same problem which is doctors are so sick and

tired of filling paperwork all day long. They decide to go into a system that is more personal. Basically you pay a certain fee per month and you have complete access to your doctor literally 24 hours a day and it's more personalized. They actually come to your house. They do home visits and so on and so forth. It's very intriguing but again it tends to target the the richer population because they can afford to do that. But on the other end if you look at Obamacare or ACA you see that people are paying higher and higher premiums every year to get what? So in a way I would say I'd rather pay directly a doctor to take care of me more personally than paying into the system that most likely if I have a Grave's disease will say well sorry we don't cover that or it's not part of your plan or whatever. So this whole system is not very efficient and it certainly doesn't seem to take good care of the patients or the people.

MP: Well I couldn't agree with you more. The model you've described is a model that I would desire as someone in need of care. I think Americans certainly have higher deductibles. They have more co-pays so much of those costs



are being shifted to the consumers. What consumers need are more cost efficient ways to to care for themselves because as we



all know, as I'm sure the listeners of your podcasts know, healthy living doesn't happen in doctors offices right. Healthy living doesn't happen in hospitals. Healthy living and the road to healthy living is paved by the choices we

AB: Right! I'm going to share a typical experience when I tried to put my clients on a healthy diet. At first their first reaction is, I know healthy food is so expensive. I say wait a minute, wouldn't you rather spend a little bit more money for food that is going to keep you healthy and taste great instead of paying lots of money to doctors, hospitals and medicines later on. I mean the choice is pretty clear to me. I'd rather stay healthy and eat good tasty food than to get sick and be miserable and have to pay all these thousands of dollars to the system.

MP: Great! I hear that all the time. I think there's a tendency for people to be most concerned about the short term, what is it gonna cost me today or tomorrow or this week or this month. Rarely are they looking at this in terms of their lifespan, their health span. It's so much less expensive to pay a little bit more for the food that you eat than for all the co-pays and the

make, how we eat and how we move and how we love. There are inexpensive ways to do that but this model just can't get us there.



emergency room visits and the medications. I think that's intuitive but people are so locked into short-term thinking. I find that always an intuitive case to make.

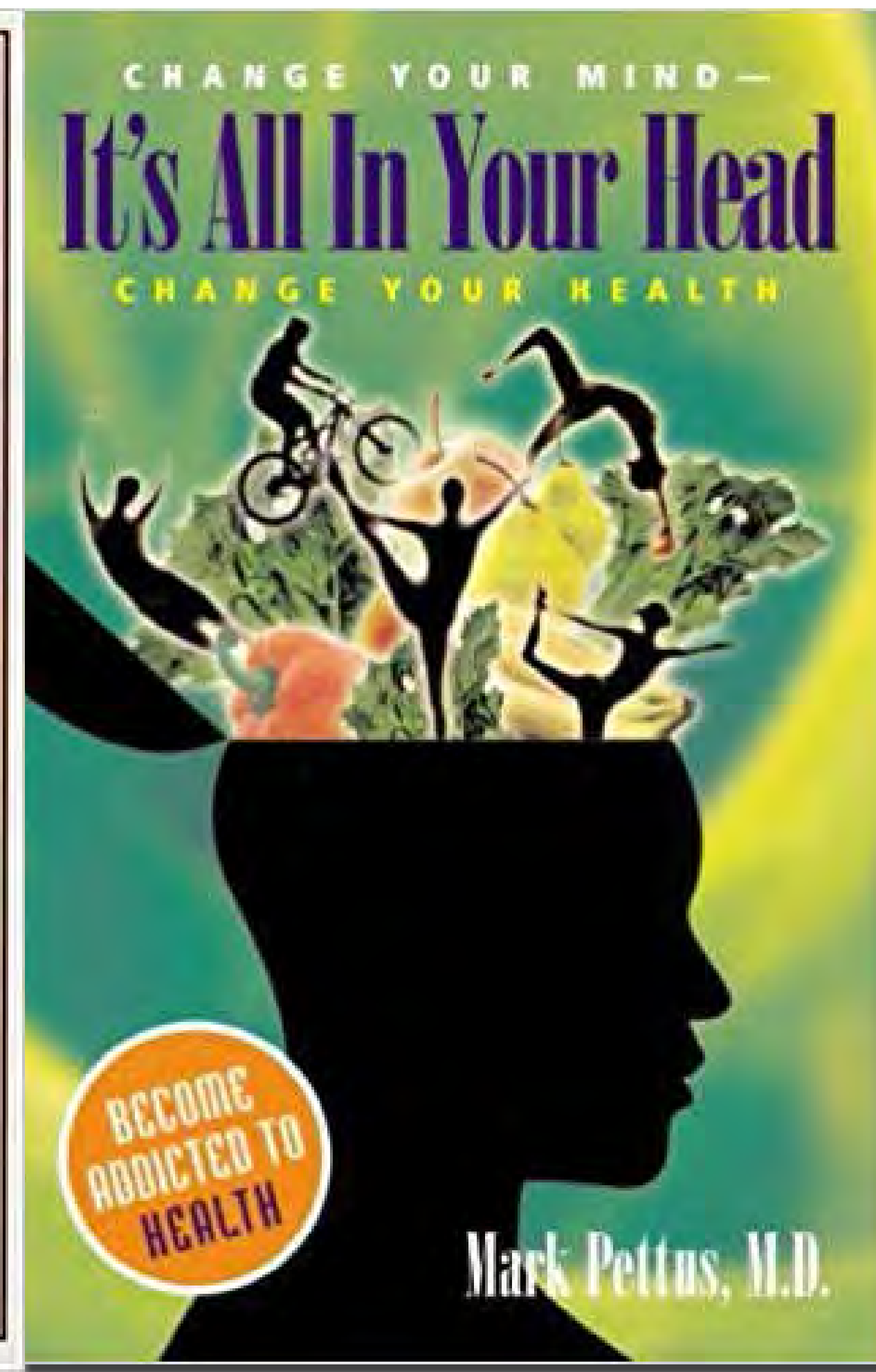
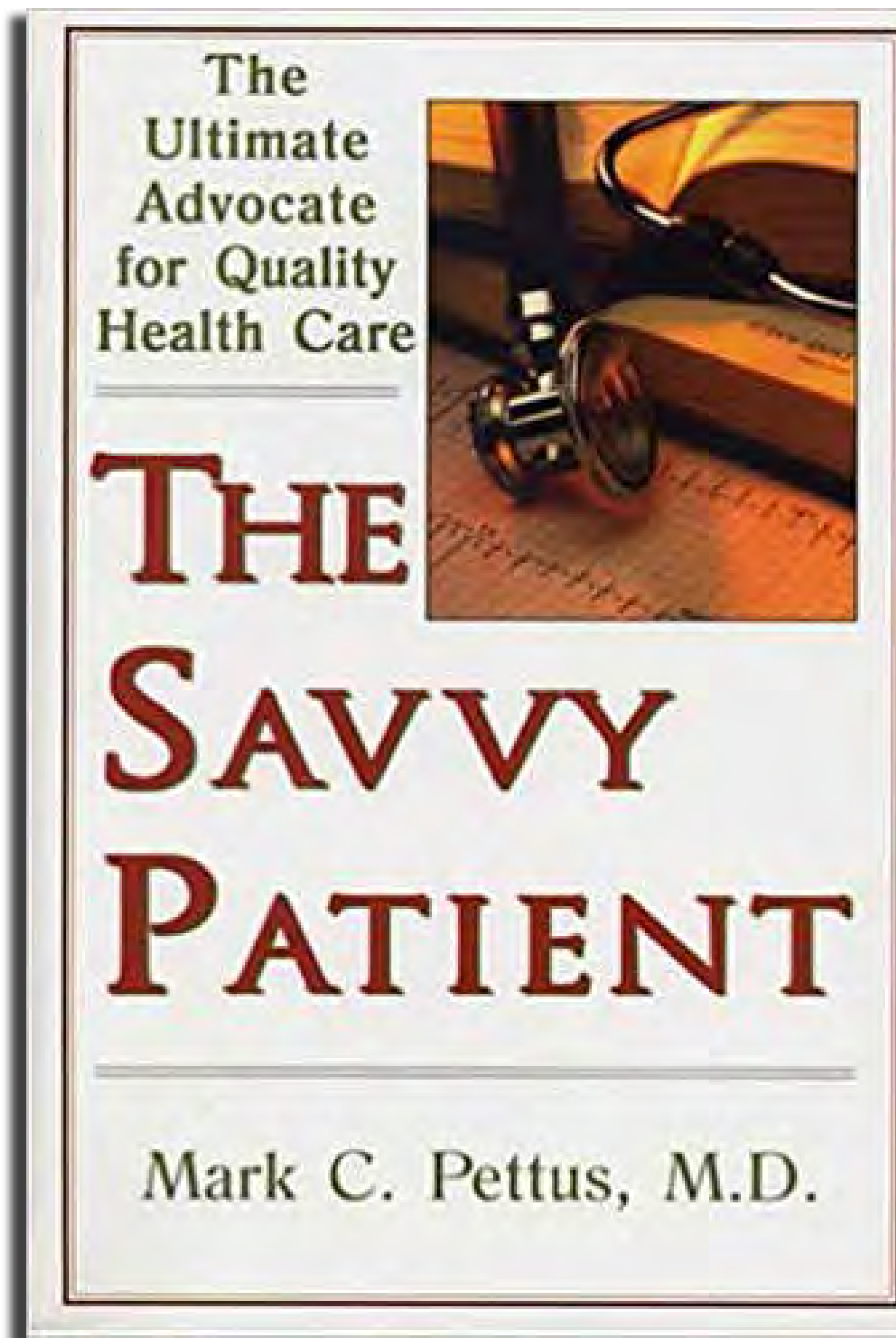
AB: The truth is people take better care of their cars than they take care of themselves.

M: Right! Go figure!

AB: Oil change every three months at 3,000 miles and you know regular maintenance and yet. So maybe we should design some kind of a similar plan and let's say, okay every three month you have to go to the doctor and get a checkup or every year you need to do a complete physical and make it mandatory so to speak although the oil change is not mandatory but...

MM: Laughs...

AB: It's so engrained. This is the way they get you to come back to oil change all the time but it's like, oh you have to do it every 2,000 miles otherwise your car's going to break down



Well if we use the same analogy to clients and say, well if you don't come and do a quick checkup every three months, your body is gonna break down right.

MP: Indeed!

AB: So moving along, you're the author of two books, *The Savvy Patient: The Ultimate Advocate for Quality Health Care* and *It's All In Your Head: Change Your Mind - Change Your Health*. What can you tell us about your books?

MP: The Savvy Patient I wrote in, I believe, was 2004. It's really a resource book intended to help consumers, people to have a better understanding of the healthcare system and how it works and how through that understanding they can develop ways of navigating more easily and with less conflict and less energy. So there are an array of topics from how to prepare for an office visit, what kind of office visits, what kind of questions might you want to consider in advance of a visit, what alternatives

might there be to a trip to the emergency department, how do you support a loved one who's in the hospital, how do you think about your advance directives as we refer to them in the United States. It might be a living will; it might be a health-care proxy. How do you talk about death, how do you think about your mortality in a way that can perhaps reduce the suffering that someone might otherwise have at the end of their lives. So it's an array of topics. It's more of a resource book and I share a lot of

my own personal experiences as I was a caregiver for my parents in an effort to connect in a way that's both personal and professional with the reader.

The second book the "It's All In Your Head", I wrote a few years later. I'm very interested in this burgeoning area of the neurosciences and neuroplasticity and behaviours. The sort of the biology of behaviour and how people could begin to think about simple strategies in their lives that could ignite a neurobiological



pattern that could make the next choice serve them better than the previous one. So it's an attempt to extrapolate the neurosciences in a day to day pragmatic way to give people more traction in their lives.

AB: Very interesting. I have a tricky question for you. What diet are you following?

MP: As coincidence would have it, currently I'm on

a low carb paleo lifestyle and have been on that for a few years now. The footnote I would add to the paleo is I do occasionally have dairy that comes in the form of heavy cream or whipping cream that I will occasionally put in a cup of coffee. I might on occasion have a legume or a black bean but for the most part I've been low carb paleo and it has totally changed

my life. Many of the genetics that I inherited from my parents to the original point that you made, epigenetically I have reprogrammed my cell biology. So that I've experienced that and this is a plan that has worked really well for me and I often recommend it to others.

AB: I'm on the similar kind of plan. It's more of a primal. I love cheese. I'm French! I can't help it. It's in my blood so I do eat cheese once in a while. It's not like I have it in my refrigerator it's if I go to a social event and I'll eat the whole cheese tray just by myself. As far as legumes, I found that once in a while I need to eat some lentils to help my digestive system if you know what I mean. But I would say that I'm typically 90% paleo at this point or primal.

MP: Yes

AB: So what made you decide to switch to this diet?

MP: Well I had tried various things. I was vegetarian in the past for some time and I certainly did the low-fat or dish type program for some time and I've been a very assertive biohacker. I have tracked my labs along the way. I am very mindful of how I feel at any given



Photo by Alexander Maasch on Unsplash

I experienced immediate change. The more you do the more you do when you're feeling better.

time and really hit a low point back when I was vegetarian and as I started to bring in another iteration of changing lifestyle when I began to look at paleo, look at a lot of the research that I was very interesting in. It was very intuitive, very rational. The research was abundant and as I began to make that shift I experienced immediate change. The more you do the more you do when you're feeling better as a consequence so I've been there for some time.

AB: I don't know how you do all these things writing books

and keeping a busy practice and on top of that you have a podcast, The Health Edge with your partner John Bagnulo. What do you talk about on your show? Is it kind of all over the place or are you specifically targeted towards certain subjects?

MP: The Health Edge has been a great collaboration with my colleague John Bagnulo who's a nutritional scientist and also has a master's in public health. He's an extraordinary human being. We really focus on an ancestral lens. We look at

health from the perspective of ancestral alignment and John and I are both cell biology geeks so we focus on a wide array of topics. We take a deep dive. We try to stay true to the rigor of the research that's out there. We also adapt to the science as it adapts and so it's really a deep dive, a translation if you will of the research that's out there that can help give people

you to reach a large number of people in a very effective way with a little less energy consumption than writing a book has. So it's been a nice platform for us.

AB: It does take time to write a book that's for sure. You recently went to speak at the 2018 Physicians for Ancestral Health Conference in San Diego. What was your talk about?



Physicians for Ancestral Health

more traction in their lives. It's a lot of fun and I have found compared to writing books that podcast can allow

MP: My talk was on the relationship between epigenetics, lifestyle and



population health. All of the things that we've been sharing in this discussion and nothing like being around a group of like-minded professionals all of whom have had remarkable personal journeys and all of whom are continuing to explore ways to translate those journeys into the work that they do. Amazing work across many disciplines and in many different clinical settings so it was a fabulous

conference and a good tribe to be a member of.

AB: So you're finding that physician now are starting to pay attention to diet and lifestyle obviously more and more than they used to?

MP: I think so. I think there's an acceleration of interest as the science explodes I think as more caregivers find themselves inherently frustrated with their inability to transform

the health of others looking for other ways. I think this is really catching on and exploding.

AB: I can see where there would be much more of an emotional and spiritual satisfaction out of helping people get better instead of just prescribing pills and cutting into people.

MP: No question.

AB: I guess this is what's driving maybe younger doctors?

MP: Yes I'm seeing more of that for sure.

AB: Can you see also older doctors doing the same thing or they're still more anchored into the old system?

MP: I do see more older physicians shifting paths. I think it is inherently more challenging beyond a certain point in your career to kind of redefine the paradigm within which you see yourself and serve



others. It's happening but I think it can be a little more challenging than what you've been locked in for so long but it's happening across the age continuum.

AB: I'm going to tease you a little bit. Have you noticed that when you go to a hospital you typically see the most unhealthy looking people working in hospitals whether it's doctors or nurses or people behind the camera. Is this just my observation?

MP: I think there's some truth to that. I can tell

you I'm very familiar with the health metrics of our workforce which is a large workforce, is a pretty clear reflection of what you see in the general public and in some instances even worse. A lot of which is probably stress-related. These are cultures to be working in so a lot of the work that I do is to care for the caregiver and again I think it's an important avenue to be inspiring change in the way that not only how they serve themselves but how they serve others. It's a huge challenge. I think it's also a huge opportunity.



AB: Thank you for doing that.

MM: Where can people find out more information about all the things you've been talking about today and about you as a doctor and as a person?

MP: Our website is thehealthedgepodcast.com. Our podcast can be listened to and downloaded there.

We have a wealth of information. Certainly the podcast is available on iTunes and other outlets and that would be the one-stop place to get a lot of hopefully useful and value-added information.

MM: Excellent! Now I want to take you back a little bit. You said you've been following a low-carb and more or less paleo diet for a number of years. What

hospital
doctors
NURSES
System
typically
camera
UNHEALTHY
looking
working

1 people have to start by loving themselves

have you found has been the most striking result of following that type of diet?

MP: That's a great question. There are so many. While I was not trying to lose weight I noticed a big difference in my body composition. When I began to add to that nutritional program more resistance and aerobic activity I saw a significant shift. It decreased my body fat stores increasing my lean body mass and at the age of 60 soon to be 61

that is a critical direction to be moving in. I saw a dramatic change in many of my biomarkers. All of my lipid measures, drops in triglycerides, increases in my HDL, lowering of sugar and insulin levels, lowering of hemoglobin a1c, a biomarker of glycation. For the men out there, over the last 10 years I have seen a dramatic increase in my testosterone levels which I am convinced is largely a consequence of eating more healthy fat sources,

dropping unhealthy carbs from my life and managing stress more effectively. Those have been profound. I've never felt better. Well one never knows what the next day will bring. I've noticed profound changes and it's been inspiring.

MM: So you've obviously seen some profound physical benefits what about mental benefits and emotional health as well? Has that been affected at all by your diet?

MP: It has as well. I would say that I get less fatigued during the day. I seem to have more energy, fewer peaks and troughs cognitively. I work in an environment where you really have to stay sharp. I do find that I tend to be a little more creative, a little more innovative when I need to be a little less frustrated while others are maybe you know banging their heads against the wall. I do find that I have more emotional resilience.

2 From a nutritional perspective, without question, cutting the poor quality carbohydrates and embracing fats

It's a very stressful environment. Things tend to roll off me. I take myself much less seriously than I once did. I have a lot more fun. All those aspects of my life have been dramatically improved.

MM: Excellent! Well I know people are going to want something to take away today. So what would you say would be the three most effective things that someone can do in order to promote a better health for themselves?

MP: I would say certainly number one, people have to start by loving themselves. I think self-love and compassion is an essential place to start in any journey of enlightenment and exploration. From a nutritional perspective, without question, cutting the poor quality carbohydrates and embracing fats that historically we have thought to be unhealthy. I could not imagine a more profound nutritional intervention for anyone than to a low

carb -paleo lifestyle. Then I would say the third thing is to not to take oneself too seriously. I think we have to embrace life, enjoy life, see the humor in life and just keep moving from one moment to the next.

MM: Super!

AB: Thank you Mark for being with us.

MP: Thank you both. Great pleasure!

MM: It has been lovely having you Mark.

Dr. Mark Pettus



is a triple-board certified Internist, Nephrologist, and Integrative Medicine physician practicing for over 25 years. He received his A.B. from Boston University and his M.D. from the University of Massachusetts Medical School. His postdoctoral training was at Harvard Medical School. He completed his renal fellowship at The Massachusetts General Hospital in Boston. Dr. Pettus is also an alumnus of The Advanced Program for Conflict Resolution, Negotiation, and Mediation at The Harvard School of Public Health.



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Author's webpage URL

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

Author's Page URL on LCM

<https://lowcarbmag.com/dr-mark-pettus/>

Featured Food Artisan

Bee Wild





Know Where Your Food Comes From: Why Farmers Markets Are Better

Over the years we've talked to our readers about buying local, seasonal, organic "real food," because it's integral to sustaining and expanding good health. But, what do we mean when we say, "local," "seasonal," "organic," "real?" Where can we find the best food? Can we go to the local chain or local specialty chain grocery store, buy real food, and save money at the same time? Today, I'm going to write about "local" food and tell you what I found that means. Then, I'll let you know why I think

farmers markets are better able to meet your "real food" needs.

Eat Local Food for Health

Recently, one of our team members went to the Community Farmers Markets planning meeting. He found out some interesting information that we want to share with you. CFM representatives said that attendance at local farmers markets had reduced since chain/specialty grocery stores started advertising having healthy food. These stores claim to give you the same high quality local food at a cheaper

price, because they buy in bulk from local farmers. But, do they really? We were surprised at the answer to that question, an unequivocal "NO" in many cases.

Apparently, the food at local grocery/specialty food stores is local to someone, but not necessarily local to you. So, for example, a store can advertise locally grown avocados when they were grown by local farmers in Mexico, picked when they weren't ripe, and shipped to your local grocery store for sale to you days, if not more than a week, later. In fact, several specialty food chains have had multiple

complaints about the mislabeling of food as "local." What we found out is that the only way you can be sure your food is grown locally to you is to talk to the local farmer/food producer who is selling the food at your local farmers markets or food coops.

Why Is Eating Local Food So Important

Let's take my favorite example – the community farm plots my grandparents and parents automatically tended with other neighbors as I grew up. The soil still was mineralized sufficiently and filled





with good bacteria that were local to the area. When we picked fruits and veggies, rinsed them off under the hose, and ate them immediately, you were getting active nutrients and good local bacteria in your gut. That way, when local strains of the flu and/or colds came around, your body was filled with good bacteria that would help fight them off. This helped everyone in the community have a stronger immune system.

Too, because of weather considerations (We lived in Chicago.), our growing season was relatively short.

There were things we couldn't grow (like citrus fruit) or that we grew in different ways (like we started tomatoes in growing frames to extend the growing season). So, our menu plans at home mostly included what we could grow or what farmers a bit further afield from us, who we knew personally, could grow (corn, for example, because it takes quite a bit of room to

grow). (In fact, I believe I was around 5 years old before we had a Piggly Wiggly in our town. Piggly Wiggly didn't even carry real food when it first opened; it only carried staples and cleaning supplies. Before that, we had local bakers, butchers, fruit stands, etc. where local food products were sold.)

So, our bodies acclimated to local real food and the good bacteria the food carried. In fact, I remember our parents driving us to Arizona to visit my Aunt. We stopped at various diners along the way, and as I recall, we had quite a few tummy challenges eating foods that we had never tried before. We spent days acclimating to the change in nutrition.

For those who would like a more scientific approach to this subject, here is a great article from Michigan State University. I used the search string, "benefits of eating local food," if you want to continue your research.

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Author's Website URL

<https://beewild.buzz/>

Author's Twitter

<https://twitter.com/beewildbuzz/>

Author's other links

<https://www.instagram.com/beewildbuzz/>



Eat Local Honey to Strengthen Immunity

Our fearless leader, John Wright, has said many times that his family has always eaten a spoonful of local honey daily to strengthen immunity and ward off allergies. When you eat local honey, you are eating pollen that the bees have already processed. It's like having an allergy shot. It acclimates your body to dealing with local pollen. Honey gathered in other areas of the country won't do as well.

Where Can We Find Local Food?

Of course, the best thing you can do is grow some of your own food. The three of us work every year on growing some of our food on our deck.

If growing some of your own food is beyond your means, then you can purchase the best local, seasonal, organic food at local farmers markets like those supported by the Community Farmers Markets group. When you can talk to the farmer, the person who canned the fruit, the food producer who milked the cow, you can educate yourself on what you are eating. You will know what soil amendments, fertilizers, and pesticides (if any) the farmer uses. You will understand how he/she treats their animals. When you have these conversations, you will understand why paying that little bit extra to support the local farmer (and, therefore, the local economy) only make sense.

deep roots The Story of Bee Wild



Bee Wild grew out of a longing of its founder, John Wright, to bring a piece of the life he grew up with to an urban audience. John grew up in the spectacular beauty of the North Georgia mountains. Soon after high school, John was drawn to the bright lights of Atlanta, a city which, luckily for John, retains its deep Southern heritage.

Our Roots - A Family Tradition

John's dad became a second-generation beekeeper when his grandfather gave him 10 beehives for his 10th birthday! From then on he kept bees in his backyard and at their family cabin on Lake Burton, taking advantage of the flow of Sourwood Honey, sought after worldwide and considered by many to be the most gourmet honey in the world, and the foundation of our honey line. That

hobby grew over time into a business with over 400 hives throughout the North Georgia mountains. John's dad continues to share his knowledge to this day, teaching beekeeping classes and being a key resource in local University.

The New Generation

John had the idea to take this tradition into not only the city, but the new Millennium. He wanted to create something more than a traditional family honey company. John found team members who have broad and deep personal experience in alternative wellness, entrepreneurship, and personal coaching, and together, have created Bee Wild. And yes, we realize our story just changed from "him" to "we."

The Vision Drives Us

Bee Wild flows from the life principles of love of the earth, love of people, and authenticity. To that end, we are involved in a number of initiatives:

- Giving projects that support the bees and a sustainable future for us all. Bee Wild supports bee sustainability by donating one percent of our sales to The Center for Food Safety through One Percent for the Planet, the brainchild of the founders of Patagonia and Blue Ribbon Flies.
- The development of a formal education program and support for green entrepreneurs.
- An effort to create new and sustainable products from honey, such as a line of natural skin care, as well as the "Wild Side" line of infused honey, which not only gives new life to a familiar taste, but also allows for more sustainability of the bees, as well as the company, reducing reliance on limited availability varietals.

Bee Wild, 4067 Coopers Hill Dr, Smyrna, GA 30080

Web: beewild.buzz Social Media: @beewildbuzz Phone: 855-503-6489



Featured Food Artisan

Bottled Thyme





Blossoms of Ingredients

By Michael Van Houten

Living in the Moment

With the flowers beginning to bloom, buds starting to form on the trees and days filled with longer sun light can only mean one thing – spring is here! The dark days of winter have since passed us for the year, and this has lightened up more than just our moods. We begin to drift away from our heavier comfort foods that brought us pleasure during those cold nights. Spring typically means our dishes begin to get lighter, especially as we get closer to summer.

Where does your mind take you when you think of spring foods? Lamb? Peas? Asparagus? Now don't get me wrong, those are very delicious foods. Working in kitchens, one of my favorite times of the year is the spring menu change. There are so many wonderful ingredients out there that come alive each spring. I would like to take a few minutes to highlight some of the lesser known foods that begin to come into season each spring.

Farm Fresh

One thing that spring brings to the table is an abundance of yard work. Trimming trees, seeding & fertilizing the lawn before planting the garden. All this outdoor work and recreational activities reminds many of us about farmers and the importance of our planet. This year for Earth Day, let's each of us find one practice that can lead to a better environment. Keeping our planet clean, while finding sustainable living choices are the best ways to

insuring the future of our planet, and that's what will keep all of these tasty treats from nature coming each year.

Foods of the Spring

There are so many ingredients that become available in the spring, that to mention each of them would take a whole book. I wanted to go over some of the ingredients that were easily able to find at your local farmers markets, and that I think can add a lot to your diet & dishes.





1 Ramps – Sometimes called “wild leeks” but are not exactly leeks. They resemble scallions, except they have one or two larger and broader leaves. They are usually one of the first vegetables to break through the freshly defrosted soil each spring. Ramps taste has more of a garlicky, mild onion flavoring. Ramps go well with parmesan cheese, asparagus and moral mushrooms. That sounds like a rather tasty risotto.

2 Dandelion Greens – I first learned of the hidden treat of this when I began working for The Dandelion on Rittenhouse Square. You can find dandelion greens in season into late fall. They have a peppery taste to them and can be served raw in salads or sautéed with bacon & Dijon mustard.

3 Sorrel – Always use fresh, since it is a soft leaf herb, the heat from sauces or soups will make it lose flavor. Sorrel has a loud, almost sour like flavor to it. This can help bring and excellent and unexpected form of balance to your dishes. Goes great as a finishing herb for fish, chicken or potatoes. You can even mix it into ricotta cheese.

4 Watercress – Is best eaten raw. I personally love it mixed with minced shallots, tossed with an apple cider vinaigrette and served over a freshly grilled steak. With its bitter & sweet taste, you can make a nice salad with endive, bacon, Roquefort cheese and walnuts.

5 Rhubarb – Having a loud, sour taste is exactly why rhubarb is often associated with the sweetness of fresh strawberries. Rhubarb also pairs very nicely with the warmer spices like cinnamon or cardamom. Mix with oranges and shaved fennel bulb for a tasty salad.

6 Zucchini Blossoms – Considered to be a real delicacy in Italian cuisine. Often served fried, these subtle tasting treats can be steamed or wilted quickly in a hot pan and a little bit of garlic and oil. Garnish a shrimp & lobster risotto for a beautiful finish to an upscale dish served in your own home. These also go well with chicken stock based soups or in a pesto.



Spring is only the beginning of growing season. As the weeks move forward in the year, more and more ingredients start coming in to peak of freshness. If you have browsed through your local farmers market, you may have noticed an assortment of produce that you were unfamiliar with. Maybe you have heard of many of the items, but have you ever used them before? I would like to challenge you to each time you're going to grocery shop, try to use a new ingredient to you. This is the best way to expand your culinary knowledge. If you ever need suggestions or advice on how to

use something, please visit www.BottledThyme.com and use the contact form. In most cases, I respond within the hour. You can also sign up for our weekly newsletter of tips, recipes and other culinary news.

My Favorite Aspect

Spring has many wonderful attributes to it, as we have discussed. Everything from the colorful rebirth of vegetation to the longer and brighter days are all wonderful things. The one thing the I truly look forward to, that I spend my winter impatiently waiting for is to fire up the grill on those warm

spring evenings. I am going to be publishing a series called "Thyme To Grill" and it's going to be everything related to grilling and smoking foods. You can follow me to keep up to date with the latest on my grilling articles.



BOTTLED THYME

THYME TO BRING FINE DINING HOME

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Author's Website URL

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Author's other links

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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.

She is the founder and Executive Director of the 501c3 non-profit, the Low Carb Diabetes Association at 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.

Her clinic is the Arizona Integrative Medical Solutions at azimsolutions.com.

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Authors Website URL

<https://lowcarbdiabetes.org/>

THREE MEALS VS. GRAZING HOW SHOULD YOU EAT?



I'm not the type of person who believes in all areas there is only black and white in life. Most of the times I live in the grey area, appreciating there are many ways to see things, and I respect different opinions on topics.

However, in one way I am pretty rigid. In reality, there is a right and wrong way to eat. And, I am not referring

Why is it important to eat three meals?

and not many small meals? Let's go over those multifactorial reasons.

1 First, the intestinal tract is happiest when it is at rest, just like your heart. In your blood pressure, the second number, the diastolic is the more important number, because it is the pressure of your heart at rest, and when it is high, physicians are more concerned than if the first number, the active heart is high. Your brain will fall to pieces if it doesn't get good rest and sleep.

Same with your intestines! Food moves through your stomach and your small intestine via the nerves called the migrating motor complex (MMC). The MMC is active in-between meals, starting about 90 minutes after eating, and during sleep at night. So, to get

to the foods you choose to eat; there are many different diets out there and nearly all of them are correct for some individual. I am instead referring to the timing of meals, not what they contain.

It is very important that you eat three meals a day, and do not do "grazing" as we say in the States; that is, eating little bits of food many times throughout the day.

a good movement of food through the intestine promptly and efficiently, and help sweep it clean, there have to be hours during the day when nothing is added to your stomach. If you eat every couple of hours, stomach and gut, the MMC will not be well activated, and intestinal movement will be markedly slowed down. Eating three meals with 5-6 hours between them gives your MMC free reign to work, enhancing your gastrointestinal movement and keeping your gut healthier.

Not eating from supper to breakfast allows for MMC movement, intestinal rest, and is a little intermittent fast (next month's topic!). Growth hormone also comes out during the night, as well, if there isn't food in your gut, and that helps us heal and strengthen your muscles and tissues.

2 Second, eating larger meals means you can feel fuller and eat less calories overall. Eating a little meal and snacking repetitively throughout the day is a

good way to eat too many calories and add on weight. If you are an 18 year old male who works in construction, okay, you might need to snack! Also, children usually need to snack. But, most of us are older, have desk jobs, and aren't that active throughout the day. Sure, we work out, but regular meal food should cover that well. It is simply harder to keep an eye on total caloric intake when snacking, especially because if you feel the need to snack the temptation for something sweet can easily kick in. That adds guilt to your day, if you break your diet for something not nutritious.



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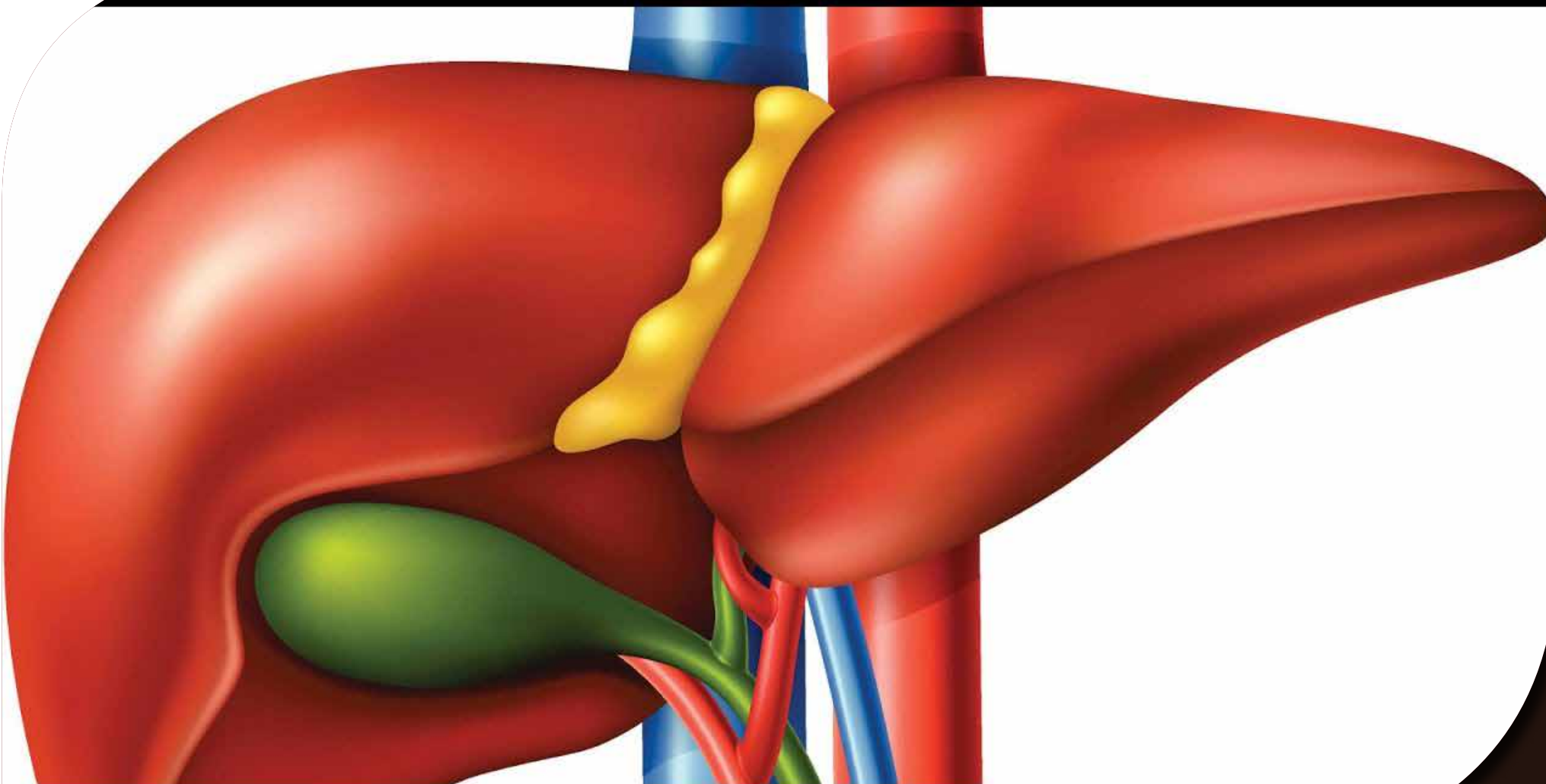
Photo by Brooke Lark on Unsplash

3 Third, the adrenals, pancreas and liver don't like grazing! Eating a good, satisfying meal, with protein, fat and a little bit of carbohydrates is a great way to have solid energy throughout the hours until your next meal. Food is broken down slowly and gradually, keeping glucose numbers steady and energy consistent. Instead, by only eating a little bit, you can feel your energy drag down after 1 or 2 hours and you feel you need to eat again, and you may be craving sweeter or higher calorie foods.

Many people with low blood sugar feel they need to eat frequently

throughout the day. This is a terrible way for them to eat! When the blood sugar goes down, it is a strain to the adrenals that have to secrete cortisol, and the pancreas that has to secrete glucagon; both these hormones signal the liver to make glucose. Eating small meals repetitively throughout the day and feeling lows fed with food means those three organs are being stressed continually on a daily basis.

If you eat larger meals and have good energy and glucose from meal to meal, it can help your adrenals, pancreas and liver rest and recover and be strong and healthy. Plus, you will feel a steady energy throughout the whole day.



4 Four, eating three meals a day is best for glucose control. The more insulin has to come out, the more insulin resistant you become. Eating less often and less carbs means less insulin is secreted during the day, and it's easier to lose weight. If you are injecting insulin, covering snacks is difficult; if you do not, glucose goes up, if you do, there is a risk of hypoglycemia due to stacking meal and snacking insulin doses. Same if you are on some oral hypoglycemic medications. Eating three meals is the best way to control glucose numbers and help reverse prediabetes and diabetes.

Like many things in life, food is a blessing! We should be thankful for the food we have to eat. However, blessings can become curses if they spin out of your control and take over your life. In reality, who wants to have to eat all the time? There is so much life to live and enjoy outside of eating. Snacking is an American invention that gained popularity from the early 1900s, but most cultures of the world simply have historically eaten three meals a day. When I was young, hungry and waiting for dinner, my parents told me to not eat, as it would ruin my appetite for dinner. Today, people seem to feel eating all the time is acceptable and necessary. It's not!

The human body is amazing and can easier work well without food for hours at a time. It's important to learn to eat filling meals that take breakfast to lunch, lunch to supper and supper to breakfast. The healthiest body is the one that is fed well three times a day and doesn't need to snack!



Rachel Zinman is passionate about the deeper aspects of yoga and its ability to heal and inspire. She has spent the last 35 years practicing enthusiastically as well as teaching nationally (in Australia) and internationally since 1992. She has studied with some of the most influential teachers in the West as well as immersing herself in the study and assimilation of the classical system of knowledge called Vedanta, in the lineage of Adi Shankara.

While living in New York from 2000–2004 Rachel met and mentored with ISHTA yoga founder Alan Finger which led to her teaching in his studios for four years. There she

Rachel Zinman

co-created and coordinated their Teacher Training Program, becoming a senior facilitator and mentor.

Rachel was diagnosed with diabetes in 2008 at the age of 42. It took six years for her to accept her diagnosis of type 1 LADA diabetes. Her diagnosis revolutionized her approach to teaching and practice. She started her Yoga for Diabetes blog to share with the diabetes online community how yoga has helped her to manage her diabetes. www.yogafordiabetesblog.com

Her book "Yoga for Diabetes, How to Manage Your Health with Yoga and Ayurveda" was just named a finalist in Foreword INDIES 2017 Reviews and is available from Amazon or where all good books are sold. <http://bit.ly/diabetesyogabook/>

Her classes are often described as a fluid mix of creative playful sequencing, meaningful insights and lighthearted fun. <http://www.rachelzinmanyoga.com/about/>



Finding your feet:
How to get and stay motivated with Yoga

Author's Page URL on LCM

<https://lowcarbmag.com/rachel-zinman/>

Author's Face Book URL

<http://www.facebook.com/yogafordiabetesblog>

Author's Website URL

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

Author's Twitter

<http://www.twitter.com/yoga4diabetes>

Author's other links

www.instagram.com/yogafordiabetesblog

As someone who travels constantly and lives with a chronic illness I get it. It's tough to get motivated to start a fitness regime or to stick to one. There always seems to be something in the way. The phone rings, the kids want dinner or you've got that last minute thing your boss wants you to do. The pressure to fit 101 things into your day is enormous. It's easy to forget that in spite of what's going on out there. You come first. Because without you there would be no job, kids or dinner.

This simple revelation changed my life when I was diagnosed with diabetes. At first the daily chores of managing my condition were overwhelming. I had to get a handle on how many carbs I was eating, how much insulin to take and to understand the dynamic between insulin and exercise. I had to learn that taking a walk to increase my sensitivity to insulin was different to doing a yoga practice to calm my nervous system so I could destress. As I navigated these uncertain waters I realised that my main issue wasn't a lack of education around how to manage my health. It was my inability to put myself first. Understanding what

was preventing me from being motivated has made all the difference.

What I love about yoga is that it's flexible enough to work around your needs as an individual. A simple daily routine can go a long way. In our modern world with so much yoga on offer we think a quick hour at the gym once or twice a week is enough. Yes, a yoga class every now and then will definitely work, but what we are looking for in improving our health and fitness is consistency.

What does consistency actually mean? Does it mean every day? Twice a week? Once a month? Different physical activities require different approaches. For instance, resistance training 'every day' might be too intense. Yoga practiced 3 times a week will build fitness and reduce stress a lot more than doing it when it fits into your busy schedule. If you love walking, a daily twenty minute stroll will improve your overall blood glucose levels.

Coach, artist and yoga teacher Aesha Kennedy from Mullumbimby, Australia says, "Consistency is something you define for yourself. Don't say 5 days a week if that's not realistically possible for you. You don't want to self-sabotage."

In yoga there is a saying, "dig one well deep". Choosing a yoga style or

exercise regime that you love. Finding a teacher that inspires you can also be a key motivator. When I became serious about yoga in my early 20's it was my teacher that kept me motivated. She was able to do handstands and backbends and I wanted to do them too. As I deepened my practice I recognised that a desire to be like her was a great motivator but it wasn't sustainable. There were periods where I'd plateau in my practice, get bored or want to pig out, hang on the sofa and channel surf.

Sometimes even the best of intentions get derailed. Relationships break down, a job ends, someone we love dies, our kids leave home or we fall ill. How can we get back on that horse and stay there no matter how tough the ride?

I believe there has to be a reason to start an exercise regime. Declaring, "I want to exercise to get healthy" isn't enough. It took my diagnosis to push me out of my comfort zone and commit to practicing yoga consistently.

Whenever we start something new it takes time to see results. At first I felt ridiculous moving into uncomfortable yoga positions, it was hard to focus on my breath. It was the same when I went low carb. I wasn't convinced that cutting carbs would actually lead to radiant health and better blood glucose management.



knew that if I didn't at least commit to pushing past my own fears and doubts I'd never know the benefits.

Now I'm convinced. Yoga and a low carb diet works!

If you'd like to take that first step in getting and staying motivated, no matter what, here's something simple I do every day to keep me on track.

I call it the wake and stretch routine:

Stand upright with feet inner hip width distance and clasp your hands and hold them at your heart (you can also do this routine while seated in a chair)

On your next inhalation let your clasped hands over your head turning the palms to face the sky, breathe deeply into your chest



Next, take hold of the left wrist with the right hand and as you exhale lean over to the right side so that you feel a stretch in the left side of your chest. Hold here for 3 breaths return to the upright position and change to the other side.



Take a hold of your right wrist with your left hand and lean over to the left and hold there for three breaths.



Breathing deeply like this into either side of the ribcage increases your breath capacity and your circulation.

Next clasp your hands behind your back and straighten your arms behind you reaching your knuckles to the back of the space. Feel the stretch across the front of your chest and into your upper arms. Breathe here for 3 breaths

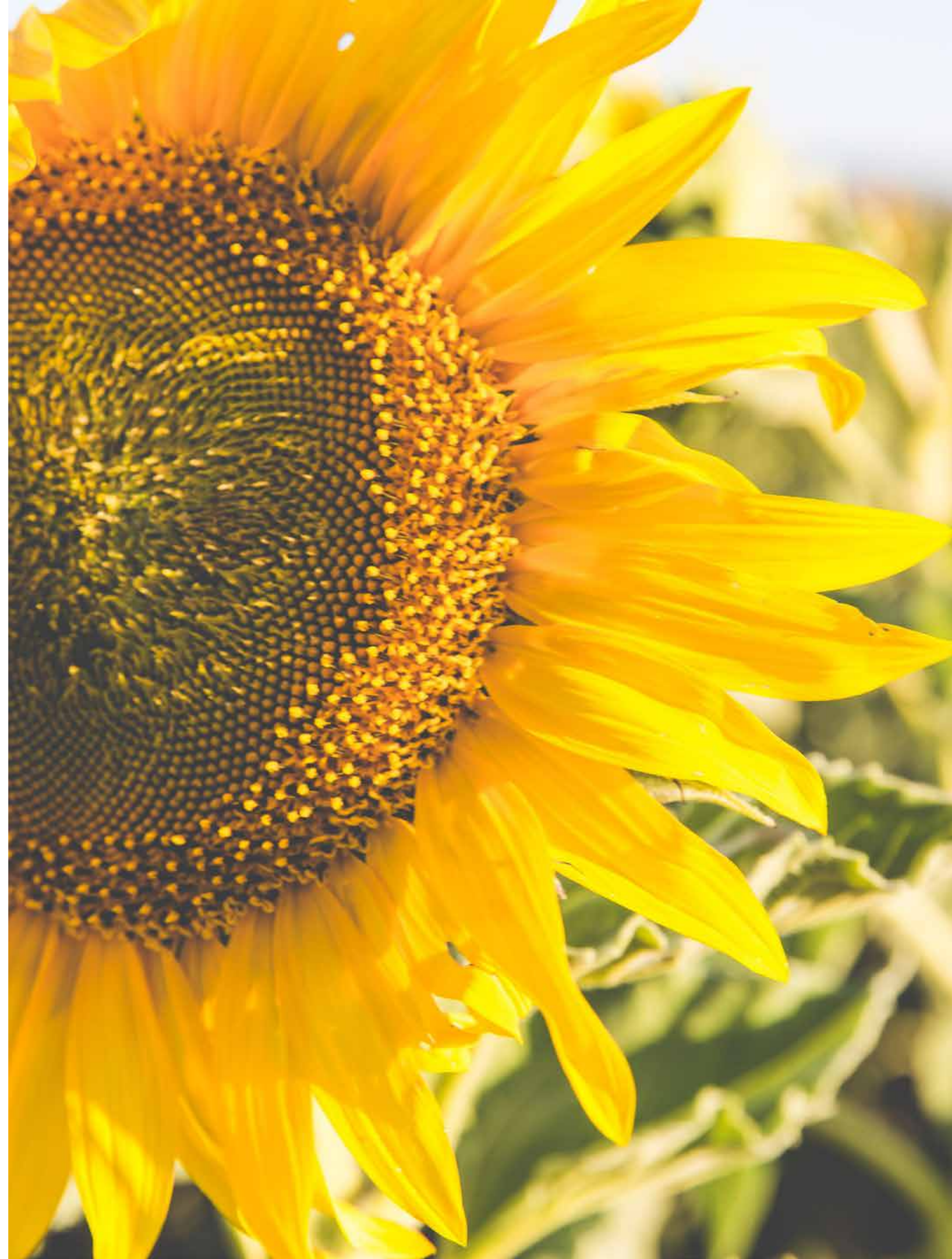


Release your arms and feel the blood and energy circulating in the chest area.



Finish this simple practice by closing your eyes and observing your breath for a few moments noticing the quality and force of the breath and the state of your mind.

When you finish you might be motivated to do more yoga postures, go for a walk and feel more alive and alert to head into your day.





Book Review

by Mark Moxom



Yoga for Diabetes

How to Manage your Health with Yoga and Ayurveda

By Rachel Zinman and David Young (Photographer)

This five star book is a must if you like well presented, practical information that's easy to follow and gorgeous to look at too. It's borne out of the experience Rachel had after being diagnosed with diabetes in her 40s and of her fervent desire to deal with it

using as many natural ways as possible - one of which became central to her health regime - Yoga.

She successfully combines both practices of Yoga and Ayurveda in a way that shows you she has mastered them to a depth of understanding that many experienced teachers could do well to take notice of.

Rachel guides you step by step through every exercise including breathing, concentration, meditation and of course movement while giving

a thorough explanation of how each one benefits your body mind and soul.

Each of them will allow you to get to know your body better and quietly understand how you can help it heal and know a calmness that infuses your being with new energy and inner power.

If you have never done yoga before - Rachel has you covered. She has sequences that are easy to follow and thanks to the stunning photography you'll know

when you are doing them right or not. And even if you're not sure which exercise you should be doing - Rachel will guide you through a very straight forward process of how to choose the best exercise for you.

In reading this book, you'll be inspired, informed, taught and guided in practical, effective ways you can use Yoga to help you regain mastery of your body and mind in ways that could easily lead you to a new understanding of just how precious you really are.

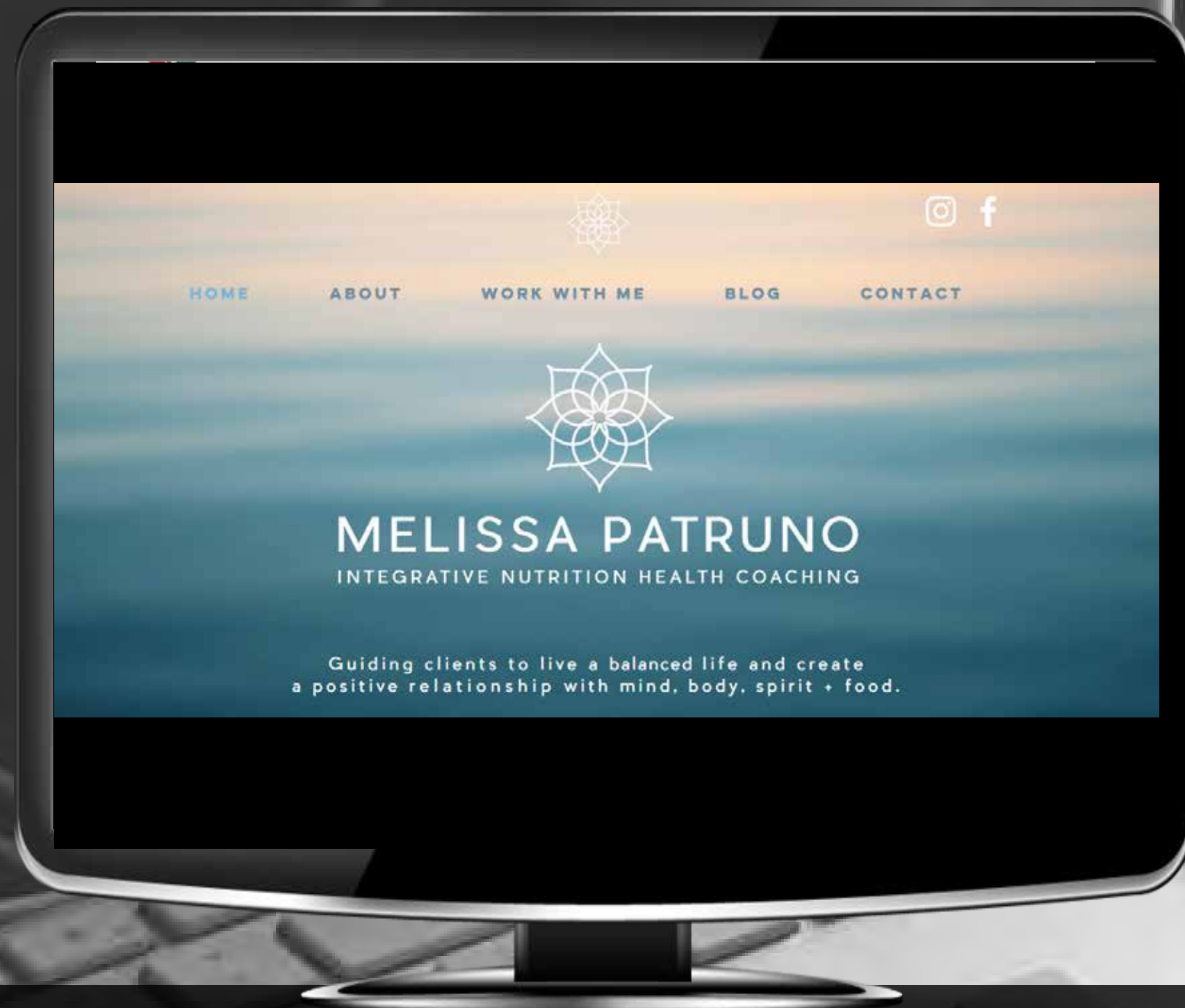
Low Carb Mag rating:



[More information about Yoga for Diabetes here](#)



Low Carb Top Blogs



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

or use the contact form on the website.

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

The blog we recommend this month is



Low Carb Mag Interviews Melissa Patruno

Melissa Patruno is an Integrative Nutritionist and Integrative Medicine Health Coach who helps individuals make diet and lifestyle changes to produce real and health promoting results. Melissa's integrative and holistic approach to nutrition focuses on finding the root cause and creating alignment in both your mind and body. Melissa is passionate about helping her clients find the food and lifestyle choices that best support their health needs so they can live their best lives.

Author's Website URL

<https://www.melissapatruno.com/>

Author's LCM page

<https://lowcarbmag.com/low-carb-mag-interviews-melissa-patruno-melissapatruno-com/>

Author's Facebook URL

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

Author's Other Links

<https://www.instagram.com/melissapatruno/>

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

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

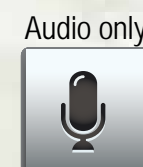
Livin La Vida Low Carb



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

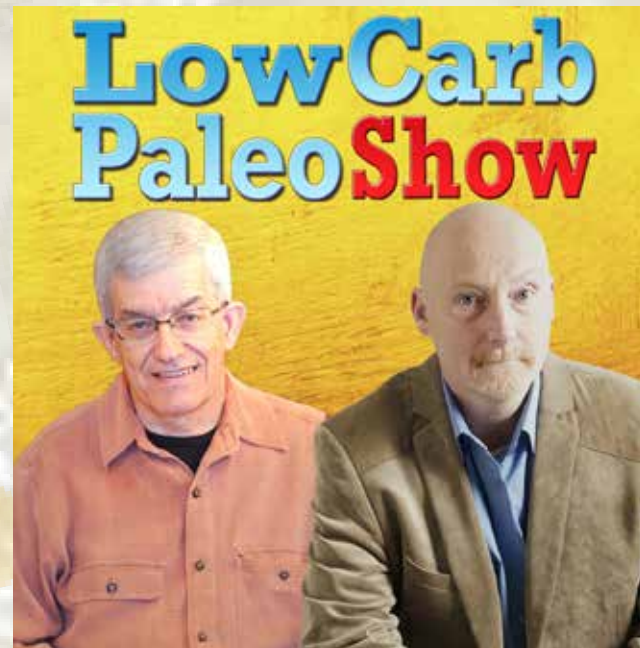


An LLVLC Classic episode featuring Sally Fallon Morrell and Dr. Loren Cordain facing off with their views on the Paleo Diet. After Weston A. Price Foundation (WAPF) President Sally Fallon Morrell received numerous requests from WAPF members about the differences between the diet her organization promotes and low-carb as well as Paleo diets, Sally decided to address it directly in her "President's Message" in the Summer 2013 Wise Traditions newsletter.



2 LOW CARB

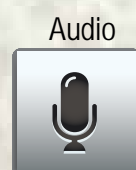
Low Carb Paleo Show



Hosts: Alain Braux and Mark Moxom interview Ross & Kara Taylor



The Taylors are the co-founders of Love You Foods, which makes and sells the FBOMB series of macadamia nut butters and healthy oils.



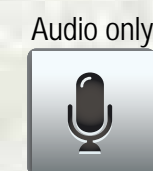
3 LOW CARB

Keto Talk with Jimmy Moore & The Doc



Keto Talk

If you are interested in the low-carb, moderate protein, high-fat, ketogenic diet, then this is the podcast for you. We zero in exclusively on all the questions people have about how being in a state of nutritional ketosis and the effects it has on your health.



1 LOW CARB

Low-Carb Conversations with Leah Williamson

Low-Carb CONVERSATIONS
WITH
Leah Williamson
&
Kara Halderman



Audio only



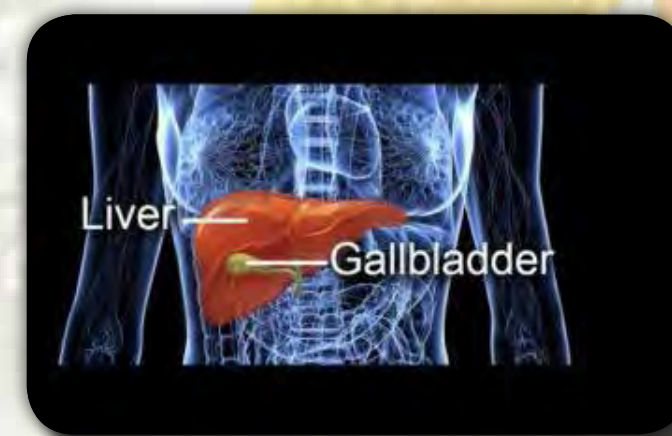
This week on Low Carb Conversations with Leah Williamson NTP and Guests we are joined again by our special guest co-host Shelley Gawith along with Clinical Professor of Medicine, Dr Terry Wahls.

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

3 LOW CARB

The Health Edge

TRANSLATING THE SCIENCE OF SELF-CARE



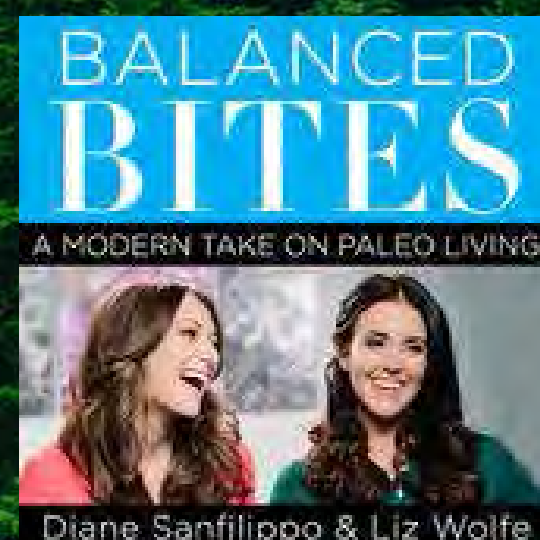
Audio only



In this recording of The Health Edge John and Mark reflect on bile acid research. Their discussion explores the role of bile acids in human health and how diet, the gut microbiome, dysbiosis, gut permeability and bile acid signaling are connected in health and disease.

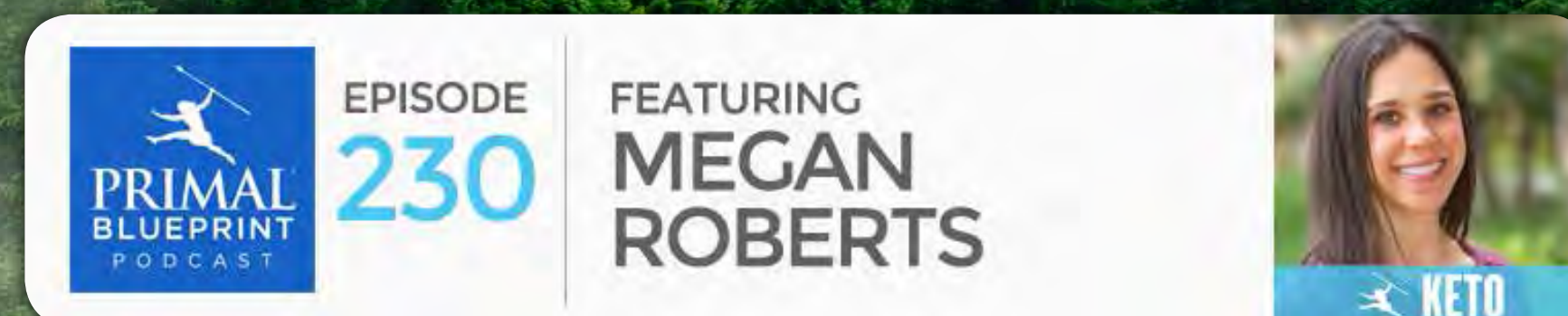
1 Paleo/Primal

Balanced Bites



2 Paleo/Primal

The Primal Blueprint Podcast



Taking a step back, Megan gives a brief lesson in Research Methods 101: What are the benefits and limitations of non-human research (e.g., studies conducted on mice)? Where can we and where should we not extrapolate from this type of research to human interventions? What do we know and what do we not know at this point about the ketogenic diet? Finally, Megan tells us what advice she gives people who are interested in adopting a ketogenic lifestyle and why it doesn't work to try to micromanage your diet foods.

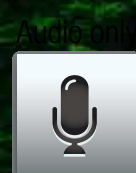


3 Paleo/Primal

The Paleo Solution Podcast



We're back with another Q&A episode (yes, we're going to be doing these regularly)!

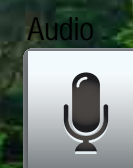


4 Paleo/Primal

The Primal Show

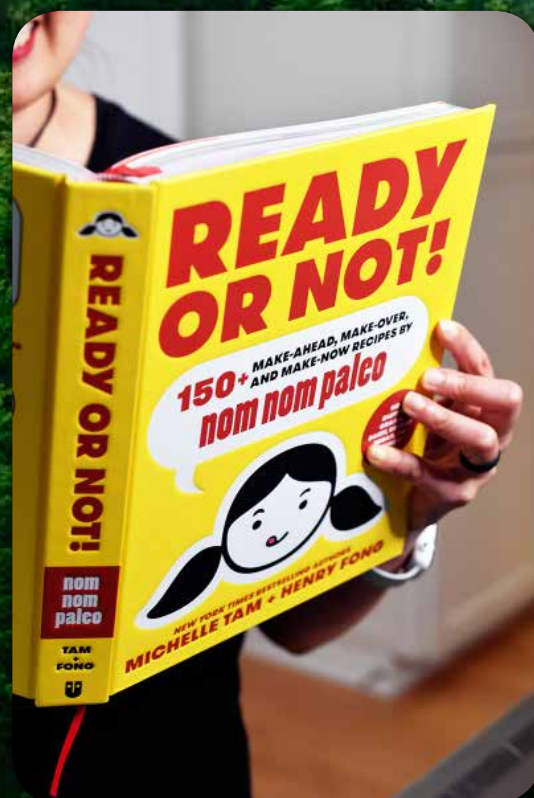


Episode #44 Guest Celebrity Chef Pete Evans is interviewed by show host Heath Squier. Pete is captivating in this 50 min interview as he provides in depth information about Paleo and how he has cooked for celebrities around the world while teaching them how to achieve optimal health through Paleo. He 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!

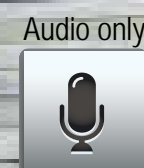


1 Health/Fitness

Rebooted Body



Be Honest With Yourself
– 11 Excuses You Have
to Stop Making

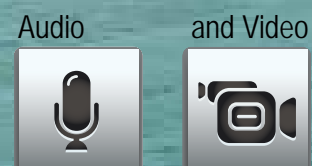


2 Health/Fitness

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.

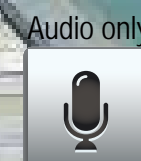


3 Health/Fitness

The Fitcast



Julian Cardoos, founder of Rebirth Body Transformation joins Kevin to talk about the state of the fitness industry, advice on growing your new gym, dealing with business struggles and more!



4 Health/Fitness

The Jillian Michaels Show



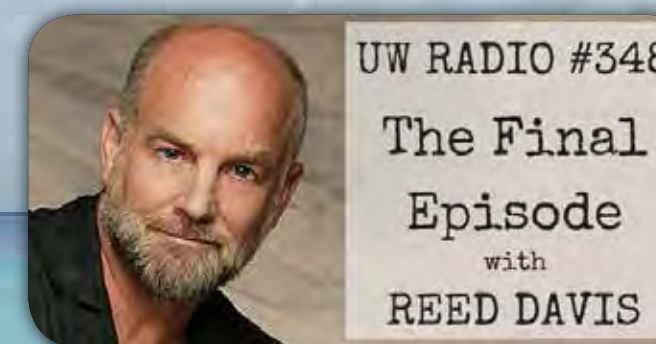
Sometimes the workplace can get crazy and messy, that's where the podcast Safe For Work comes in. Join the former head of marketing for Nike, NatGeo, and the Oprah Winfrey Network, Liz Dolan and recovering lawyer turned comedian and executive recruiter, Matt Ritter as they take your calls about the workplace and help you get through Monday to Friday with a little less stress, more confidence and a little more fun.

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.

This is Alain's last GMO watch for the time being. But he'll be back with us in the next edition bringing some of his hugely successful and totally delicious recipes for you to try out at home.

GMO Australia: New Zealand approval of GM rice questioned

<http://gmwatch.org/en/news/latest-news/18138>

GMO World: Now Monsanto goes after civil society

<http://gmwatch.org/en/news/latest-news/18131>

GMO India: India slashes Monsanto's GMO seed royalty

<http://www.gmwatch.org/en/news/latest-news/18166>

GMO Australia: Western Australia could be testing ground for "gene drive" mice to end mice

<http://gmwatch.org/en/news/latest-news/18141>



GMO Brazil: Brazil starts growing GM sugarcane

<http://www.gmwatch.org/en/news/latest-news/18151>

GMO Europe: European authorities violated own rules to conclude glyphosate is not carcinogenic

<http://gmwatch.org/en/news/latest-news/18165>

GMO USA: New Study Links Glyphosate to Shortened Pregnancy Lengths in American Women

<https://sustainablepulse.com/2018/03/11/new-study-links-glyphosate-to-shortened-pregnancy-lengths-in-american-women/>

GMO USA: Review Shows New Regulations Needed on Toxic Pesticide Ingredients

<https://sustainablepulse.com/2018/03/12/review-shows-new-regulations-needed-on-toxic-pesticide-ingredients/>

GMO USA: Syngenta to Pay Farmers \$1.5 Billion in Massive GMO Corn Settlement

<https://sustainablepulse.com/2018/03/14/syngenta-to-pay-farmers-1-5-billion-in-massive-gmo-corn-settlement/>

GMO USA: Politicians join with conservation groups in calling on the EPA to ban bee-killing pesticides until a full scientific review is conducted

<https://www.naturalnews.com/2018-03-04-conservation-groups-epa-ban-bee-killing-pesticides-scientific-review.html>

GMO World: Global Scientific Review Reveals Effective Alternatives to Neonicotinoid and Fipronil Insecticides

<https://sustainablepulse.com/2018/02/27/global-scientific-review-reveals-effective-alternatives-to-neonicotinoid-and-fipronil-insecticides/>

GMO France: Pesticides Found in Three-Quarters of Non-Organic Fruit in France

<https://sustainablepulse.com/2018/02/23/pesticides-found-in-three-quarters-of-non-organic-fruit-in-france/>

GMO USA: Pro-GMO Researchers Attempt to Use Anti-Russian Sentiment to Attack Media

<https://sustainablepulse.com/2018/02/27/pro-gmo-researchers-attempt-to-use-anti-russian-sentiment-to-attack-media/>

GMO California: Judge: Monsanto Not Required to Place Warning Labels on Products. Disgusting!

<https://sustainablepulse.com/2018/02/28/california-judge-monsanto-not-required-to-place-warning-labels-on-products/>

GMO Brazil: Millions Protest over Brazilian Regulation to Allow Genetic Extinction Technology - Sustainable Pulse

<https://sustainablepulse.com/2018/02/28/millions-protest-over-brazilian-regulation-to-allow-genetic-extinction-technology/>



FESTIVALS



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



41st 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

34th 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



33rd 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



Arcadia Watermelon Festival

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

From the beautiful Peace River to our quaint downtown, we invite you to visit Arcadia, Florida. Arcadia is great for a day trip or a weekend escape. Experience the charm of real Florida. Our Downtown Antique District is home to 25+ antique shops, several specialty stores, and world famous local restaurants. Arcadia has been named best Antiquing Town in Florida, Best Place to Canoe, and is home to the Best Rodeo as voted by Florida Monthly Magazine. Discover Arcadia and DeSoto County Florida.

Arcadia, Florida
May 16, 2015

100th Beaumont Cherry Festival

<http://beaumontcherryfestival.org/index.html>

...for everything you need to know about the greatest festival in Beaumont, California. For more than 99 years, the Cherry Festival has been the biggest community event in Beaumont. Virtually the entire community participates in this four-day celebration, which features games, rides, booths, music, entertainment, and the best food and drink the Pass Area has to offer. Come out and join us! We look forward to seeing you at this year's festival!

Beaumont, California
May 31-June 3, 2018





Cochon555

<http://cochon555.com>

Created in 2008 in response to the lack of education around heritage breed pigs, Cochon555 is a nose-to-tail culinary event dedicated to supporting family farmers and educating buyers about the agricultural importance of eating heritage breed pigs, some of which are on critical watch lists. The meat they produce is recognized for its superior flavor, texture, appearance, and nutritious qualities. At all events, we source only the highest quality ingredients and products.

Miami, Florida
June 10, 2018



Ashland Strawberry Faire 2018

<https://ashlandstrawberryfaire.com/>

The Faire is a traditional celebration to promote the community and celebrate the strawberry harvest. The Faire is held in early June, on the campus of Randolph-Macon College campus.

The Faire is a free, community and family-oriented event during which non-profit groups and churches raise funds and offer something for everyone. There are vendors selling arts, crafts, plants, and antiques to the thousands who attend. There are local businesses featured from Ashland and Hanover. The proceeds from the Faire provide scholarships and grants to local non-profit groups.

Ashland, Virginia
June 16, 2018



Gluten Free & Allergen Friendly Expo

<https://gfafexpo.com/>

Whether you're looking for specialty products that taste great or trying to learn how to cook and bake to meet your dietary needs, the Expo is the place to be!

Atlanta, Georgia
May 19-20, 2018

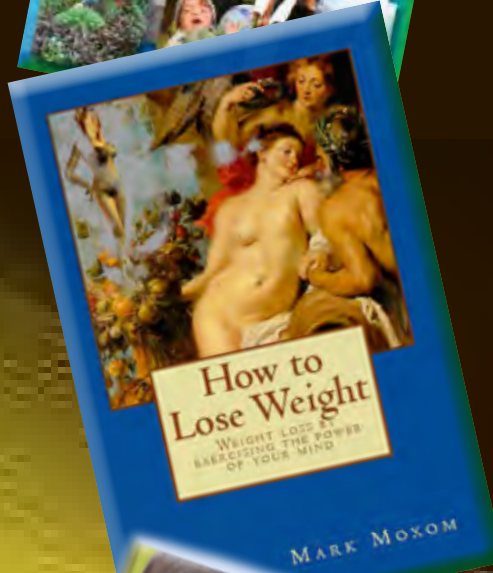


Gluten Free & Allergen Friendly Expo

<https://gfafexpo.com/>

Whether you're looking for specialty products that taste great or trying to learn how to cook and bake to meet your dietary needs, the Expo is the place to be!

Glendale, Arizona
June 23-24, 2018



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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 SnackBar 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



Cheesy Tomato Zucchini Frittata

Start a summer morning with this easy low-medium carb healthy breakfast.



Ingredients:

- 2 tsp olive oil
- 1 medium onion, diced
- 1-1/2 cups (7 oz) zucchini, cut into circles
- 4 large eggs
- 1/4 cup cheddar cheese, grated
- 2 medium ripe tomatoes, cored and thinly sliced crosswise
- salt and fresh pepper to taste

Directions

1. Heat a pan over a medium-low heat;
Add the oil and stir in onion and cook until slightly golden, about 8 to 10 minutes.



2. Add the zucchini and cook for 2 to 3 minutes or until the moisture dries up



3. Add the tomato slices and cook for another 2 minutes;



4. While it cooks, whisk the eggs in a bowl, making sure to incorporate a lot of air in the mixture;



5. Add the cheese and season the egg mixture with salt and pepper to taste

6. and slowly add to the vegetables.



7. Cook on low heat until just set, about 10 minutes;



8. Finish the frittata in the oven until fully cooked and golden. Cut the finished frittata into wedges and serve with fresh parsley, if desired.



Chef's Tips:

For a richer flavor - cook in butter instead of oil

Serving Instrucions:

Serve warm

Number of Portions: 4

Nutritional Value:

Nutrients per serving	
Energy	128.0 kcal
Protein	8.4 g
Carbs	6.5 g
Fiber	1.5 g
Fat	7.9 g
Water	169.4 g

Low Carb Kiwi and Orange Salad

A gorgeous lite salad perfect as a side to grilled meat or fish!



Ingredients:

- 1 large heart of romaine lettuce
- 1 whole medium Navel orange, peeled and cut into thin circles
- 2 whole Kiwi, peeled and cut into thin circles
- ½ cup basil leaves, julienned

For the vinaigrette:

- Juice of ½ lemon
- 1 tablespoon olive oil
- Salt and pepper to taste



1



2



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Directions

Prepare the vinaigrette:

1. Squeeze the juice of a half lemon into a small bowl. Add the olive oil and salt and pepper to taste and mix well. Set aside.

Wash lettuce.

2. Spin or pat dry and tear into bite sized pieces.
3. Peel and slice the kiwis and oranges into thin round cuts.
4. Arrange lettuce on a serving platter. Add the sliced fruits and top with julienned basil leaves. Pour on prepared vinaigrette and toss lightly. Serve chilled or at room temperature.

Chef's Tips:

You can prepare this well in advance but don't add in the vinaigrette until about ten minutes before you are ready to serve it..

Number of Portions: 4

Nutritional Value:

Nutrients per serving	
Energy	83.5 kcal
Protein	2.1 g
Carbs	12.5 g
Fiber	3.0 g
Fat	3.8 g
Water	152.5 g

Slow Cook Chicken Marsala

Traditional Chicken Marsala made easy and simple yet delicious.



Ingredients:

- 6 pounds boneless, skinless chicken breasts
- 2 cloves minced garlic
- 2 tablespoons extra virgin olive oil
- 1 teaspoon salt
- 1 teaspoon pepper
- 2 cups chicken broth
- 1 cup cold water
- 1/4 cup arrowroot powder
- 8 ounces sliced mushrooms
- 3 tablespoons fresh chopped parsley
-

Directions

1. Wash chicken breast and cut in half lengthwise. Season with salt and pepper on each side and set aside.



2. Heat slow cooker pan and add oil and garlic.



3. Lay each chicken piece into crock pot.



4. Pour broth over chicken and cover crock pot. Cook on high heat for about 2 hours..



5. Mix water with arrowroot powder and stir until absorbed and no lumps remain.

6. Remove chicken from crock pot and keep warm on one side.



7. Stir in arrowroot water mixture into the crock pot and add mushrooms and let it boil.



8. Add the chicken back and stir to coat chicken with sauce and mushrooms, Cover and cook an additional 30 minutes..



Chef's Tips:

For a richer flavor - cook in butter instead of oil

Serving Instrucions:

Serve warm with a sprinkle of chopped fresh parsley on top.

Number of Portions: 4

Nutritional Value:

Nutrients per serving	
Energy	324.9 kcal
Protein	41.8 g
Carbs	11.2 g
Fiber	1.0 g
Fat	12.3 g
Water	299.9 g

Avocado Mousse in Chocolate Cups

A fun and delicious dessert you can make
with your kids this summer



Ingredients:

For the Chocolate Cups

- ½ cup cocoa powder
- ½ cup Coconut butter

For the Avocado Mousse

- 1 avocado
- ½ teaspoon Stevia powder
- 2 tablespoons almond milk
- 1 teaspoon vanilla
- ½ lime, juiced
- 8 tablespoons whipped cream

Directions

1. In a medium saucepan, melt coconut butter. Add in cocoa powder and stir until melted.



2. Transfer melted coconut oil and cocoa to a medium sized bowl and let cool.



3. Fill each mold with the chocolate and place in the freezer to set.



4. While letting the chocolate set, combine the avocado, almond milk, lime juice, vanilla and Stevia powder into your blender or food processor and blend until you get a creamy and smooth consistency.

5. Transfer mixture to a medium bowl and fold in the whipped topping.



6. Scoop the mixture into a piping bag. If you do not have a piping bag handy, you can use Ziploc or an ordinary plastic bag like the one we used here.

Tie the top of the bag to close it tightly and cut about 1/4 inch from the tip of the corner. Remove each of the chocolate cups from the mold and transfer to a serving plate.



7. Position the hole about 1/4 inch above the center of the chocolate cup, holding the bag with your free hand at right angles to the surface. Use the hand holding the bag closed to gently squeeze the bag and deposit a dollop (that's a technical term:Ed) of avocado mousse onto the chocolate cup. Repeat the procedure with each of the chocolate cups.



Chef's Tips:

When finished dust with a little cocoa powder for that 'professional' look.

Make them after the kids have gone to bed.

You might have to 'test' the first batch to make sure they are OK :)

Number of Portions: Makes 12 Mini Cups

Nutritional Value: (per Mini Cup)

Nutrients per serving	
Energy	123.4 kcal
Protein	1.1
Carbs	4.5
Fiber	2.3
Fat	12.4
Water	16.4

WHY BOTHER WITH EXERCISE

Easy Weight Loss Exercises



Photos by Angelique Barnard



Lower Body Exercises Side Leg Raise

This strengthens the muscles at the side of your legs and hips.

Breathe in and then breathe out slowly as you take five seconds to move your left leg out to the left side with the foot & toes still pointing forwards.

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 Extension

This is very similar to the knee flexor, but here it is also useful to strengthen the lower back muscles as well as the buttocks.

Again, using the back of a chair or table for support, bend slightly forward at the hips until your body is at about a 45 degree angle.

Starting Position.

Breathe in and then breathe out slowly as you put your weight onto your right leg, keep your left leg straight as you take five seconds



to slowly lift it out behind you, without bending your knee or your upper body or pointing your toes.

The idea is to try and keep tension on the back of the leg once you've got it back as far as you can.



Hold it there for one second, then take 3-5 seconds to lower the leg back down to the starting position as you finish exhaling.

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.