

Top step by step Recipes

Egg and Spinach Casserole Strawberry and Watercress Salad Easy Red-Leaf Salad with Cider Vinaigrette Spicy Shrimp Cakes with Avocado Salsa



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#### Next Month's Feature Interview

#### **Jade Nelson**



Jade Nelson is an Epilepsy Advocate, Community Health Educator, and Licensed Massage Therapist who goes by the Instagram name @thetraininsideme. She is passionate about self-care, the ketogenic diet, and Epilepsy advocacy. Jade focuses her energy on sharing her personal journey with Epilepsy to help bring hope, empowerment and education to those struggling to change or accept the challenges in their life. She is the co-founder of the Fat Fueled Mafia, an Austin Texas group of health conscious humans that share and learn from each other. She can be found spreading her message of hope and empowerment through speaking engagements and a multitude of social media platforms. Jade uses her experience and education to work with her clients to bring out their best version of themselves.

Check out Jade Nelson's website here











40 Dr. Jody Stanislaw







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Over the course of any week, I have the pleasureofinterviewingortalkingwithsome of the most interesting health professionals on the planet. The information I get from these people, coupled with my daily dose of vital health and well-being information gleaned from research papers, industry reports, news articles, snippets sent in by readers of the magazine and viewers of the online videos programs we make, means that I am constantly being educated and learning new things about how to stay fit and healthy.

Much of that (space and time permitting) is passed onto you via the magazine and the videos. Yet all of it adds to the depth of information that I personally have amassed that when 'put into action' enables me to remain free from having needed the services of a doctor for the last 40 plus years.

Prevention is ultimately the best 'cure' anyone can ever have for any of the

ailments and health problem in existence in this modern age.

There is a train of cause and effect here...

- ATTENTION
- LEARNING
- Testing
- Action
- RESULT

We need to take notice of our bodies and get to know our bodies' needs, wants, weaknesses and strengths. That's **ATTENTION!** 

With these things in mind, we need to **LEARN** about the cause and effects of our actions (or inaction) on our bodies. Things like what we choose to eat, how we choose to move (exercise) or not and many other things like sleeping, not doing anything about stressful situations and so on.

Then **Testing** out say how much of a change we need to make to improve things.

Taking further **ACTION** as we see how effective our testing has been and then of course, enjoying the **RESULTS** of simply doing more of what we have already tested to be found working.

Now you may have noticed the initial letters on my train of effects spells out the word **ALTAR**. For some, an altar is a sacred thing that speaks of both blessing and sacrifice and frankly, there is no difference here either. In order to be and remain healthy, we have to sacrifice, say a love of bread (one of my personal sacrifices). But doing that, gives me the blessing of not feeling bloated and of course enjoying the extra health benefits of - not just - being free from wheat in general but also from the many additives that are in modern day food ingredients... In wheat's case a gut full of round-up or other glyphosate filled junk!

I'll leave you to fill in details to the intermediate steps as I'm sure you're sufficiently wise and experienced to

personalize them for yourself and jump straight to the conclusion.

At the end of the day, it is always the blessing of positive results that we seek.

Those results come from paying attention to your body and then doing what you need to do to make it whole and keep it that way. Doing that in a half hearted way is simply short changing yourself and cheapening any sacrifice you make along the way.

So remember. Your health is precious and worth any number of those small costs (like giving up bread) you might have to place on the altar in order to get the results of a life lived longer in good health.

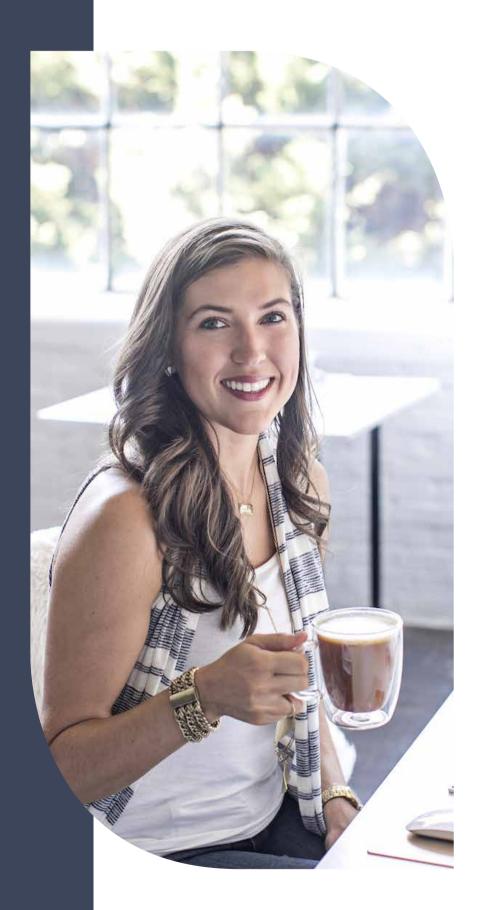
Ultimately... You are precious too.

Live like you know that!

Mark

### Kate Kordsmeier

### Feature Interview



See the full interview at <a href="https://lowcarbmag.com/kate-kordsmeier-full-interview/">https://lowcarbmag.com/kate-kordsmeier-full-interview/</a>

Kate Kordsmeier is the founder of "Root and Revel" a food and wellness website that educates people about using food as medicine. In 2015 she was diagnosed with PCOS (Polycystic Ovary Syndrome), Leaky Gut Syndrome, insulin resistance and hypothyroidism.

After her diagnosis, Kate
Kordsmeier was blown away
by the rapid transformation
she saw in her own body
due to simple, natural, and
holistic lifestyle changes.
The food Kate ate and the

natural products she used have helped her to live nearly symptom-free, and she wanted to share what she learned.

PCOS is very common, but it manifests differently in different women (leading to it being often under-diagnosed). It is caused by an imbalance of hormones, in particular, by a woman having elevated levels of androgens (male hormones). All women have a mix of male and female hormones, as do all men, and usually they stay balanced, with women having

higher levels of female hormones and lower levels of male hormones, and vice-versa. But sometimes a woman can over-produce male hormones, or under-produce female ones, leading to an imbalance. This leads to symptoms such as irregular or no menstrual periods, heavy periods, excess body and facial hair, acne, pelvic pain, and difficulty getting pregnant.

Kate's symptoms included irregular cycles, weight gain, acne, and fatigue. Since hormones are involved in the regulation of energy levels,

mood, hunger levels, sleep quality, and stress levels, the hormone imbalances of PCOS affected Kate's entire life.

Kate had been a food writer for magazines and newspapers since 2010, writing about food news and trends, restaurant openings, chef profiles, etc. for about a decade, as well as writing recipes and cookbooks. Three years ago, however, she started to have health problems. "I was eating out four or five times a week,

having big meals, trying everything on the menu. I was just indulging all the time, which I think was the main issue." Her diet at the time included lots of sugar, sodium, bad fats, inflammatory foods, and alcohol.

After a long journey of seeing many doctors and trying numerous medications without success, she decided to go a more natural route.
"I ended up finding a ton

of success and healing
by changing my diet and
using some holistic lifestyle
changes," she explains. "I
didn't want to just treat
or mask my symptoms,
I wanted to get to the
root of the problem." She
supplemented information
from her holistic practitioner
with her own research,
"Being the journalist I am,
I read about a dozen books
on the conditions that I
was diagnosed with."



The first big change was to her diet: Kate tried to cut out all inflammatory foods, and started eating specific foods that help to re-balance her hormones. "I was drinking a few cups of coffee a day, often on an empty stomach, so I switched to either decaf coffee or herbal tea." She also sometimes included Matcha, a special type of Japanese green tea ground to a powder, which actually contains a similar amount of caffeine to coffee, but has a different amino acid profile, which slows the caffeine's release making it less of a shock to the system. Matcha is also full of

anti-oxidants. Kate also ate lots of wild-caught seafood for the healthy fats they contained, and avocados and nuts started to figure prominently in her diet. She also took natural supplements to help with hormone balancing. "The ones that really worked well for me were Vitex and DIM, which really helps to lower estrogen levels."

Vitex (also called Chaste-berry) is a shrubby plant native to Greece and Italy. Its berries contain a number of compounds that help to balance female hormones by helping to support



and regulate the pituitary gland. DIM (Diindolylmethane) is a compound found in cruciferous vegetables like cabbage, cauliflower, broccoli, Brussels sprouts, kale, and turnips. It helps to balance the two forms of estrogen a woman produces, and can also potentially protect against breast, cervical and other estrogen-driven cancers. Simply eating more cruciferous vegetables in their raw or lightly-cooked

forms can help with hormone balancing. Kate orders all her supplements online, checking brands, labels, and ingredients carefully to make sure that the supplements she's buying are 'clean,' meaning that they don't have a lot of fillers or additives.

But Kate also had Leaky Gut Syndrome to deal with. 'Leaky Gut,' or more properly Increased Intestinal Permeability, is a condition where the normal lining of the gut develops cracks



or holes, allowing partially digested food and normal healthy intestinal bacteria to come into contact with the tissues beneath the intestinal walls. This can lead to digestive problems, including inflammation.

Leaky Gut can also play a role in celiac disease, Crohn's disease, and irritable bowel syndrome, and is also associated with autoimmune diseases, chronic fatigue syndrome, arthritis, allergies, asthma, acne, and obesity.

The standard American diet, full of processed foods and highly refined sugars, can be a major trigger for Leaky Gut. Kate didn't respond to any

standard medical treatment and suffered for years with digestive upsets. While she didn't swear off any particular food group entirely, she noted that for some people gluten can be a trigger for Leaky Gut and those people can benefit from adopting a glutenfree diet. Her own dietary changes promoted rapid improvement, "That was one of the fastest things to heal, for me. It was much quicker than balancing my hormones, because your diet affects the gut directly, the faster you change it, the faster you can heal."

••••for some people gluten can be a trigger for Leaky Gut and those people can benefit from adopting a gluten-free diet."



Kate says that there were some main things that she did to improve her gut health: one was probiotics; Kate took probiotic supplements and also ate probiotic whole foods such as fermented vegetables (sauerkraut and kim chi), and drank kombucha. Kate also struggled with acid reflux. Counter-intuitively, acid reflux is often actually caused by low stomach acidity, so she increased the acidity of her stomach by drinking apple cider vinegar before meals, or by taking a digestive enzyme.

She changed her diet to be antiinflammatory, trying to eat at least
two to three servings of vegetables
at every meal. On top of that, she
focused on healthy fats, like those
from seafood, and foods that contain
lots of healthy protein and fiber. Kate
noted that since she's not gluten or
lactose intolerant, she focused on
adding good foods to her diet, rather
than restricting her eating. "Getting
a lot of fiber and drinking a green
smoothie every day was one of the
fastest things that helped me," Kate

explained. She also ate flax, chia, or hemp seeds for their added fiber, to help regulate her digestion.

Kate simply calls her current diet a 'Real Foods' diet. Eating foods in their natural state (or close to it), and avoiding processed foods as much as possible. "I really try to limit refined flours and sugars."

This was especially important when she found out that she was insulinresistant, an indication that she might be at risk for

developing diabetes. This is a common issue among women with PCOS, even those that aren't overweight. Kate dealt with it by learning to manage her blood sugar, which meant switching to a relatively lowcarb diet. "The only carbs that I eat are from fruits and vegetables, and whole grains." Eating meals at regular times, and eating within an hour of waking up were key steps, but she also added some supplements that help to manage blood sugar including Inositol which is a particular

type of sugar that acts like a vitamin in the body. It is a major component of cell membranes, and influences the action of insulin, thus helping to regulate blood sugar levels. Inositol is naturally occurring in grains, beans, nuts and fresh fruits and vegetables.

Being conscious about chewing her food thoroughly also helped, because the enzymes in saliva help to break down foods (especially carbohydrates) and start the digesting process, which helps the stomach and the gut to digest food more

easily. "My jaw would get tired when I tried to chew each bite 50 times, which tells you something about how little attention I usually paid to chewing properly."

"But ultimately," Kate said, "it came down to the most obvious thing, which was avoiding sugar. And learning that things that aren't sweet, for instance carbs, which are turned into glucose when you eat them, count as sugar."

She did do elimination diets (cutting out gluten for 30 days, and dairy for 30 days) to find out if she had



particular sensitivities. "For me personally, I didn't notice a difference," Kate notes, but goes on to point out that even people who don't have a gluten sensitivity or allergy might feel better when they cut back (or cut out) gluten because it

The most commonly-grown type of wheat in North America, destined for industrial bakeries that produce 'squishy' 'airy' standard sandwich breads has seven times the gluten of wheat farmed in Europe, designed for making (for



Kate also talked about how sugar, caffeine and alcohol can affect levels of cortisol, which is the body's primary stress hormone. Cortisol imbalances can affect sleep as well as energy and stress levels. "Self-care was also key," Kate says. "I started

and balance. I just can't say enough good things about doing a regular yoga practice."

Kate also uses the 'Headspace' app for meditation, which has (among many other things) a

The most commonly-grown type of wheat in North America, destined for industrial bakeries that produce 'squishy' 'airy' standard sandwich breads has seven times the gluten of wheat farmed in Europe,



means that they're cutting back on highly processed, refined carbohydrates and sugars. It's also important to remember that there can be vast differences in the gluten content of different types of wheat.

example) traditional French baguettes. So someone who has a gluten sensitivity (as opposed to an allergy or celiac disease) might react to North American bread, but not European bread.



doing yoga and meditation to help calm my stress responses." Her regular yoga practice helps her feel better, clears her mind, gives her motivation and focus, and improves her concentration. "Not to mention flexibility series of guided meditation exercises specifically to address anxiety. Cognitive Behavioral Therapy is another tool she uses to change the way that she responds to stress. But she also relies on much

simpler forms of self-care, such as "going outside for a walk. Being outside is amazingly helpful for managing my stress."

Another key aspect to lowering stress and improving overall health was good quality sleep. "I try to stick to a sleep schedule. I try to get to bed by ten p. m., no electronics, no TV, and try to get a good rest," Kate says. Working from home gives her the flexibility to sleep a little later than many people.

The website Kate runs is rootandrevel.com. "The tagline for the website is 'The balance between 'Good' and 'Good For You'," Kate explains. She thinks it's important to remember that real people aren't perfect, "Sometimes you're on a road trip and you have to stop and what's there is a McDonalds," she says. And beyond that, she wants people to think of food as a positive thing, and to have a positive relationship with the food that they're eating. "I don't like restrictions and sacrifice and deprivations,"



she explains, which relates back to her philosophy of adding 'good' foods to her diet, rather than focusing on restricting or taking away 'bad' ones. "And besides, if you fill up on the good stuff, you end up eating less of the bad stuff automatically."

"I've seen the power of food first hand, and how important it is to eat a healthy diet." So finding balance is what the website is about. 'Root' refers to food, but also to getting back to basics and finding the 'root cause' of

your health problems, while 'Revel' refers to revelry, celebration, "and just enjoying life, and having a good time as well." Kate firmly believes that healthy food can be delicious. "I think there's still such a stigma that if you eat healthy it means steamed broccoli and baked chicken every night, and that is not the case at all." Having a restaurant background, Kate brings a unique perspective. For her, flavor is paramount, and the fact that the food is also really good for you should be seen as a bonus.

Another tip to help people shift their eating that doesn't involve restricting certain foods, is to buy smaller quantities



of higher-quality versions of the foods you want to indulge in. Because the flavors are more intense, a smaller quantity of (for example) very high quality dark chocolate can be just as satisfying as a sugar-filled candy bar, but you still get a yummy, chocolaty desert. Taking the time to enjoy and appreciate the quality of the foods you choose to eat, without guilt or stress, is the key. "If I'm going to allow myself to indulge in something, I'm going to savor every last bite."

Kate's reading and research continues, and she shared some of her favorites: "One book I always recommend to people is 'Clean Cuisine' by Ivy Ingram Larson and Andrew Larson, which is an anti-inflammatory diet book." She also recommends 'Woman Code' by Alisa Vitti for PCOS sufferers and anyone who wants to learn more about balancing hormones and female reproductive health; and 'The Adrenal Thyroid Revolution' by Aviva Romm, which is helpful for people

with thyroid disorders and anyone struggling to manage stress. Kate stresses the importance of reading and being one's own health advocate.

Kate has also written several books, including "Atlanta Chef's Table," from when she was working as a food writer, and more recently a self-published eBook "Green Smoothie Guide," which is available for purchase on her website. Kate swears by green smoothies, and one of the regular events on her website is Kate's "Green Smoothie A Day" challenge, which anyone is welcome to join in for free.

The website contains a wealth of information about food and wellness, including delicious recipes, information about natural cleaning and beauty products, and in-depth details about changing your diet and using food as medicine. Kate encourages everyone to stop by <u>rootandrevel.com</u> and access her free library of resources.



USA Today, Travel + Leisure, Wine Enthusiast, Real Simple

and Cooking Light.

In October 2015, after being diagnosed with Polycystic Ovary Syndrome (PCOS), Leaky Gut Syndrome, insulin resistance and hypothyroidism, and subsequently healing her symptoms naturally, she created Root + Revel. Though a food writer—it's her job to eat and report on the world's most delicious foods—she is also a food lover, who believes strongly that life is not worth living without fried chicken, cheese and wine. She has seen firsthand the power of nutrition and how much the food we eat affects the way we feel.

https://lowcarbmag.com/kate-kordsmeier-full- interview/



#### Dr. Mona Morstein

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

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

Dr. Morstein has taught diabetes education to medical students and physicians for years, and has an eleven week diabetes webinar archived at MedicineTalkPro.org. Her clinic is the Arizona Integrative Medical Solutions at azimsolutions.com.

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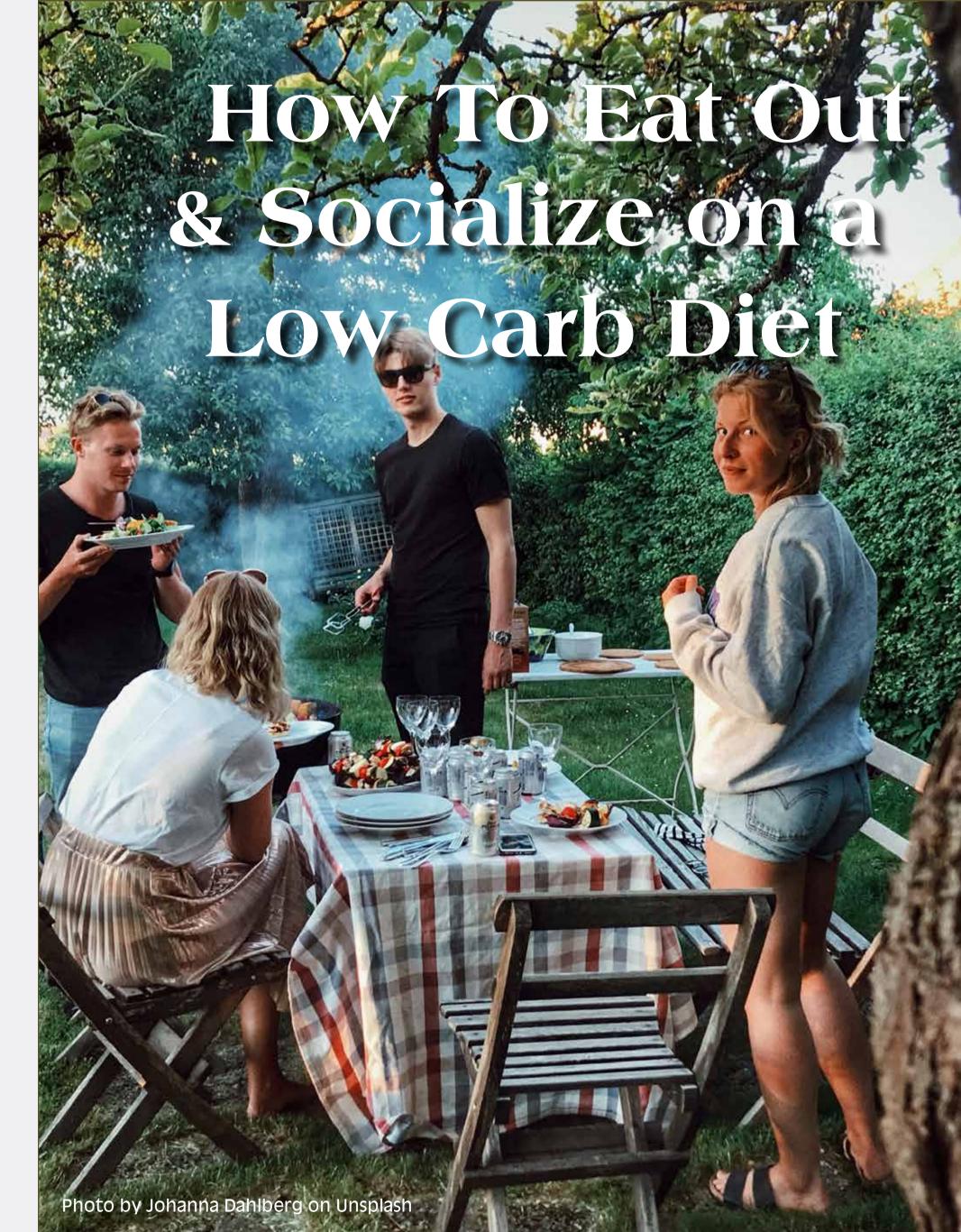
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Being on a low carb diet to regain and maintain one's health is a good idea for many people with many different conditions. What you choose to eat in your own home is well within your control. But, most of us enjoy socializing with friends and family and that means figuring out how to enjoy that time while staying committed to your dietary choices.

One first thing to do when making a significant dietary change that likely will not resonate with any or all of your social groups is to discuss with them what you are doing, why, and to ask for their support. The next step is staying true to your diet. When you are consistent and steady in eating low carb, people will understand, realize you are serious, and over time, accept what you are doing. At first, someone

may try to get you to eat a cookie, or a roll; it's a psychological ploy to have you eat what they are eating, to justify to themselves it's okay to do so. But, over time, as you are true to your culinary journey, that tends to fade away.

When going out to eat at a restaurant, of course, first choose a restaurant that has a menu more allied with what you want to eat. For example, avoiding Italian restaurants full of pasta dishes makes sense. Typical restaurants where you can get meat, poultry, fish, grilled vegetables and a salad "hold the croutons" sets you up for success. Restaurants that have many different salad options is a good. Wherever you go, ensure that no rolls or bread or chips are placed on the table. Many burger places will replace buns with lettuce wraps. I





also find that it's helpful to bring a low carb nut muffin to the restaurant so when you are rice, bread, potato free, there is still something "grain-like" to complement your meal.

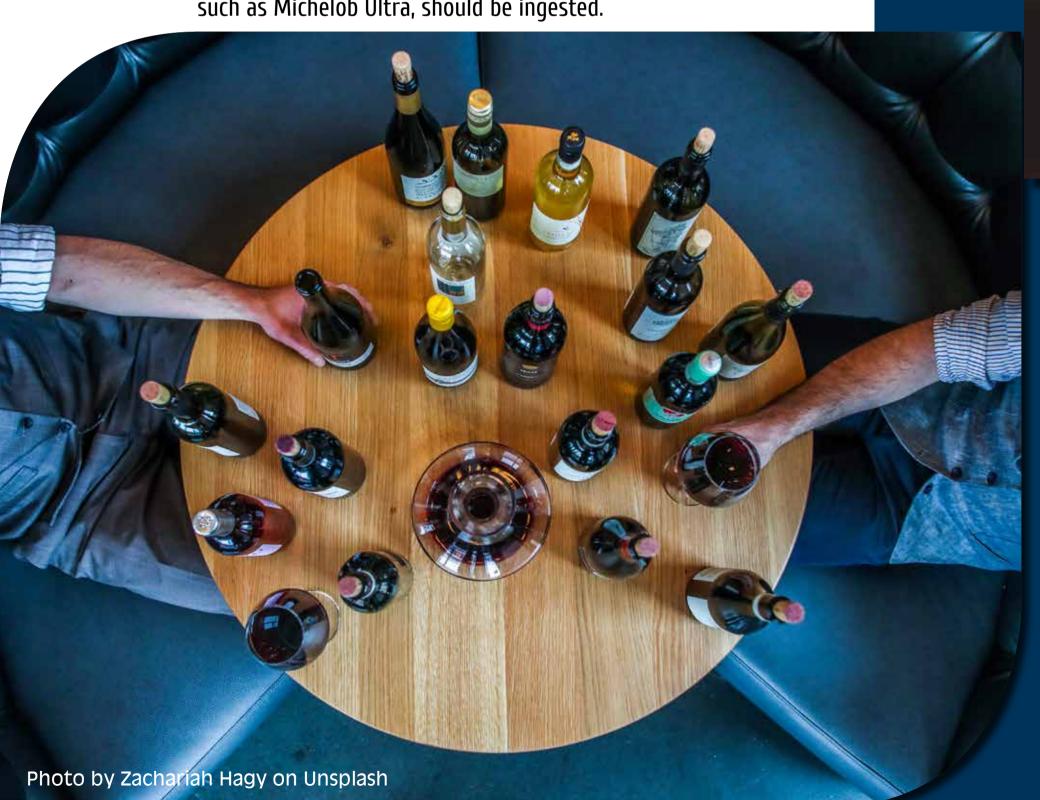
If you are dragged to a restaurant not conducive innately to low carb, then pick and choose and ask for dietary modification of meals. Be nice, and most restaurants today should be willing to adapt recipes for you.

At a restaurant you can also ask for extra fats to be added to your meal; extra butter for your meat, extra dressing for your salad or grilled vegetables. If there is some sauce with your meal, ask if there is any sugar or other carbohydrates added to it. Just walk by the most egregious offerings. But, the salad bar, meat stations, and vegetable platters can certainly fill you up.

If you are going to a buffet, make sure you are feeling good with appetite control, as it is very easy to overeat. Also, watch salad dressings and sauces, as many are sweetened.

If you are going to a party, and you know there will be a good deal of carbohydrates, crackers, desserts, noodles, potatoes, and such, sometimes it's good to eat low carb foods before getting to the party, so you will not be tempted with all those foods surrounding you. It's also good to discuss what you eat with those sponsoring the party, so you can ensure they will kindly either prepare low carb foods for you, or not be offended if you bring your own foods to eat. Open communication with friends and family is exceedingly helpful to ensure without too many difficulties you can easily eat low carb with them.

For beverages, coffee, tea, carbonated water, and many low carb drinks such as Zevia, or Vitamin Water Zero are great. With alcohol, hard liquor has no carbs, a glass of wine has around 4 grams carbs, and only very low carb beer, such as Michelob Ultra, should be ingested.





Last, eat slowly and deliberately. Plates at restaurant are larger than what you use at home, so it's easy to overeat, and add extra calories, that even if they are low carb, can work against weight loss and glucose control.

Following these guidelines can help you be successfully low carb in all food situations in your life without it being difficult or stressful to you or those you are with.



Rachel Zinman is passionate about the deeper aspects of yoga and its ability to heal and inspire.

She has spent the last 35 years practicing enthusiastically as well as teaching nationally (in Australia) and internationally since 1992. She has studied with some of the most influential teachers in the West as well as immersing herself in the study and assimilation of the classical system of knowledge called Vedanta, in the lineage of Adi Shankara.

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

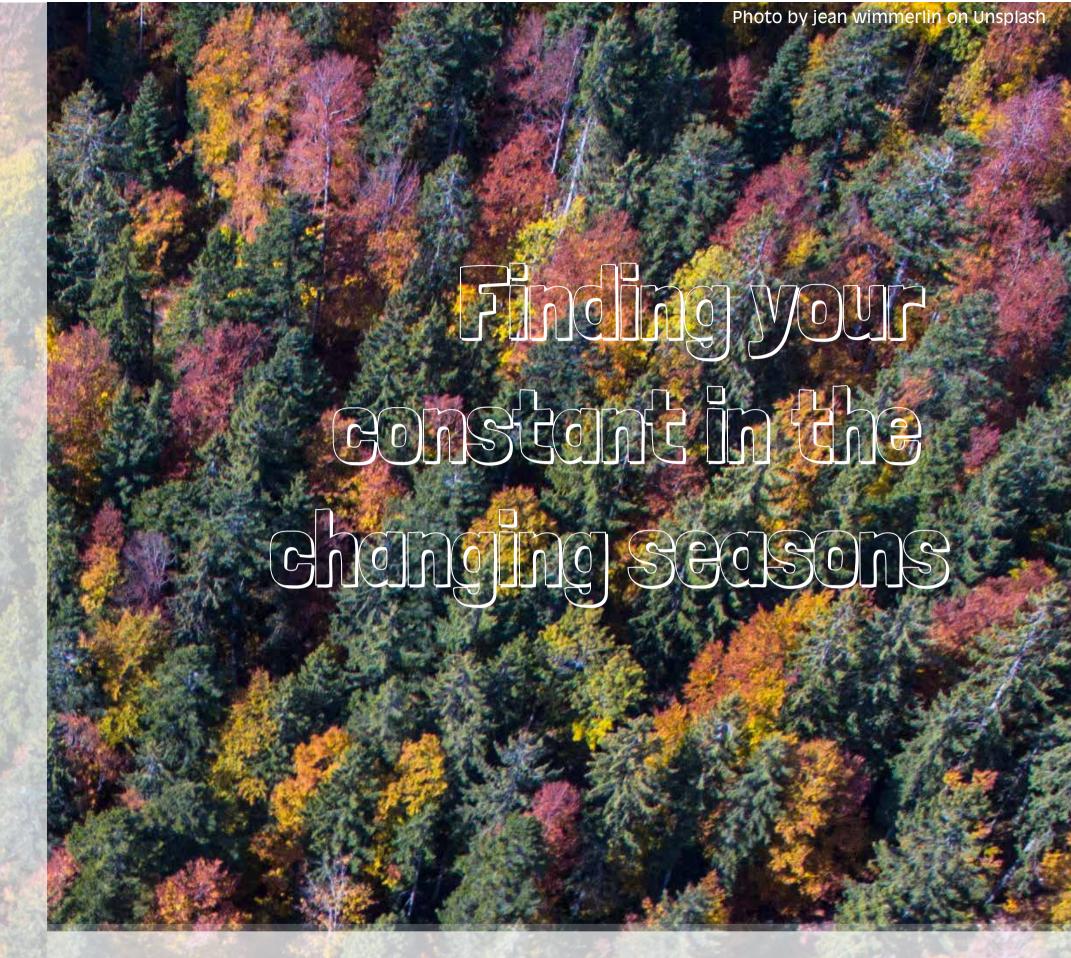
### Rachel Zinman

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

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

Her book "Yoga for Diabetes, How to Manage Your Health with Yoga and Ayurveda" was recently named a finalist in Foreword INDIES 2017 Reviews and is available from Amazon or where all good books are sold. https://amzn.to/2N2OgJV

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



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the right practice in a given season is key. I use the sister science of yoga, Ayurveda to help.
Ayurveda means the science of life. It is a system of healing which is based in the 5 elements. Earth, water, fire, air and space. Your constitution is a combination of these elements in greater or lesser amounts. Some of us have more air and space, some more fire and some more water and earth. These combinations are called doshas.

The combination of air and space is called vata dosha. The combination of fire with a small amount of water is pitta dosha and the combination of water and earth is kapha dosha. Because our physiology is unique our constitution is unique. Which means even though we each have all 5 elements within us they combine in different amounts and are influenced constantly by the food we eat, the stress we're under, where we live, even the time of day and season of year.

That's why it tricky to find your perfect yoga. You may think of yourself as the same person, but your body is continually transforming. Think of how in summer you're hot, sweaty and aggravated and trying to keep cool while in

winter your joints get achy, your skin is dry and you can't seem to get warm.

As we approach the change of seasons something else happens to our bodies. Rather than being immersed in the heat of summer or the chill of winter, Spring and Autumn bring unpredictably, erratic fluctuations and inconsistency to our external and internal environment. You go outside in a t-shirt and 10 minutes later it's cold and raining. Or you head out all rugged up and suddenly your stripping off because it's too hot and balmy. When there's so much change in our outer environment how do we know what sort of yoga is right for us. Throw a few chronic conditions in the mix and things feel even more muddled.

What I love about Ayurveda is that it has the solution. The first thing it does is label those changes in the environment as a Vata disturbance. The elements of air and space, being light and intangible elements are causing those excess fluctuations. What do you do with a balloon that threatens to float away? You tie it to a post. That's not exactly what I would suggest for a practice at the change of seasons, but it's not far off the mark.

Tying yourself down to a regular routine, practicing grounding postures and adding some daily nourishing regimes will help to settle any fluctuations or stress in the

mind and body. Whenever we feel things are out of control it helps to bring in the opposite quality. That doesn't mean buckling down and trying harder to stick to a diet or an exercise regime. It's knowing when to bend and when to stand tall.

As someone living with Type 1 Diabetes, my nervous system always gets hit at the change of season. My blood sugars lose their stability, I don't sleep as well and I find it hard to focus on my work. Besides my absolute passion for eating low

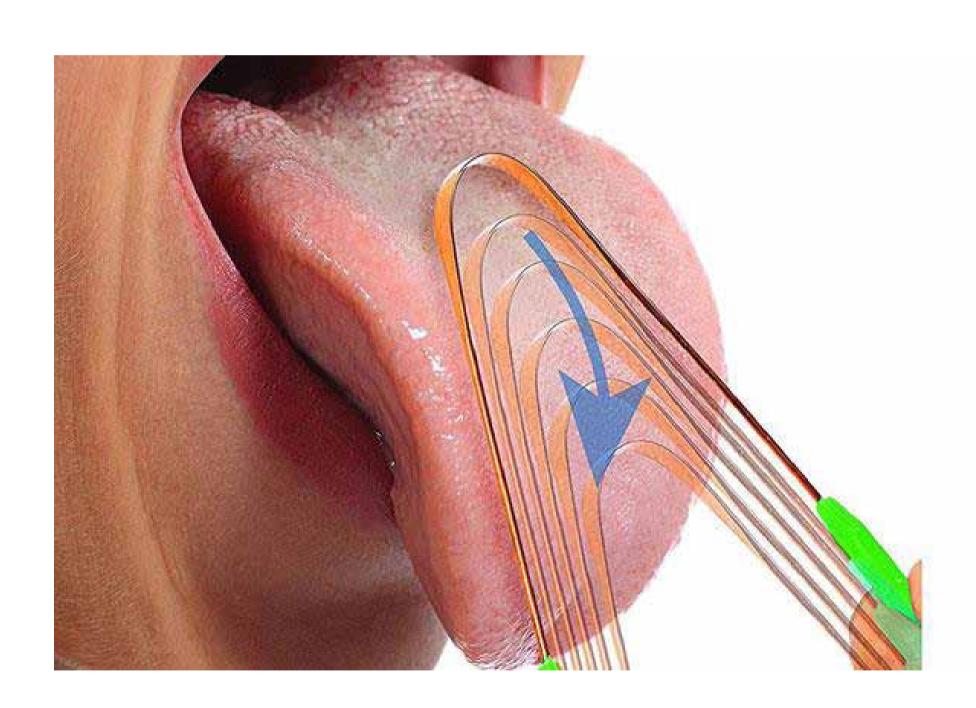
carb I make a point of adopting a more consistent yoga practice making sure to include more standing postures and nurturing forward bends. I also incorporate 3 simple morning routines to remove toxicity and stress from my system.

Want to find your constant as the seasons change? You'll love these simple daily regimes for greater health and well-being followed by a three pose standing routine to ground and rebalance.



#### **Scrape Your Tongue**

It's important to clear the tongue in the morning of accumulated toxins. The tongue is a mirror of your wellbeing. By cleaning your tongue in the morning you are placing your wellbeing in your own hands. Cleaning the tongue is also a great way to wake up, reset the nervous system and prepare you for the different tastes of the day. I use a stainless steel tongue scraper and clean from back to the front four times while rinsing the scraper in between each clean.



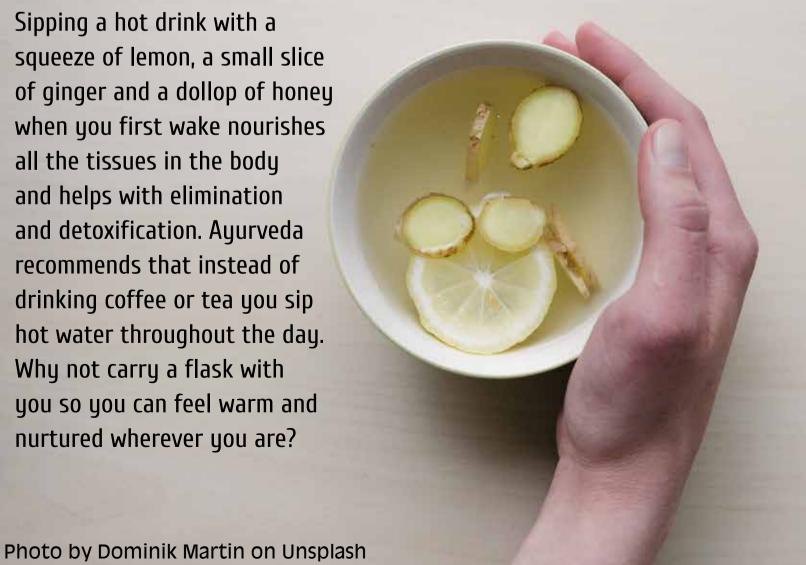


#### **Practice Full and Deep** Breathing.

Either sitting or lying down commit to stopping and taking 10 full deep breaths every day. I have added them to my daily yoga practice, but you can do them anywhere any time. Deep breathing facilitates better digestion, respiration, reduces stress and improves sleep. As someone living with diabetes I rely on those deep breaths when I am dealing with a low blood sugar. Each breath reminds me that I am alive and okay.

#### Drink a warm hot lemon, ginger and honey tea

Sipping a hot drink with a squeeze of lemon, a small slice of ginger and a dollop of honey when you first wake nourishes all the tissues in the body and helps with elimination and detoxification. Ayurveda recommends that instead of drinking coffee or tea you sip hot water throughout the day. Why not carry a flask with you so you can feel warm and nurtured wherever you are?



### Warrior 2

This posture builds strength and stamina. It strengthens the knee joint and powers up the front thigh, increasing insulin sensitivity. It facilitates deep breathing in the chest,

Strengthens the upper body and opens the hip flexor of the back leg.

#### Instruction

- Stand at the top of your mat in Mountain pose, big toes touching, heels slightly apart.
- Take a big step back with your left leg and face towards the left side of your mat.
- Line up your right heel with the middle arch of your left foot.

- Bend your front knee placing your hands on your hips.
- Make sure your front knee is over your ankle in a stacked position.
- Look down and make sure you can still see all five toes and the top half of your front foot. (If you can't, you've bent your knee too much.)
- Check to make sure your front knee isn't rolling in or out.
- Turn in your back hip and foot to keep the front knee tracking over the ankle.
- Raise your arms to shoulder height and gaze over your right middle finger.
- Take 5 deep breaths in the posture.
- On your next exhalation, straighten the front leg turn both feet to the centre.
- Repeat on the other side.





### Francie Fose

Triangle pose increases the stretch on the front inner thigh and opens the hamstrings. It opens the hips, increases breath capacity, tones the muscles around the kidneys and stretches the muscles responsible for side bending.

#### Instruction

- Stand at the top of your mat in Mountain pose, big toes touching, heels slightly apart.
- Take a medium step back with your left leg and face towards the left side of your mat.
- Line up your right heel with the middle arch of your left foot.
- Place your hands on your hips.
- Turn your hips slightly so that you face towards your front leg.
- Raise the arms to shoulder height

- and shift the left hip back while deepening the front hip crease.
- Feel the hip of the front leg drawing back while the hip of the back leg rolls down to face the floor. (This action helps to release the lower back and increases the length in the underneath side of the torso.)
- As the spine lengthens over the front thigh, reach the bottom hand on to the ankle and raise the top arm, lining up the wrist with the shoulder.
- Inhale and open the chest more, gazing straight ahead.
- Take 5 deep breaths in the posture.
- On your next exhalation, ground down into your front foot, inhale and bring the torso upright.
- Turn both feet to the centre.
- Repeat on the other side.

### 

Tree pose strengthens the ankle and foot.lt opens the hip of the bent leg and develops balance.lt's soothing for the nervous system and a calming and cooling posture.

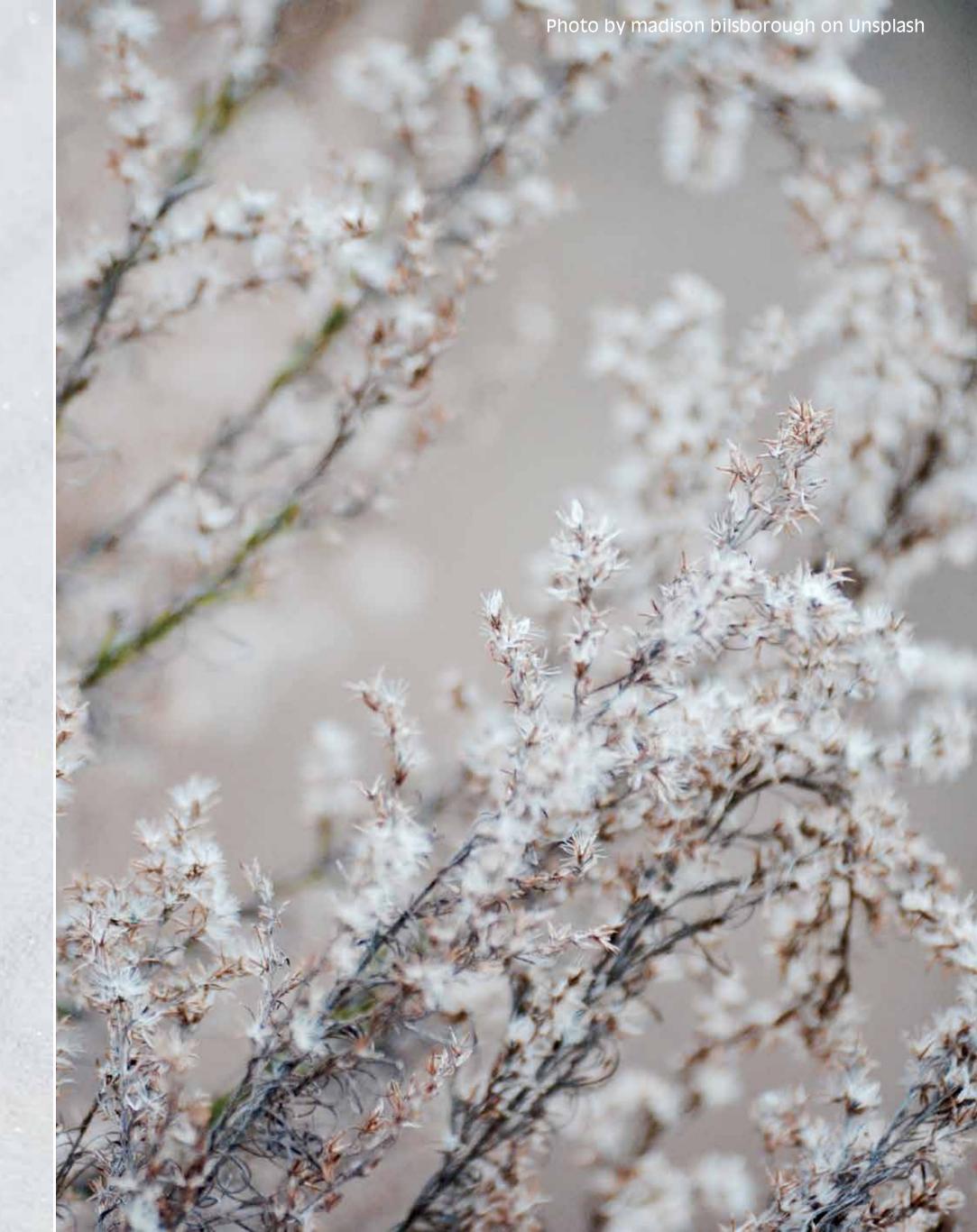
#### Instruction

- Stand at the top of your mat in Mountain pose, big toes touching, heels slightly apart.
- Shift the weight to the right leg and gently place the left heel on the right ankle pressing the ball of the left foot into the floor.
- Next, place the left foot along the inside of the right shin.
- If you feel balanced, grip the left ankle

### 0050

- with your left hand and place the left foot against the right inner thigh where the groin and top thigh meet.
- Your hips are level and face the top of the mat while your knee comes forward slightly.
- Place your hands in prayer position at your heart, open your chest, relax your shoulders.
- Breathe deeply gazing at a point either straight ahead or slightly down in front of you.
- Release the foot and come back to Mountain pose.
- Repeat on the other side.







### Dr. Jody Stanislaw

Dr. Jody Stanislaw received her doctorate degree in Naturopathic Medicine in 2007 from the acclaimed holistic medical school Bastyr University, in Seattle. She is a Certified Diabetes Educator, Type 1 Diabetes Specialist, and a founding board member of the Low Carb Diabetes Association.

Having lived with Type 1 Diabetes since the age of 7, she has dedicated her career to helping others with Type 1 Diabetes. She draws on her 30+ years of experience in teaching life-changing information about living well with Type 1 Diabetes. Information that most patients and physicians have never learned.

Author's Page URL on LCM

https://lowcarbmag.com/dr-jody-stanislaw/

Author's Face Book URL

https://www.facebook.com/DrJodyT1D

Author's Website URL

http://www.drjodynd.com/

**Author's Twitter** 

https://twitter.com/drjodynd

Author's other links

LinkedIn:

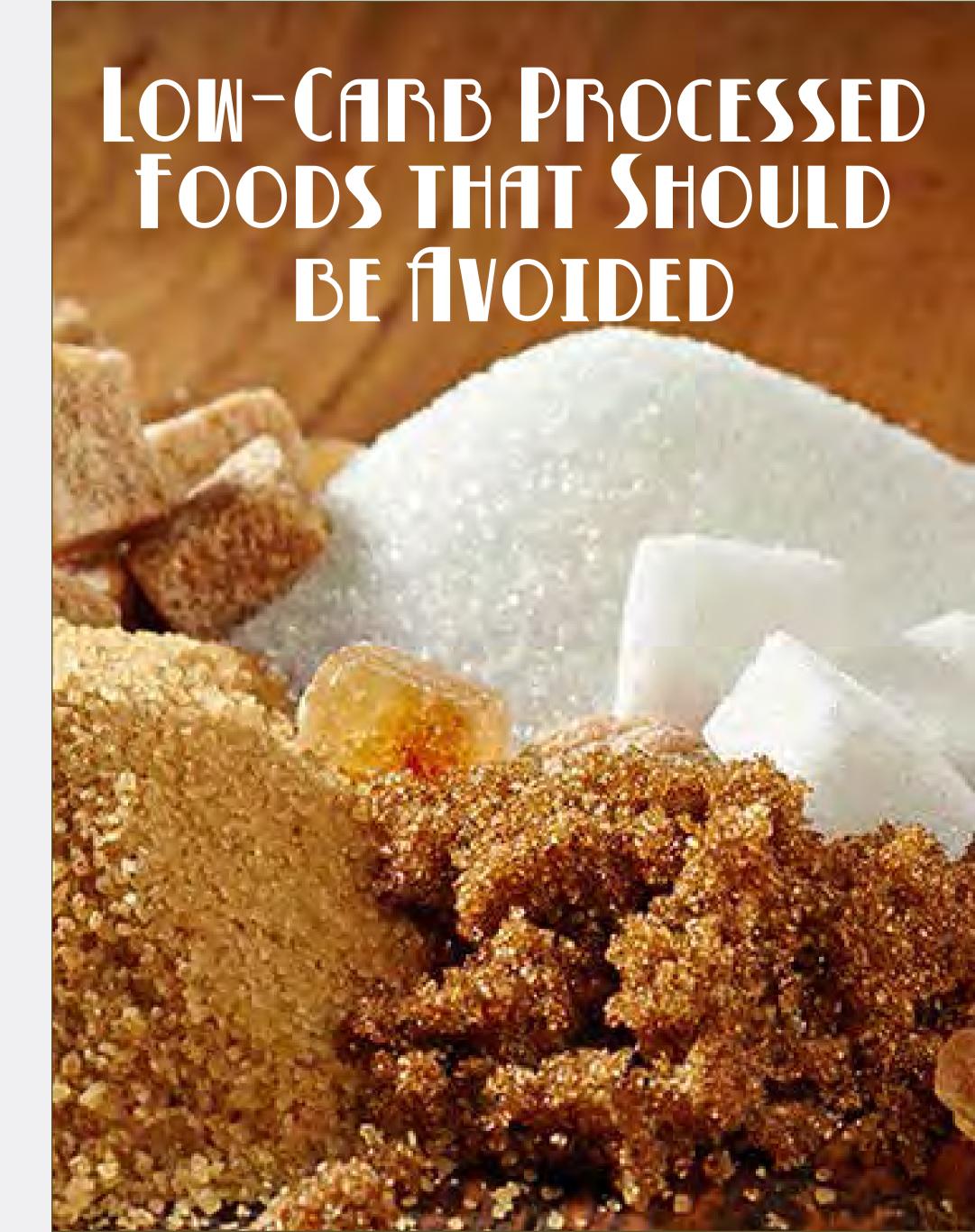
https://www.linkedin.com/in/dr-jody-stanislaw-108436a

Instanram<sup>,</sup>

https://www.instagram.com/dr.jody.nd/

Medium:

medium.com/@dr.jodund



Processed foods make up over seventy percent of today's diet and are contributing greatly to much of the world's dire health statistics. In today's grocery stores, sadly, most of what you see should not even be called "food." The majority of items are not real food, but rather 'processed products,' full of hidden chemicals and sugars, and made by companies out to make a profit.

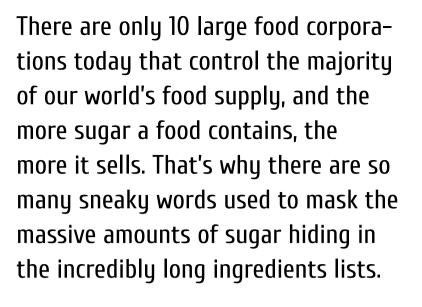
The fact that consuming excessive amounts of added sugars is harmful to the body should not be a surprise to anyone. Sugar is hiding even in many foods labeled as 'healthy.'

Code words for sugar that are often seen in ingredients lists include:

- Agave
- Coconut Sugar
- Brown Sugar
- Fruit Juice Concentrates
- Honey
- Malt Syrup
- Maple Syrup
- Molasses
- Raw Sugar
- Fructose

Do not be fooled. These all mean:



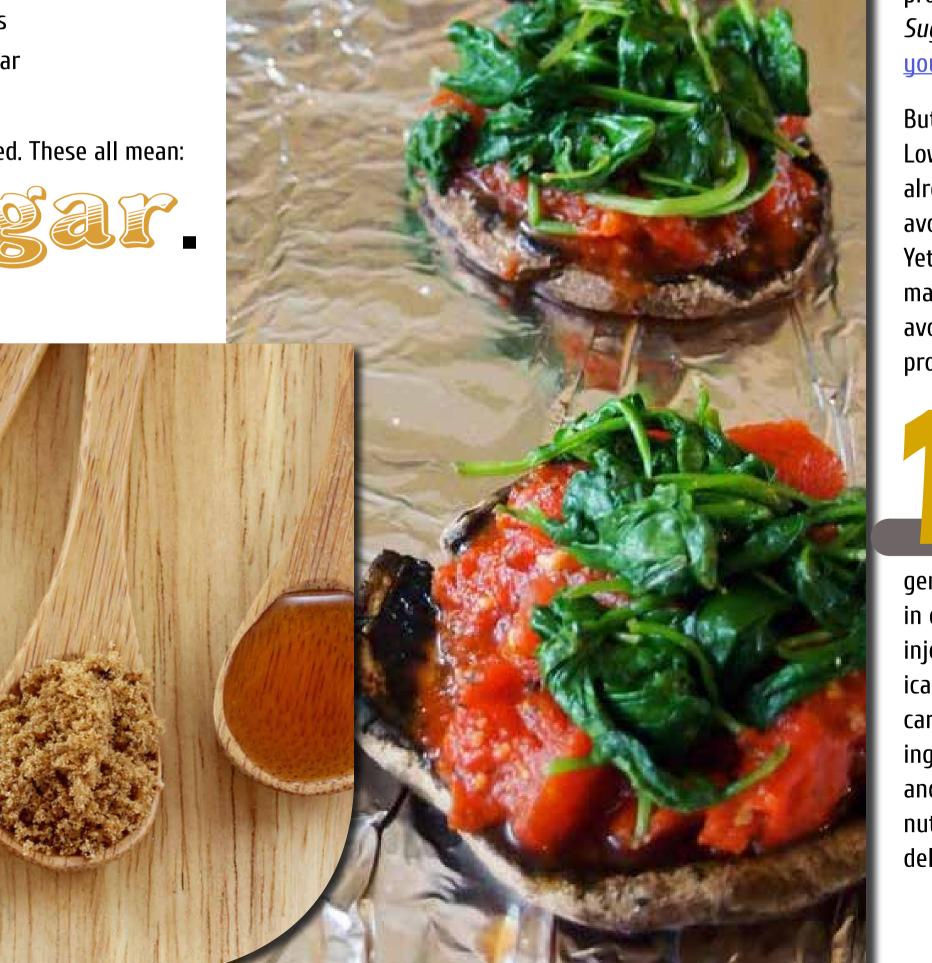


I talked extensively about this problem in my recent TEDx talk, Sugar is Not a Treat: <a href="https://www.">https://www.</a> youtube.com/watch?v=tic7X3ET4gE

But given that you are reading Low-Carb Magazine, I'm assuming you already know about the importance of avoiding processed, high-carb products. Yet unfortunately, there are also many low-carb foods that should be avoided as well. Here are six processed products you should avoid entirely:



Processed meats such as hot dogs, ham, salami, deli turkey and roast beef are generally sourced from animals raised in deplorable living conditions and given injections of hormones, antibiotics, chemical flavorings, dyes, sodium nitrite, and carcinogens, which are all cancer causing ingredients. Choose quality meat, poultry and wild fish instead or try a grilled nutrient-rich Portobello mushroom as a delicious and hearty meat replacement.



#### Mayo-Drenched Salads and Coleslaw

Mayo-laden side dishes, such as potato salad, macaroni salad, chicken salad and coleslaw can set you back hundreds of calories in just one cup. Grilled vegetables or green salads are much healthier, lower-carb, nutrient-rich options.

## Artificial Sweeteners & High Sugar Drinks

Who doesn't love a refreshing sweet tea or lemonade? However, they are usually full of sugar. If they're 'sugar-free,' sweeteners such as Splenda and Equal have been shown to actually stimulate appetite, increase carbohydrate cravings, and cause weight gain. Furthermore, studies point to these chemicals causing neurological problems. Use stevia or xylitol instead, and try just adding some refreshing, real fruit or cucumber slices in sparkling water.





## Canned Tomatoes Canned tomatoes often contain added sugar. Furthermore, tin cans are often lined with a

toxic chemical called BPA. Although it can happen with all canned food, the acidity of tomatoes causes the BPA to greatly leach into the food. Buy tomatoes only in glass containers, or better yet, fresh from a local farmer's market or grocery store.

### Table Salt Salt is occupied for

Salt is essential for life. But not all salt is created equal. Table salt has been leached of key minerals, unlike natural salt. Natural salt contains naturally occurring beneficial minerals such as silicon, phosphorus and vanadium. Look for iodized sea salt.

#### Most Vegetable Oils

Oils that contain the word 'vegetable' should not be misinterpreted as healthy.

Oils such as canola, soy, and corn are not only likely genetically modified, but when you cook with them, they turn into unhealthy fats. For cooking, coconut oil is a great choice, and for salads, I recommend organic, virgin, cold-pressed olive oil.

The more real, whole foods you eat, the less toxins you will ingest thus the healthier you will be and the better you will feel!



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

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

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



#### Dr. Jody Stanislaw

Dr. Jody Stanislaw received her doctorate degree in Naturopathic Medicine in 2007 from the acclaimed holistic medical school Bastyr University, in Seattle. She is a Certified Diabetes Educator, Type 1 Diabetes Specialist, and a founding board member of the Low Carb Diabetes Association. Having lived with Type 1 Diabetes since the age of 7, she has dedicated her career to helping others with Type 1 Diabetes. She draws on her 30+ years of experience in teaching lifechanging information about living well with Type 1 Diabetes. Information that most patients and physicians have never learned.

Author's Website URL

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Author's Facebook URL

https://www.facebook.com/DrJodyT1D

Author's LCM page

https://lowcarbmag.com/low-carb-maginterview-with-jody-stanislaw-drjodyndcom/

**Author's Twitter** 

https://twitter.com/drjodynd

Author's Other Links

LinkedIn:

https://www.linkedin.com/in/ dr-jody-stanislaw-108436a

Instagram:

https://www.instagram.com/dr.jody.nd/

Medium:

medium.com/@dr.jodynd

## Pick of the Carba 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



Dr. Cywes from obesityunderstood. com is Dual Board Certified in General Surgery and in Pediatric Surgery. He specializes in Pediatric and Adult obesity, diabetes and metabolic management including bariatric surgery. His focus is on helping people understand and treat the true cause of obesity and diabetes. He has been doing bariatric surgery for 19 years and has performed around 8000 surgeries. Despite this, Dr. Cywes firmly believes that obesity and diabetes are not treated by surgery, however, surgery may be an invaluable tool along the journey of becoming carbohydrate-free.



### 2 LOW CARB

### Low Carb Paleo Show



Hosts: Alain Braux and Mark Moxom interview Nikolett Ivanyi



Through continuous education, experimentation, trial and error, Nikolett Ivanyi has found an extremely effective Acne Free Skin Program and a results-oriented home care protocol which will clear up the skin without the use of prescription

meds and antibiotics. Today she helps her clients achieve the same by teaching them how to get their acne under control the natural way..





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### 3 LOW CARB

### Keto Talk with Jimmy Moore & The Doc





Talk, Jimmy and Dr. Will Cole are back from their travels and ready to answer your questions all about the Keto lifestyle. Joint pain, hunger, protein, low glucose, and the myth of arteryclogging saturated fat get the full Keto Talk treatment today on Episode 112!

In this episode of Keto



### PLOW CARB

## Low-Carb Conversations with Leah Williamson





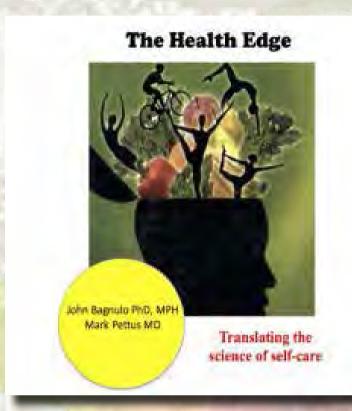
This week on Low Carb
Conversations with Leah
Williamson NTP and Guests,
Leah is joined by special guest
host Shelley Gawith and guest
Trudy Scott. Trudy Scott is
the author of The Anti Anxiety
Food Solution: How the Foods
You Eat Can Help You Calm
Your Anxious Mind, Improve
Your Mood and End Cravings
and is also host of The Anxiety



Summit, now in its 4th season and called a "bouquet of hope". More at www.theanxietysummit.com

### J LOW CARB

### The Health Edge Podcast

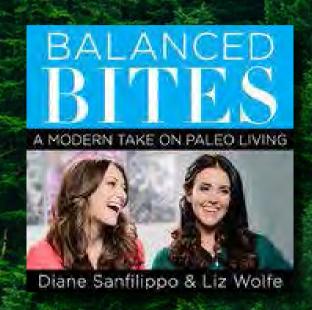




In this episode of *The Health Edge* Mark and John discuss some favorite herbs and botanicals that have many powerful therapeutic effects. These effects range from more stress resilience, less inflammation and improved detoxification capacity.



### Paleo/Primal Balanced Bites





Food Intolerances vs. Sensitivities, and Carbs & Keto

### 2) Paleo/Primal The Primal Blueprint Podcast





**EPISODE** 

**FEATURING BRAD KEARNS** 



Host Brad Kearns discusses common themes and concerns extracted from commentary on the Keto Reset Facebook Group. Topics include: the difference between fat-adapted and keto-adapted; what about the "keto rash?"; making keto work if you don't have a gall bladder; different approaches for fit/ low body fat types versus those with metabolic damage; do you need to consume extra fat to make extra ketones? (N.O.); is there a no-mans land with carb intake for athletes where you are too high for keto and too low for proper recovery? Some incredibly important insights for anyone wishing to optimize keto. Send your questions/comments/feedback to info@ketoreset.com.







### 3) Paleo/Primal

## The Paleo Solution Podcast





We're back with Q&A #4 with Robb and Nicki for Episode 399 of the podcast. Enjoy!



### Paleo/Primal

### The Primal Show







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

### Daleo/Primal

### Nom Nom Paleo Podcast





We're back! Yeah, I know it's been over two months since our last podcast, but we think you'll really dig this hourlong 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

Did Tim Ferris just reveal the two biggest secrets to fat loss for free on his YouTube channel? Tune in to find out.



### Health/Fitness TED Talks Health





Children who live in rural areas can have a hard time getting to the doctor -much less to an audiologist's clinic for expensive, complex tests to check their hearing. The result for too many kids is hearing loss caused by ear infections and other curable or preventable problems. That's why ear surgeon and **TED Fellow Susan Emmett is working** with 15 communities in rural Alaska to create a simple, low-cost test that only requires a cell phone. Learn more about her work and how it could change the lives of children who don't have access to hearing care.

### Health/Fitness The Fitcast





**Audio only** 

Chad Landers comes on the show to talk about the transformation of William Zabka for Cobrai Kai, his talk on Networking at the Inland Empire Fitness Conference, where we are failing as professionals, being NSCA **Training of the Year and more!** 









# Health/Fitness The Jillian Michaels Show



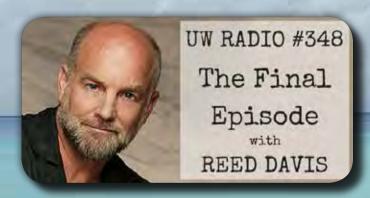


Jillian and Sarah dish on their time so far as co-workers. Plus Jillian dishes on cellulite, the latest supplement trends, and the skinny on fruit.









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 Movie: The Peril On Your Plate - Watch the New RT Documentary on GMOs and Glyphosate Here

https://sustainablepulse.com/2018/05/24/the-peril-on-your-plate-watch-the-new-rt-documentary-on-gmos-and-glyphosate-here/

### GMO USA: Landmark Lawsuit Claims Monsanto Hid Cancer Danger of Weedkiller for Decades

https://sustainablepulse.com/2018/05/29/landmark-lawsuit-claims-monsanto-hid-cancer-danger-of-weedkiller-for-decades/

### GMO USA: Groundbreaking Detox Product Shown to Reduce Levels of Glyphosate in the Body

https://sustainablepulse.com/2018/05/30/groundbreaking-detox-product-shown-to-reduce-levels-of-glyphosate-in-the-body/

### GMO USA: US Judge Gives Green Light to Misleading Roundup Label Lawsuit against Monsanto

https://sustainablepulse.com/2018/05/07/us-judge-gives-green-light-to-misleading-roundup-label-lawsuit-against-monsanto/

### GMO USA: Weedkiller Products More Toxic than Their Active Ingredient, Tests Show

https://sustainablepulse.com/2018/05/08/weedkiller-products-more-toxic-than-their-active-ingredient-tests-show/

### GMO Europe: The EU Needs to Speak Up to Avoid 'Backdoor' GMOs on Our Plates

https://sustainablepulse.com/2018/05/19/the-eu-needs-to-speak-up-to-avoid-backdoor-gmos-on-our-plates/

### GMO World: Sustainable Pulse Interview: Leah Segedie on 'Green Enough' Her Bestseller on Toxic Chemicals

https://sustainablepulse.com/2018/06/01/green-enough-bestseller-toxic-chemicals-in-the-home/

#### GMO World: Bayer to Ditch Monsanto Name after Mega-Merger

https://sustainablepulse.com/2018/06/04/bayer-to-ditch-monsanto-name-after-mega-merger/



https://sustainablepulse.com/2018/06/04/monsanto-relied-on-these-partners-to-attack-top-cancer-scientists/

### GMO USA: Monsanto in Epic Fail with Attempted Attack on Global Glyphosate Study

https://sustainablepulse.com/2018/05/22/monsanto-in-epic-fail-with-attempted-attack-on-global-glyphosate-study/

### GMO USA: GMO Golden Rice Offers No Nutritional Benefits Says FDA

https://sustainablepulse.com/2018/06/06/gmo-golden-rice-offers-no-nutritional-benefits-says-fda/

GMO USA: Explosive new analysis reveals that farmers are spraying glyphosate on crops right before harvest

https://www.naturalnews.com/2018-06-05-farmers-are-spraying-glyphosate-on-crops-right-before-harvest.html

GMO USA: Whole Foods suspends GMO labeling promise, will continue selling unlabeled GMOs after five-year LIE to its own customers

https://www.naturalnews.com/2018-05-30-whole-foods-suspends-gmo-labeling-promise-selling-unlabeled-gmos-lying.html

GMO USA: Lawsuit - Monsanto hid the truth about the link between glyphosate and cancer

https://www.naturalnews.com/2018-05-24-lawsuit-monsanto-hid-the-truth-about-glyphosate-and-cancer.html

GMO USA: The FDA is blatantly hiding the fact that glyphosate is contaminating many foods in your pantry

https://www.naturalnews.com/2018-05-22-fda-glyphosate-is-contaminating-many-foods-in-your-pantry.html





### Annual Lenexa Spinach Festival

http://lenexa.com/government/departments\_\_divisions/
parks\_\_recreation/festivals\_events/spinach\_festival/

Experience the World's Largest Spinach Salad, learn about our history, let your kids enjoy a variety of children's activities or submit your favorite dish to our recipe contest – there's plenty to do for everyone in the family!

Lenexa, Kansas September 8, 2018





## Lodi Grape Festival

#### https://www.grapefestival.com/default.aspx

For over 80 years the people in San Joaquin County have been gathering to celebrate the grape harvest at the annual Lodi Grape Festival. What started out as a small food festival in downtown Lodi has now evolved into a four day event filled with great entertainment, food, vendors, grape and commodity murals, competitive exhibits, carnival, wine tasting, and so much more.

Lodi, California September 13-16, 2018



## 11<sup>th</sup> Annual Raspberry Festival

http://whitesilowinery.com/2017-upcoming-events/ FREE ADMISSION. FOOD, WINE, TOURS, LIVE MUSIC

> Sherman, Connecticut September 15-16, 2018

# 3<sup>rd</sup> Annual Great Maine BBQ Challenge

https://www.greatmainebbqchallenge.com/welcome

Spectators can expect a great weekend of blues music, great food and of course, beer!

Southwest Harbor, Maine September 21-23, 2018





# Marion County Country Ham Days

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

The last full weekend in September we celebrate Marion County Country Ham Days, a "Kentucky Top-Ten Event," hosted by the Marion County Chamber of Commerce along with its business partners and volunteers. The festival welcomes over 40,000 visitors and acts as an agent for community empowerment.

Lebanon, Kentucky September 28-30, 2018



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

#### https://eagleriver.org/featured/cranberry-fest/

Arts and crafts, cranberry food sales, a bakery, entertainment, Cranberry Fest Souvenirs, fitness events and more. With more than 40,000 people attending the festival annually, this event is one of the highlights of the fall season in Eagle River.

Eagle River, Wisconsin October 6-7, 2018



# Bowen's Wharf 28<sup>th</sup> Annual Seafood Festival

http://www.bowenswharf.com/
events-1/28th-annual-seafood-festival

Historic Bowen's Wharf in downtown Newport, RI, will host the 28th annual Bowen's Wharf Seafood Festival, on October 13th and 14th. Named one of the "10 Fabulous Fall Festivals on the Coast," by Coastal Living Magazine, this event is an open invitation to come back to the waterfront after the rush of the summer season!

Newport, Rhode Island October 13-14, 2018



### French Food Festival

https://www.lacajunbayou.com/calendar-of-events/festivals-and-events/french-food-festival

Enjoy over 20 local specialty dishes along with dancing and music. Folklife demonstrations that showcase the Cajun lifestyle can be seen.

Larose, Louisiana October 26-28, 2018

### Elberta German Sausage Festival

http://www.elbertafire.com/sausage-festival

Join us at the German Sausage Festival for Elberta's famous "One With Two Without" German sausage & sauerkraut, plus continuous entertainment for adults and children, and over 200 arts & crafts booths. Other scrumptious foods will include German style filled cabbage, potato salad, goulash, red beans & rice, hamburgers, hot dogs, BBQ sandwiches, ice cream, popcorn and peanuts. There will be baked goods as well as arts & crafts for sale at the festival. Carnival rides, polka, country, contemporary and German music will also be provided for entertainment.

Elberta, Alabama October 27, 2018



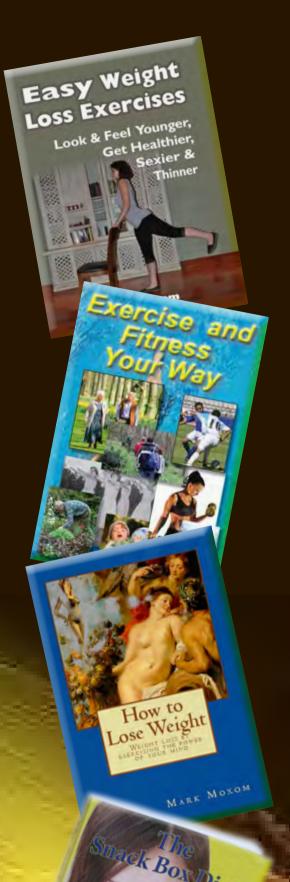


# Halloween Festival & Papade

http://business.glenellynchamber.com/events/details/hallow-een-festival-parade-8449?\_ga=2.111342596.1479792204.1532498907-117886300.1532498907

A Spooktacular Event where an average of 2,500 happy children with their parents participate in the parade, go Trick-or-Treating at participating local businesses, enjoy festival entertainment & crafts.

Glen Ellyn, Illinois October 27, 2018



#### 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** 

YOURS FREE WHEN YOU BECOME A GOLD LEVEL SUBSCRIBER



# Egg and Spinach Casserole

A light yet consistent dish that makes a great lunchtime treat. It also goes well with a brunch fry up

Click this link for more avocado step by step recipes





#### Ingredients:

- 1 tablespoon coconut oil
- 1 medium onion, chopped
- 10 ounces chopped fresh spinach (you can use packed and thawed as well)
- 5 medium eggs
- 3 cups shredded cheese (your choice)
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper









- 1. Preheat your oven to 350 degrees F (175 degrees C). Heat the oil in a large skillet over medium heat. Add in the onions and stir occasionally until soft.
- 2. Add in the spinach and continue cooking until the moisture has evaporated.
- 3. Meanwhile, in a large bowl, combine eggs, cheese, salt and pepper and whisk to an even consistency. Add in the cooked spinach and stir to blend. Pour the mixture into a baking pan and bake in the preheated oven until eggs have set, about 30 minutes.
- 4. Let cool before serving.

#### Chef's Tips:

For a kid-friendly presentation, you can pour the mixture and bake into muffin trays.

**Number of Portions: 4** 

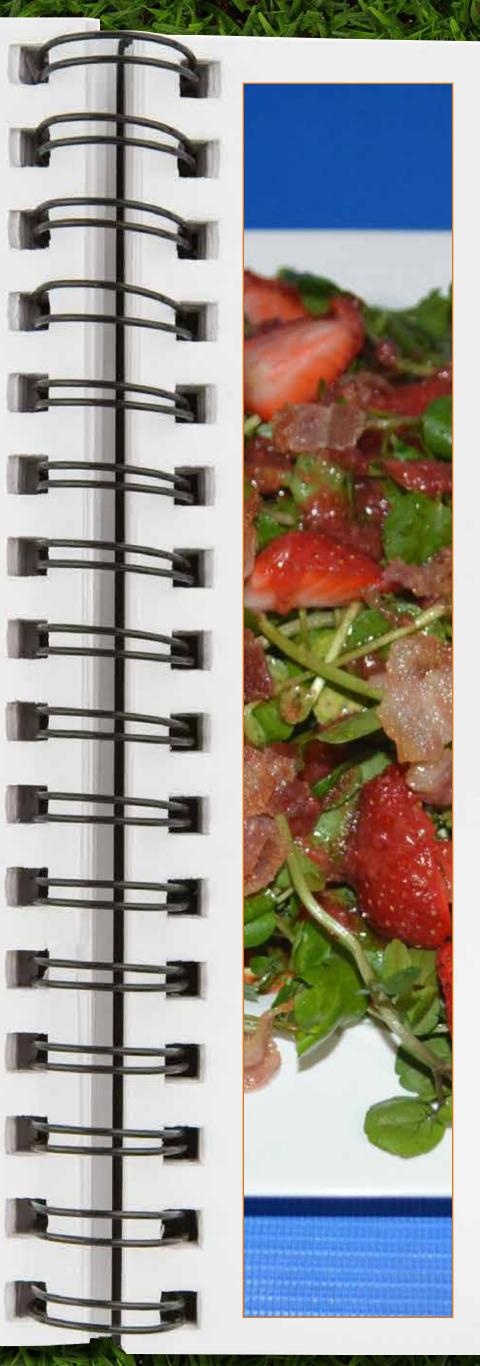
#### **Nutritional Value:**

Nutrients per serving	
Energy	466.1kcal
Protein	30.0 g
Carbs	4.1 g
Fiber	1.6 g
Fat	37.0 g
Water	138.6 g

# Strawberry and Watercress Salad with Warm Bacon Vinaigrette Dressing

A summery salad that'll bring a smile to your face. This makes a smashing starter or a salad before the meat course.





#### **Ingredients**:

#### For the Salad:

- 8 cups watercress, coarse stems discarded and the tender sprigs rinsed and spun dry
- 1 cup strawberries, cut into thick lengthwise slices
- Bacon vinaigrette dressing

#### For the Vinaigrette dressing

- Olive oil for frying
- 3-4 slices bacon, cut into small bits
- 1 cup strawberries, cut into small dice
- 1 cup red wine vinegar
- 1/4 tsp salt
- 1/8 tsp pepper
- A pinch of paprika









#### To Make the Bacon Vinaigrette Dressing:

- 1. Using the back of a fork, mash the strawberry chunks until they are nice and juicy and set aside.
- 2. Heat the oil in a small frying pan on a medium heat and cook the bacon until crispy. Remove the bacon but keep the bacon fat in the pan.
- 3. Add the red wine vinegar and the mashed strawberries to the bacon fat. Stir until you have a smooth mixture. Sprinkle in salt, pepper and a pinch of paprika. Bring the dressing to a simmer.

#### Make the Salad:

4. Arrange watercress and strawberry bits in a large bowl. Pour bacon vinaigrette dressing over the watercress. Crumble the bacon over the top. Toss and serve

#### Serving instructions:

Serve while warm.

#### Chef's Tips:

You can use or combine other forest fruits to make the dressing. For an extra twist add finely chopped ginger.

#### **Number of Portions: 4**

#### **Nutritional Value:**

Nutrients per serving	
Energy	264.7 kcal
Protein	5.5 g
Carbs	6.9 g
Fiber	1.8 g
Fat	23.5 g
Water	198.3 g

# Easy Red-Leaf Salad with Cider Vinaigrette

An easy, colorful, delicious low carb salad you can bring anywhere!





#### **Ingredients**:

#### For the Salad:

- 300 grams red cabbage, shredded
- 200 grams red lettuce leaves, torn into small pieces
- 1 orange, peeled and sliced into ½ inch segments
- 2 medium cucumber, julienned
- 50 grams walnuts, coarsely chopped

#### For the Cider Vinaigrette

- 1/4 cup cider vinegar
- 1 teaspoon Dijon mustard
- 1/2 teaspoon sea salt (or to taste)
- black pepper, freshly ground
- 5 tablespoons olive oil









- 1. Shred the red cabbage.
- 2. In a medium bowl, whisk everything together except for the oil. Continue mixing as you slowly drizzle in the oil, in a steady slow stream. Season with additional salt and pepper if desired.
- 3. Arrange everything together in a salad bowl or plate (except for the walnuts)
- 4. Pour the vinaigrette and gently toss to coat. Add chopped walnuts on top and serve.

#### **Number of Portions: 5**

#### **Nutritional Value:**

Nutrients per serving	
Energy	222.6 kcal
Protein	3.2 g
Carbs	9.2 g
Fiber	2.9 g
Fat	20.3 g
Water	141.4 g

# Spicy Shrimp Cakes with Avocado Salsa

A wonderful low carb starter or snack!

Click this link for more avocado step by step recipes







- 1 pound shrimp peeled
- 1/2 cup finely chopped red bell pepper
- 1 garlic clove, minced
- 1/4 c. thinly sliced green onions
- 1 tablespoon fresh lime juice
- 1/2 teaspoon sugar
- 1/4 teaspoon salt
- 3 medium eggs
- 1/4 cup finely chopped fresh cilantro
- 1/2 cup shredded coconut
- 2 tbsp coconut oil for cooking

#### Salsa:

- 1/2 cup diced peeled avocado
- 1/4 cup chopped fresh celery
- 3 tablespoons finely chopped red onion
- 2 tablespoons finely chopped seeded pepper
- 1 tablespoon fresh lime juice
- 3 tablespoons mayonnaise
- 11/2 teaspoons hot sauce
- 1/4 teaspoon salt



- 1. To prepare avocado salsa, combine all ingredients in a medium bowl and stir well. Set aside.
- 2. Prepare cake by finely chopping the shrimps and put in a mixing bowl.
- 3. Add the bell pepper, garlic, green onion, lime juice, sugar, salt, egg and cilantro. Stir well.
- 4. Divide the mixture into 10 equal parts each one into a ½ inch thick patty then dredge all sides in shredded coconut.
- 5. Heat coconut oil in a pan over medium heat. Cook shrimp patties for 4 minutes on each side or until browned. Repeat procedure until you run out of patties.
- 6. Serve cake immediately with 3 tablespoons avocado salsa.

Number of Portions: 5 shrimp cakes

Nutritional Value:

Nutrients per serving	
Energy	351.2 kca
Protein	17.8 g
Carbs	10.9 g
Fiber	5.3 g
Fat	27.4 g
Water	143.3 g



#### **Knee Extension**

This is designed to strengthen muscles in the front of your thighs and shins.



Using a small cushion if you need it, place the small cushion at the front of a kitchen chair, sit down on top of it so that the cushion extends to just under your knees. That way, the balls of your feet should be the only part of your foot that's on the ground.

Starting with your left leg, take a deep breath in and as you breathe out, slowly lift your left foot out in front of you, keeping your toes pointed towards the ceiling.

Hold it for a count of two, then lower your left leg back down again so that the balls of your feet are touching the floor once more as you finish exhaling.





Repeat that with the same leg, as many times as you can, Then change legs. Do the same with the other leg.

Take a short pause, repeat again with the right leg as many times as you can and then with the left leg as many times as you can.

Photos by Angelique Barnard

#### **Ham String Stretch**



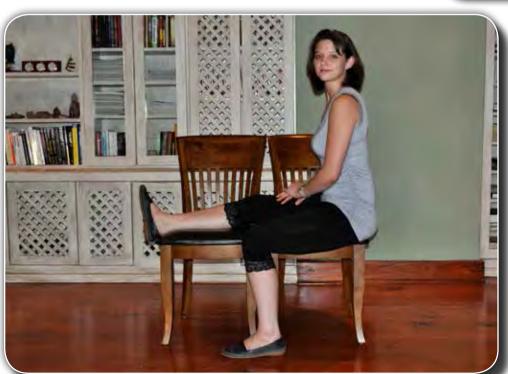
The first one we're going to start with is for the ham-strings. Place two kitchen chairs side by side, or better still use a bench. Sit down sideways with one leg in front of you along the bench or second chair, having the foot and toes pointing up. The other foot remains on the floor. You want to try and keep the raised leg as straight as possible, as it's the victim at the moment!

Now you want to try and put a bit of a stretch on the back muscle of the straightened leg, so keeping your back straight

just gently lean forward from your hips, very gently and slowly, as this can be a very powerful stretch.

Once you reach a position where you can feel the back of your leg become tight, but not painful, hold that position for 15-25 seconds, keeping your back & shoulders straight and still. To release the tension in the back of the leg, straighten your back returning to the upright position, and let your foot relax as well.





Take a brief pause, then try a repeat – GENTLY. You may be able to lean that little bit further forward before the stretch becomes too much.

Do this stretch a couple of times, then change chairs and legs so you're facing the other way, and do the stretch on the back of the other leg.