

Low Carb Mag

Holistic Nutrition

Meg Doll

GMO Watch

Alain Braux

**Real
Baby Food**

**Joe Carr &
Serenity Heegel**

Interesting Honey

John Wright

**Medical benefits
of Blood Ketones**

Martina Johansson

**Food Festivals
Near YOU**

**Why You Need Fiber On
Your Low Carb Diet**

Dr Mona Morstein

Top *step by step*
Recipes

Stuffed Bitter Gourd

LC Cheese and Cauliflower Chowder

Dark Truffle Cake

Avocado Salad in Lime and Orange Vinaigrette



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Next Month's Feature Interview

Tyler and Elizabeth Boggs

Tyler and Elizabeth Boggs
(Heart 2 Heart Farms)



Tyler and Elizabeth Boggs left the army and set up a farm that raises organic food and at the same time teaches people how to do exactly the same themselves. Along the way they helped many that dealt with the traumas they suffered in service and taught them to thrive in civilian life.

[Visit Heart 2 Heart Farms Website](#)

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10

Serenity Kids



37

Artisan Food



44

Mona Morstein



58

Top Blog



85

Festivals



50

Ketogenic Diet



96

Recipes



Contents

| | |
|--|-----|
| Editorial | 6 |
| Serenity Heegel and Joe Carr | |
| Serenity Kids | 10 |
| Featured Food Artisan | |
| Bee Wild | 37 |
| Mona Morstein | |
| 4 Low Carb Diets to improve diabetes | 44 |
| Martina Johansson | |
| Ketogenic diet | 50 |
| Low Carb Top Blogs | 58 |
| Pick of the Podcasts | 60 |
| GMO Watch | 76 |
| Festivals Near You | 85 |
| Recipes | |
| Low Carb Cheese and Cauliflower Chowder | 96 |
| Stuffed Bitter Gourd | 102 |
| Dark Truffle Cake | 108 |
| Avocado Salad with Lime & Orange Vinaigrette | 114 |
| Why Bother with Exercise? | |
| Triceps Stretch. | 119 |
| Calves Muscle Stretch. | 121 |



Editorial

M

ore and more people are becoming less and less healthy.

Have you ever wondered why that is?

I know I have and frankly following that train of thought can lead to some unpleasant realisations. And also some great ideas...

One of the main reasons - that I'm sure you are aware of - is the continual lowering in the real nutritional value of our food. At

every turn corners are being cut for the sake of size or maybe colour yet little if any time is spent on making sure each food stuff - and that includes the raw foods too - is giving us enough nutrition.

Another one on the list of culprits is the advertising industry. They seem to go out of their way to make some of the worst food around seem appetizing and good to eat.

Next to take a huge portion of the blame are our educators. Nearly everyone goes through some sort of schooling process. So one would think that "education" is meant to prepare us for life and help us

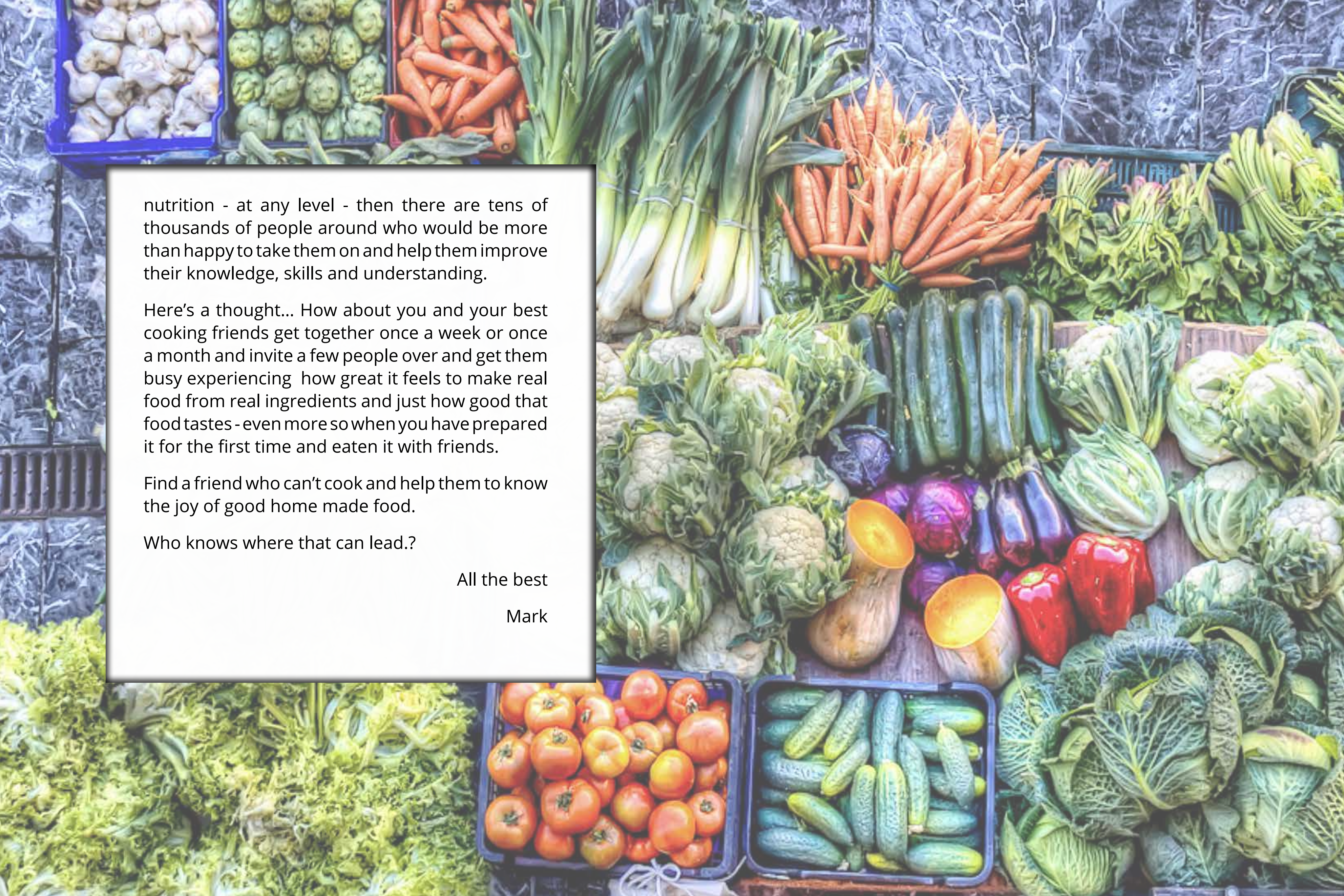
become model citizens who contribute to society. You'd think the "educators" at least would be able to add up the sums and see that people who don't know how to make good food choices are the very ones who get sick the most often and cost society far more to look after than those of us who generally stay well.

However, the people who bear the highest responsible are quite simply each of us as individuals. It really is impossible as an adult

to miss the fact that good health comes from eating good food. And the only excuses people can come up with as to why they refuse to do anything about it are very lame excuses.

And follow that logic for just one second...

If anyone makes an excuse they signify that they are aware of the problem and the mature response to that is doing something about it and goodness know if anyone wants to learn about



nutrition - at any level - then there are tens of thousands of people around who would be more than happy to take them on and help them improve their knowledge, skills and understanding.

Here's a thought... How about you and your best cooking friends get together once a week or once a month and invite a few people over and get them busy experiencing how great it feels to make real food from real ingredients and just how good that food tastes - even more so when you have prepared it for the first time and eaten it with friends.

Find a friend who can't cook and help them to know the joy of good home made food.

Who knows where that can lead.?

All the best

Mark

Serenity Heegel and Joe Carr



Alain Braux:[AB] Good morning
Joe and Serenity!

Joe Carr: [JC] Good morning Alain!

Serenity Heegel:[SH] Good morning!

[AB] Mark good morning! How are you?

Mark Moxom:[MM]Wonderful! Thank you.

[AB] So Joe and Serenity you recently started a paleo baby food company called Serenity Kids to grow healthy babies. Can you tell us about your background and a little bit of your personal story before you started this company.

You can download the complete interview here:

<https://lowcarbmag.com/joe-carr-and-serenity-heegel-the-full-interview/>

[SH] Sure! Well my loving mother wanted the best for me and so when she was pregnant with me she was a vegetarian. In the 70s that seemed like the healthiest thing to do. I was born a little early. I was born underweight and I had my first ear infection at 2 weeks old and a round of antibiotics and then repeat that several times a year all through my childhood. I had immune issues, anxiety, insomnia, lots of allergies, the kinds of things that come with leaky gut.

So I found paleo in about 2010 after my last ear infection really hurt my stomach. I took some medicine that was horrible. I've been paleo ever since.

I left my corporate job four years ago to start a paleo coaching business called Joy of Paleo and I learned a lot about what people are looking for in the healthy food, whole food space.

Then I met Joe and we were at PaleoFx 2016. We started talking about having a family someday and I started getting all like fuzzy and maternal and I'm like Joe let's go find the baby stuff. Let's see what baby stuff is here. Well there was nothing. Not one baby thing at the world's biggest paleo conference and so I went up to the CEO Michelle and I said, hey Michelle where's the baby stuff and she said I asked myself that question every year.

JC: My story starts in childhood also. I was raised with high-functioning autism but not knowing that I had autism. I was undiagnosed at the time.

I wasn't diagnosed until college. They called it Asperger's then but since then it's all been determined to be autism. So I was very big energy. They called me ADHD but that wasn't helpful and I just had a really hard time as a kid. I just took up too much space. I was too loud, too intense, too obnoxious so I was always in trouble at school, kids didn't like me and had just a really hard time with anxiety and all this intensity in my body.

I also had a lot of stomach problems. My stomach hurt almost my entire childhood and we go to the



doctor and they could never say what was wrong and I was also overweight as a kid and I ate mostly canned ravioli and nachos. That was basically what I sustained myself on. Now we know those foods are combination of problematic foods that what were irritating me physically.

In middle school a semi popular girl took me under her wing and decided to teach me social skills. She was 'let me help you be cool'. I was probably annoying her at the time but she decided to

help me and I learned that I could improve myself, that I could make change in myself and be a better version of myself by taking feedback. So I set off on a personal growth track that's continued to this day where I'm always seeking ways to improve myself.

Then in high school that became improving the world that I have this opportunity and obligation to improve the world around me and make it a better place. My difficulty in childhood

has left me passionate about improving the world for children that I really want a better life for kids in terms of diet and the way they're treated and the way they interact with each other and the way they're educated.

So I started a career in youth services. I started my own youth nonprofit that lasted for a few years and was working with an adult personal growth company that brought in speakers. We started bringing in speakers to teach us about different things related to

being our best selves and my boss found Serenity as a paleo diet speaker to come and teach us about the paleo diet and she assigned me to be her handler and I've been handling her ever since.

I fell in love with paleo at the same time as I fell in love with her like at her talk. I was just like it all makes sense in terms of all the diet stuff that I'd struggled with. I tried veganism and I'd done candida cleanses and the gaps diet and all these things that were eventually in the direction of paleo and



so it all kind of came together that this was the right diet for me and switching to that's really changed my relationship with my body. It's really healed my anxiety, my sleep issues, my focus issues. My system just feels much more regulated and not as sporadic and crazy all the time.

I've always wanted children. I've always wanted to have a kid and do it right. So as Serenity and I got more and more serious we're like let's have a baby. We discovered there's no paleo baby food. This is like a huge issue that we have a baby and we're gonna have to make all of our own food all the time and I intend to have a baby who's gonna eat a lot. If I know anything about

me and Serenity, we're both foodies so our baby's gonna be hungry so we're like we need to fill this gap and create this food not just for our baby but for all babies.

AB: That's a great story thank you! What flavors are you currently offering?

JC: We basically we realized there's no paleo baby food. Serenity had a summer of research...

SH: So last summer I thought well maybe there's good reasons why there's no paleo baby food out there. Maybe babies aren't supposed to eat that way. I didn't know so I read every book and blog and podcast from paleo thought leaders and just from

... this was the right diet for me and switching to that's really changed my relationship with my body. It's really healed my anxiety, my sleep issues, my focus issues. My system just feels much more regulated and not as sporadic and crazy all the time.

conventional doctors and people in the health industry. I even read the USDA's guide to infant nutrition like the US government's guide to infant nutrition and realized babies really need to be eating a high-fat meat-veggie kind of diet and then I thought well maybe there's no paleo baby food out there on the market because babies won't eat it. So I'm like Joe we've got to start making some food and getting it to some babies. We've got to start kind of testing it out.

Our basic formula I developed using the same macronutrients as breast milk. When I had first gone into my summer of nerdism, I thought well babies probably need the same kinds of macros as adults but that's not true at all. They need a lot more fat than we do and a lot less protein.

So our formulas are breast milk is about 50/50ish fat and carbs and then a little bit of protein and so that's kind of the model

that we use from a nutritional perspective for each of these recipes and then what we did was we actually let the babies decide. So we had these surveys and we would drop off our food to the moms and the dads and these flavors that we are launching with were the babies' favorites.

JC: We looked at all other baby foods as well to see like what is out there and how could we improve upon it and it turns out that it's not

... babies need 30 grams of fat a day. An enormous amount of fat they need. There's no daily sugar requirement for babies. They don't need any sugar at all and yet all the baby foods are extremely high in fruit sugar.

only that there's no paleo baby food there's actually really almost no meat and fat available for babies and babies need 30 grams of fat a day. An enormous amount of fat they need. There's no daily sugar requirement for babies. They don't need any sugar at all and yet all the baby foods are extremely high in fruit sugar.

The standard baby food is essentially fruit or fruit plus some vegetable. That's the best you're gonna get, fruit and veggies. We have 250 organic baby food pouches. Every baby food pouch claim to be ultra healthy and 80%

of them have five grams or more of sugar which doesn't sound like a lot but for a 15 pound baby if you compare that to a 150 pound adult that's 50 grams of sugar. That's 60 ounce coca cola. Scarier than that 64% had ten grams or more of sugar which is two Coca Cola's. More than half are extremely high in sugar so it's like whoa this is crazy.

Less than 1% had two grams or more fat so almost none of them had any fat less than 4% had meat in them. None of that meat was disclosed the source so we have no idea if it's grass-fed

or not, if it's humane, what kind of farming practices were used. We don't even know so we have to assume that it's probably pretty cheap organic. It's organic but it's like organic grain fed in pens. So as far as we could tell there was no grass-fed or pasture raised meat available for babies. There was no high fat options available and there were extremely few low sugar. In fact there's a lot of extremely high sugar.

So we created these formulas using pasture raised meat. We knew we wanted to use grass-fed and pasture raised because that's



the best fat and we knew we wanted to mix it with organic vegetables because the macros of breast milk is essentially about half fat, half carbs so they still do need a lot of carbs and so we knew that starchy vegetables were going to be a much better source of carbs for flavor and additional minerals. We've got our free-range chicken with organic peas and organic carrots also with a little bit of Himalayan sea salt and we added some organic avocado oil to this one to increase the fat content a little more. It is chicken thigh



then fruit sugars would be. So we came up with these three flavors. We've got the grass-fed beef with organic sweet potato and kale. We also add a little bit of Himalayan sea salt meat so it's already somewhat fatty but we wanted it to be nice and fatty. We have pastured uncured bacon with organic butternut squash and kale and this is the first bacon baby food product on the market that

we found. It's really really delicious. This is our highest fat lowest carb one because the butternut squash is pretty not as carby and the bacon is nice and fatty.

AB: So how do you source your ingredients? Can you tell us more about this?

a variety of animals and a lot of cows. So I got to see what that lifestyle is like and their relationship with the land, with the animals and also how difficult it is economically. So we knew we wanted pasture raised animals because the fat content is so much better.



JC: My mom grew up on a small family farm in Southern Missouri and so I grew up going and visiting my grandparent's farm. It's a dairy farm but they grew a lot of crops and they had

The Omega 3- Omega 9 ratio is way better, the CLAs are higher, the vitamin contents higher... Basically you feed an animal the diet nature intended for it it creates the nutrients nature intended

for us. So the fat is a lot better for those animals.

But given my relationship with my family farms and the more we learned about farming we're like wow it's a lot better if they're from smaller herds that are raised responsibly on pasture and that we can also support these family farmers and create more demand for them. It costs more, it costs more to do it, it costs more to buy it and we were like we're just gonna do that. We believe people will pay more

for better sourced meat that's from family farms. We visited them. We took a little tour and visited the farms and got connected with a farming co-op in Missouri in Iowa and visited these pig and cow farms that are just amazing. It's like a spiritual thing/calling for them. The relationship they have with the animals and the land.

So we've committed to only sourcing animals that are raised really responsibly, small family farmers. They're raised organically. There

are no hormones, antibiotics and no GMO feed. It's all organic pastures that they're raised on. It's grass-fed grass-finished cattle and pasture raised pork and the meat is really delicious. Really good for us and we learned a lot about regenerative farming. That there's these farming practices that are not only sustainable leaving the planet as good as you found it but actually regenerate the planet. These farmers are sequestering carbon and regenerating grasslands



through responsible grazing practices and that this is happening all over the world where people are using animal herds to actually improve the planet. We're excited to be supporting those and sourcing our meat from them.

AB: Sounds great. What other products are not in your baby food?

SH: So that was one of the big things for me. I had gone

through and and so had Joe really, you know, elimination diet after elimination diet and allergy testing and all these complicated stuff so really we wanted it to be pure and clean and simple.

So we mix those super responsibly sourced meats with organically grown vegetable purees and that's really it. There's a little bit of salt, a little bit of oil but really what's not in it is any of the major allergens. There's

no seafood, dairy, gluten, soy, grains of any kind.

JC: There's no fruit, anything sweet at all like there's no sweeteners of any kind including fruit. There's no stabilizers or chemicals to preserve it.

AB: Is it dairy-free?

SH: Yes

AB: Okay

JC: It's milk free



AB: Speaking of all these, it sounds to me you have a mission. Can you tell us about your mission?

SH: I'm a spiritual person and I journal a lot and every day one of the things that I journal is that I want to end childhood diabetes and really work on childhood obesity. I was a sugar

addict as a kid. Sugar was something I did constantly and part of it was because of the foods that I had in my diet. We didn't know that those things weren't good. The low-fat trend had started when I was a kid and so progressively through my childhood it got lower and lower fat and higher and higher sugar.



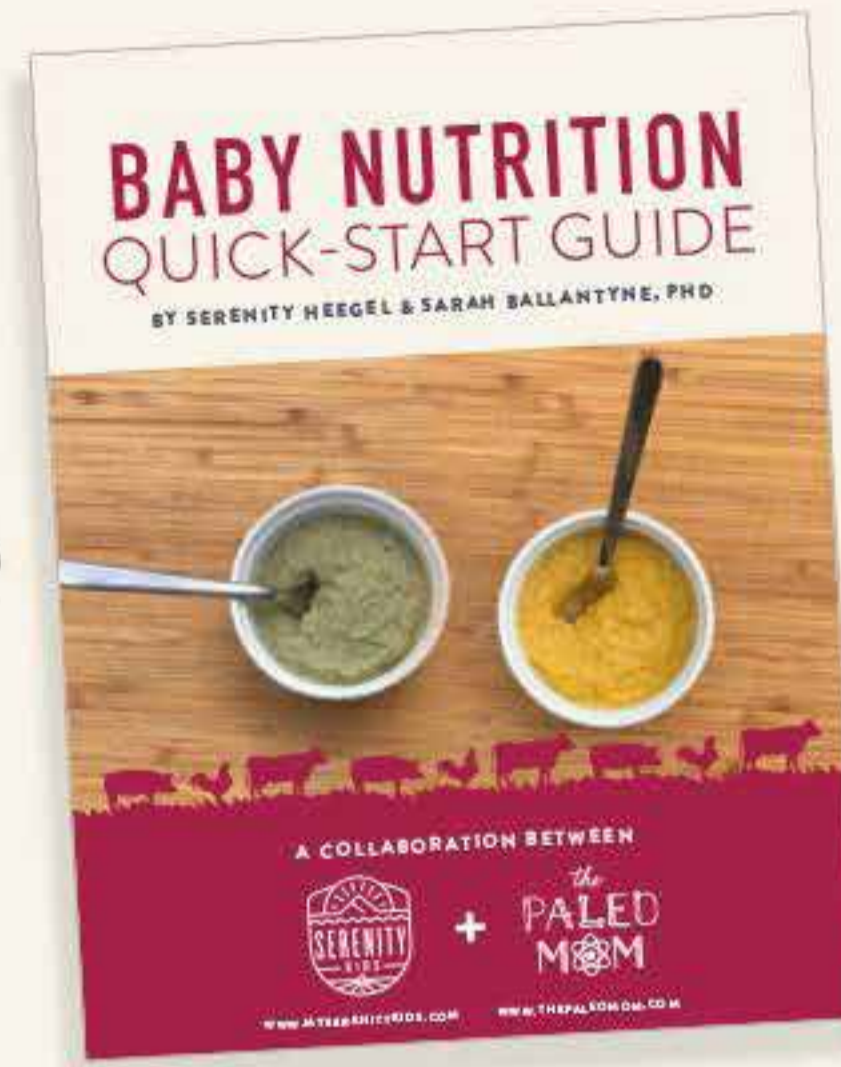
So one of our big missions is to educate parents who aren't educated to know about the dangers of sugar and the importance of fat and then also for the parents who are educated it's to provide something that's more convenient. Yes homemade food is the best and not every parent has the time to do that every

single day for every single meal and so we wanted to provide a convenient option that was actually something that parents would want to feed their kids.

JC: Our new website is a clearinghouse of infant nutrition because there's so much conflicting and confusing information and



free BABY FOOD e-book



parents are overwhelmed. We're just like let's bring it all together. Serenity co-authored a certain e-book with Dr. Sarah Ballantyne - *Paleo mom... The Quick Start Guide for Infant Nutrition*. It really like brings all the most up-to-date information together. It also includes recipes and how to make your own baby food. So we want parents to make it and we know that they don't always have time so we want to make convenient options that are still healthy so

when they send the kid to grandma's or to nursery or when they're in the car they're traveling or whatever that they have some food to feed them.

For me the mission goes beyond feeding children that I really want equality and freedom and rights for children. They're one of the most oppressed groups on the planet in terms of they're treated like property and physically abused and like

the punishment-reward control systems that are taught as good parenting. Then the school system which to me mimics factory farming, being fed the same stuff that is not matching what their body or mind or spirit needs.

So the more I learned about factory farming and more I'm like wow this is all related the way we treat children and the way we treat our animals and the way we're treating the

planet and so my big mission is just to help educate people that all together what's good for your body is good for the farmers is good for the animals and essentially is good for the planet. Supporting regenerative agriculture and these family farmers is an economic and environmental mission that we have.

So we're supporting regenerative agriculture from small family farms and the more of the product we sell



the more we can support them. We put it on our label that that's where it comes from so USDA is very clear if we put that there it has to only come from there so we can't lie about that. We have to prove that they are family farmers. We have to prove that they were small – which is great.

We're committed to that and we are donating money back to the farm to a consumer

legal defense fund which is an amazing nonprofit that supports family farmers to help them survive and gives them legal resources that larger manufacturers and factory farmers have. It helps them survive lawsuits or change laws. Then they also help increasing consumer access to nutrient-dense foods like raw milk and other foods that are overregulated. So we're giving 1% of all of our profits

to them to really help give back to these farmers.

MM: We've interviewed them and they do a really good job.

SH: They do.

AB: Is your product shelf stable or is it refrigerated?

SH: It's shelf stable for up to a year. So we've got a manufacturing process that's sort of similar to the canning process if you ever canned

anything and so it's called retort and uses pressure and heat to make sure that the pathogens aren't there it's because it's a meat product. So we have to be really really careful with it. Then after you open it it needs to be refrigerated and it's good for a day or two.

AB: Probably one pouch is good for one meal or you get two meals out of it?

SH: It depends on the size of the person who's eating it like a little tiny six-month-old baby might not need four ounces of food in any

given meal but then again babies don't necessarily eat like we do with three meals a day. Sometimes they won't eat for a day very much and then eat a whole lot the next couple of days so it kind of depends.

AB: That's is great because it's very convenient. You can throw that in mommy's bag and it's available whenever the kid is hungry which is not necessarily on the schedule like you said.

You've had a lot of good publicity – even before your 'official' launch.

How did that happen?

JC: Journalists like our story because it's disruptive. Something very different that has been done in baby food in a long time. It's not brand new. Back in the 30s and 40s and 50s they had lots of meat in baby foods and things like that . It's not new. It's very old – so it's very paleo in that sense but as far as the innovation... There is not very much innovation in the baby food space like the introduction of the pouch nine years ago was sort of



the most innovative thing that's happened. And of course the paleo trend is getting bigger and bigger and so we're much bigger than than paleo but for the industry that this is available for babies now is very interesting to them.

a baby with a mom who is feeding you a spoon like with a face like this. So we know that some of the moms tasted it and a lot of the moms that are our customers do taste it. We just went to a mommy trade in LA, Mommy Con, and my favorite quote



AB: So what kind of feedback are you getting from moms? I suppose you use lots of moms as a test subject or babies?

SH: Yeah we actually had moms taste it as well. Because can you imagine what it would be like to be

of the day was from a mom who said after she tasted it, "it's not gross. It actually tastes like the ingredients that are in there" So from a taste perspective we're getting really good feedback even from adults. It feels really good to be able to feed adults something that

doesn't sound particularly mouth-watering... Puree meat and vegetables isn't exactly my number one gourmet food craving. So to have the feedback on the taste like not only is it the healthiest possible nutrients inside but also it tastes amazing.

AB: I suspect some moms are going to steal food from their babies.

SH: That's what moms do anyway. If you open one of these and the baby is not really hungry or doesn't want it at that time the parents always eat it. That's kind of just how it works and so to be able to have something also that's not macaroni and cheese

or chicken nuggets like something that a parent would actually want to eat because they're going to eat the leftovers.

JC: A lot of adults eat baby food it turns out. We get a lot of adults who tell us they eat baby food primarily as a sweet fruity snack or they buy the vegetable ones to go with like an Epic bar and a veggie puree and that's sort of their like shelf-stable lunch. So those customers are really excited to be able to use our product instead of those that has some fats and protein and some veggies in there and tastes a lot better. So we expect a lot of adults to be coming out eating our products.

it's not gross. It actually tastes like the ingredients that are in there

The branding isn't nearly as cutesy or baby like as a lot of other baby foods. We intended it to be very clean, professional and adult like brand both so that adults would be able to eat it but because we don't want to treat children in this condescending way. Kids should be able to have real food also.

AB: So is your product already out there? Where is it sold and do you sell it online and all that good stuff?

JC: We're launching the first week of September. We're on Amazon and a bunch of different stores. We anticipate being in every major natural foods retailer

by the end of 2018. All those things take time. We've begun the discussions and they're all very interested and the more we sell online and the more attention we get the easier it'll be to get stocked in those stores.

AB: So how big is your team at this point? Just the two of you or do you have salespeople?

JC: The two of us are the only employees but we have a lot of supporters. We have contractors and an amazing advisory board and we brought in experts of all different kinds for all the different aspects of the business. So we have about 25 people who are on

the team in some capacity helping out but as of now it's just us handling it all.

AB: You have a manufacturing company - is it local in Texas?

SH: It's in Missouri. It turns out that to make shelf stable meat baby food you can't really do that in your own home so it required retort manufacturing process. So our company has to be kind of bigger than we originally had planned because we wanted to keep with that like four ounce pouch that was shelf stable because that's what moms know. We're doing something that's pretty disruptive and so we wanted it to kind of look

and feel familiar. We didn't want to do something super crazy or out there or we didn't want to do something frozen or refrigerated. We wanted to fit in enough with products and the delivery mechanisms that were already out there on the market so that part at least wouldn't scare people away from trying something new.

JC: We will have an affiliate program so people like you who want to promote this to your followers and also make a little bit in the process that is available. So anybody who has a blog or strong social media following or whatever you can talk to us about becoming an affiliate.

MM: You both said you had quite bad stomach problems when you were younger and it was until you found paleo that most of those stomach problems went away or they all went away, is that right?

SH: That's true

MM: So I'm guessing you're hoping that this is going to make sure that the children that eat the food that you're preparing are not going to have the same problems that you had.

SH: That's exactly right. Right now parents who want to feed their kids a low inflammatory diet don't have the option from a convenience food

perspective. There are so many people that hire private chefs that make all of their own stuff. We heard of a mom who stayed up until midnight every night making her own baby food when she was working when her baby was a baby because she was not willing to compromise. Think about how stressful that was for the mom and baby. An extra sleep-deprived mom. So really what we want to do out there is to provide a low inflammation food. Parents may feed their kid the fruit pouches sometimes and that's okay. It's just about having that other high-fat option. That's what we're going for. We want to be



known as the high-fat baby food and we want people to be like high fat baby food, what? Then learn that high fat is actually really really important and that that's gonna help their guts grow and develop and be exciting flora and fauna and all those awesome probiotics and all of the things that come from a gut brain axis. That come with a healthy gut you get a healthy mind you can be sharp or you can be more alert, you can be more creative because you're not sitting there focusing on "oh gosh I have a tummy ache."

AB: Right but there's still a lot of resistance against high fat. So how do you overcome that block because people around me and they know I'm a nutritionist and paleo and they still say how can you eat all that fat and I say it's not that much first of all and secondly it's been debunked a long time ago that low-fat is a horrible diet.

SH: Yeah so really what we do is we just talk about

breast milk. Breast milk is about 50% fat. Did you know that babies needs 30 grams of fat a day which if you translate that from a 15 pound baby to a 150 pound adult that would be 300 grams of fat a day. A lot of fat!



AB: It's like a whole package of butter.

SH: Yeah and that is a lot. That's really what I talk about. Nowadays breast feeding is much more popular than it

used to be and people are understanding that if you can breastfeed that's a really good option nutritionally for your baby. All of the World Health Organization and American Association of Pediatrics and all of these organizations are now on



board with feeding babies breast milk and so that part people can really get. So I use that as a stepping stone for getting them to high fat is good for babies.

JC: And I think that anecdotally parents

somewhat know what sugar does to their kids. There's already a lot of awareness around like sugar and kids so part of it is like drawing the line between fruit and that sugar reaction that it's like fruit sugar causes the same kind of inflammation just because it's not added sugar... If it's got a lot of fruit sugar in it it's still problematic. Then really showing that like fat actually does the opposite of what sugar does.

It actually is calming, soothing and filling and so Serenity, in addition to being my beautiful fiancé's name is also like the the concept we're wanting to sell. That eating fat instead of sugar causes a much more serene system and for a serene baby and serene moms. Like serene baby screen mom is not some common things you hear together. So we want serenity for the mom and the baby and then the animals living on pasture and their natural environment are very serene, the farming lifestyle,

living on a family farm is very serene. So it's like we want to teach serenity throughout all of that.

Then we want to create more foods. We're starting with baby food but we want our products to grow with our customer. So as the infant grows into a toddler, grows into a child, we want to continue to create more packaged products. We're committed to them being packaged so that they're convenient. Always making food is the best... We're never going to say it's a replacement for homemade food and sometimes it's not an option. Feeding time is

one of the most stressful times for parents. It's like dealing with food. So we want foods that taste really good, that look cool, that feel cool that are easy to eat, that are shelf-stable so that they can be sent with them to school but that also contain really high quality meat, fat and vegetables.

MM: So where can people find more about you?

JC: You can go to our website www.myserenitykids.com and there you can learn more about us and our products. It's all via Amazon Prime so check it out - free two day shipping...

We're also on Facebook at facebook.com/myserenitykids and on Instagram @ [myserenitykids](https://www.instagram.com/myserenitykids)

And we've got a ten percent discount for your listeners. Just use the code LCPS in the shopping cart when you order and you'll get ten percent taken off your order

AB: And for retail stores you need to contact these guys.

Thank you again Joe and Serenity for being with us.

SH: Thank you!

JC: Thanks!

MM: It's been wonderful!



Serenity Heegel & Joe Rush

Serenity Heegel left her career in logistics for Fortune 500 companies to start the Joy of Paleo coaching business, which introduced Paleo to dozens of clients, friends, and family members. Joe Carr spent his post-college years doing social justice activism. Afterwards, he had a career in alternative education, starting a progressive youth nonprofit in 2012. Now he is a certified life coach and educator, and works with other autistic adults to help them harness the gifts of their autism.

In 2016, Joe and Serenity started a family cooperative living community in Austin, TX, where adults and children live and grow together in a modern-tribal environment.

They aspire to transform the baby food industry, end childhood diabetes, and support sustainable, regenerative family farms.

Serenity Kids stands for ending childhood diabetes, educating parents about cutting edge nutrition, and supporting regenerative farmers. They also support the re-wilding of children, and promote practices to raise and educate children based on their natural instincts.



Author's webpage URL
www.myserenitykids.com

Author's Page URL on LCM
<https://lowcarbmag.com/joe-carr-and-serenity-heegel-serenity-kids-baby-food/>

Author's Facebook URL
facebook.com/myserenitykids/

all images courtesy of serenity kids

Featured Food Artisan

Bee Wild





Welcome to our Factory

Honey is a one-ingredient recipe made by bees, flowers and mother nature herself.

Honey isn't about humans. It's the natural product made from bees—one of our planet's most important animals. Honeybees visit millions of blossoms in their lifetimes, making pollination of plants possible and collecting

nectar to bring back to the hive. The best-known variety of honey produced by honey bees is the genus Apis.

Lucky for us, bees make more honey than their colony needs, and beekeepers remove the excess and bottle it. Just like they've been doing since the beginning of time.

Honey's Health Benefits:

- Supports the immune system
- Aids in digestion
- Honey is a natural antibacterial
- Aids in healing cuts and wounds – just spread a thin layer on top of the wound
- Honey is a natural energy booster
- Lower glycemic index than sugar
- A broad spectrum of vitamins and minerals, such as B6, niacin, riboflavin, calcium, magnesium, and potassium.

Don't worry about honey having a lot of calories – in fact, it probably has less than you think. A teaspoon of honey is just 21 calories!



So, other than drizzling a little honey on your food or putting some in your tea, how can you use honey in your diet? Honey has a higher sweetening power than sugar because of its high fructose content so you can use less honey than sugar to achieve the same result. If you're following a recipe, start with half the amount of honey – if it calls for a cup of sugar, try half a cup of honey. If baking, reduce the heat by 25 degrees F to prevent over-browning. Remember, honey has a water content so reduce other liquids by 1/4 cup and add 1/2 teaspoon of baking soda for each cup of honey used. It may take a little trial and error, but you just might end up with a prize-winning recipe on your hands.

Here's our fun fact – because of honey's natural antibacterial properties, it

doesn't spoil! It might crystallize, but a few seconds in the microwave or in setting the bottle in some warm water for a couple of minutes should take care of that. In fact, jars of honey have been found in the tombs of Egyptian Pharaohs and the honey was still viable!

Bee Wild is a radically different honey company than your traditional "grocery-store" honey. It takes the approach that raw, wild varietal honey has many of the same characteristics of fine wines – you wouldn't go to a restaurant and just order "wine." Why should you be satisfied with crappy, sickeningly sweet grocery store honey? Bee Wild focuses on interesting varietal honeys, such as Sourwood, Gallberry, Tupelo, Wildflower, and Orange Blossom. Each of these has a distinct flavor profile, as well as having its own strengths. For example, gallberry

is an exotic-tasting honey that really holds up to cooking, whereas sourwood has light, butter-scotch-maple notes that make it perfect as a drizzle with greek yogurt or fruit (low-carb, of course!).

Bee Wild never heats its honey, making sure that it stays raw. Keeping honey raw is super important and

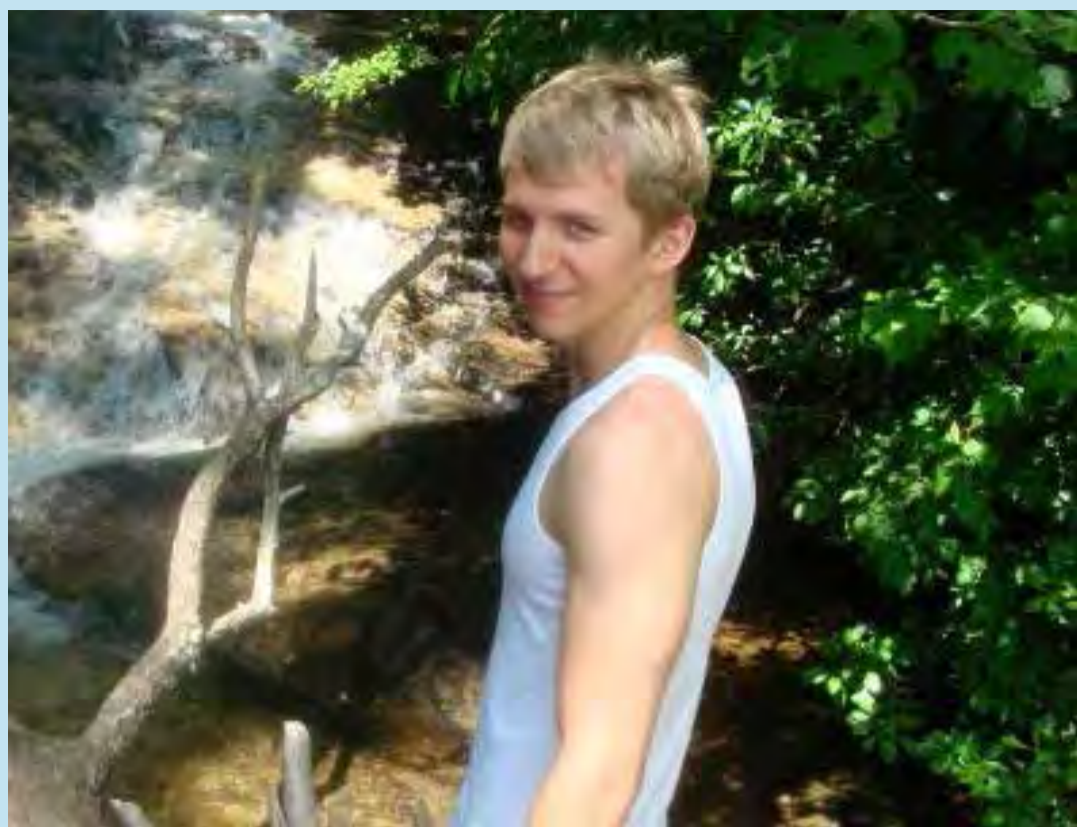
preserves all the natural vitamins, enzymes, phyto-nutrients and other nutritional elements. As a matter of fact, the name Bee Wild isn't just a cute name – the company feels it's really important to let bees "bee wild" and forage when and where they want. Many companies place their beehives next to specific fields of plants or flowers, hoping for a specific taste. Bee Wild

feels bees shouldn't be "farmed" or

"managed" and their award-winning honey testifies to that fact. They even won the honey category in the 2017 Good Food Awards in San Francisco, for not only the great taste of their honey, but the sustainable practices they use.

Bee Wild honey (as well as their DELICIOUS infusions!) can be found online at beewild.buzz (how cute!), on Facebook at [Facebook.com/beewildbuzz](https://www.facebook.com/beewildbuzz) and Twitter [@beewildbuzz](https://twitter.com/beewildbuzz).





Founder, John Wright

Looking for a Thanksgiving Side Dish with a Honey Mustard Flair? Try this Honey Mustard Green Beans Recipe



Honey Mustard Green Beans

(Here's a [direct link to the recipe](#))



Prep Time: 10 minutes

Cook Time: 5 minutes

Total Time: 15 minutes

Yield: 8 servings

Ingredients

- 4 tsp Bee Wild Gallberry or Wildflower honey
- 4 tsp Dijon mustard
- 4 tsp apple cider vinegar (We use Bragg's.)
- 1 tbsp olive oil
- 3/4 tsp salt
- 2 lbs green beans, trimmed
- 1 shallot or half of a red onion finely chopped

Instructions

In a large bowl, whisk together honey, mustard, vinegar, olive oil, and salt; set aside.

Bring a large pot of water to a boil. Add green beans and cook until just tender, about 5 minutes. Drain well and pat dry with paper towels.

Toss green beans and chopped shallot/onion in honey-mustard mixture and serve warm or at room temperature

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.

Author's Page URL on LCM

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

Author's Face Book URL

<https://lowcarbdiabetes.org/#>

Authors Website URL

<https://lowcarbdiabetes.org/>

WHY YOU NEED FIBER IN YOUR LOW CARB DIET

Why You Need Fiber In Your Low Carb Diet

A low carb diet in general removes all grains from a diet, removed beans and lentils, reduces or avoids sweet fruits (allowing fruits such as avocado, olives, tomatoes and cucumbers), and removes high carbohydrate vegetables (potato, sweet potato, yams). Aside from having

many carbohydrates in them, what else do those food contain? Fiber!

What is fiber? Fiber is a non-digestible starch that is thus not absorbed by the intestine. There are two main types of fiber: soluble and insoluble.

| | Insoluble Fiber | Soluble Fiber |
|--------------------------------|---|---|
| Water | Does not dissolve in water | Dissolves in water forming gel |
| What makes up that fiber? | Cellulose, lignins, hemicellulose | Pectins, gums, mucilages, Hemicellulose |
| What foods contain that fiber? | Whole cereal grains, beans, bran, seeds and nuts, root vegetables, grapes | Oatmeal, fruits, vegetables, nuts, beans/peas/lentils, flax and chia seeds, psyllium husks, carrots, apples, barley |
| | | |

Usually, most of those foods listed in the boxes are not eaten on your low carb diet plan.

It's good to get in 25-35 grams of fiber a day, but most men and women only get around half of that. Considering that a cup of beans contains nearly 20 grams of fiber, and a piece of whole wheat bread around 3 grams, a low carb diet does take away good fiber sources.

How is that important? What does fiber do in your body? Why is it beneficial?



Fiber has many benefits to everyone, including the diabetic patient:

- 1 Promotes healthy daily bowel movements (Both)
- 2 Reduces cholesterol levels (Soluble)
- 3 Makes you feel full so you wish to eat less, helpful for weight loss (Both, mostly soluble)
- 4 Lowers after meal glucose levels, by slowing down how food is absorbed (Both, mostly soluble)
- 5 Reduces the risk of some cancers (Both)

The intestinal microbiome makes your gut and your systemic body healthy. It helps your small intestine absorb nutrients, makes some nutrients, and helps detoxify your body. In your systemic body, your microbiome can help reduce inflammation, insulin resistance and help prevent you from developing an auto-immune disease. A healthy microbiome can help lower your fasting blood sugar and fasting insulin levels. That means your gut can help prevent and help treat both Type 2 and Type 1 diabetes.

In your colon, when the microbiome eats the fiber, it produces butyrate, a short chain fatty acid. Butyrate is the preferred food of the colon cells, keeping them healthy, and reducing the risk of them developing cancer. Short chain fatty acids are reduced when a person eats a low carb diet.

A study showed that eating a low carb, higher protein diet negatively changed the intestinal microbiome so that it produced less butyrate. It also reduced the production of antioxidants and increased a substance that can increase your risk for colon cancer. That is not good!

Another study showed when a fiber product with an antioxidant was given to diabetic patients they had lower glucose levels, less inflammatory blood markers, less cholesterol and less appetite.

So, it is important to add a fiber product to your low carb diet. A good product should have around 4 grams of fiber in a tablespoon, and 1-2 tablespoons should be taken daily in 8 oz of water. It's good to get a fiber product that has both soluble and insoluble fiber, such as containing a mixture of fibers like ground flax seed, rice bran, prune powder, pectin, and, guar gum. Psyllium husks is common but can upset some people's digestive systems.

In this way, as a diabetic patient you can safely use the low carb diet to get your diabetes under very good control, while still preserving the health and functioning of your intestinal microbiome. All it takes is a little fiber!

References:

1. Wendy R Russell, Silvia W. Gratz, et al. High-protein, reduced-carbohydrate weight-loss diets promote metabolic profiles likely to be detrimental to colonic health. Am J Clin Nutr May 2011, vol 93 no. 5; 1062-1072
2. Therapy Shifts Diabetic Microbiome, Improved Glucose Control. Mark Heiman, PhD at ICE/ENDO 2014 presentation. <https://endo.confex.com/endo/2014endo/webprogram/Paper14546.html>

Martina Johansson



Martina Johansson is a passionate biohacker and entrepreneur living in Stockholm, Sweden. She has a master's degree in bioengineering and spend her days experimenting, exploring, inventing and writing.

She's writing to share her quest for insight in human biology, and to share knowledge and experiences in the world of entrepreneurship and lifestyle design.

Author's Page URL on LCM

<https://lowcarbmag.com/martina-johansson-biohacker/>

Instagram

www.instagram.com/highfatfitness

Author's Book

https://www.amazon.com/Keto-Guidebook-Martina-Johansson/dp/1628601280/ref=sr_1_1?s=books&ie=UTF8&qid=1497351035&sr=1-1

Medical Benefits of Blood Ketones

Low carb diets are quite popular today, but there's a big difference among people how they chose to interpret what a low carb diet is and is not. Some people are meticulous about counting carbs or calories, others prefer to improvise as they go along. Some people are strict during the week and liberal during weekends, implement refeeds* or prefer a more Paleolithic approach.

I was lecturing this summer, about the medical benefits of blood ketones. I was giving the lectures on different events where low carb enthusiasts gathered so I was a bit nervous, that they had heard it all before. To my surprise, a lot of the information about blood ketones was very new to the attendees. Few people, despite having followed a low carb diet for many years, had any deeper knowledge about ketones. Some experimented with urine sticks and blood

ketone devices, but the extreme healing properties of blood ketones were relatively unknown. There are a lot of misconceptions about ketones, even in the low carb community which is why the paleo diet has a better reputation. Ketosis is often viewed as extreme, unnecessary and potentially dangerous. One woman came up to me after a lecture, and told me she divorced her husband when he persisted in being in ketosis. She couldn't stand the smell. It wasn't just him that smelled but also the family car, so he got to keep it. The funny thing is that it's not ketones that smell but the digestion of milk proteins that gives a certain odor, stay off dairy products and you won't suffer from bad breath.

*Refeeds are where people on a low carb diet start eating carbs again



Ketosis = natural metabolism

Ketosis is part of normal human metabolism. Children are born in ketosis, unless the mother is diabetic, and ketones are our preferred energy source. Then we train our bodies to run on glucose instead, for years and years until the body prefers sugar over anything else. That's why it's really difficult to be ketotic in the modern world, even if you follow a strict low carb diet. As soon as the body experiences any

type of stress (biological, physiological or emotional) it will raise the blood sugar, or try to make blood sugar out of proteins or even triglycerides. To stay in a state of ketosis you will need a very specific strategy. That strategy comprise 80E% fat intake to every meal with around 150-200 grams of fat per day and will put you in medical ketosis.

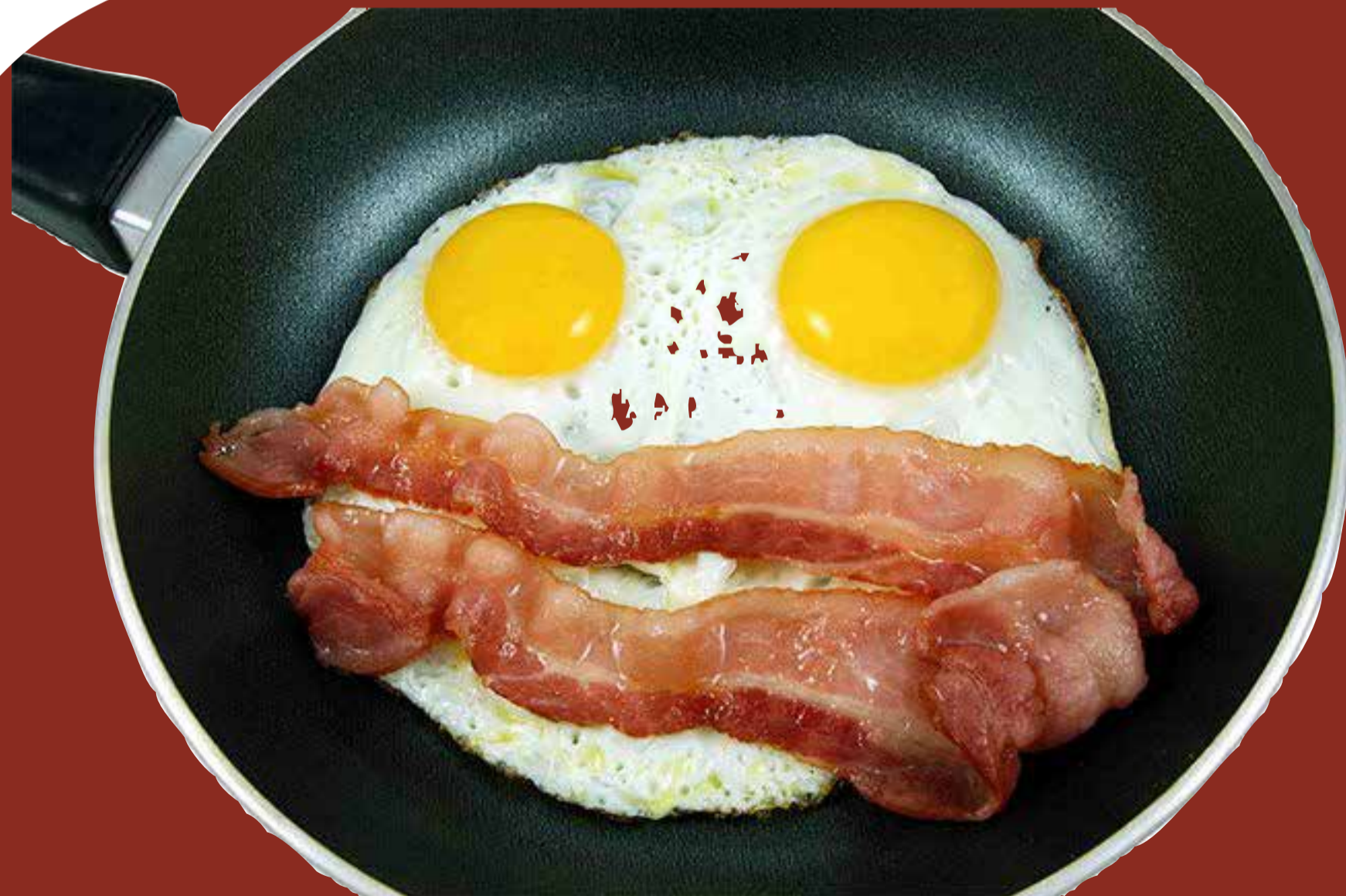
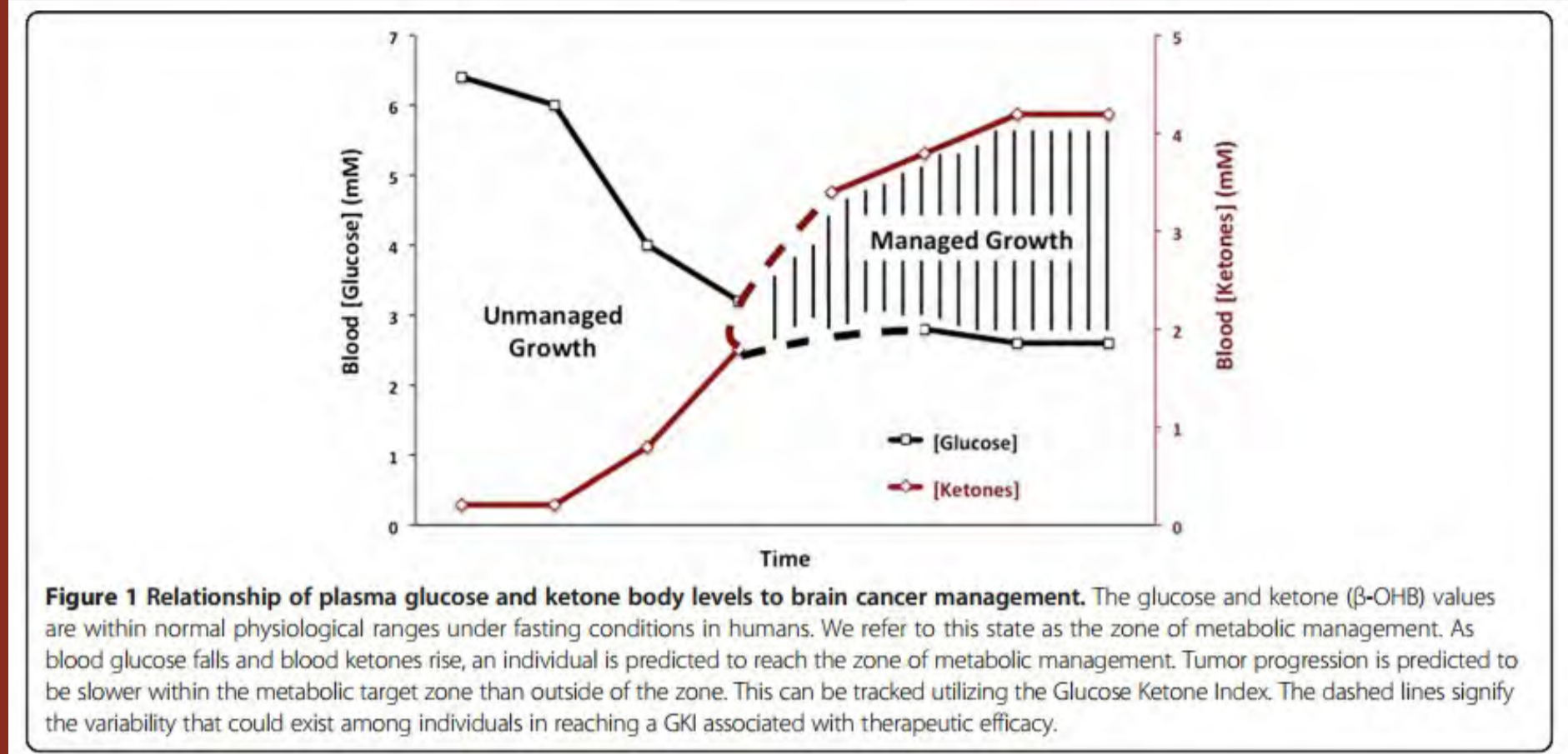
The science of blood ketones

The medical benefits of ketosis are impressive and many of them were discovered a hundred years ago, through the study of children with severe epilepsy and type 1 diabetes. It was found that these children could live a normal life as long as they maintained a deep state of ketosis. Everything they ate was rigorously measured, no

more than 5% carbohydrates per day and very limited protein intake.

Before insulin was invented and distributed worldwide, diabetes was always treated with a strict low carb diet and the reason is quite self-explanatory. How ketosis cures epilepsy is not as obvious but the fact is that ketones can pass through the blood brain barrier and

alter brain cell metabolism. This means that all kinds of neurological dysfunction can be improved with a steady supply of blood ketones. Depression, ADD/ADHD, anxiety, Parkinson's disease and dementia can all be improved with improved brain cell metabolism and communication. Please see the scientific articles listed at the end of this article.



Blood ketones and cancer

Blood ketones are currently being used as treatment in patients with malignant brain tumors, in several university hospitals in Germany. There's a lot of scientific evidence that support this treatment method, not just for brain tumors but for all kinds of tumors. The reason it works is because blood ketones cut off the malignant cell's preferred energy source – glucose, and put the cells in repair mode.

From low carb to high fat

To be able to experience the healing effects of blood ketones you need to keto adapt, and to keto adapt you need to focus more on "high fat" than on "low carb". To keep the carbohydrates to a minimum is crucial, but you cannot keto adapt without enough fat or too much fasting. The

body needs a safe transition into ketosis. Most low carb enthusiasts are hybrids that run on ketones and glucose alternately; it's a good start but will not give all of the medical benefits of ketosis.

To be truly keto adapted is a whole other level of health and wellness!

Here are some guidelines:

150-200 grams of fat a day, 80% fat intake to every meal for at least 3-6 month before the body is fully comfortable with ketones. Stay away from caffeine and anything that will be a stressor for the adrenal glands, which includes excessive training and poor sleep. All kinds of

stress raise the blood sugar, lower ketones and make you store more body fat.

Avoid dairy except for butter and ghee. Milk fat is healthy but milk proteins can trigger inflammation and throw you out of ketosis. They are quite insulinemic

and can feed your candida and give you a bad breath or body odor.

Stick to real meals and avoid all kinds of snacking, no protein bars/low carb bars and no nuts or low carb snacks. Replace all this with meat, cruciferous vegetables and home-

made mayo or avocado and fried eggs. A ketone optimized diet doesn't allow for much variation, but if you have a true medical need it's definitely worth the effort! I cannot think of any diet with more healing properties than the keto diet.

My reasons for deep ketosis

I've been following a strict ketogenic diet for about 7 years and I find it superior when it comes to optimizing physical and mental performance. I use it to build muscle, improve my fitness level and to be able to stay productive through the course of the day. Blood ketones actually have a bunch of really cool effects

on strength and body composition, but more on that in my next article.

I hope I have sparked your interest in blood ketones and that you feel inspired to do some more research on your own, or look up the reference list. Please check out my new book The Keto Guidebook where I explain more about these things in detail.



References:

The Ketogenic Diet as a Treatment Paradigm for Diverse Neurological Disorders

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3321471/>

Neuroprotective and disease-modifying effect

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2367001/>

A ketogenic diet as a potential novel therapeutic intervention in amyotrophic lateral sclerosis

<https://bmcneurosci.biomedcentral.com/articles/10.1186/1471-2202-7-29>

A ketogenic diet reduces amyloid beta 40 and 42 in a mouse model of Alzheimer's disease

<https://nutritionandmetabolism.biomedcentral.com/articles/10.1186/1743-7075-2-28>

The calorically restricted ketogenic diet, an effective alternative therapy for malignant brain cancer

<https://nutritionandmetabolism.biomedcentral.com/articles/10.1186/1743-7075-4-5>

Metabolic therapy: A new paradigm for managing malignant brain cancer

<http://www.sciencedirect.com/science/article/pii/S0304383514003528>

Cancer as a metabolic disease: implications for novel therapeutics

<https://academic.oup.com/carcin/article/35/3/515/2463440/Cancer-as-a-metabolic-disease-implications-for>

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



Meg Doll
The RHN

Meg Doll is a Registered Holistic Nutritionist ready to empower you with the goods you need to live a healthy, happy, and vibrant life.

Meg grew up with a love for food – she has so many memories of being in the kitchen with her parents, cooking, and making new recipes together as a family. However, Meg's love for food morphed into an intense fear when she developed an eating disorder as a 10-year-old after losing a family member to cancer. Thankfully, she recovered and enjoyed several years of being a healthy young teenager, but then she relapsed at the age of 16 after her grandpa passed away.

It was clear that this mental illness, anorexia nervosa, had a strong hold on Meg's life and, after hitting rock bottom, she began her road of recovery by seeing a team of health professionals for help in ridding her life of the eating disorder that had so much power over her.

After years of recovery, Meg was able to gather all of the tools that she needed to overcome the mental illness that was once taking over her life.

Meg discovered the Canadian School of Natural Nutrition (CSNN) and graduated as a Registered Holistic Nutritionist (RHN).

Throughout her time at CSNN, she began to see food in a new light and started to truly understand how food could be used as medicine.

She applied her new found knowledge to her own life and started to notice drastic results right away – the real, nutrient-dense foods that she was nourishing her body with were helping her heal her gut, improve her digestion, strengthen her mental health, clear her skin, and allow her to thrive in life with the most amount of energy she had ever experienced.

Since adopting this real food lifestyle and becoming what she likes to call a "nutrient-seeker", Meg has proven that her mental wellness is strong and unbreakable, which proves to her how powerful eating real, nutrient-dense foods really is.

Author's LCM page

<https://lowcarbmag.com/low-carb-mag-interviews-meg-doll-the-rhn/>

Author's Website URL

<http://megtherhn.com/>

Author's Facebook

<https://www.facebook.com/Meg-the-RHN-281527245236162/>

Author's Other Links

<http://twitter.com/megtherhn>

<https://www.youtube.com/channel/UCCyU04R1r6aNhRw0sFDI69g>

<http://instagram.com/megtherhn>

<http://pinterest.com/megmdoll>

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.

1 LOW CARB

Livin La Vida Low Carb



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



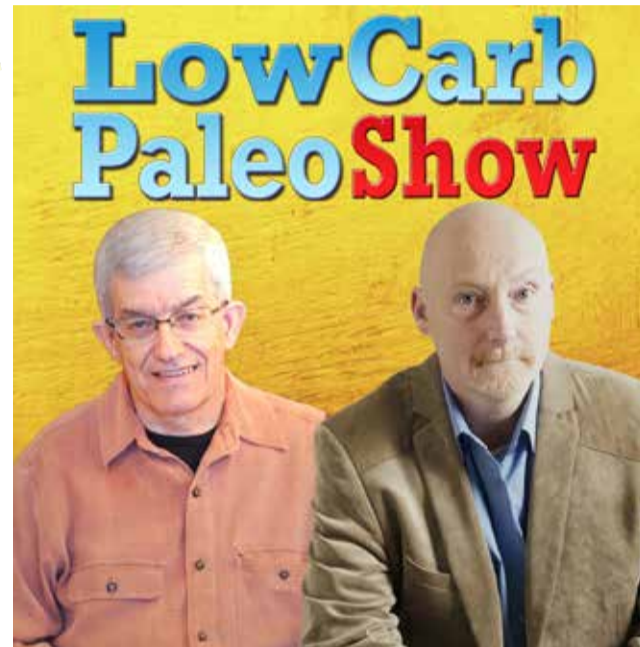
Back in 2011 Hank Garner shared his success story of his incredible 130-pound weight loss success story, top-ranked interview-based iTunes health podcast called "My Low-Carb Journey" (named by Jimmy as one of the top 10 health podcasts every low-carber should be listening to in 2011), and running in half marathons while vastly improving his health while accomplishing more than he ever thought possible. Life was good.

Audio only



2 LOW CARB

Low Carb Paleo Show



Hosts: Alain Braux and Mark Moxom interview Stephanie Dodier



Stephanie Dodier's health journey began 6 years ago. She went from suffering severe panic attacks to transforming her life completely, allowing her to regain her health. In the process of this transformation, she lost 100 lbs. and resolved many of her health conditions.



3 LOW CARB

Keto Talk with Jimmy Moore & The Doc



High-Fat Diet & Increased Inflammation, Prolonged Diarrhea On Keto, Constant Hunger, Moderate vs. Higher Protein For Seniors, How Fat Cells Work



1 LOW CARB

Low-Carb Conversations with Leah Williamson

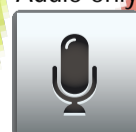
Low-Carb CONVERSATIONS

WITH
Leah Williamson
&
Kara Halderman



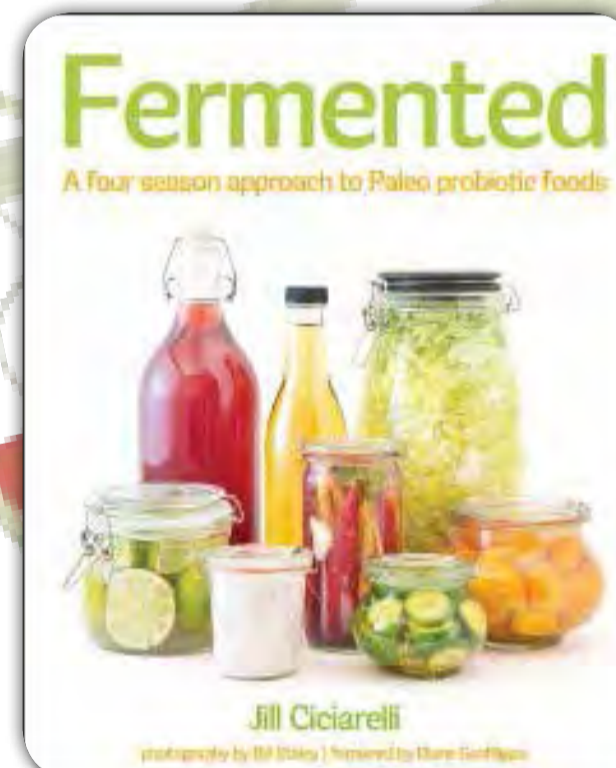
Sydney based Functional Nutritional Therapy Practitioner Fran Dargaville and NTP and business coach Aime Tollefsrud join Leah and Kara for Episode 238 of “Low Carb Conversations with Leah Williamson and Kara Halderman.”

Audio only



3 LOW CARB

Ask the Low Carb Experts



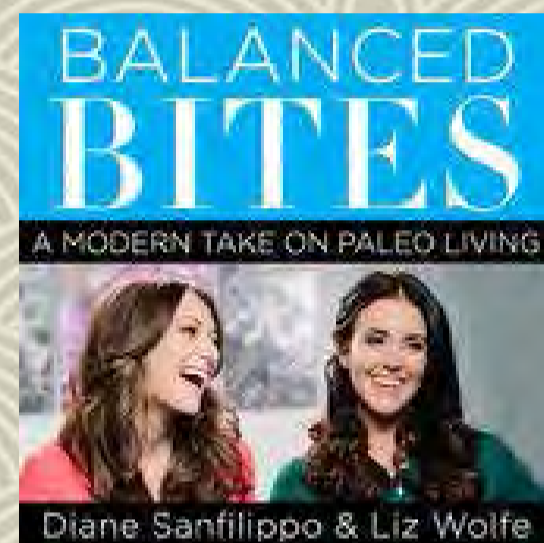
In Episode 52 of “Ask The Low-Carb Experts” the timely and very relevant topic of “All Things Fermented (Fermentation 101).”

Audio only



1 Paleo/Primal

Balanced Bites

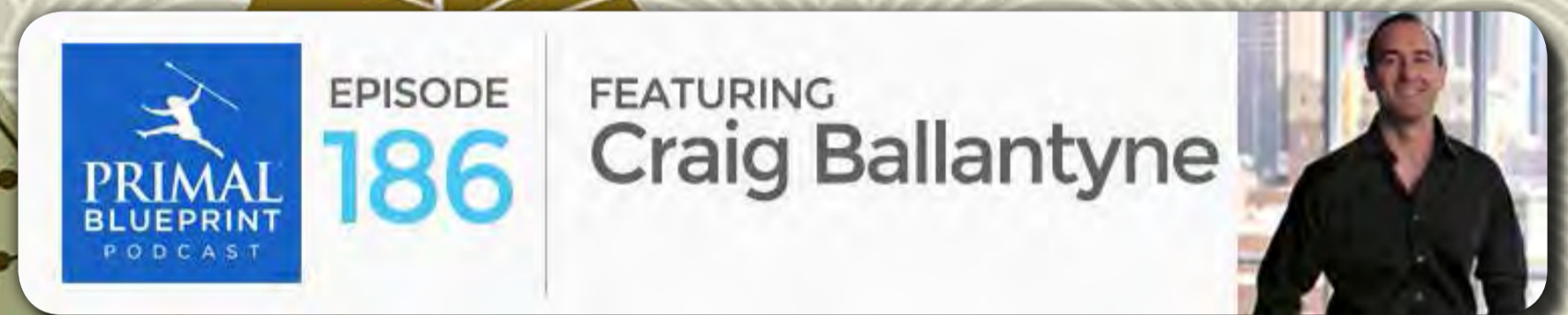


Audio only



2 Paleo/Primal

The Primal Blueprint Podcast



Elle Russ chats with Craig Ballantyne—author of two books, *The Great Cardio Myth* and *The Perfect Day Formula*. He has been contributing to *Men's Health Magazine* since 2000, when he also created the revolutionary home workout program, *Turbulence Training*. On his journey to success, Craig had helped over 151,000 men and women use his 5 Pillars of Transformation to lose 20-50 pounds in his 12-Week Transformation Contest programs. You can read his daily essays on success, productivity, and health at EarlyToRise.com.

Audio



and Video



3 Paleo/Primal

The Paleo Solution Podcast



Audio only



This episode we have Gretchen Rubin back on the podcast. Gretchen is the author of several books, including the blockbuster New York Times bestsellers, *Better Than Before*, *The Happiness Project* and *Happier at Home*. In *Better Than Before: Mastering the Habits of Our Everyday Lives*, she provides surprising insights and practical advice drawn from cutting-edge research, ancient wisdom, and her own observations, about how we can make our lives better than before.

4 Paleo/Primal

The Primal Show



Audio



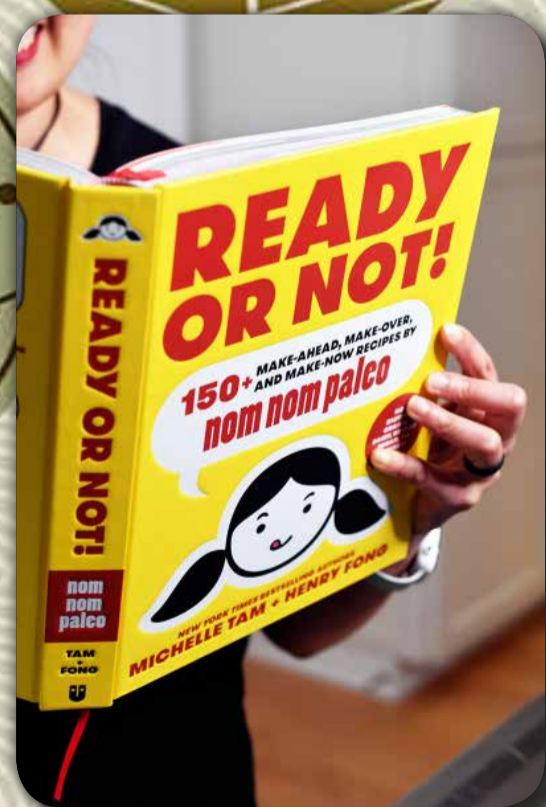
and Video



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



Audio only



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



Audio only



Why You Always “Lose”
Motivation (Stop Doing
This)

2 Health/Fitness

TED Talks Health



What if you could know exactly how food or medication would impact your health — before you put it in your body? Genomics researcher Jun Wang is working to develop digital doppelgangers for real people; they start with genetic code, but they'll also factor in other kinds of data as well, from food intake to sleep to data collected by a “smart toilet.” With all of this valuable information, Wang hopes to create an engine that will change the way we think about health, both on an individual level and as a collective.

Audio



and Video



3 Health/Fitness

The Fitcast



Part II of the Live FitCast Event with Jill Coleman and Krista Scott-Dixon in Long Beach, CA.

Audio only



1 Health/Fitness

The Jillian Michaels Show



Are you addicted?

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

Whats going on in the world
of GMO? (Genetically Modified Organisms)



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

GMO Europe: European Commission Opens In-Depth Investigation of Bayer-Monsanto Merger

<http://sustainablepulse.com/2017/08/23/european-commission-opens-in-depth-investigation-of-bayer-monsanto-merger>

GMO USA: Pesticides Linked to Birth Abnormalities in Major New Study

<http://sustainablepulse.com/2017/08/30/pesticides-linked-to-birth-abnormalities-in-major-new-study/>



GMO France: Paris Defies EU Commission, Vows to Block Glyphosate Reauthorisation

<http://sustainablepulse.com/2017/08/30/paris-defies-eu-commission-vows-to-block-glyphosate-reauthorisation/>

GMO USA: A Short History of Glyphosate

<http://sustainablepulse.com/2017/09/06/a-short-history-of-glyphosate/>

GMO USA: FDA rejects claim that GMO protein in meatless Impossible Burger is safe to eat

<http://www.gmwatch.org/en/news/latest-news/17783>

GMO USA: Impossible Burger's "secret sauce" highlights challenges of food tech

<http://www.gmwatch.org/en/news/latest-news/17781>

GMO USA: A critical review of the new human genetic engineering paper

<http://www.gmwatch.org/en/news/latest-news/17771>

GMO USA: Study on gene-edited embryos aims for human reproduction

<http://gmwatch.org/en/news/latest-news/17770>

GMO USA: GMO food toxicity assessments need upgrading regarding exposure time and cumulative toxicity

<http://www.gmwatch.org/en/news/latest-news/17802>

GMO USA: Biotech company studies GMO clover

<http://www.gmwatch.org/en/news/latest-news/17800>

GMO New Zealand: Glyphosate: Why did the NZ EPA ignore the world authority on cancer?

<http://www.gmwatch.org/en/news/latest-news/17800>

GMO Europe: EU authorities broke their own rules, brushed aside evidence of cancer to keep glyphosate on the market

<http://gmwatch.org/en/news/latest-news/17724>

GMO USA: Cornell diamondback moth is just another GM failure

<http://www.gmwatch.org/en/news/latest-news/17796>

GMO Asia: Farmers' network issues call to Stop Golden Rice

<http://www.gmwatch.org/en/news/latest-news/17785>

GMO USA: Loss of milkweed through spread of GM glyphosate-tolerant crops has caused monarch butterfly decline

<http://gmwatch.org/en/news/latest-news/17773>

GMO World: Monsanto sold banned chemicals for years despite known health risks, archives reveal

<https://www.theguardian.com/environment/2017/aug/09/monsanto-continued-selling-pcbs-for-years-despite-knowing-health-risks-archives-reveal>

GMO USA: Chemical spray damage results in record \$7m negligence court payout

<http://www.gmwatch.org/en/news/latest-news/17789>

GMO USA: US farmers confused by Monsanto weedkiller's complex instructions

<http://www.gmwatch.org/en/news/latest-news/17806>

GMO World: No dicamba in 2018, weed expert urges

<http://www.gmwatch.org/en/news/latest-news/17801>

GMO World: Dicamba's suspected footprint widens significantly

<http://www.gmwatch.org/en/news/latest-news/17797>

GMO USA: Dicamba drift: Arkansas researchers find all formulations volatile; 876 injury reports

<http://www.gmwatch.org/en/news/latest-news/17787>

GMO USA: Scant oversight, corporate secrecy preceded U.S. weed killer crisis

<https://uk.reuters.com/article/us-usa-pesticides-dicamba-insight/scant-oversight-corporate-secrecy-preceded-u-s-weed-killer-crisis-idUKKBN1AP0DN>

GMO USA: Monsanto has a new agricultural disaster for sale: dicamba – America's Lawyer

<http://www.gmwatch.org/en/news/latest-news/17795>

GMO India: India's cotton yield to decline due to whitefly, pink bollworm attacks

<http://www.gmwatch.org/en/news/latest-news/17790>

GMO Africa: RNA interference GMOs to enter South Africa and Nigeria

<http://www.gmwatch.org/en/news/latest-news/17788>

GMO India: medics and state of Tamil Nadu say no to GM mustard

<http://www.gmwatch.org/en/news/latest-news/17760>

GMO USA: Twenty-eight states make it illegal for counties and cities to pass seed laws

<http://www.gmwatch.org/en/news/latest-news/17803>

GMO USA: GM Moths Shown to Fail Ahead of New York State Release

<http://sustainablepulse.com/2017/08/15/gm-moths-shown-to-fail-ahead-of-new-york-state-release/>

GMO USA: New Study Shows Pesticide Levels Harmful to Aquatic Life in US Streams

<http://sustainablepulse.com/2017/08/15/new-study-shows-pesticide-levels-harmful-to-aquatic-life-in-us-streams/>

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26th Annual Herb San Antonio Herb Market

<https://www.sanantonioherbmarket.org/>

Join us at the Pearl for a wonderful day of all things Herbal
Herbs to buy and things to see
Herbs for the children to plant
Things herbal to eat & sample featuring The Herb of the Year
Cilantro

San Antonio, Texas
October 21, 2017



The I Love Chocolate Fest

<https://lovechocolatefest.com/>

The Chocolate Fest is held rain or shine. But don't worry, with over 80 exhibits in heated buildings you will be able to stay warm and dry while you enjoy lots of chocolate. Please make sure to come dressed for the weather so you will be comfortable touring the village, visiting our chocolate food trucks and other outside exhibits, and listening to live, local bands.

Old Bethpage, New York
November 4-5, 2017

5th Annual Coffee & Tea Festival: Philly

<http://www.coffeeandteafestival.com/philly/>



The Greater Philadelphia area is gearing up for the 5th annual Coffee & Tea Festival! Join more than 50 exhibitors from around the nation as they pour tastings of their finest coffees and teas, and introduce you to new and award-winning products! This international extravaganza celebrating all things coffee and tea will offer two days of seminars from well-known industry pros and pioneers, pairings, tastings and more! The exhibit hall will also feature some of the most delectable sweet and savory foods to compliment the spectacular collection of local and national coffees and teas.

Philadelphia, Pennsylvania
November 4-5, 2017



Crab Fest

<http://tradersvillage.com/grand-prairie/events/>

Traders Village successful Crab Fest event returns on November 4th and 5th. Come out and enjoy an afternoon of great food and music. Guests will be able to choose from a variety of tasty crab dishes. These dishes include boiled Snow Crab Legs served with spicy corn and potatoes plus Crab and Seafood Gumbo.

Grand Prairie, Texas
November 4-5, 2017

Gluten Free & Allergen Friendly Expo

<http://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!

San Mateo, California
November 18-19, 2017

Cheese and Chocolate Weekend

<http://www.winehaven.com/EventCalendar>

Are you attending or hosting a get together this holiday season? Let us help you out! This weekend, come and sample your way through some great cheese and chocolate wine pairings. Perfect for an easy, festive cocktail party or as an elegant way to end a meal. Discover which cheeses pair best with which wines and how to make a simple bite of chocolate shine as a dessert course with wine.

Chisago City, Minnesota
November 18-19, 2017



Apple Festival

<http://www.peddlersvillage.com/festivals/apple-festival>

Celebrate Apple Season in Bucks County with a weekend of family fun at the Peddler's Village 44th Annual Apple Festival on Saturday, November 4, and Sunday, November 5, 10 a.m. to 6 p.m.

Lahaska, Pennsylvania
November 4-5, 2017





Seafood & Salsa Music Festival

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

Seafood prepared the way it was meant to be, along with great tasting side dishes and plenty of entertainment, fantastic time for the whole family and all of your friends!

Orlando, Florida
November 18-19, 2017

Cider Fest

<http://www.fiferorchards.com/farm-events/>

Festive Family Fun at Cider Fest!

FREE hot apple cider

FREE farm tours on tractor and wagon

FREE marshmallows by the bonfire

Christmas trees, wreaths and festive decor

Apple cider doughnuts, caramel apples, gift items

Country Store with fresh fruits and veggies, apple cider and unique locally made items.

A festive shopping experience for the whole family.

Camden-Wyoming, Delaware

November 25, 2017



Holiday Cheer at the Vineyard

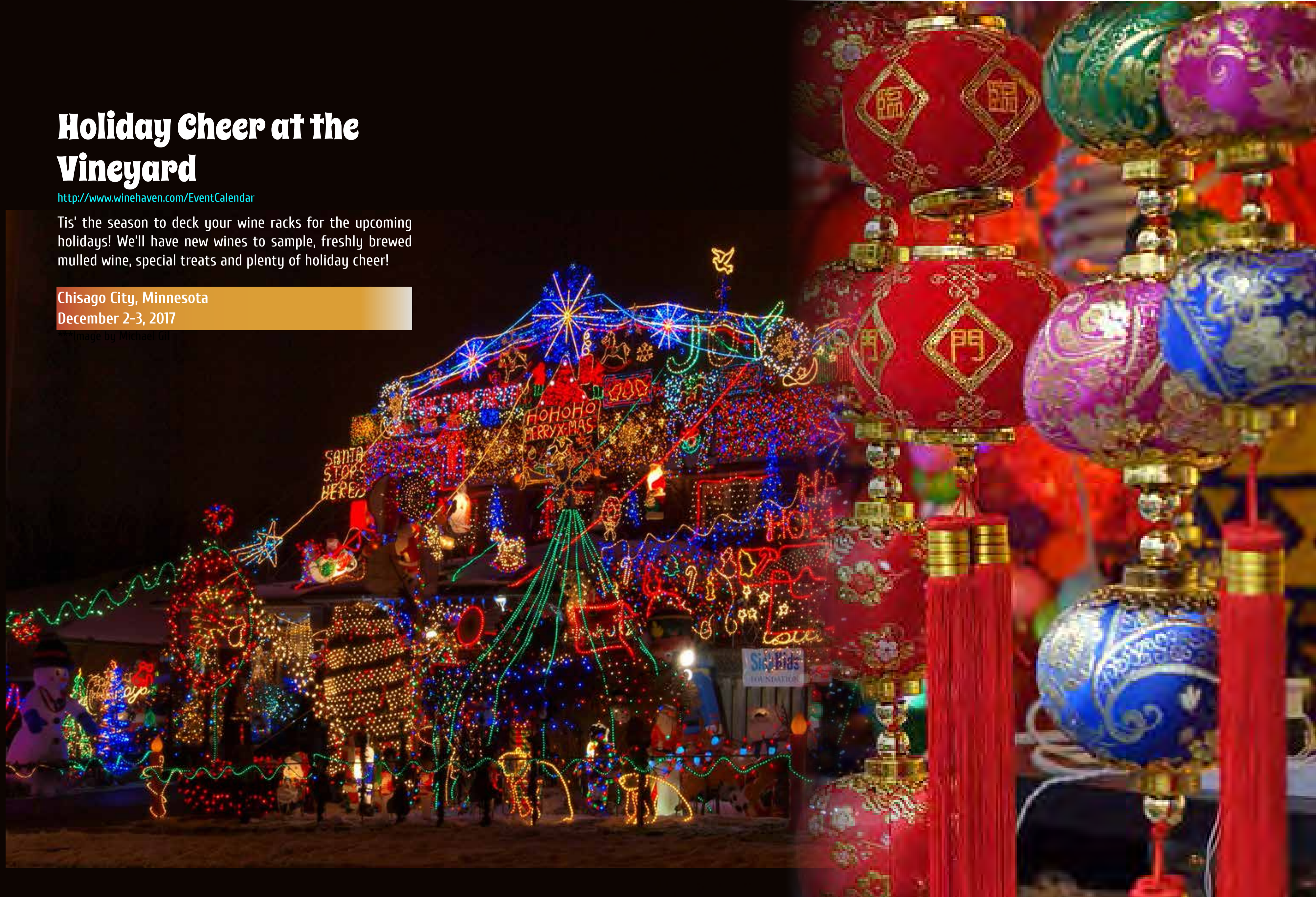
<http://www.winehaven.com/EventCalendar>

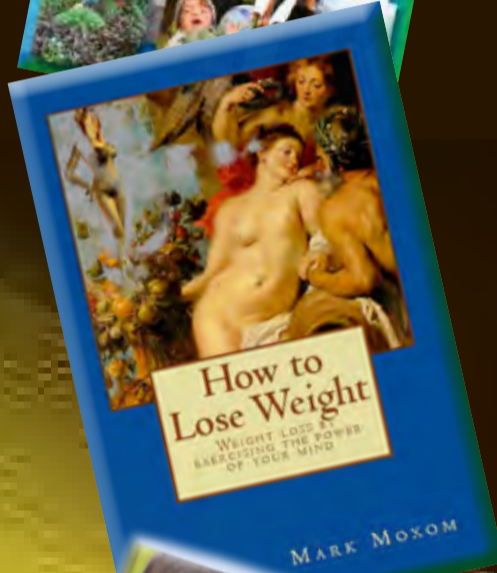
Tis' the season to deck your wine racks for the upcoming holidays! We'll have new wines to sample, freshly brewed mulled wine, special treats and plenty of holiday cheer!

Chisago City, Minnesota

December 2-3, 2017

Image by Michael Gil





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

Thanks for reading the magazine!

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

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

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

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

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

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

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

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

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

This is just for the early birds.

So what are you waiting for?

Click the button now.
Before this offer expires.

Go for Gold Now

RECIPES



Low Carb Cheese and Cauliflower Chowder



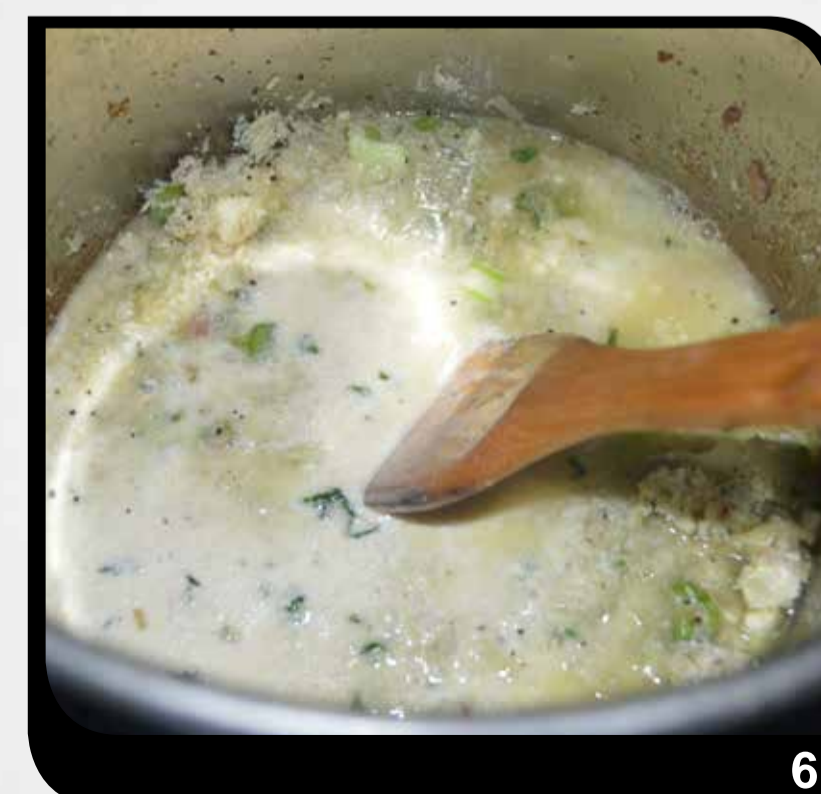
Ingredients:

- 8 slices bacon, chopped (save half for garnish)
- 1/2 small yellow onion, chopped
- 1 celery stalk, chopped
- 2 garlic cloves, minced
- salt & pepper to taste
- 4 cups grated cauliflower
- 2 Tablespoons water
- 2 Tablespoons almond flour
- 2 cups chicken broth, divided
- 2 cups milk
- 3-4 dashes hot sauce (more or less)
- 2-1/2 cups (12oz) shredded cheddar cheese, divided (save 1/2 cup for garnish)
- 2 green onions, chopped (optional)



Directions

1. Heat a large soup pot over medium heat and saute bacon until crispy.
2. Remove bacon but retain the drippings from the pot.
3. Add chopped onion, garlic and celery to the pot then season with salt and pepper and saute until vegetables are tender.



4. Add cauliflower and stir to combine. Add water then place the lid on top and cook cauliflower until tender, stirring from time to time.
5. Meanwhile, whisk together the flour and 1/4 cup chicken broth in a small bowl then set aside.
6. Once the cauliflower is cooked through, add in the remaining 1-3/4 cup chicken broth and 2 cups milk then turn up the heat and bring to a boil.



7. Add in a dash of hot sauce.



8. Slowly add in the flour and chicken broth mixture while stirring, then turn down heat and simmer until chowder has thickened.



9. Turn off the heat then stir in 2 cups cheddar cheese and half of the cooked bacon.



10. Add more salt, pepper, and hot sauce if needed.

Serving Instructions:

Slice each stuffed gourd and serve with chili sauce on the side.

Number of Portions: 8

Nutritional Value

| Nutrients per serving | |
|-----------------------|------------|
| Energy | 344.6 kcal |
| Protein | 16.9 g |
| Carbs | 8.3 g |
| Fiber | 1.6 g |
| Fat | 27.6 g |
| Water | 208.9 g |



Stuffed Bitter Gourd

A delicious and versatile dish that's just as nice cold. You can serve as part of a salad or as a hot or cold starter.



Ingredients:

- 4 regular size bitter gourd (about 10 inches long, & straight)
- 1 liter water (mixed with 1 teaspoon salt)
- Oil for frying
- Chili sauce for dipping (optional)

For the Stuffing:

- 1 tablespoon butter
- 4 cloves garlic (minced)
- 1 medium yellow onion (chopped)
- 1 pound ground or minced lean pork
- 1 piece bell pepper (minced)
- ½ cup carrots (grated)
- 1 teaspoon salt
- ½ teaspoon black pepper

For the batter:

- 2 medium-sized eggs (beaten lightly)
- 4 tablespoon almond flour
- ¼ teaspoon salt
- 3 tablespoon water



Directions

Prepare the bitter gourd:

1. Wash clean the bitter gourd and cut into halves crosswise.



2. Remove the core of the gourd by using the handle of teaspoon or anything long to reach the end.



3. Boil the gourd in water with a pinch of salt until half-cooked (do not overcook to keep it from becoming limp). Remove from boiling water and let cool.



Prepare the stuffing:

4. Heat a medium pan and sauté the garlic and onions in butter.



5. Add the ground pork, and stir until the meat turns brown.



6. Add the bell pepper and grated carrots and lower the heat to medium. Add the salt and pepper and stir well.





7

Stuff the gourd:

7. Fill each bitter gourd with cooked filling. Press the filling thoroughly filling the cavity. Tip: Use the handle of teaspoon to push in the stuffing.



8

Prepare the batter:

8. Beat the eggs, add the salt and then gradually add the flour. Mix well until you get a batter consistency. Add a little water if batter is too thick.



9

9. Take the stuffed bitter gourd and roll each one into the batter to coat.



10

Frying:

10. Heat the pan with cooking oil and fry the stuffed gourd. Turn over to cook on the other side until golden brown.

Serving Instructions:

Slice each stuffed gourd and serve with chili sauce on the side.

Chef's Tips

If eating cold, you can serve with a range of dips from sweet to spicy - your choice!

Number of Portions: 4

Nutritional Value

| Nutrients per serving | |
|-----------------------|------------|
| Energy | 449.1 kcal |
| Protein | 26.6 g |
| Carbs | 8.8 g |
| Fiber | 4.8 g |
| Fat | 33.9 g |
| Water | 243.3 g |



Dark Truffle Cake

Very simple and easy to do, this classy cake has a delicate texture and oozes with creaminess . A veritable treat suitable for maintenance and OGWL phases of your low carb diet. And all Paleo diets that allow milk



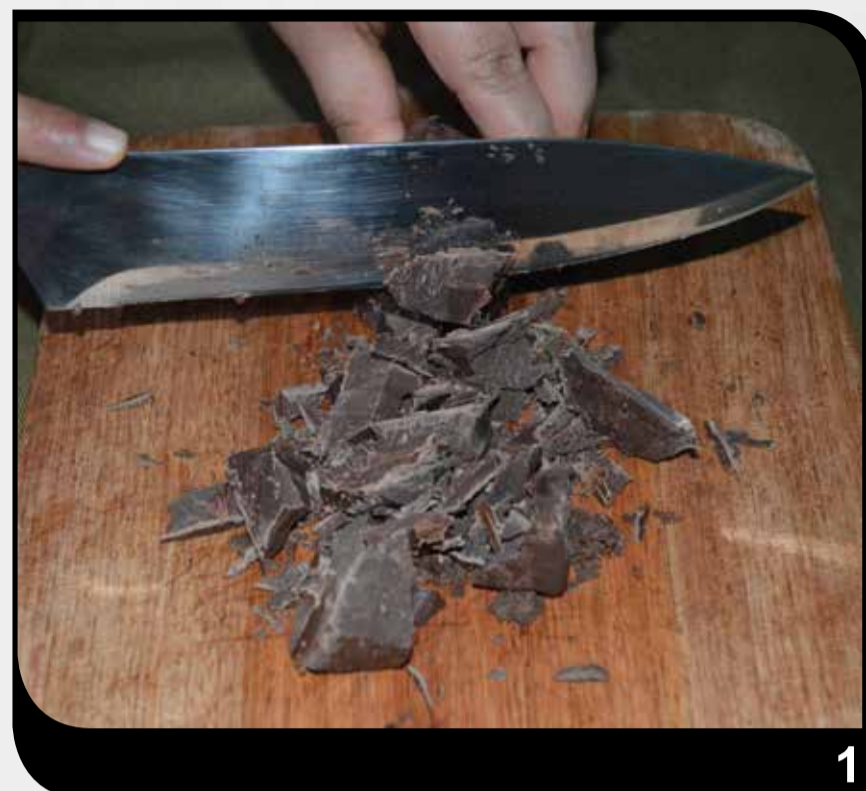
Ingredients:

- 150 grams 70% dark chocolate
- 300 ml heavy cream
- 2 tablespoons unsweetened dark cocoa powder



Directions

1. Break chocolate into smaller pieces.



2. Melt chocolate through water bath technique:

Place a wide skillet with about one inch of water on a burner.

Place your chopped chocolate in a heatproof bowl (stainless steel or tempered glass), and set the bowl directly in the water. Bring the water to a simmer, then turn off the flame and let the chocolate sit until it is melted.



3. Put the cream in a small pot and warm it - but do not boil. Add the melted chocolate



4. and stir well.



5. Pour the mixture in a pan or cake ring and leave to set in the fridge for one hour.



6. Free the cake from the ring by



7. placing a plate on top of the ring and turn over -



8. tap the bottom of the tin to release it if needed. Then transfer to a serving plate or cake server.



9. Shake the cocoa powder on top.

Serving Instructions:

Slice into 8 equal slices and enjoy.

Chef's Tips

If you can't wait or like an ice cream texture (that's the official reason of course) - just take it out of the fridge earlier.

Number of Portions: 8

Nutritional Value

| Nutrients per serving | |
|-----------------------|------------|
| Energy | 167.0 kcal |
| Protein | 2 g |
| Carbs | 9.8 g |
| Fiber | 2.5 g |
| Fat | 13.7 g |
| Water | 9 g |



Avocado Salad with Lime & Orange Vinaigrette

A simple and quick salad that's easy to prepare and the extra zing of the orange gives it a slightly exotic touch.

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



Ingredients

For the Vinaigrette

- 2 tbsp extra virgin olive oil
- 1 lemon or lime
- Juice from 1/2 navel orange
- Pinch of dried oregano
- Salt and fresh pepper to taste

For the Salad

- 1 Avocado
- 1 tbsp red onion, sliced
- 1 cucumber, sliced
- 1 tomato, sliced
- 4 cups mixed lettuce greens
- Half of the orange for garnishing



Directions

1. Prepare the vinaigrette by whisking the olive oil, orange lemon juice, orange juice, crushed garlic, oregano, salt and pepper in a small bowl.
2. Cut the avocado in half lengthwise, remove the pit and peel and make diagonal slices.
3. Putting it together
4. Arrange the lettuce greens on a plate, top with cucumber, avocado slices, red onion, tomato, salt and pepper.
5. Garnish with the orange slices

Serving Instructions:

Drizzle some vinaigrette over the salad and serve right away.

Chef's Tips:

You can put some nuts for an added crunch and even swap the orange garnish for strawberries for instant eye appeal. The portion size here is suitable for an appetizer.

Number of Portions: 4

Nutritional Value:

| Nutrients per serving | |
|-----------------------|------------|
| Energy | 163.2 kcal |
| Protein | 2.1 g |
| Carbs | 9.7 g |
| Fiber | 4.6 g |
| Fat | 14.3 g |
| Water | 134.4 g |



WHY BOTHER WITH EXERCISE

Easy Weight Loss Exercises



Triceps Stretch.



This is designed to stretch the muscles in the back of the upper arm. Using a towel or a skipping rope held at one end, place the hand that's holding it behind your head so that the rope dangles down behind your back.

Putting your free hand behind your back, take hold of the bottom end.

Once you've caught hold of the bottom end, gradually try and move your grasp as far up the towel or the rope as you can.

Once you start to feel the stretch in the triceps of the upper arm, keep your grasp the same, but gently try to lift the lower arm by pulling with the upper arm.

Once you've gone as far as you can, hold that for 10 seconds and then use the lower arm to pull the upper arm down and hold that for ten seconds. Do this set 10 times then reverse the position of the arms.



When you do this exercise for the first few times you won't be able to pull your arm up or down very far. But as you get used to doing it, you'll have more movement.



Part two to this exercise...

As you get more flexible, try to get the two hands closer together on the towel or rope, the idea being to try and touch the hands while they are both holding onto the towel or rope.

Change arms, and go through the exercise with your arms in the opposite positions. Do the exercise until you've done it 5 to 10 times on each side.

Calves Muscle Stretch.

This is designed to stretch the lower leg muscles.

Stand in front of a wall and place your hands straight out in front of you with your arms fully outstretched and your elbows straight.

Rest your hands on the wall in front of you.





Step back one to two feet, 30-60 cms, and have your feet slightly turned inwards.

Now bend the knees until you feel the muscles in the back of your calves starting to stretch, but take care not to allow your heels to come off the floor.



Straighten your legs out to stand up slightly to relax the calves.

Repeat the whole exercise 10-15 times.