

Topstepby step Recipes

Gluten Free Peanut Butter Dark Chocolate Chip Cookies by Laney Schwartz



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#### **Next Month's Feature Interview**

#### Joe Carr & Serenity Heegel



## Joe Carr and Serenity Heegel (Serenity Kids Baby Food)

Serenity Heegel and Joe Carr created Serenity Kids Baby Food because they wanted the best possible food for their future baby. They both had found the Paleo diet was the solution to consistent health problems.

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

Check out Serenity Kids Baby Food website here















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ust a few hours ago, my 'other dad' Jojo needlessly died in hospital from septiceimia. He was fit and active right up to the night before he was admitted and would still be here with us if he had not been let down by the narrow minded medical profession.

Without doubt it was the botched treatment he got initially that led to urine backing up into his kidneys which was the cause of the infection, and despite the family's protestations, the doctors in charge refused to do

something about it. Septicemia then got hold of his body and the only treatment the hospital offered was antibiotics - which nearly always prove ineffective. As a result, nearly 250,000 people in the USA alone die from septicemia and the complications if causes. Jojo got added to that statistic when he should by rights be walking around right now.

The most hurtful thing is that a safe and very effective treatment for this condition has been known about for decades and indeed is now used in a few hospitals in the US and many private clinics throughout the world. More

recently this treatment has been refined by Dr. Paul Marik that consists of high but very safe doses of intravenous Vitamin C and B accompanied by hydrocortisone.

Hospitals that use this have seen a 96 percent survival rate. Far better than the typical 50% one sees when going down the 'conventional' antibiotic and drug treatment.

Jojo's family asked the hospital to use this vitamin

as it was not one of their protocols. Even though they had everything in stock and that they knew that even a high dose would be safe.

So why do I mention this?

I dearly want you to be informed as it is certain that you will be affected by someone you know and love getting septicemia. Now you know it does not have to be a death sentence I truly hope you will stand up for the right that person in the

and tell the doctors treatments that work. and more used by the too long and loud that They must not be mainstream to treat when they deny that allowed to ignore diabetes. When my person the treatment simple and effective dad was in hospital a that can save their life recipes just because few month ago, the they are playing god.

And they are going against their pledge to save life.

We have to stand and educate blinkered

current they have anyway.

When we do this then the treatments and so on that we know work can and will eventually make it back into the mainstream. believe it or not using a low carb diet to treat diabetes has

hospital bed has to live professionals about now become more they don't fit their docs could not get his thinking. blood sugar down and Where safety is not an so put him on insulin. issue what excuse do The hospital dietician assigned to him, much to my surprise and delight, suggested he go on a low carb diet to bring it under control.

Needless

to say

have said it's OK inform few decades 'makes them ourselves one ple's suffering. sense' now.

There are two things Two, even though it that come out of might take some time, these two seemingly disparate sagas.

now that the 'docs' One, we have to profession as a whole day.

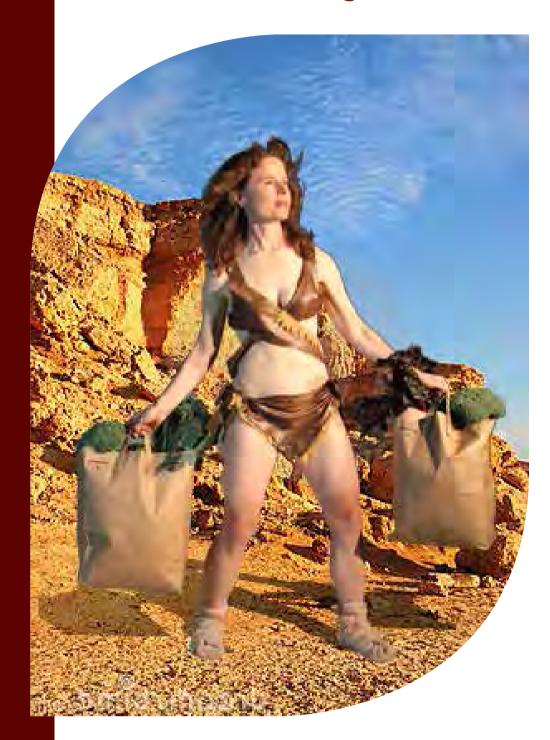
> common sense will prevail and natural effective treatments Until Next time do eventually overcome the endemic propensity of the Mark medical

ourselves to only consider makeverything I've been about treatments that ing as big a profit as telling him for the last work. We might need possible out of peo-

Be informed - be safe.

#### Feature Interview

#### **Carolyn Rush**



Alain Braux:[AB] Good morning Carolyn!

Carolyn Rush: [CR] Good morning!

AB: Mark good morning! How are you?

Mark Moxom[MM]: I am doing wonderful! Thank you.

AB: So Carolyn our common friend, Nora Gedgaudas suggested we have a chat with you and here you are. You can download the complete interview here:

https://lowcarbmag.com/
carolyn-rush-the-full-interview/

CR: Yeah I was very happy that she connected us. She is actually the reason why I wrote the book *Primal Tightwad* because she of course, for years, embraced the paleo-primal ancestral diet. She said that one of the questions/comments she gets most often is "I sure would like to eat that way but it's so expensive and I just can't" and they quit before they even start and so she literally pleaded with me, "Will you please write a book?". Everybody knows all that stuff about how to save money in groceries and she said, "no they don't".

As a lifelong tightwads we know that what we learn from our mothers and grandmothers is hardwired and it's easy to assume that, well everyone was raised this way right? Everyone's parents lived through the depression or whatever. I guess it took for me to take a step back and just

start emptying the contents of my brain onto a Word document and and realize, Oh I do know a lot. I started writing it down and realized there's a lot of information to get across.

AB: So it's safe to assume that you're following the paleo diet?

CR: Very much so. Even more the primal diet as Nora describes it. I know a lot of paleo people eat maple syrup or honey or sweet potatoes or things like that and I don't.

AB: You also used to be a vegetarian. How did you transition from that to paleo?

CR: It was pretty gradual. I had been a vegetarian since the 80s. I would say in around 2000 Nora showed me the book Native Nutrition and it had such a compelling argument for animal products and made a good case for me to eat at least fish and fish oil.

About 2009 or 2010, I was a pescatarian – a vegetarian who eats fish. Then when Nora's first book *Primal Body Primal Mind* came out I read that and was reminded of the ancestral, the Weston Price research. So I cut out grains. After about a year I thought, well I





she said well really beans and legumes has a lot of these other alkaloids and leptins so I cut out beans.
So I was doing mostly dairy and eggs and fish trying so hard to be paleo primal.

Then I took a Cyrex blood test and it determined that I had an off the chart sensitivity to eggs and casein sensitivity. So there goes my eggs and dairy. I didn't really have a lot of options.

So as a tightwad, I could

not live on fish unless I raised them in the back-yard. So I got some ground turkey and made myself a turkey burger and it was surprisingly not traumatic. I thought as a vegetarian for more than 20 years, I would be disgusted or sad. But It tasted really good.

AB: So you didn't feel like a traitor to your cause.

CR: No not at all and that was the biggest surprise to me. How and what a non-event I assumed it would

be. It was a very gradual cutting out the grains and beans but then making a shift from dairy and eggs to exclusively meat and fish.

AB: Do you have a healthy source of turkey, where you are?

CR: I do. There's a farm about 45 minutes from here to the South that has sustainable free range happy groovy turkeys and now they sell a pound of ground turkey for a \$1.89.

AB: That's a good price.

about three or four times a year. It's a bit of a drive. So I just buy several months worth. I have created dozens of spice combinations for turkey burgers. It's never the same. Two days in a row or even I can probably a month and not repeat the same flavor profile.

AB: So I get the feeling you don't need a lot of beef. Is that because it's too expensive?

CR: Yeah even the stuff that it can get on sale, if it's around \$5 or \$6 a pound that's still over a dollar a serving. I try to keep



my servings of meat protein to a dollar or less. So anything that's over a dollar makes me nervous. My boyfriend is generous enough to subsidize European travel and when we go to the Balkans like in Albania and Macedonia, Kosovo, lamb is very reasonable so I eat a lot of lamb when I'm in the Balkans but in the twin cities it's upwards of \$1 a pounds for the good pastured...

AB: You wrote a book - I believe it's an e-book right?

CR: Yes it's exclusively an e-book.

AB: Called Primal Tightwad

CR: Maximizing Your Health on a Minimal Budget is the sub title.

AB: And Nora gave you this idea?

CR: I have never written a book before and she said just write what you know. Just tell people what is in your head and I did. The more I wrote the more ideas I got. I get up pretty early in the morning and I take a walk and I started taking a notebook with me because what would happen is I would get up and start writing on the computer. Then I go for my walk and as I was walking, "Oh no I need to talk about this and oh I need to talk about that" so I would write all these things down and then get them on the computer. I could advise anyone who's trying any kind of creative pursuit of writing is that just start because you'd be surprised how much comes out once you start. Output begets output .

I try to keep my servings of meat protein to a dollar or less.

AB: Kind of a chain of thought.

CR: Exactly!

AB:Thank you for sharing that with us.

Do you have a tip set you'd like to share?

CR. I guess the biggest tip would be to simplify and not put a lot of pressure on yourself to create. This may be counter to your own life's mission but don't put yourself under a lot of

pressure to create incredible meals three times a day. I just take a simple approach. When you're dealing with all the ingredients like pasture- raised meats and locally grown vegetables in season you don't need to do much to them. Just get out of the way of their flavors and just add the delicious fats to taste.

You don't have to get super fancy. I think that's another thing that discourages people, "You're very

good with recipes but I don't have time". Well then don't make things that take a lot of time .Turkey burgers take 6 minutes.

AB: And while they're cooking you can prepare a salad on the side or something simple.

CR: One tip would be also that get used to the idea that there's no one source for cheap food and that's unfortunate. I would love to be able to tell the world "here's where to buy



cheap food - the end" but unfortunately it does require a little bit of effort at the beginning to keep track of what your frequent flyers are in your kitchen and what you use in most of them just start looking around at different places. Grocery stores, farmer's market, whatever and ask the people in your world because there may be something you don't even know about like the turkey farm.

Keep track of the best prices of the foods that you eat

the most and then just buy them there and it might mean shopping at three, four or five different places or stocking up a few times a year at the places that are farther away. Don't worry too much about the little things. If you only buy mustard twice a year don't sweat it but if you eat broccoli every day then do sweat it and find the best price for broccoli.

AB: Do you use coupons? I know a lot of grocery stores have loss leaders to lead

you in and then you buy the more expensive things. Do you go for loss leaders only and then walk out?

CR: That's correct. No shame! That's another reason why it's a good idea to keep records of prices of different foods because sometimes things will be on a display.

You go for that for the cheap loss leader and then you turn to the right and see a "big sale blowout" and you realize if you have that on record, wait a minute that's



not any cheaper than the average price at other stores. superstores like Wal-So that helps but I don't use coupons because the brands that have coupons tend to be processed food. I may have a coupon for paper towels or something like that or maybe mustard but I don't eat a lot of processed foods.

Also those brands tend

AB: Do you go to large Mart or Costco to do your shopping as well?

CR: I don't. Wall-Mart because of the ideological differences but Costco it's because I live alone and I don't need to have a huge, hundred and forty four packets of seaweed. And my



to be the ones that are more expensive anyway and it's usually cheaper to buy a store brand than to buy name brand with a coupon unless it's double coupon day.

boyfriend and I would ride our bikes to Costco and we realized pretty quickly that there's not much you can buy at Costco that fits on a bike rack. It didn't make sense for a single household and even for the two of us. Even sharing a membership, I don't think we'd recoup our expenses – except maybe on coconut oil. They have a pretty good price on coconut oil - but you've got to pay fifty dollars to join.

For someone who has a huge household either big family or a lot of roommates it does

The other caveat I would share about warehouse stores is that sometimes having five pounds of pine nuts in the pantry leads you to use more pine nuts than you would have had you only bought a three ounce packet. Again you're not really saving money because you're using more. It's nice to feel abundance. It's nice to think



make sense because there are a lot of staples that you can save a lot on. Things like olive oil and balsamic vinegar and seaweed.

that I can have all the pecans I want because I have got six more pounds in the freezer. I definitely use a lot more nuts when I was buying them at Costco so it's probably

not a great idea. But having said that, if you can be more disciplined than me, then by all means join Costco.

AB: Do you set a budget or do you go buy it no matter? I know it's difficult because typically as a single person you find that to eat - per person - it's a little more expensive.

CR: Sometimes the larger sizes are cheaper per ounce. Not only check the label check the shelf tag too because sometimes the larger size

cost more per ounce.

I don't really budget. I have I buy what I need. I stock up on things when it's on sale. I take advantage of seasonal deals but I keep track of every penny I spend. I have done this for twenty two years now. My food bill is very consistent from year to year. It's always around seven dollars a day. So two hundred twenty to two hundred ten dollars a month.

Some months are a lot more expensive for example, the months where I go to the

coming up in June when the kale in my backyard starts coming out and August when I've got green beans coming up in the garden. So I will have maybe a whole week where everything I eat vegetables wise is from my own garden so then I'll only spend a hundred dollars.

But the other months are usually closer to two-something and sometimes closer to three but it's been pretty consistent - at least on the paleo - for the past seven years. It's been around that per month. So I don't set a budget only because of I wouldn't want to limit myself to stocking up on those deals. Like you say you see something on sale for example your fifty dollar purchase that get ten dollars off. Well up on vinegar or tea or

other non perishables. You certainly don't want fifty dollars worth of cilantro because it's probably not going to last a week.

AB: So you know twenty different ways to prepare kale and green beans?

CR: Oh sure!

AB: Speaking of fresh food, do you buy at farmer's market and how do you buy from there?

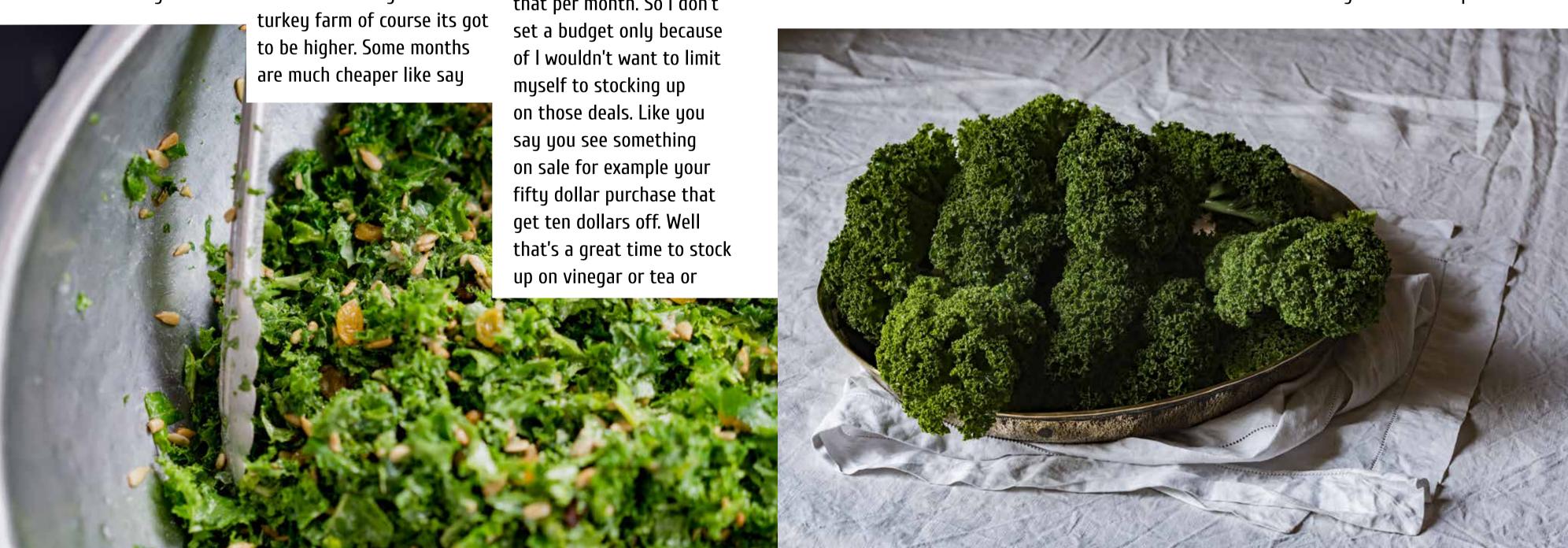
I definitely buy food at the farmers market. I

have my couple favorite growers. I have been going there for twenty five years. The downtown St. Paul Farmer's Market is great because they have a rule that everything has to be grown in fifty miles of the market. There are some in Minneapolis they don't have those rules so you'll see lemons and bananas that I don't think they grow in Minnesota but I do ride my bike to the farmer's market for the specific reason that I can't eat in one week more than I can carry in my two

bike bags. When I go and everything is in season and everything looks gorgeous I want to buy everything. I go on Saturday mornings.

Those favorite growers of mine, the one is a certified organic and one is not certified but he just hasn't bothered to jump through the regulatory hoops.

I always take one round through the market first to see us what everybody has got and then my second trip through I'll buy the things. One little tip that I





can impart is if you're really on a budget try not to buy things the very first week to show up because usually they cost a little bit more and once the season is in full swing, the three dollars you spend for that is now only going to be a dollar.

One of my other tips is is to do the math and

figure out, okay big deal so I save a dollar a week, less fifty dollars a year and that's a lot of money. If you can save a dollar a week, on ten different things that's five hundred dollars a year and that's two months of free food.

AB: Do you do preserves or canning?

CR: I have done that in the past. I know a lot of people have really great results and really get a good get rhythm going of buying, processing and canning and course canned stuff does not to take up room in the freezer and doesn't use electricity. I just had to be honest with myself

that I didn't eat the things I had. I had a whole bunch of sauerkraut that I didn't eat. I know a lot of people do that.

You can just get a bigger freezer and most vegetables condense when you blanch them and they won't take as much room. I had a frank reckoning with myself that I just didn't like doing it and

I didn't like eating it. I was nervous about food safety with things that didn't have an acidic medium or the salt because I have a salt sensitivity also. A lot of preserved or fermented food use an awful lot of salt and I can't eat that.

the best way to consolidate size wise because you can have big bushels of berries. Or dehydrating too which uses a lot of electricity but every place is different every person is different. I guess the key is to know what you are really going

CR: Yeah. I use solar power last year and had it a little over a year now.

- AB: Good for you!
- CR: I have an electric car so I got the whole green loop.
- AB: Another tip is I go to

A lot of preserved or fermented foods use an awful lot of salt and I can't eat that.

AB: What about making wonderful raspberry preserves with your own fresh raspberries?

CR: Well except that it I don't eat sugar. I did try making it once and it keeps a few weeks in the refrigerator but that's about it.

But I would never want to discourage anyone else from doing it because it is to eat and what you're really going to do. Maybe start with one food dehydrator and see how it goes and see if you really do eat those throughout the year.

AB: Another way to save money, which is not food but energy, is if you can set yourself up on a solar power system or use wind energy.

markets later in the day and typically, the vendors won't want to take produce that is left over home, So I haggle. Do you haggle too?

CR: I used to back when I was making big batches of tomato soup every year. I would usually do that toward the end of the day. They close at one. I usually go about twelve thirty and

say how much you want for that? That's a great way to do it especially if you like to freeze or can or dehydrate. Everybody wins. It's a great way to do it just don't be afraid to haggle. Don't be afraid to lowball. The price on the label so. You know the chips.

AB: Any other tips?

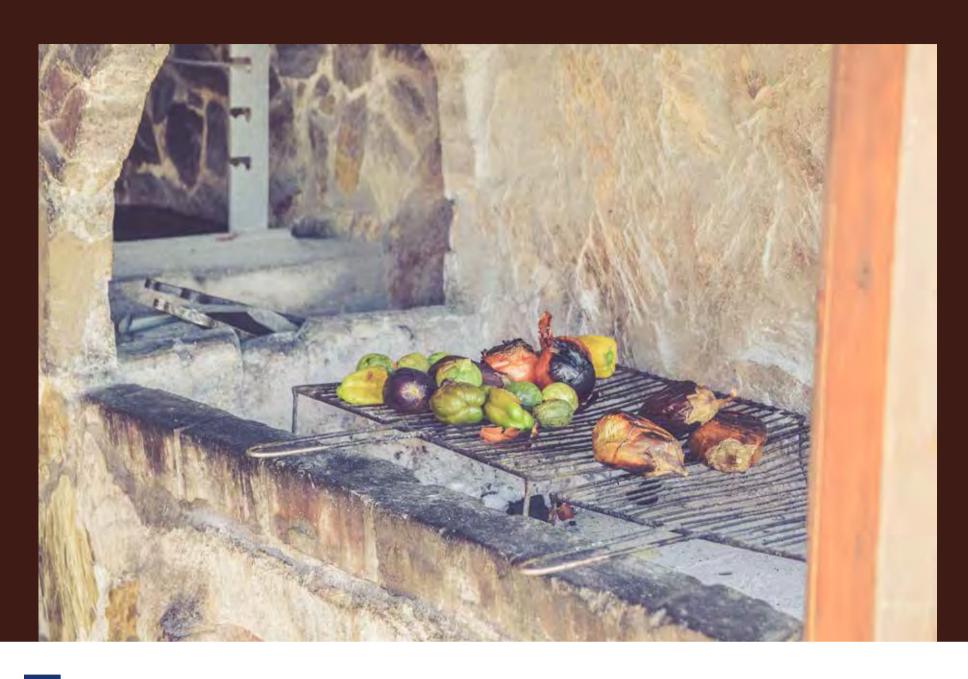
CR: Probably make good use of free time when you have it even if that free time doesn't happen at meal prep time. What I mean by that is say you work until six or six thirty and you know you're always starving when

you get home from work or maybe get up twenty minutes early in the morning and get a slow cooker, chop some things or saute a some things and get things started. Do a little favor for that after work self and take advantage of that time or if you don't work on weekends take a Sunday afternoon and do some advance meal prep, some measuring and chopping and pre cooking or make a whole batch of something, a soup or stew and then freeze it. Even if you have an extra fifteen minutes to get something started. This is actually

something I discovered by accident. It's my favorite way to make cabbage which is a braised - where you cook it for fifteen minutes and then shut it off with the lid on it and then a couple hours later or overnight cook it for another fifteen minutes turn it off for another couple hours. It continues to cook but it won't overcook. It won't burn but it creates an really nice texture where it is cooked through and soft and silky but not mushy.

If you can do little things here and there to make something easier for yourself later in the week.





AB: Do you trade convenience for cooking time? I mean that's the whole equation for most people. They're not willing to spend time in the kitchen.

CR: I guess what that requires is a complete change of mindset – to stop thinking of that as wasted time or or drudgery or a chore or this other. Make it part of your life. Make it part of your socializing. Put on a headset and talk to a

friend on the phone while you're cooking as long as you're paying attention to things like how high the heat is. If you live with other people get everyone in the kitchen, put on some music, and make it fun.

I guess the problem is that compartmentalization of – this is my relaxation time, this is my productive time. Well you can be productive and do some cooking and it doesn't have to be a chore.

I think people would be surprised at how much they can do if they don't put big pressure on themselves to do something incredible.

AB: Right and this is what I try to teach in my book is that they are very simple basic cooking techniques that don't take a lot of expertise and yet you will get fantastic results. But you do have to learn the techniques. They don't have to be complicated I'm not

talking about flambé or making soufflé but once you know the basic techniques all it takes is maybe take a couple of cooking classes to get the skills and then do the basic cooking skill and then basically after that you're good to go.

CR: Right all you need to do is know how to sauté, learn what the difference is between simmer and boil and really might just need to go to a friend's house who does know how to cook or a family member. We can't assume that everybody

knows what a sauté means or what golden brown looks like. Learn what you need to know at the time you need to know it.

I confess one of the reasons
I don't cook cuts of meat
is because if I'm going to
splurge and spend two
dollars on a portion of lamb
or steak or something I
don't want to wreck it. My
formative adult years were
spent as a vegetarian and
I didn't have years of trial
and error in the learning
and making mistakes so I
just I don't want to wreck

anything. So that's why I don't cook steak and lamb chops and things like that. I know how to make a burger so I'm going to make burgers.

AB: A lot of people are afraid of cooking. The food you eat doesn't have to complicated. It doesn't have to involve difficult 20-step recipes. You can cook very healthy, very fresh food when you fresh food. The flavor is there. That's all it takes.

MM: I think also people need to remember that YouTube has some wonderful videos



on it. It's available to most people so you watch five to seven minute videos and and you'll see how what sounds to be a complicated technique can actually be done quite easily.

protein, one vegetable, one sauce, one extra you know a little flavor accent and mix and match them however you like. Someone can do the math and figure it out. Ten different proteins, ten different things, I don't

angled tip or comment is that sometimes people hear that I eat the same thing every day, turkey burgers and cabbage or whatever. Not only does rotating the seasonings help but also being a little bit hungry when you eat in this sounds like the simplest most obvious thing in the world but sometimes we don't let ourselves get hungry. I'm not talking ravenous, delirious, confused, dizzy hungry

but just stomach growing hungry because how many time have I heard stories of people describing the best meal they ever had more often than not it starts with, well I was really hungry. And we sometimes eat because of what the clock says but if you have a little bit of choice of when you can eat if you let yourself just get a little bit hungry that everything you eat is going to taste really good.



CR: Good point!

Actually in my book I have some recipes and I have what I would call templates – where you take one food from each column, like this

know how many different combinations there are but enough combinations to keep you from getting bored with your meals.

The other thing and this is kind of out of the



MM: The one thing that sort of strikes me is the fact that you must be naturally low carb.

CR: The only real carbs I eat in significant amounts are from those raspberries on my backyard. I don't eat dairy anymore. I have an apple tree also. I'll eat those when they're in season. I don't calculate my carbs per day because I've looked into how many carbs are in cabbage, and broccoli, and cauliflower and it's so miniscule and fiber there's so much fiber that I don't do a daily tally but yeah I would say I'm definitely low carb.

MM: So the question arises for me is do you get a lot of your energy from fat?

CR: I do. I love fat.

MM: What fats do you like?

CR: Primarily coconut oil.

At Aldi's here in Minnesota, it's for \$4.49 for a fourteen ounces jar of organic coconut oil. That's my go to. Olive oil I like and I just recently splurged and got some buffalo tallow and wild boar lard which I would not say is a tightwad move but just in the interest of research I decided to

try them. They're pretty

tasty - but I would only use

them as seasoning and not as a cooking medium just because they are twenty five cents a teaspoon, something like that could easily add a dollar fifty to each meal and that would blow my budget.

AB: Have you had duck fat?

CR: Oh that is delicious! I've heard a lot of restaurants their new hip thing is French fries made in duck fat. I think I can almost

taste the potato like I don't need the potato. It's implied. So if I cook cauliflower with it I'm there.

MM: You did mention recipes earlier but you don't have that many on your book, I understand.

CR: Not a lot. I have some basics like a vinaigrette which is very important because salad dressings cost a lot of money in the

store and most of them are made with canola oil. So a good vinaigrette that you can rip on.

A coconut noghurt, I call it because some people like to buy dairy free yogurts and they are wicked expensive. They're like two dollars for a little cup and if you are already getting your probiotics from some other source and all you want is something creamy to eat

there's a stuff called konjac. It's a no carb starch that is used as a thickener and if you mix it with things like coconut milk it thickens it and the texture is just like yogurt. So you just add your own vanilla or stevia and it's significantly cheaper than than coconut yogurt.

Coconut yogurt has a lot of good health properties but if you're lazy like me, if it's something that needs to

ferment at room temperature well as a tightwad, my room temperature in the winter is about sixty degrees Fahrenheit.

So some recipes like that.
I think I have one walnaise which is a mayonnaise like spread. It's very much like mayonnaise.
It's made with walnuts.
That's one of my staples.



I don't have a lot of recipes for 'a' dish. I do have a blog that's where I post my recipes. I'm rather what you might call an experimental cook where I have a get an idea like, I wonder if you can make a chocolate shake with cauliflower. The answer to that is yes – so will blog about that. I just posted my turkey burger variations on my blog.

AB: Tips for families out there if you make your children eat turkey burger every day they're going to hate you.

CR: Unless you make them different every time - but kids are going to hate you anyway so go ahead and feed them healthy food.

MM: What about snacks, do you have any that you can recommend?

CR: Oh boy, I'm kind of the snackmeister. I make these little things called hemp cookies where I mix coconut oil and hemp protein and hemp hearts and then maybe cocoa

powder or some powdered fenugreek to give it a maple flavor and I just make a million variations of that. You'll eat however much you make so don't make more than you really think you should eat. So just weird combinations of coconut oil and cocoa powder. Sometimes I'll toast raw shredded coconut and a toast it with almonds and coconut oil and add a little ras el hanout, spice blend or Ethiopian burberry a blend and a little stevie and a little salt so it will be a salty, sweet spicy toasted coconut almond.

In the summer cucumbers are my favorite snack. Fresh cucumber from the garden.
Just skin and all. What more could you want?

I think practical wise for people who are on the go – as so many people are – nuts. Nuts are easy. Raw almonds.

MM: You've given us a huge amount of information.
Where can people get hold of you, your books?

CR: The book is called Primal Tightwad. The URL is <u>primaltightwad.com</u>.

The blog is primaltightwad.blogspot.com

AB: Thank you Carolyn for being with us and sharing your tips with us.

CR: Thank you!

MM: It's been lovely!





#### Carolyn Rush

body worker, dedicated foodie, primal devotee and intrepid queen of tightwaddery is the author of the internationally popular e-book Primal *Tightwad: Maximizing Your Health on a Minimal Budget*.

A lifelong, self-proclaimed cheapskate, Carolyn wrote this book at the urging of Nora Gedgaudas (best-selling author of the ancestral health books *Primal Body, Primal Mind* and *Primal Fat Burner*) to assist and inspire fledgling Primal/Paleo eaters to not let finances get in the way of healthy, low-carb eating.

About Primal Tightwad, Nora says "I guarantee you that the healthiest possible eating is yours and fully affordable if you so much as apply a fraction of the incredible information in these pages."

Carolyn has worked in the natural products industry since 1992. Always a mindful eater, she started gradually moving toward an ancestral diet around 2009, making the shift from vegetarian to full-on Primal in 2011.

Carolyn also blogs about her creative experiments with low-carb, Primal cooking and baking at <a href="http://primaltightwad.blogspot.com/">http://primaltightwad.blogspot.com/</a>.

Author's webpage URL <a href="http://primaltightwad.blogspot.com/">http://primaltightwad.blogspot.com/</a>

Author's Page URL on LCM <a href="https://lowcarbmag.com/carolyn-rush-primal-tightwad/">https://lowcarbmag.com/carolyn-rush-primal-tightwad/</a>

Author's Facebook URL <a href="https://www.facebook.com/Primal-Tightwad-224518394271127/">https://www.facebook.com/Primal-Tightwad-224518394271127/</a>

## Featured Food Artisan

Apollo Olive Oil





condiment to finish almost any sort of dish, from salads, to soups, steamed vegetables, breads and grains, as well as fish, poultry, or red meats. Delicate extra virgins can partially or completely replace butter, even in baking. In addition, a real extra virgin olive oil will only smoke at about 405 °F, which is 40 °F higher than the recommended frying temperature of 365 °F.

Apollo Olive Oils are among the few in California that are certified both organic and extra virgin. They are raw, unadulterated, and 100% coldpressed on the vacuum mill designed in Tuscany to preserve the highest levels of flavor, nutrients, and

anti-oxidants. In fact, our award-winning oils average three times the polyphenols of typical extra virgin olive oils.

Apollo Olive Oil is a small, family-run business located in Northern California. Our pride is in producing flavorful and healthy gourmet olive oils in the finest tradition. We tend our trees with organic, sustainable methods, harvest by hand at optimum ripeness, and exercise great care in milling and blending.

Since Apollo Olive Oil started 14 years ago, our oils have won 32 gold medals, 23 silver medals, 7 best in class, and 6 best in show. We have been chosen one of the top 10 olive oil producers in the

Besides the generally recognized effect of olive oil to reduce "bad" LDL cholesterol, olive oil is the only vegetable oil that contains polyphenols. Polyphenols are a class of antioxidants found in olive oil, red wine, green tea, chocolate, and more. Olive oil has more than 30 different polyphenols that are especially bioavailable because they are dissolved in oil, not water. These are strong antioxidants and radical scavengers, and reduce cardiovascular risk factors.

They also have anti-inflammatory and antimicrobial properties that benefit a host of other conditions and chronic diseases, including skin and digestive problems, low-grade inflammation and age-related diseases, obesity and weight loss, metabolic syndrome and diabetes, and certain cancers and neurodegenerative diseases. For a summary report of over 100 studies, see this report.

The healthiest and most flavorful way to use a good olive oil is raw, as a





world, the best organic olive oil in the US, and the best olive oil on the internet. We are proud to offer you the healthiest gourmet organic extra virgin olive oil available, made entirely in California.

After more than a decade of scientific research into the components of top quality Extra Virgin olive oils, and the factors influencing quality olive oil extraction, Dr. Mugelli invented and designed a method of milling under vacuum, which dramatically improves the extraction of polyphenols and provides much more quality control over the entire milling process. This new technology can produce excellent Extra Virgin olive oil with roughly triple the amounts of polyphenols, compared to conventional milling technologies. Only five such vacuum mills existed in the world when Apollo Olive Oil was privileged to obtain one in 2005.

To find out more go to <a href="www.apollooliveoil.com">www.apollooliveoil.com</a>.



#### **CLASSIC CAPRESE**

#### 4 servings

- 8oz Buffalo Mozzarella
- 4 ripe organic tomatoes
- 2oz Sierra
- 16 leaves of Basil, preferably Sweet Italian variety, torn into relatively small pieces (don't cut)
- dried oregano to taste
- Salt to taste

Slice the tomatoes into rounds a 1/4-inch thick. Slice the mozzarella a little thinner. Arrange the slices on four plates, alternating between tomato and mozzarella. Salt the tomatoes, and sprinkle on the basil and a little oregano. Finish with the oil, and serve.

#### 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/

## four Low Carb Diets to Improve Your Diabetes

## Without question, the best diet for diabetes is a low carb diet.

That's because cold hard logic says that if the body finds carbs are hard to process, then eating them will cause high blood glucose levels – so the most logical first step is to reduce the amount of carbs the body has to deal with. Plus the low carb diet has so much science behind it that it can easily be considered the leading treatment for diabetes.

We are going to look at four somewhat different ways you can follow a low carb diet. Simply go through them and see which one suits you the best. Following the one you favor is a first step to successfully overcoming diabetes.

But, before I go over the specifics of each of those different ways, let's first have a look at the commonalities all of them share.



## How many carbs should we have each day?



## The type of food you CAN eat on a low carb diet:

#### The foods included in a low carb diet

#### All healthy oils:

- 1. Butter (goat or cow) and ghee
- 2. Organic unrefined olive oil or coconut oil.
- 3. High heat oils: avocado oil, sesame oil, peanut oil.
- 4. Omega-3 oils: walnut oil (okay to medium heat), flax seed oil (must use uncooked).
- 5. Non-margarine spreads such as Earth Balance or Smart Balance
- 6. Red Palm oil
- 7. Organic animal fat (lard, beef, chicken, lamb fats).

#### All vegetables but those in the Avoid column. Add in fermented vegetables:

- 1. Dill pickles
- 2. Cabbage
- 3. Kim Chi
- 4. Any home fermented vegetable

#### Protein:

- 1. Organic, grass fed/finished meat, poultry, lamb, pork, bison, game;
- 2. Fish—see Fish guide from Seawatch.org
- 3. Organic omega-3 eggs;
- 4. Nuts and seeds (and their butters and flours)
- 5. Organic whole soy
- 6. Dairy (organic as much as possible): cheese, plain yoghurt, unsweetened milk alternatives, cream
- 7. Protein powders: Rice, pea, egg, beef.

#### Beverages:

- 1. Water
- 2. Herbal teas
- 3. Black, green or white tea
- 4. Veggie juices from leafy greens, cucumbers, celery.
- 5. Soda pops with stevia or erythritol in them
- 6. Coffee or coffee substitutes
- 7. Unsweetened dairy alternative milks
- 8. Carbonated water
- 9. Wine or hard liquor

#### Sweeteners:

- 1. Stevia (no maltodextrin added)
- 2. Xylitol or Erythritol
- 3. Lo Han/Monk Fruit
- 4. Chicory Inulin
- 5. Combination products: Swerve, Truvia, etc.

## The type of food you CANNOT eat on a low carb diet:

#### The foods included in a low carb diet

#### Oils:

- Partially hydrogenated oils (AKA trans fat, vegetable fat, vegetable shortening)
- 2. Fully hydrogenated fat

#### Vegetables:

- 1. All types of potatoes/yams/sweet potatoes
- 2. Corn, beets, winter squash,
- 3. Watch tomato sauce to see if it raises glucose levels
- 4. Eat a little of carrots, onions and tomatoes

#### Protein:

- 1. Cashews and Chestnuts
- 2. Bean, peas, lentils (some patients can eat a little hummus.
- 3. Soy protein isolate
- 4. Milk, cottage cheese, any fruited yoghurt.

#### Beverages:

- 1. Any beverage with refined sugar in it
- 2. Any beverage with Aspartame or Sucralose in it
- 3. Fruit juice
- 4. Veggie juice including beets, carrots
- 5. Beer or sweetened alcoholic drinks

#### Sweeteners:

- 1. White, brown, turbinado sugar
- 2. Agave, honey, molasses, brown rice sugar
- 3. Fructose or high fructose corn syrup
- 4. Cane juice in any form
- 5. Date sugar
- 6. Aspartame, Sucralose, Splenda

Now, let's learn how these different food types fit into the different types of low carb diet.

#### The VEGAN LOW GLYCEMIC Diet

I only use this variation for newly diagnosed Type 1 in children. I like it because it can very easily initiate a long, extended honeymoon period. I only use nuts, seeds, and soy for proteins, so adding in a daily multiple vitamin and mineral supplement is necessary to ensure all micronutrients are properly absorbed by the body. But, If it looks like the youngster is not growing well, then this could be the first sign of a protein deficiency, so we will need to add in extra animal protein.

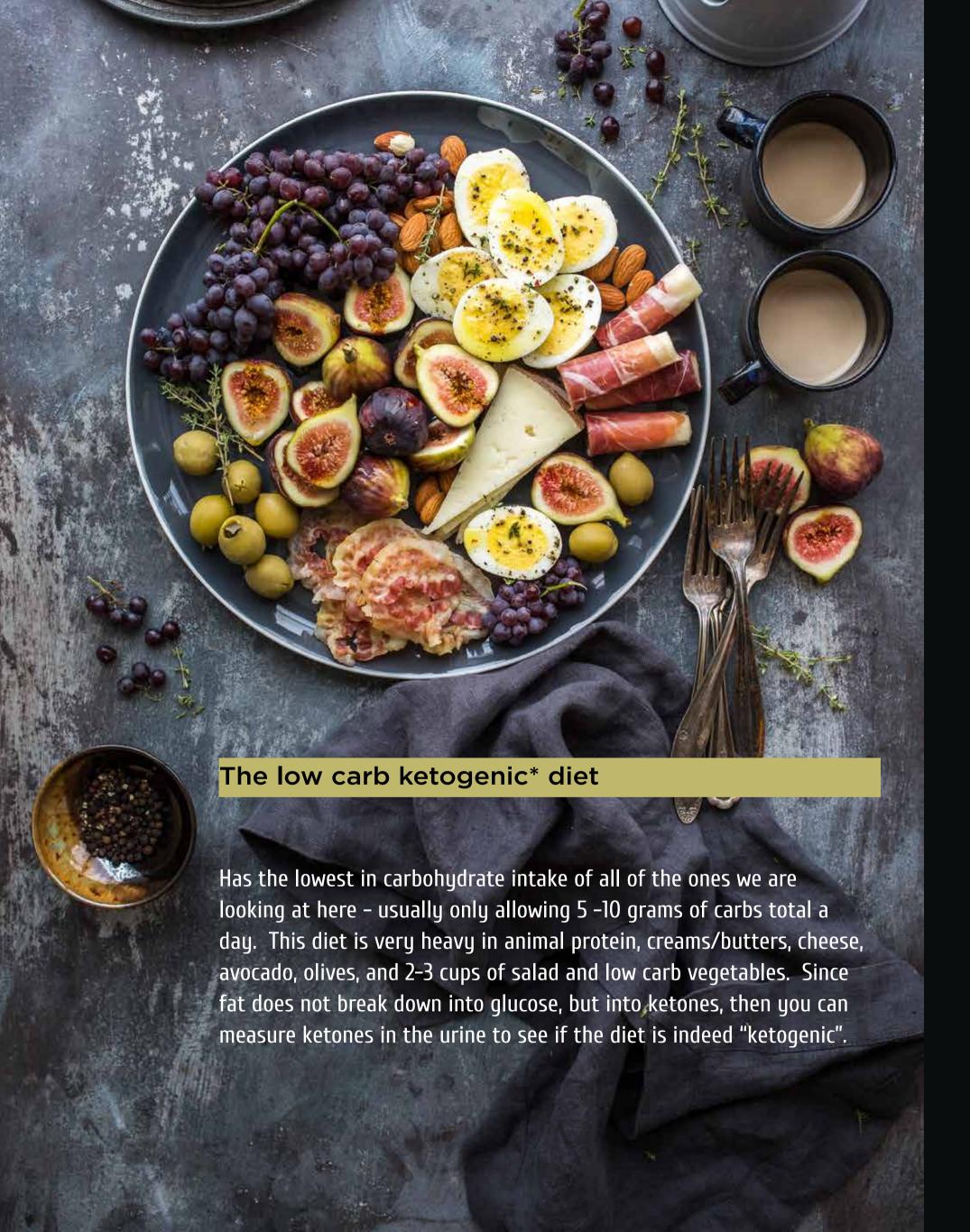


#### The vegetarian low carb diet

This variation, allows the addition of eggs and dairy, on top of the nuts and seeds. I am not personally a fan of this diet, due to the frequent consumption of cheese, although I understand some people may prefer to eat this way because of their political, social or religious views on not harming animals.

Some patients will see notable elevations in their cholesterol levels.





#### The omnivore low carb diet

Without doubt the most popular among my patients. This is because it is the closest diet to their typical meals and is oftentimes easier for people to commit to. This diet allows all the different low carb proteins listed above and that ensures they are getting a good variety of food.

Many people use nuts, seeds, coconuts and cauliflowers to make 'grains', such as breads, muffins, tortillas, pizza crust, rice and so forth. Of course, that makes, the diet very familiar to them, comforting and very similar to what they have eaten all their lives. And it has innovative, tasty alternatives to replace the standard grains and mashed potatoes they can no longer eat.

## Need a little help?

The best route towards getting help is to find a physician who specializes in comprehensive integrative care of diabetes. They will always want to help patients choose the best diet to suit them. This will be tailored to regulating and lowering their glucose levels as needed, and take account of lifestyle, and kitchen skills.

#### **Bottom Line**

Any of these diets will work well for a diabetic patient and can help reverse Type 2 and control Type 1 diabetes.

## Featured Festival



## CRANBERRY FEST

Celebrating Wisconsin's Other Famous Food at Eagle River Cranberry Fest



Widely known as America's Dairyland, Wisconsin is famous for calorie-rich products like milk, cheese, ice cream and frozen custard. However, most Americans probably don't know that state also leads the nation in the production of a tasty, low-carb fruit – cranberries. As the source of 60 percent of the nation's cranberries, Wisconsin could just as well be called America's Cranberry Cradle. On October 7

and 8, this superfood will be celebrated at the annual Cranberry Fest in the Northwoods community of Eagle River.

Originally called
"crane berry" by
settlers because
of its blossom's
resemblance to the
sandhill crane, the
state's first cranberry was harvested
around 1860 in the
village of Berlin.
Today, the tantaliz-

ingly tart fruit is cultivated across roughly 21,000 acres in 20 counties, as more than 250 commercial growers take advantage of the state's sand and peat marshes.

Contrary to popular belief, cranberries do not grow in water. Instead, this perennial plant grows on low running vines in bogs. When ripe, the bogs are flooded with water to cause the fruit to float to the top for harvesting in late September through October.

Every October some 10,000 pounds of locally harvested cranberries make their way into Eagle River, where Cranberry Fest patrons consume them in myriad ways, including soups, sandwiches, bratwurst, baked goods, wine and the World's Largest Cranberry Cheesecake.

Festivalgoers can purchase many more cranberry creations to take home, as well as cookbooks touting every conceivable way to prepare and consume them.

There's no need to worry about cranberries bogging your body down. Cranberries

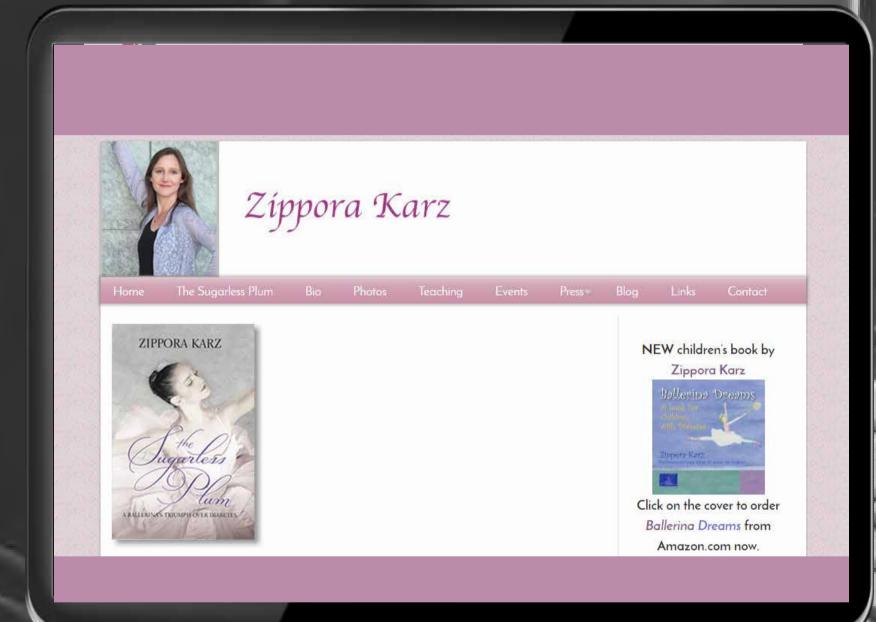
are only 45 calories and 12 grams of carbohydrates per cup, making them a guilt-free addition to any meal. Perhaps more importantly, cranberries contain a powerful anti-oxidant, and they are packed with vitamin C and fiber, outranking nearly every fruit and vegetable in disease-fighting power.

Wisconsinites know how to fit this fruit into their diets. Here are a few ideas to get cranberries into your life on a weekly basis:

- Add dried cranberries to your favorite cereal
- Drink 100% fruit juice that includes cranberries
- Pair cranberries with chicken and pork dishes
- Sneak cranberries into blueberry muffins for added flavor
- Mix in dried cranberries with dark chocolate and nuts for a quick snack







In this new series of articles, we look at the best—us and you about what they do and why they do it so lowcarb blogs on the planet. We're doing this because—that you can get to know them better and get an idea we like to pass on details about only the best places to about whether or not they can help you. get top class information.

We have looked far and wide for only those people who let us know via email provide top content or excellent service. Many of the <u>feedback@lowcarbmag.com</u> 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

Now don't forget - if you know about a great blog -

or use the contact form on the website. http://lowcarbmag.com/feedback/

The blog we recommend this month



### Zippora Karz The Sugarless Plum

Zippora Karz is a former soloist ballerina with the New York City Ballet where she performed for 16 years on stage and in televised performances. She was featured in a variety of roles choreographed by George Balanchine and Jerome Robbins as well as works choreographed for her by such choreographers as Peter Martins and Lynne Taylor **Corbett.Miss** Karz danced with the New York City Ballet from 1983 through 1999. She now serves as a teacher and repetiteur for the George Balanchine Trust, rehearsing and staging Balanchine's choreography for a host of national and international dance companies. She is also a diabetes spokesperson and educator who regularly addresses major diabetes conferences and organizations worldwide.

Zippora's memoir "The Sugarless Plum" has inspired people all over the world to live happy and healthy lives. "The Sugarless Plum" is now translated in Slovenian.

Zippora also authored a children's book, "Ballerina Dreams." The story teaches children, with and without Diabetes, that they should not give up on their dreams no matter what challenges they face.

Author's LCM page

https://lowcarbmag.com/low-carb-maginterviews-zippora-karz-the-sugarlessplum/

Author's Website URL

http://zipporakarz.com/

## 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
- Pale
- 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 <a href="mailto:feedback@lowcarbmag.com">feedback@lowcarbmag.com</a>
Simply list them in order from best to worst.

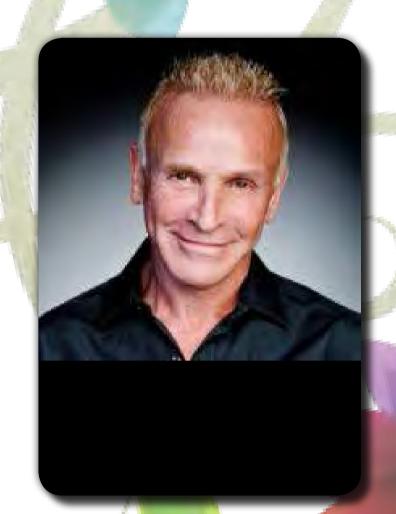
There are a whole lot more that nearly made it into the top position so you could make the difference about who gets in and who gets the top slots.

## PLOW CARB

#### Livin La Vida Low Carb



http://www.thelivinlowcarbshow.com/shownotes

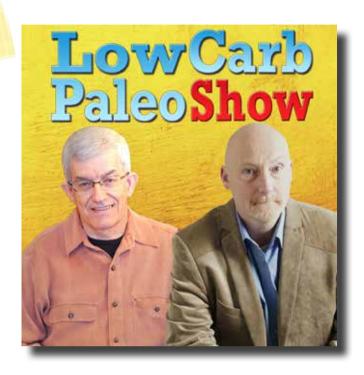


In this LLVLC Classic Episode, Jimmy chats with Dr. Jonny Bowden, one of the most prolific low-carb writers out there today and a frequent guest on this show. In this episode, Jonny shares about his books Living Low Carb and The Great Cholesterol Myth: Why Lowering Your Cholesterol Won't Prevent Heart Disease and the Statin-Free Plan That Will



## 2 LOW CARB

#### Low Carb Paleo Show



Hosts: Alain Braux and Mark Moxom interview Dr. Michael Ruscio



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 with traumas that they suffered in service and now thrive in civilian life.

## LOW CARB Keto Talk with Jimmy Moore & The Doc





Elevated Blood Sugar & Weight On Keto, Protein Sparing Modified Fast, High-Protein GAPS Diet, Perimenopause, Kids Eating Keto

## FLOW CARB

## Low-Carb Conversations with Leah Williamson

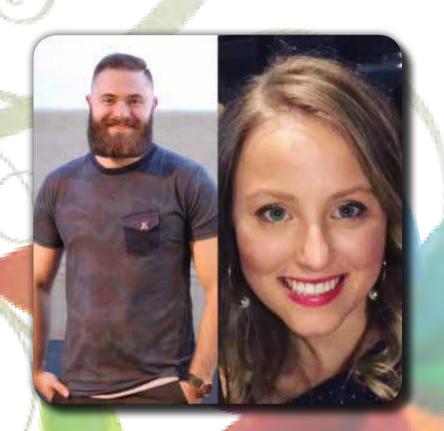
Low-Carb conversations

WITH

Leah Williamson
&

Kara Halderman





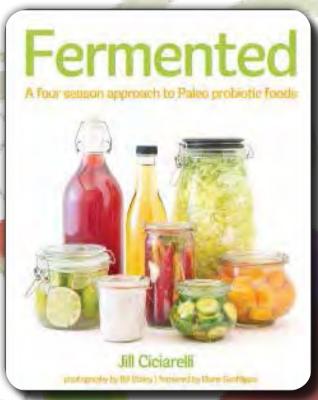
Creator of popular
Australian blog KbSugarFree
Katherine Beresford, is
joined by David Cohen the
face behind he Instagram
account MyPaleoishLife,
for Episode 233 of "Low
Carb Conversations with
Leah Williamson and Kara
Halderman"



## 5 LOW CARB

### Ask the Low Carb Experts

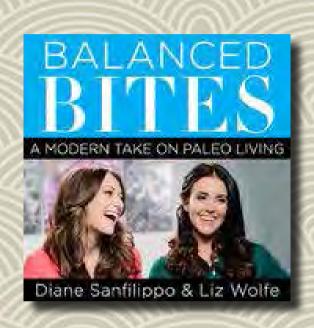




In Episode 52 of "Ask The Low-Carb Experts" the timely and very relevant topic of "All Things Fermented (Fermentation 101)."

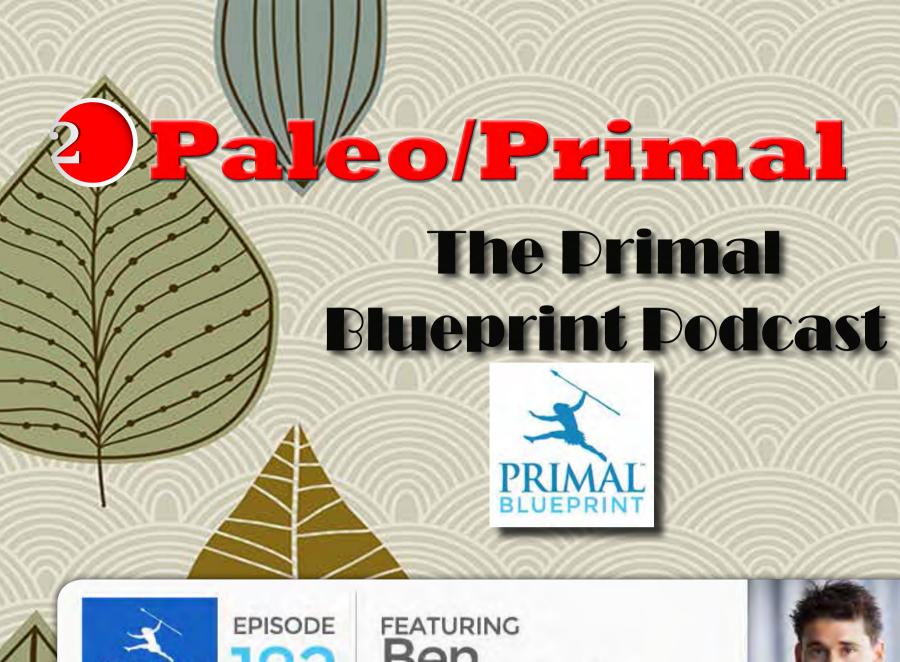


## Paleo/Primal Balanced Bites





Keto & Carbs, Fasting, Autoimmunity, & Chinese Medicine with Amanda Torres





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Ben Greenfield





Elle Russ chats with Ben Greenfield - a biohacker, human body and brain performance coach, ex-bodybuilder, Ironman triathlete, professional Spartan athlete, anti-aging consultant, speaker and author of the New York Times **Bestseller Beyond Training: Mastering Endurance, Health and Life and creator** of the Christian Gratitude Journal. In 2008, Ben was voted as NSCA's Personal Trainer of the year, in 2013 and 2014 was named by Greatist as one of the top 100 **Most Influential People In Health And** Fitness, and Ben's articles, podcast and videos reach over a million unique views each month.

# Paleo/Primal The Paleo Solution Podcast





For this episode of the podcast we have guests Matt Thornton and Peter Boghossian. Matt Thornton is a personal hero of mine, founder of the Straight Blast Gym organization, and Brazilian Jiu Jitsu Black Belt. Peter Boghossian is Assistant Professor of Philosophy at Portland State University.





nom nom paleo°

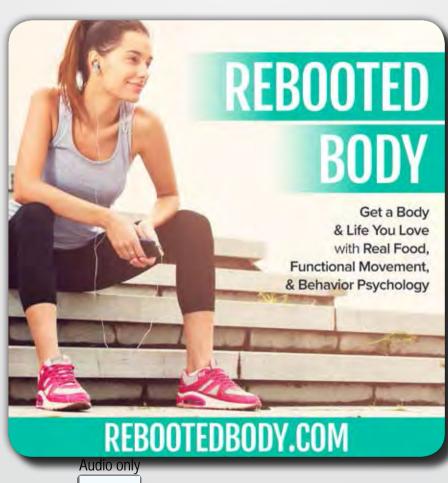
PODCAST

summer



#### Rebooted Body





5 Tips to Stop Overeating On the Weekends (Without Willpower)

### Health/Fitness

#### TED Talks Health





and Video

Inventor Manu Prakash turns everyday materials into powerful scientific devices, from paper microscopes to a clever new mosquito tracker. From the TED Fellows stage, he demos Paperfuge, a handpowered centrifuge inspired by a spinning toy that costs 20 cents to make and can do the work of a \$1,000 machine, no electricity required.



The Fitcast





Alwyn Cosgrove returns to the show to talk about whats next in the fitness industry, considerations for opening your first gym, using your fitness in competitions and much more!



#### Health/Fitness

## The Jillian Michaels Show



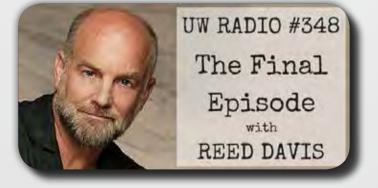


Pink Viagra? Not!



## Health/Fitness Underground Wellness Radio

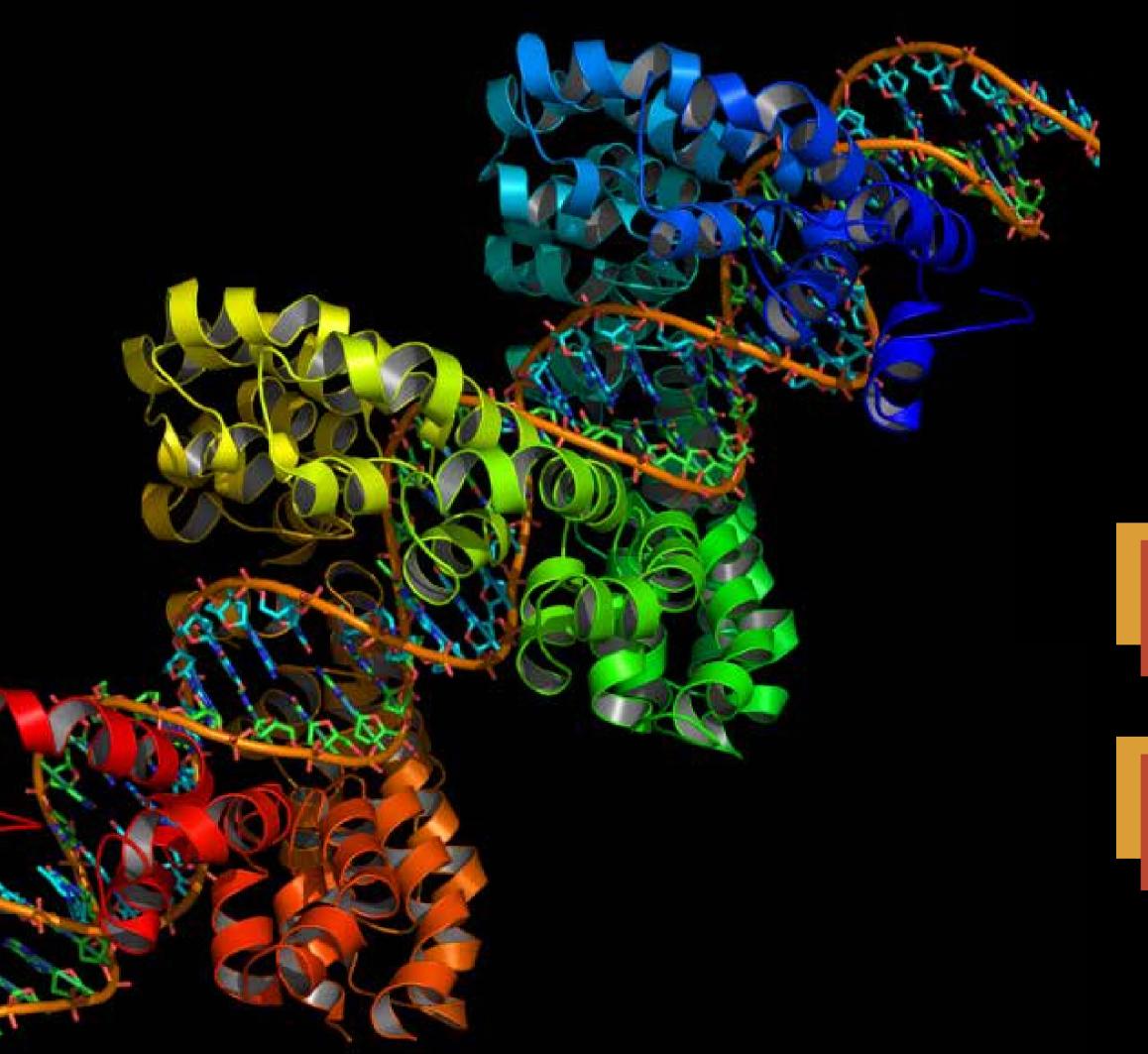




On today's final episode of Underground Wellness Radio, Reed and I get together one last time to show you how to become your own health detective ... one who stops chasing symptoms and gets to the root cause.



## 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.

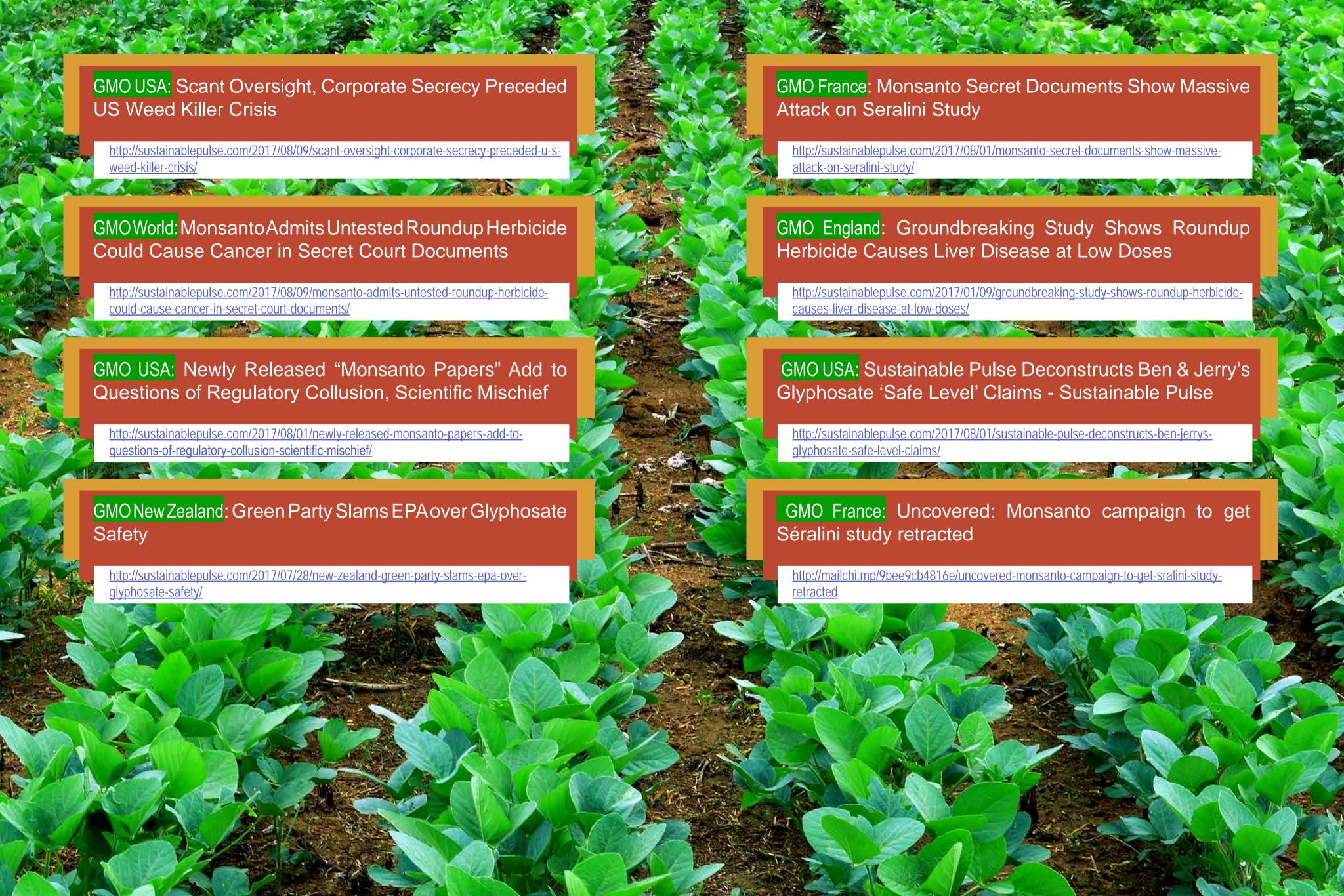
GMO USA: Sustainable Pulse Deconstructs Ben & Jerry's Glyphosate 'Safe Level' Claims - Sustainable Pulse

http://sustainablepulse.com/2017/08/01/sustainable-pulse-deconstructs-ben-jerrys-glyphosate-safe-level-claims/

GMO World: Secret Documents Show Monsanto Led Brutal Attack on International Cancer Agency

http://sustainablepulse.com/2017/08/04/secret-documents-show-monsanto-behind-brutal-attack-on-international-cancer-agency/?utm\_source=newsletter&utm\_medium=email&utm\_campaign=breaking\_global\_news\_on\_gmos\_and\_pesticides&utm\_term=2017-08-14#.

WZIAO1GQxZY







#### Marion County Country Ham Days

http://marioncountykychamber.com/ham-days/

At Ham Days, our Saturday morning begins with the Farmers National Bank Pokey Pig 5K, one of the largest races in the state with up to 1,000 runners. The Shiner's Country Ham Breakfast is served to visitors under the Hospitality Tent. For lunch or dinner, head on over the TG Kentucky Food Court and grab some beans and cornbread, a pork sandwich or a brat from the Knights of Columbus Food Booth or a steak sandwich from The Marion County Cattlemen's Association. A fried twinkie, gyro, funnel cake or the best hot dog in town are also served from our many food vendors. Enjoy your lunch and dinner under the comfort of the Hospitality Tent.

Lebanon, Kentucky September 22-24, 2017

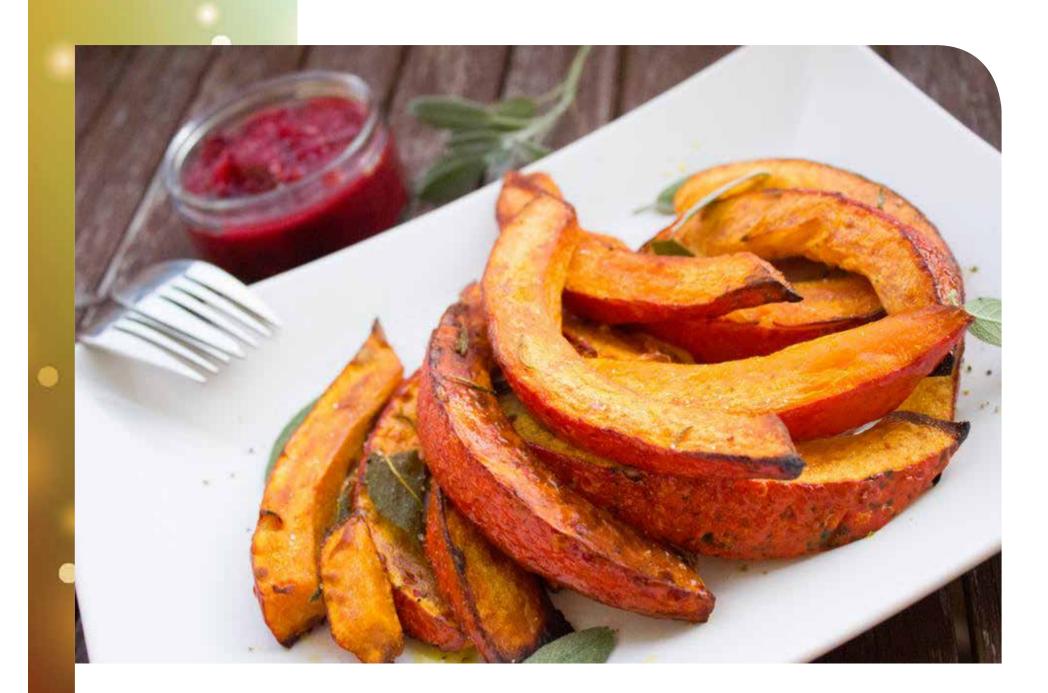
\*\*\*Image by maxpixel.com\*\*

#### Galveston Island Shrimp Festival

http://www.galvestonislandshrimpfestival.com/

Two full days of shrimp, music, friends and fun begins on Friday, September 29 and runs through Saturday, September 30, 2017! Event activities include a Shrimp Gumbo Cook-Off, Gumbo Tasting, Official 5k, Lil' Shrimps Parade, Live Music, Vendors, Kids Area and a Strand Merchant Walk-About! There is plenty for the whole family to enjoy!

Galveston, Texas September 29-30, 2017



#### 9<sup>th</sup> Annual Great Downtown Pumpkin Festival

http://mainstreetsquarerc.com/concerts-and-festivals.html

Downtown's biggest festival, The Great Downtown Pumpkin Festival, returns for a ninth year on Saturday, Sept. 30. Visit Main Street Square, venture down Sixth St., and into Memorial Park for a pumpkin catapult, giant pumpkin weigh-off, Downtown chef competition, Downtown pub crawl, the Regional Health and Scull Construction Kidz Zone, vendors and more. The community-wide celebration of harvest season brings an estimated 25,000 people together for a day of fall fun! Major Event Sponsor, Hungry For Truth South Dakota.

Rapid City, South Dakota September 30, 2017

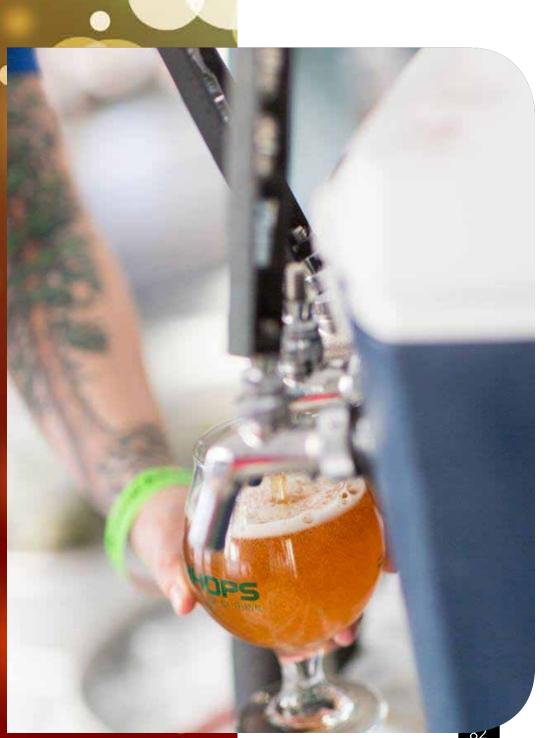


#### **Chef Fest**

http://www.fourseasons.com/hualalai/
dining/chef\_fest/

Chef Fest is a celebration of high-profile dinners, interactive cooking classes and culinary and wine experiences. An exclusive and luxurious culinary experience, Chef Fest features today's top chefs coming together to cook, teach and entertain in an intimate and relaxed beach setting.

Kailua Kona, Hawaii October 4-8, 2017



#### 15<sup>th</sup> Annual Fresh Hop Ale Festival

http://www.freshhopalefestival.com/

Voted one of the top ten beer festivals in the nation, Fresh Hop Ale Festival is a celebration of the hop and craft beer industry. The Yakima Valley produces 75% of the United States' hop crop, and this festival showcases the unique beers that are produced with our valley's hops. For a beer to be considered a "fresh hop ale," it must be produced with Yakima Valley hops that were picked no more than 24 hours prior to brewing. This is a one-of-akind beer festival that is only possible in the heart of hop country!

Yakima, Washington September 30, 2017





#### 38<sup>th</sup> Annual Cranberry Festival

#### http://eagleriver.org/featured/

Cranberry Fest is a family fun festival having something for everyone with activities being held throughout town. Fresh Locally Grown Cranberries, Cranberry Marsh Tours, Large Arts & Crafts show, World's Largest Cranberry Cheesecake, Cranberry Food of every kind, Antique Market, Cranberry Fiber Arts and Weavers Show & Sale, Berry Bog Jog 5K Fun Run/Walk, Family Entertainment, Farmers Market, and much, much more!

Eagle River, Wisconsin October 7-8, 2017

#### 46<sup>th</sup> Annual National Shrimp Festival

http://www.myshrimpfest.com/

The Annual National Shrimp Festival was started in 1971. The event began as a way to keep the tourist at the beach after Labor Day, which was traditionally the end to the season and their departure time.

The Annual National Shrimp Festival has been named as a "must visit" event by FlipKey, a division of TripAdvisor, in its article, "20 Small Towns With the Most Unique Festivals in America.

Gulf Shores, Alabama October 12-15, 2017





#### 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 list ening to live, local bands.

> Old Bethpage, New York November 4-5, 2017

#### 5th Annual Coffee & Tea Festival: Philly

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



ing 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

## Products We Love



#### Naked Beauty / Symulast **Method Program**

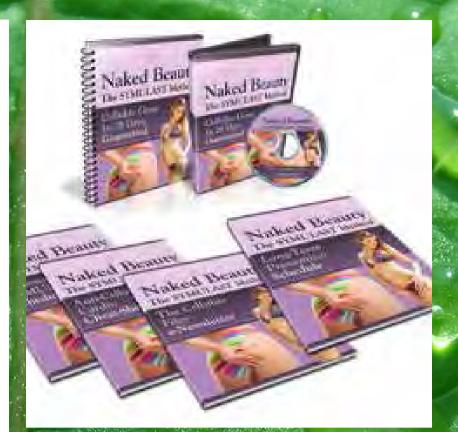
We took the time to interview the person who devised this system - Joey Atlas (in December's mag). It's the result of 20 years experience in successfully helping women deal with cellulite. The link we've given below will take you to a page with a very informative video that will tell you exactly what cellulite is, why you've got it and how you can get rid of it once and for all – regardless of your age or 'genetics'..."

The program includes:

- 1) NAKED BEAUTY Streaming Online Video Version
- 2) NAKED BEAUTY PDF/printable version with photos and instructions
- 3) Your Personal Cellulite Removal Exercise Schedule
- 4) 'Top Secret' Anti-Cellulite Cardio Instructions
- 5) Flat Sexy Stomach Routine: 9-Minute Online Streaming
- 6) Tightly Toned Arms: 8-Minute Online Streaming Video
- 7) Free Life-Time Subscription to 'The Cellulite Files'
- 8) Life-Time Anti Cellulite Prevention and Maintenance
- 9) 60-Day 'NAKED BEAUTY' Guarantee: Your Cellulite is Gone or Your Money Back
- 10) If you claim your Private Client Access Spot today you also get any updates and additions to NAKED BEAUTY at No Charge – FOREVER

Click here for more details: http://0s4.com/r/CELTIP







#### **Primal Life Organics**

Primal Life Organics is a Paleo Skincare Company. Our belief is in healing the body (and the skin) with fresh, real food sources. Our products are the MOST nutrient dense skincare available- why?? Because we make our Skin-Food FRESH when ordered! There are no products on our shelves- just ingredients. When

a product is made- it has already been sold. We do not need harmful preservatives in our products, since they are made to be used immediately. Click here for more details:

http://0s4.com/r/PRMLIF



#### Lindt Excellence Extra Dark Chocolate

Dark 85% tablets have a very intense character. The first impression is somewhat bitter and dry, but the mellowing effect of the cacaobutter ensures this taste is well balanced. A considered tasting will allow you to detect hints of dried fruit, liquorice and tobacco as well as fresh earthy notes. Why we like it? Well who doesn't like chocolate (apart from Loreta) and really wants to be able to have some even on low carb?

Click here for more details: On Amazon: http://0s4.com/r/LINDT

http://0s4.com/r/LINDTA







#### **Bulletproof Coffee**

Bulletproof® Coffee powerfully energizes you, keeps your focus rock steady, and delivers crucial nutrient density far beyond expectations. Easy to make, Bulletproof® Coffee combines three synergistic elements: Upgraded™ Coffee blended with Brain Octane™ Oil, and unsalted grass-fed butter or ghee. Your result is a frothy mug of morning dynamite. Chef Alain gives this the thumb's up as he says it helps boost him through a hard weekend at paleoFX.

Click here for more details: On Amazon:

http://0s4.com/r/BCOFFE http://0s4.com/r/BCOFA









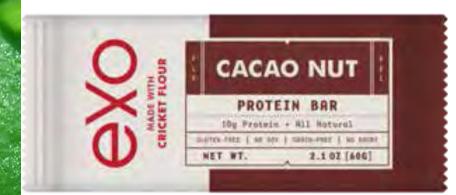
#### **Yawp Bars**

YAWP! bars were initially designed for the Paleo lifestyle. We are happy to say they even meet the standards of the Whole30 program. The Whole30 is a short-term nutritional reset, designed to help you put an end to unhealthy cravings and habits, restore a healthy metabolism, heal your digestive tract, and balance your immune system. Why we like them... Tasty without being too sweet and just the right amount of crunch.

Click here for more details: On Amazon: http://0s4.com/r/YAWP http://0s4.com/r/YAWPA







#### **Exo Protein Bars**

Exo's mission is to normalize the consumption of insects as a sustainable food source. We believe the way to accomplish this is through healthy, delicious food products that include insects as an ingredient. Our protein bars are formulated to be the perfect introductory vehicle to bring insect protein to the masses. Why we like them. You just don't get so imotional over eating grasshopper flour and they taste sooo good too.

Click here for more details: On Amazon:

http://0s4.com/r/EXO

http://0s4.com/r/EXOA





#### **EPIC Bars**

The EPIC bar is a 100% grass fed animal based protein bar designed as nature intended. Paleo friendly, gluten free, and low in sugar, we believe that EPIC foods should inspire EPIC health. Why we like them... 100% just right.

Click here for more details: On Amazon:

http://0s4.com/r/EPIC









#### Give Me Dirt Toothpaste

The dirt is made to boost your natural re-mineralization process and get your teeth back to their strong, sparkly <u>selves.lt</u> has a sweet spiced orange flavor that will leave your mouth feeling clean and spicy! Why we like it... Knowing you're not polluting your body when you clean your teeth is a relief. No fluoride, no chemicals... NO worries!

Click here for more details: http://0s4.com/r/DIRT







#### **Bodybio Pre-Mixed Liquid Minerals**

Pre-Mixed Liquid Minerals can help:

- Support Mineral Density
- Swings in Energy
- Revitalize The Brain.

A convenient way to take a dose of the essential minerals when you may not be able to make your daily liquid mineral drink.

Click here for more details: On Amazon: http://0s4.com/r/BBIO

http://0s4.com/r/BBIOA\_





#### **Primal Kitchen Bars**

The Primal Kitchen grain-free bars are made with 100% Real Food. Food you were born to eat. The Primal Kitchen don't use dried fruit that contains vegetable oils, sugar or sulphites as commonly found in other snack products.

Click here for more details: On Amazon:

http://0s4.com/r/PKB

http://0s4.com/r/PKBA









#### Amy's Roasted Vegetable Pizza

No cheese. Topped with marinated organic shiitake mushrooms, roasted red peppers, sweet onions and marinated artichoke hearts. Non-dairy/no cholesterol.

http://0s4.com/r/APIZ

Click here for more details: On Amazon: http://0s4. com/r/APIZA







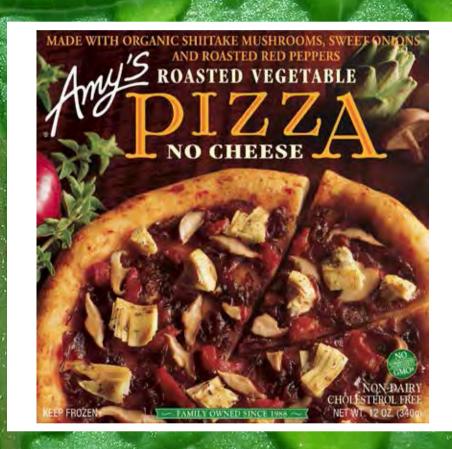
#### **Koyo Foods Lemongrass Ginger Dry Ramen**

Koyo Ramen-lemongrass ginger contain organic noodles. These noodles are made with Organic heirloom wheat flour and sea salt.

On Amazon:

http://0s4.com/r/KRAMA





#### Amy's Organic Medium Chili

A milder chili, made from organic red beans and tofu, in a flavorful Mexican sauce, for those who want the taste of chili, but not the heat.

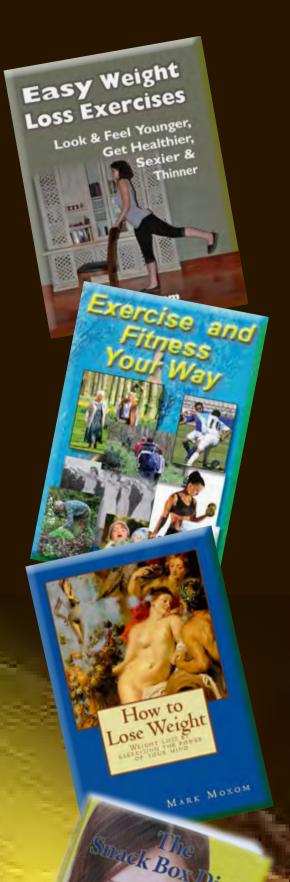
Click here for more details: On Amazon:

http://0s4.com/r/MCHIL

http://0s4.com/r/MCHILA







#### 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** 

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### Easy Low Garb Fish Chowder

Yummy chowder great for those cool days we get in spring and autumn

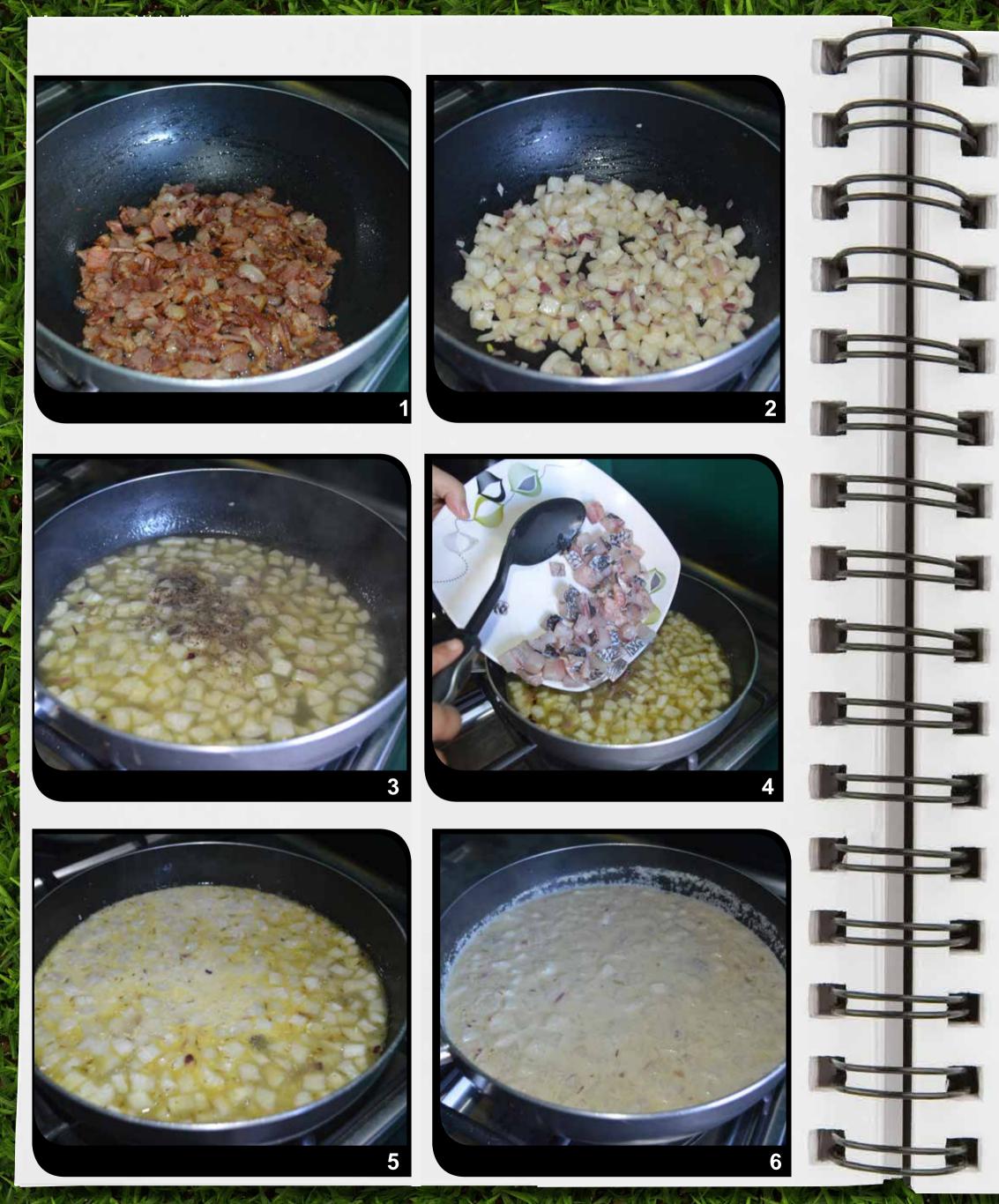






#### **Ingredients**

- 4 slices bacon, chopped
- 1 medium onion, chopped
- 2 cups chopped daikon radish
- 2 cups chicken stock
- 1/2 tsp dried thyme
- Salt and pepper to taste
- 2 cups heavy cream
- 1 lb fresh white fish like tilapia, cod or pollock, chopped
- 1 tbsp butter



#### **Directions**

- 1. in a large saucepan, cook bacon until crisp over medium heat.

  Remove from heat when cooked and drain on a paper-towel lined plate.
- 2. Using the same saucepan with grease from the bacon, add onion and daikon radish and cook for about 10 minutes or until tender.
- 3. Add the chicken stock and simmer for 10 minutes. Season with thyme, salt and pepper to taste.
- 4. Add the fish and continue to simmer for about 4 minutes or until the fish is cooked through.
- 5. Add the bacon back in
- 6. Pour in cream and continue to simmer until thick.

#### **Serving Instructions**

Serve in a bowl and add butter on top.

#### **Chefs Tips**

Don't overcook the fish.

#### **Number of Portions: 6**

#### **Nutritional Value:**

Nutrients per serving	
Energy	491.9 kcal
Protein	21.4 g
Carbs	8.2 g
Fiber	1.0 g
Fat	42.1 g
Water	238.5 g

## Low Garb Shepherd's Pie





#### **Ingredients:**

#### Shepherd's Pie Filling:

- Extra Virgin Olive Oil for sauteing
- 1 small red onion diced
- 500g minced grass-fed beef
- 2 cloves of garlic
- 1 cup chopped tomatoes
- 1 cup beef stock
- 1 medium carrots, grated

#### **Cauliflower Mash Topping**

- 1 small or ½ large cauliflower cut into pieces
- 50g butter
- ½ cup double cream
- salt and pepper to taste
- 50g grated cheese of choice

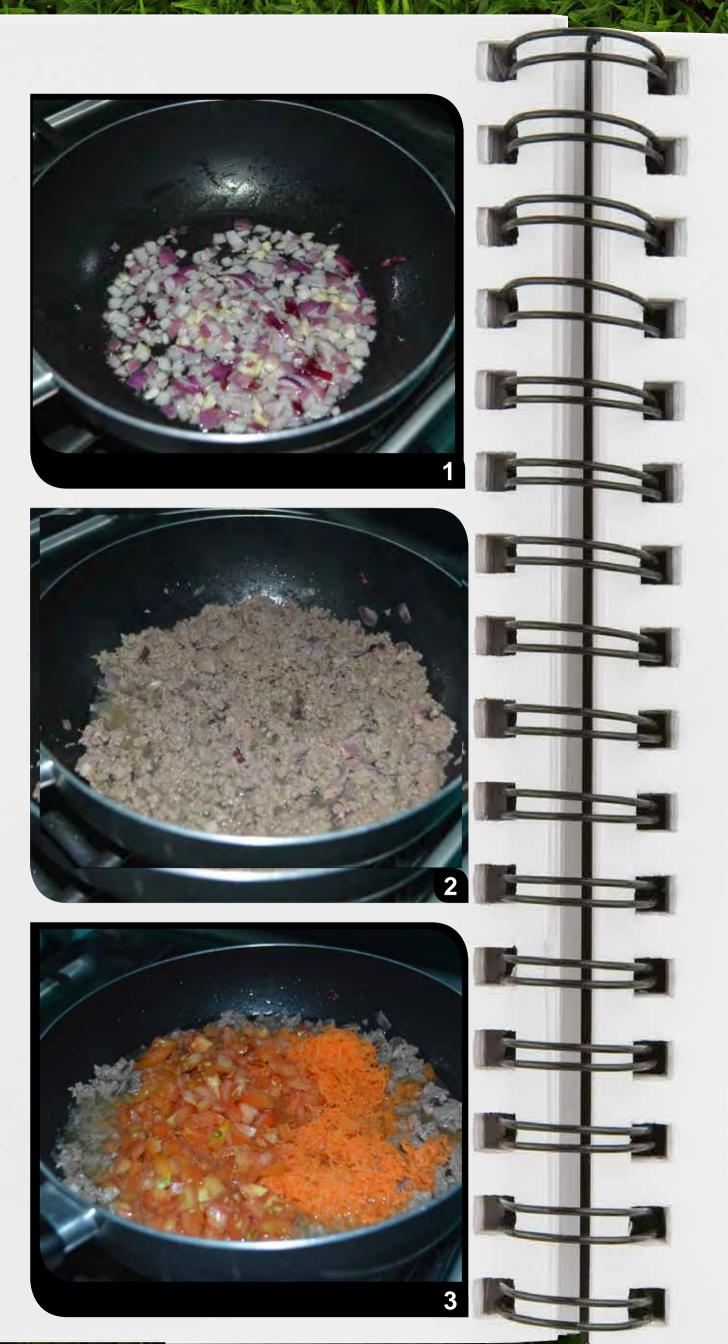
#### **Directions**

For the Shepherd's Pie Filling:

1. In a large saucepan, heat olive oil and fry red onion and garlic until cooked, but not browned.

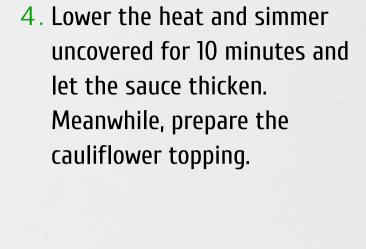
2. Add the minced beef and stir until cooked.

3. Add the beef stock, chopped tomatoes and grated carrots. Mix well.









For the Cauliflower Topping:

5. Boil the cauliflower for about 8 to 10 minutes or until soft.



6. Drain well and set aside to allow all the steam to escape to avoid having too much water which will make a sloppy mash. Put cauliflower in a blender and add the butter, salt, pepper and cream and puree until smooth.



Putting it all together:

7. Place the mince mixture in the bottom of a casserole dish.



8. Add the cauliflower mash mixture and sprinkle a generous amount of cheese on top.Bake at 180C for 20 minutes.



9. Serve while hot





#### Chef's tips:

While you are frying the onions, add in one or two stalks of celery chopped into small pieces. It adds a certain richness to the flavour.

## Number of Portions: 6 Nutritional Value

Nutrients per serving	
Energy	362.2 kcal
Protein	20.8 g
Carbs	6.0 g
Fiber	1.5 g
Fat	29.1 g
Water	190.4 g

# Gluten Free Peanut Butter Dark Chocolate Chip Cookies

By Laney of <u>lifeisbutadish.com</u>

Super easy and delicious gluten free peanut butter dark chocolate chip cookies! Great for a last minute dessert! A gluten free but not vLC recipe









#### Ingredients:

- 1 Cup Peanut butter (I use Jif Natural)
- 1 Cup Brown sugar
- 1 Teaspoon Baking soda
- 1 Egg
- 1 Tablespoon Vanilla extract
- ¾ Cup Dark chocolate chips

**Number of Portions: Makes 14** 





#### **Directions**

1. Add the peanut butter, brown sugar, baking soda, egg, and vanilla into a mixing bowl.

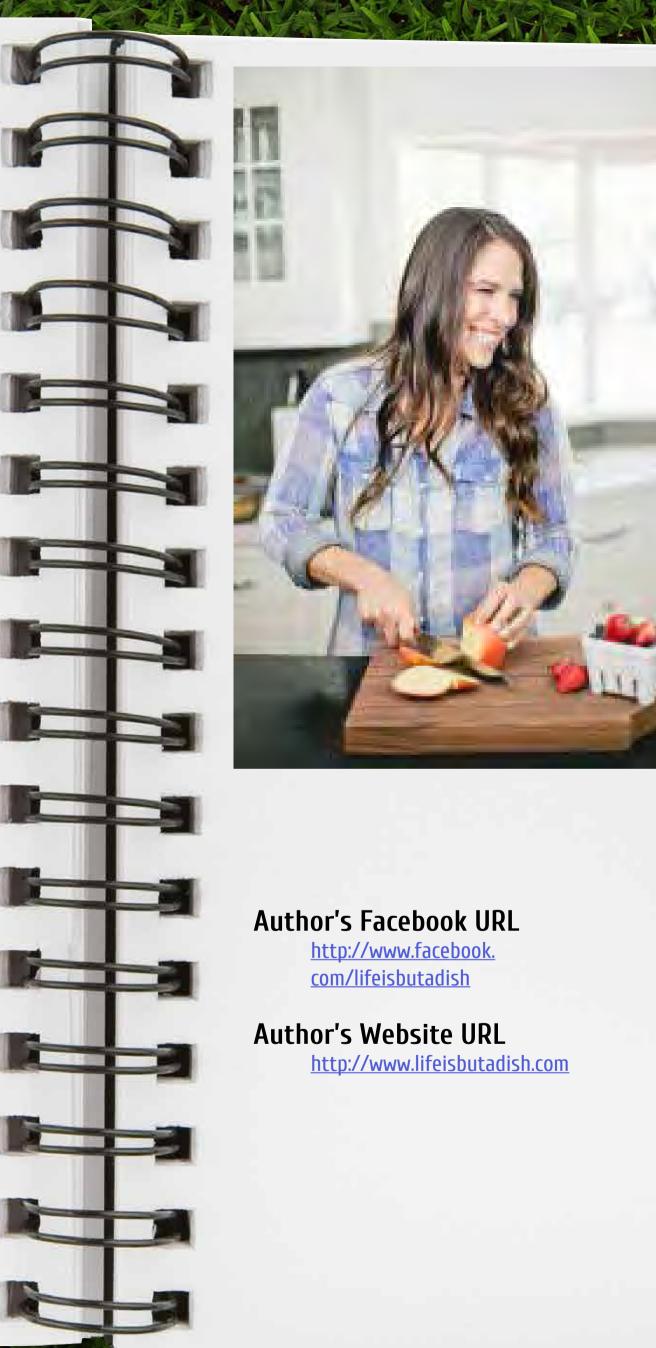




3. Fold in the chocolate chips. Chill dough in the fridge for 30 minutes.



4. Roll dough into golf ball size balls, and place on a lightly greased cookie sheet. Bake at 350 degrees for 10–12 minutes.



Hi, I'm Laney!

I'm not a writer, and I'm not a chef (although I totally pretend I have my own TV show when I cook in my kitchen). What I am is deeply, passionately, and madly in love with everything food related. It's your lucky day, I choose to share my passion with you!

#### **Author's Twitter**

http://www.twitter.com/lifeisbutadish

#### **Author's Other Links**

https://www.instagram.
com/lifeisbutadish/

# Shrimp Fritters with Fresh Avocado Dip

Gorgeously tasty shrimps can't be beaten except when you have a real humdinger of a dip to go with them. This dish makes a wonderful starter or a great meal anytime.

Click this link for more avocado step by step recipes





#### **Ingredients**

#### For the Batter

- 1 teaspoon salt
- 1 cup almond flour
- 2 large eggs, whisked
- 1 pound shrimp, peeled, deveined and chopped

#### For the Dip

- 2 avocados, peeled and diced
- 1/2 cup buttermilk
- Juice and zest of one lime
   Salt and pepper to taste

#### Oil for frying











#### **Directions**

#### Prepare the dip

1. Put avocado in a blender; add lemon zest, salt, pepper, buttermilk and lemon juice. Blend until you get a creamy and smooth consistency. Set aside.

#### Do the batter

- 2. Put almond flour in a large mixing bowl, add the eggs and salt and mix thoroughly.
- 3. Fold in chopped shrimp.

#### Frying

4. In a saucepan, heat coconut oil.

Drop a spoonful of fritter and cook until shrimp appears to be pink, about 4 minutes each depending on size.

#### Putting it together

5. In a serving dish, put five fritters and serve with avocado dip and extra lime wedges or chopped parsley. Serve immediately.

#### Chef's Tips:

Works just as well with freshly frozen shrimps. Just make sure your shrimps come from clean waters so check to see where they were caught.

#### **Number of Portions: 20 fritters**

Nutrients per serving	
67.0 kcal	
4.3 g	
2.6 g	
1.5 g	
4.4 g	
44.8 g	





#### **Neck Rotation**



This is a very simple exercise that is designed to stretch the muscles in the neck. Lie on the floor with a thin pillow under your head - if you prefer you can use a thick book if you need support. The thickness of the pillow or book should be such so that your head is not tipped forwards either backwards - it should just be in a very comfortable position. Also

to keep your back comfortable, bring your feet towards your body by bending your legs at the knees.

Start by turning your head slowly to the right as far as you can comfortably do so.

Hold that position for 20 seconds, and then slowly bring your head back to centre. Turn to the other side and hold that position for 20 seconds.

Repeat the exercise so that you go to the right 10 times and then to the left 10 times.



#### **Shoulder Rotation**

This is designed to stretch the muscles in and around your shoulder.

Start Position. Lying flat on the floor with a thin pillow under your head, with your legs straight out on the floor, place your arms gently either side of your body with the upper arms straight out from the shoulders, palms down on the floor, fingers pointing down to your feet, bending the arms at the elbow.





Bring your hands up so that your elbows remain on the floor, the top part of your arms remain at right angles to your body,

So that your forearm and hands now point away from your feet.

All through this exercise, the top part of your arm should remain on the floor.

Hold the position for 20 seconds, then rotate your forearm back to the start position, hold that for 20 seconds.

Repeat the exercise 10 times.

