

Low Carb Mag

QUALITY PROTEIN ON A LC DIET

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LOOKING AFTER YOUR MICROBES

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Top *step by step*
Recipes

Our Step by Step Recipes
including Basque Style Chicken

Low Carb Mag

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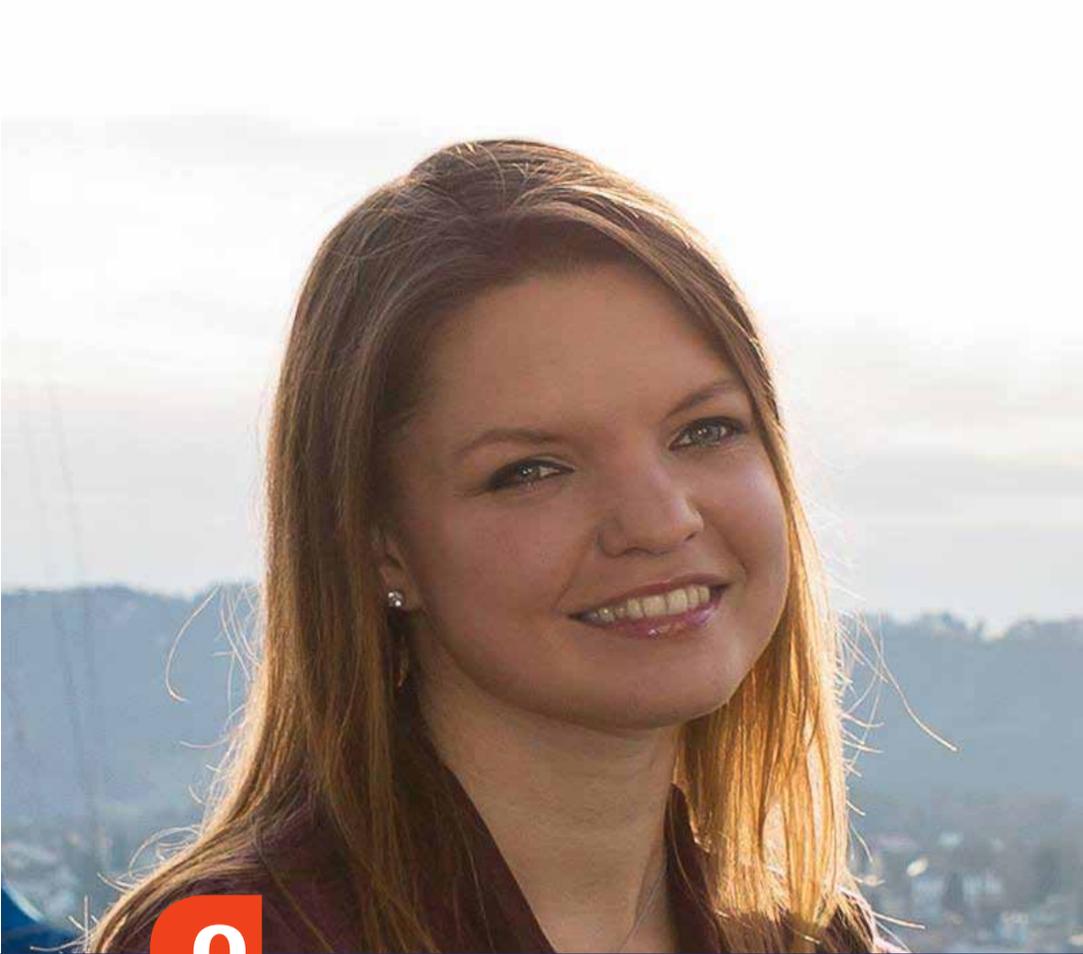
Next Month's Feature Interview

David Paul Miller



David Paul Miller is a founding member of one of the country's fastest growing brands, *The New Primal*. David is the Director of Sales for the company and his primary responsibility is to expand the company's footprint into more retail distribution. He travels extensively in his role and typically gets a new tattoo with every trip. He loves his motorcycle, his wife Melissa (a partner in *The New Primal* as well) and their three children; not necessarily in that order...

[Check out The New Primal website here](#)



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Editorial

There is nothing more important than your **health**. Without health - you can do nothing.

And if this is all you take notice of this month - then I've done what I set out to do.

When it comes to your health, I'm sure that you have a few things on your "I must get round to doing..." list that you've been putting off for a while. Well, I would encourage you to not put them off any longer as sometime we can leave things far too long and our eventual state of health

ends up far worse than it should have been - occasionally with fatal consequences.

So please do tackle those nagging doubts you've had about that slight discomfort here or that dull ache there and just get on and see the right person to give you the answers.

For example, if you suspect that you're sensitive to some food or



another, just take the concern in hand and if nothing else - don't eat foods that contain that ingredient under suspicion and see if you have found the culprit.

If you do find the problem - great! Job done and you'll no longer have that nagging doubt and you'll no more be bogged down by worry and concern.

But even if you don't - continue on with the hunt.

The bottom line to this short editorial is simply this.

You are worth every second of the time you put into looking after yourself and if like so many,

you think it virtuous to be a little self sacrificing then think again. Because in the first place... No one really notices that you're putting your own health in jeopardy just to do them a favor. And in the second place... that is a very short term strategy.

Because at the end of the day, by looking after yourself properly, you'll be around a lot longer and able to do more for the people you care about and in a much healthier condition that it may no longer seem like a sacrifice.

It'll be enjoyable instead.

Have a great month

Mark

Feature Interview



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

Hanna Boëthius: **[HB]** Thank you so much for having me.

Mark Moxom: **[MM]** Good morning! I take it everybody's wonderfully well.

[HB] Yes all good here.

[AB] I am well thank you.

First off everyone should know that you are a mix of Swedish and Finnish and you live currently in Switzerland.

[HB] Yes!

You can download the complete interview here:

<https://lowcarbmag.com/hanna-boethius-the-full-interview/>

AB: So you have lived with type 1 diabetes for 30 years and you call yourself the "Diabetes Expert". Can you tell us about your background and give us your story basically.

HB: Absolutely! I was diagnosed in 1985 when I was 2 years old. I was diagnosed with type 1 diabetes which came as a shock to my whole family and especially by a very injection-afraid mother. I think she still is today. No one in my family has it from before because it can be hereditary but it wasn't in my case.

The wonderful sort of dietary prescriptions back then, which haven't changed much today, was sort of 60% carbs with every meal preferably whole-grain because they're so good for you and if you have fruit as a dessert to get extra points and if you drink skim milk, low-fat milk to your food,

oh my god! You're doing yourself a miracle! A bad miracle maybe.

It was a tough growing up because frankly we didn't know any better. In the 80s and early 90s we didn't have the wonderful technology and the influence that we have today that helped manage this disease a lot.

AB: How did you survive that kind of diet?

HB: Well I didn't. I ended up in my teenage years being very rebellious because of course nothing worked. Whatever I did it didn't work. I tried this way of eating and these timings and these insulins and these

things and didn't work. Then I tried something else and that didn't work because of course I kept eating the carbs and the sugar because it was good.

So now in hindsight I'd say that I was actually brainwashed when it came to food because I was told at every appointment with dieticians, with nurses, with doctors that yes you have to eat these carbs. They're important for your survival and for your development. Your brain is gonna slow down if you don't eat them. All these things. I'm like, okay well that sounds plausible because they are





supposed to know right, they were the experts at that time.

AB: Of course we know better now but that's actually dangerous for you.

HB: Diabetes, the whole point of that is you can't process sugar and carbs properly like a normal healthy person does. Adding then loads of carbs and sugar to that for me it's like fueling the fire. You're just making it so much worse. Fine, you can't cure yourself from type 1 diabetes, it's an

autoimmune diseases, it's chronic unless they figure out a cure pretty soon. I probably won't live without it in my lifetime but you can make your management so much easier if you just cut that down and that is what I keep sharing with everyone that I meet.

AB: So you're proponent of the keto diet. How did you find out about the keto diet and share your experience. What happened when you started to go that way?

HB: Absolutely! After a quite a severe professional burnout I was starting to think what I wanted to do with my life. I thought after many turns and twists and all of these things that wonderful life gives you, I started thinking, well why don't I do nutrition. At that point I had lived with type 1 for 26 years and I thought, hey it's gonna be easy to become a nutrition coach. I can help other people eating right and all this stuff. It's gonna be fantastic to do this. I'm gonna help so many people.

In the beginning I didn't help that many people, only myself.

My teacher when we were talking about carbs and insulin and how that whole functions in the body, he pointed me out in front of the class and he said, Hanna you don't even produce insulin. You should really think twice about what you're eating. I was like, this person who is not a doctor, not a nurse, not a dietician and he was very advanced within certain nutrition science but it's not a dietician. How can he tell me what I'm supposed to eat when no one else has been able to for 26 years. So I got annoyed. I was angry and I was frustrated and I felt betrayed and I felt like I've been lied to because that was essentially the truth.

So I slowly started going from the very high carb sort of way of eating that I've been told to eat for so long and started cutting out slowly.

Just step by step cutting down on carbs and with every step I noticed how much better I was doing, how much better values I had and how much less insulin I needed

So I slowly started going from the very high carb sort of way of eating that I've been told to eat for so long and started cutting out slowly. First I cut out everything with gluten and I immediately saw on my blood sugars how much better I was doing. Then I started cutting out all the other grains. Just step by step cutting down on carbs and with every step I noticed how much better I was doing, how much better values I had and how much less insulin I needed to take because this is the problem when you have type 1 that if you add a lot carbs and then you have to add insulin

to cover for it you have this very volatile and non-equilibrium sort of thing that you can't sustain. It's very difficult to sustain it so the less carbs the less insulin you have to sort of moderate it with you have a lot less changes. Then you're essentially sugar is surfing rather than roller coasting your way through life.

For me realizing that I again got very angry with the advice that I've gotten but I started to realize, hey there is a different way. You can do this but you can do it in a much easier, much less aggressive and much more maintainable way

rather than trying to chase after each big dose. You have to chase with a lot of food or the other way around. There's so many variables that just can destroy a good balance and if you cut out at least the biggest ones, which is a lot of sugar and carbs, then you have at least one problem less with your blood sugar.

AB: So can you explain for people that do not know what the keto diet is. What is keto and what kind of food you eat and how does it affect you?

HB: I started sort of liberal paleo and that was six years ago now. Now I've gotten to a very super low carb version of low carb which is the ketogenic diet

which means that I personally feel the best and I really thrive when I eat less than 20 grams of carbs a day. Keto can go up to 50 grams of carbs a day. It's very possible. The whole point of a ketogenic diet is that you burn fat instead of sugar.

AB: For energy?

HB: Exactly for energy. It gives your body this flexibility to burn fat when that's available. Then for example, for me when my blood sugar if it gets dangerously low then I need to have sugar quite immediately but it can also burn off that. So I'm quite lucky in that way that I've made my body burn both but the whole point is that you burn fat for energy





instead of sugar. That's the difference for two for example a paleo diet where there's a lot of things that I can't eat that is allowed which is for example fruits and and dried fruits and honey and stuff like that. That is detrimental to my blood sugar and my health. Everyone has to find their own sort of threshold of carb intake but for me personally a very low carb diet is the best.

AB: So for example to give people some ideas, typically what kind of food do you eat?

HB: They should just follow me on Instagram. I post everything there.

But no! For example if we take a day like yesterday I had three fried eggs and a lot of butter. I don't eat breakfast which probably annoys quite one or two dietitians out there especially if they work with

people with diabetes but I don't eat breakfast because I'm just not hungry and I don't feel like antagonizing my body more than I have to with food. So I eat when I'm hungry so that's usually lunchtime around 12:00 or 1:00 o'clock. Yesterday I had three fried eggs and a ton of butter and a few decoration vegetables on the side which I was very happy with and I kept full until dinner at 6, 7, or 8 depending on my schedule. Then I had a

really good Italian sort of ragu Bolognese sauce meat sauce with sauerkraut.

AB: So you can still eat vegetable, you just have to be careful of what kind of vegetables you eat right?

HB: Yes for example, root vegetables for me are not great because they're quite high in carb in comparison

to for example broccoli or cauliflower or spinach or something like that. My absolute favorite is oven fried asparagus with parmesan cheese on top.

AB: Sounds yummy!

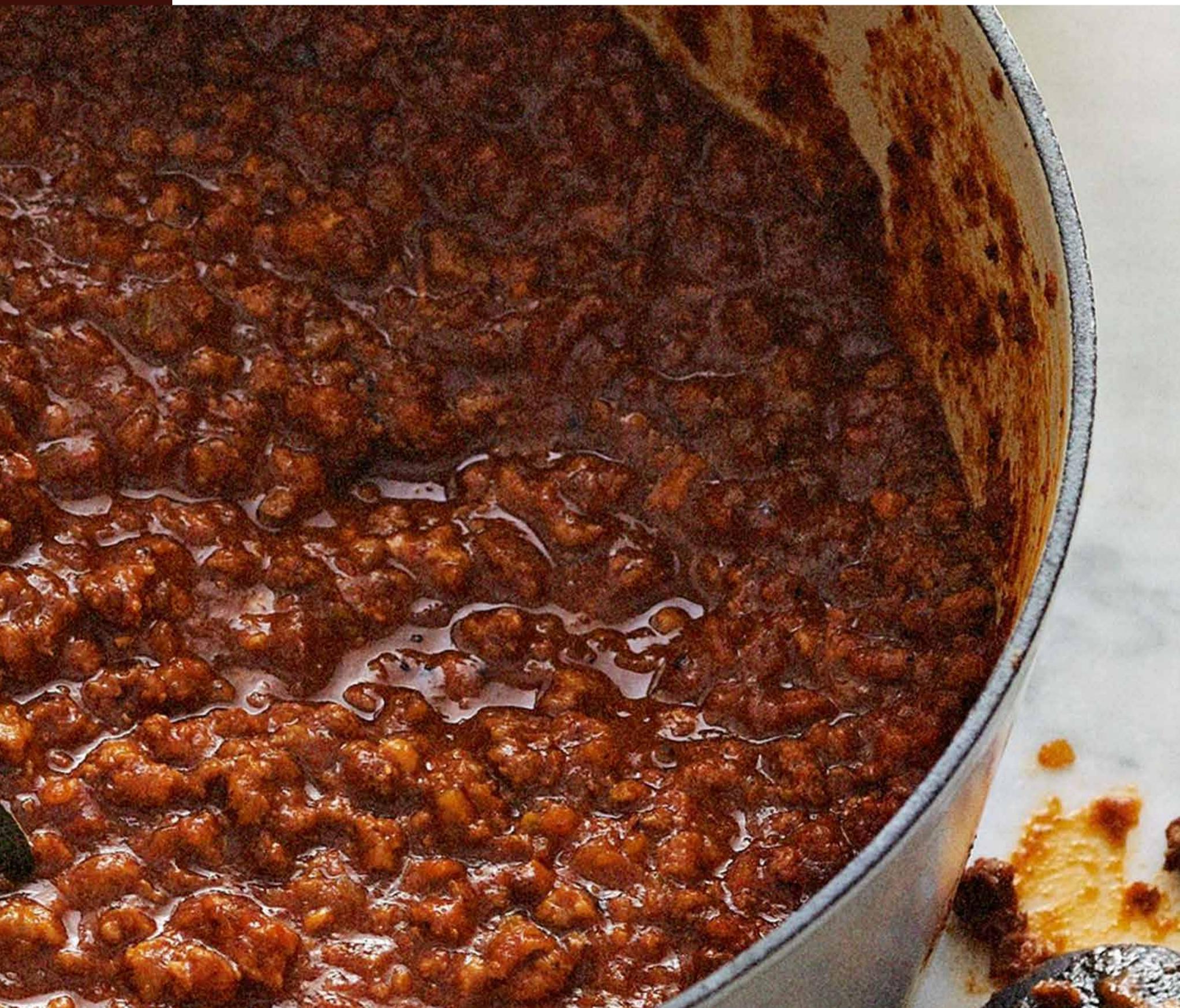
You typically steam your food or your vegetables or do you sauté them in fat?



HB: Well I use a lot of fat in my cooking and that's the way I keep sort of enough fat for my body to still thrive on low carb but I've actually sort of stopped adding fat to the meal when it's done. So in the beginning to get my body going I used to add a lot of fats like butter or fatty sauces or sour cream or cheeses or something

to the meal so that I would feel full but now I've actually resorted to that it's a lot easier to just put it in the cooking and then refrain from adding it on the plate.

AB: So from what you just told us, it sounds like the keto diet is much more appropriate for diabetes than the paleo diet right?



HB: Well it depends. I'm so adamant about teaching people that you have to find your personal limit of carbs. So for some diabetics it's perfectly fine to eat a hundred grams of carbs a day and call it low-carb sort of paleo with all these fruits and and then that kind of stuff and it's absolutely fine. They manage it absolutely fantastically well and have better results than I do. So it's very important that you find your own way of low carbing and I think that is emerging to be a bigger and bigger questions in the

low-carb world because there's a lot of talking about whether you should eat this much protein or this much fat or this many carbs. I think it's important to just pinpoint what works for you and what you feel best. I'm lucky enough to have a little meter that tells me at all times if I'm doing something right or wrong with my food and insulin and exercise and stress levels and all this stuff but everyone doesn't have that then you have to be really vigilant in listening to what your body's telling you.

AB: So how do you suggest they do that? How do you figure out what works for you?

HB: Of course it depends on what your problem is. If you have blood sugar issues then absolutely check with your blood sugar meter what you just ate. If you're taking any medication if that works out well but if not then how do you feel after a meal? How do you feel after eating a cheesecake for dessert? Can you take dairy or how do you feel after eating a





piece of bread, again, after a bit of a break, how does it feel in your body? Do you feel any different? Do you feel good? I think it's really important to not focus too much on being perfect because no one is.

If in the beginning, I think it's fantastic to track your eating with something like chronometer or MyFitnessPal or something like that but I think in the long run to

do that every day, it gets tedious. It does for me at least and I know they're very many out there. So as soon as you find out what sort of works for you then you can start working from there.

AB: You still need to enjoy life. You can't just be so obsessed. As long as you find your balance. One thing I found that most people are not in touch

with their body. They're not aware of how the body reacts. They just assume, oh it's okay I just pop a pill.

HB: Exactly! I see that a lot with the people that I work with and in online forums and Facebook groups and everything where they're like, well I eat like this because I was told to eat like this but I'm not losing any weight or I'm not seeing the results that I

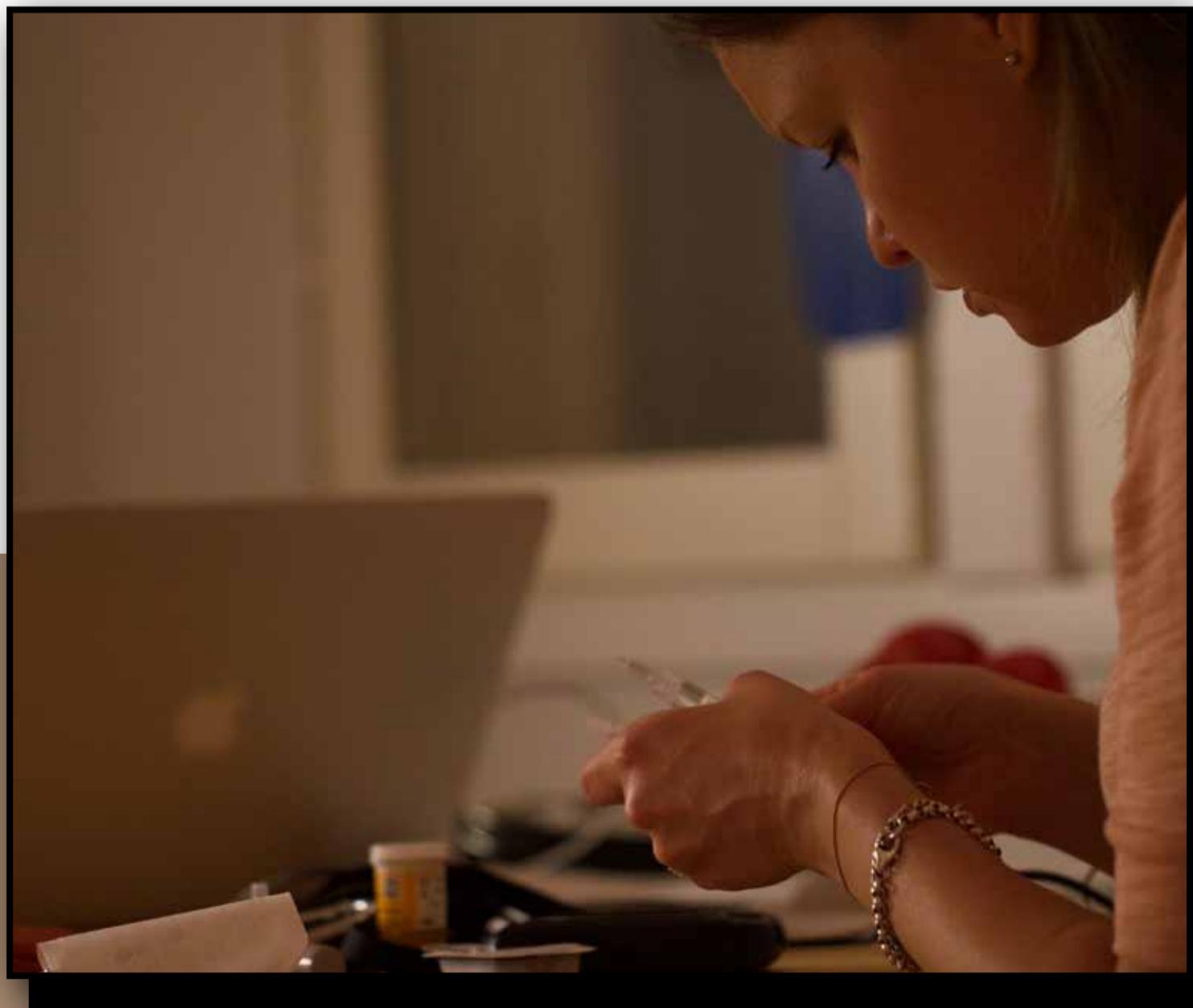
want in my blood sugar. I'm like, well what does your body tell you? It's always interesting when people start to listen to their bodies because it knows exactly what you should need and what makes it feel good. The way of getting there is sometimes longer.

AB: And depending on the kind of food you're sensitive to your body can be pretty noisy about it right?

HB: Absolutely in many ways.

AB: A question popped in my mind. Tell us about how exercising can help diabetes sufferers.

HB: Exercise is one of the key points to live a very good life with diabetes because sort of makes you more insulin sensitive and this is especially true for people who suffer from type 2 diabetes because





their insulin resistance is of course the key characteristic. It doesn't have to be hard exercising just moving your body is very important both for the mental aspects of living with a chronic disease and well for anyone but if we're keeping the diabetes in the spot, exercise helps a lot but also for the physical sort of it really helps keep your blood sugar more stable and more easily manageable.

AB: So no specific kind of exercise? More like moving so we could be walking, dancing, bicycling or running I guess?

HB: Whatever you think is fun and that's the main point because as you said before and I completely agree, you have to enjoy life. You can't just sit and do what you're supposed to do so called. You have to be able to enjoy life. I very much encourage

people to find the forms of exercise and movement that they really enjoy.

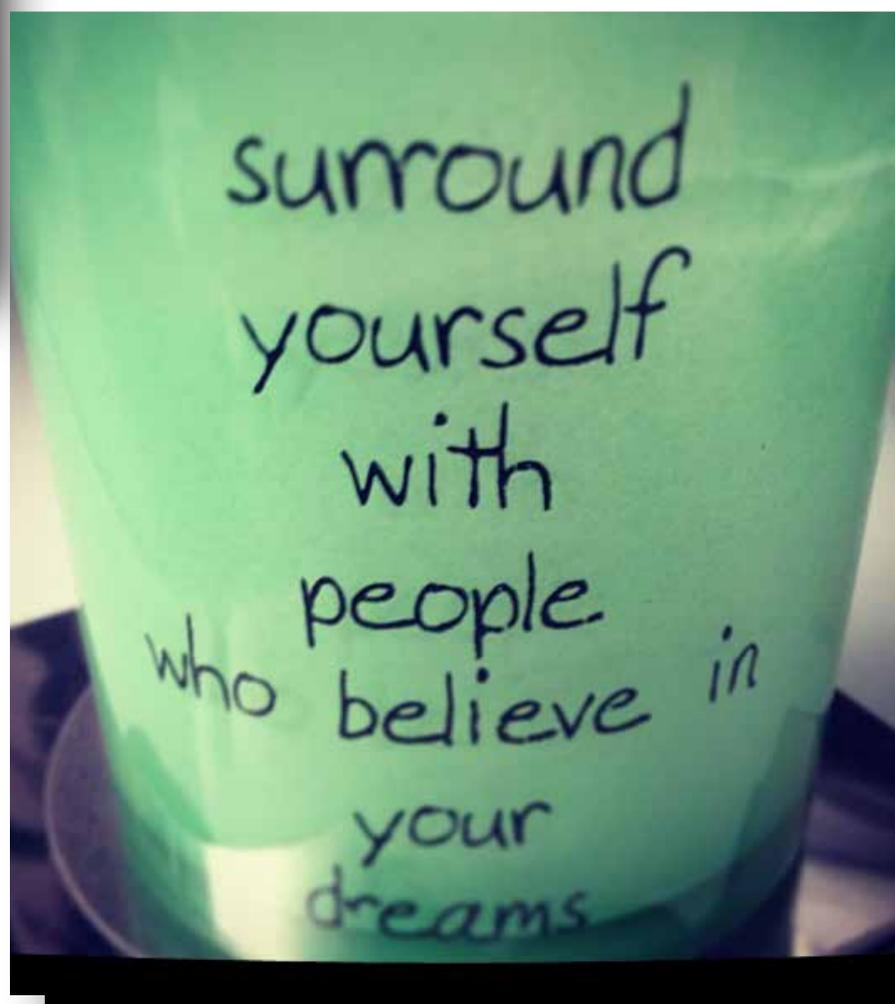
AB: You and I met recently in Austin at the Keto Con gathering. Can you tell us your experience?

HB: It was a fantastic event and I don't think I've ever been to such well produced and well organized event as that one actually. I loved the fact that there were so many real-life speakers

that spoke about their experience and what they've gone through and all this stuff. I'm very into the whole low-carb thing and I love the science part but sometimes like some conferences it gets a little much. So



I was very happy to see new faces, meet new friends, make new acquaintances in the low-carb, world people who've done some remarkable journeys. It's just like goose bump worthy when I was sitting there listening to them. Just the recovery



from really severe injuries for example or this woman talking about bipolar disease and how low-carb has helped her. It was just fantastic and I really enjoyed every single part of it. The audience was amazing 500 people and nothing but love in that audience so it was really enriching and it reminded me of why I keep doing this.

AB: Did you enjoy Austin?

HB: Austin was fantastic. It was such a pleasant surprise actually. People are so friendly.

AB: Where can we find information about you and your work?

HB: I have a website where I will pick up blogging again. That is hannaboethius.com

MM: I just jump back a little bit to when you were talking about the foods that are good for you and the foods that aren't. Now it's going to be a bit of a generalization I know but what would you say are your or three go-to foods when you just want something that's tasty, that's gonna fill you up but not gonna ruin your blood sugar levels at all?

HB: Well protein and fat so there's a lot of eggs in my fridge for example. Meat always goes down, some bacon and chicken of course. All kinds of chicken.

MM: Okay so let's go to the other end. Not foods that are bread and pasta and those sort of things but what would you say are three surprising foods that can interfere with blood sugar?

HB: Very interesting because of course as everything else within health and wellness, it's very individual but for me personally, pumpkin can be way too much. For some reason I react weirdly to raw cabbage. My blood sugar goes up. Of course certain sweeteners that aren't maybe sugar-free at all.

MM: Which ones are those that upset you?



I make a brownie ...
It's basically a bit of cream cheese,
eggs, cocoa powder and a few
other ingredients but it comes
out tasting fantastic

HB: For example if I buy a powdered stevia that is mixed with maltodextrin, not a good idea.

AB: Speaking of which, is there any kind of desserts that you can have?

HB: Cheese!

AB: Right but anything made with coconut oil for example?

HB: Yeah the whole Google is full of low carb dessert recipes and I'm very thankful. For example when I have people over

that I can make a dessert that sort of everyone can at least semi enjoy.

AB: Right because you could do even a creme brulee with coconut milk and eggs.

HB: Exactly!

AB: You could adjust some recipes nowadays with all these new milk products that didn't exist a few years ago.

HB: Exactly and for example panna cotta is super easy. You just put sweetener instead of sugar. I make a

brownie that I really love which is without nuts or anything. It's basically a bit of cream cheese, eggs, cocoa powder and a few other ingredients but it comes out tasting fantastic. There are ways of still enjoying dessert on keto.

MM: Now because of your diabetes affects you particularly you're almost on constant monitoring of your blood sugar, aren't you?

HB: I am yes. I have a CGM here. That measures my

blood sugar every five minutes that sends it to a receiver and then I can basically see how my blood sugar is doing at all times. So that's very handy and very practical. I also have an insulin pump but these two devices don't talk to each other so I still have to be connected. So that's where I could maybe see a little a little bit of improvement on the diabetes management side in technology.

MM: This is true but is the blood sugar monitor you've

got is it something that anybody can get or is it something that's only available via your doctor?

HB: It depends in which country you are of course and depends on your health insurance but at least, anyone who uses insulin can get one quite easily.

MM: The reason I ask is even if you've got foods that not you personally but someone may have foods that they think are affecting them that I assume

gives them almost an instant response within five minutes or something like that

HB: Absolutely! There is another version for example in the UK that you can I think even buy over-the-counter which is called Freestyle Libre which is basically you have this coin sized, little button on the back of your arm and then you can scan with the monitor what your blood sugar is when you are curious to see that.

MM: Okay so it could be a way that people could



use to monitor how foods affect them and I start to really fine-tune their diets.

HB: Exactly and that's why I was so excited when these rumors about Apple's CEO Tim Cook trying the new Apple watch with the alleged blood sugar meter in it because I think that would really give people the insight to how

their bodies are reacting and what's happening in their bodies when they eat this standard American, carb filled, Western diet, actually not even American anymore, sadly. It would give people a lot of insights I think and I was super excited but I guess I'll have to wait a couple more years.

AB: Thank you Hanna for being with us.

MM: Thank you Hanna. It's been lovely having you.

HB: Thank you so much for having me.





I'm Hanna Boëthius, and I love helping people with diabetes to be healthier and be more confident with figuring out a few, simple lifestyle changes. Being a certified nutrition coach, as well as having lived with Diabetes Type 1 for over 30 years has left me with many tricks up my sleeve to find solutions quickly and turn them into lasting results. (As well as 30 years of experience – who can claim that at the age of, ehm, 25?!)

Unlike a CDE or your doctor, I help you find complementary ways to feel confident with diabetes.

Focusing on things your care team won't even think of, I give you the power to know what's going on, not feel alone and be motivated in taking care of yourself. And, most importantly, be a healthier you.

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Author's Other Links

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



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.

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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.



QUALITY PROTEINS ON A LOW CARB DIET

When you are eating less carbs, you are likely going to eat more protein. But, that brings up some good questions. What is protein, why do we need it, and what does it do in your body?

Protein is a food substance that is made up of many amino acids joined together. There are twenty-two total amino acids your body requires. Your body can make on its own most of them, but there are nine amino acids your body cannot form and which are vital, so you must ingest daily for the body to function at its highest capacity.

Proteins are used in your body in a number of key areas:

1 Build and repair muscles, bones, cartilage, skin, hair, blood and other body tissues

2 Neurotransmitter production in your brain

3 Hormone production

4 Energy production

5 Enzyme production

6 Immune system antibody production

7 Glucose production

As you can see, proteins are very important to eat! It's good then to ensure your protein intake is of the highest quality on a low carb diet. Let's discuss each form of protein eaten by low carb advocates to ensure you are getting the healthiest versions.

Eggs

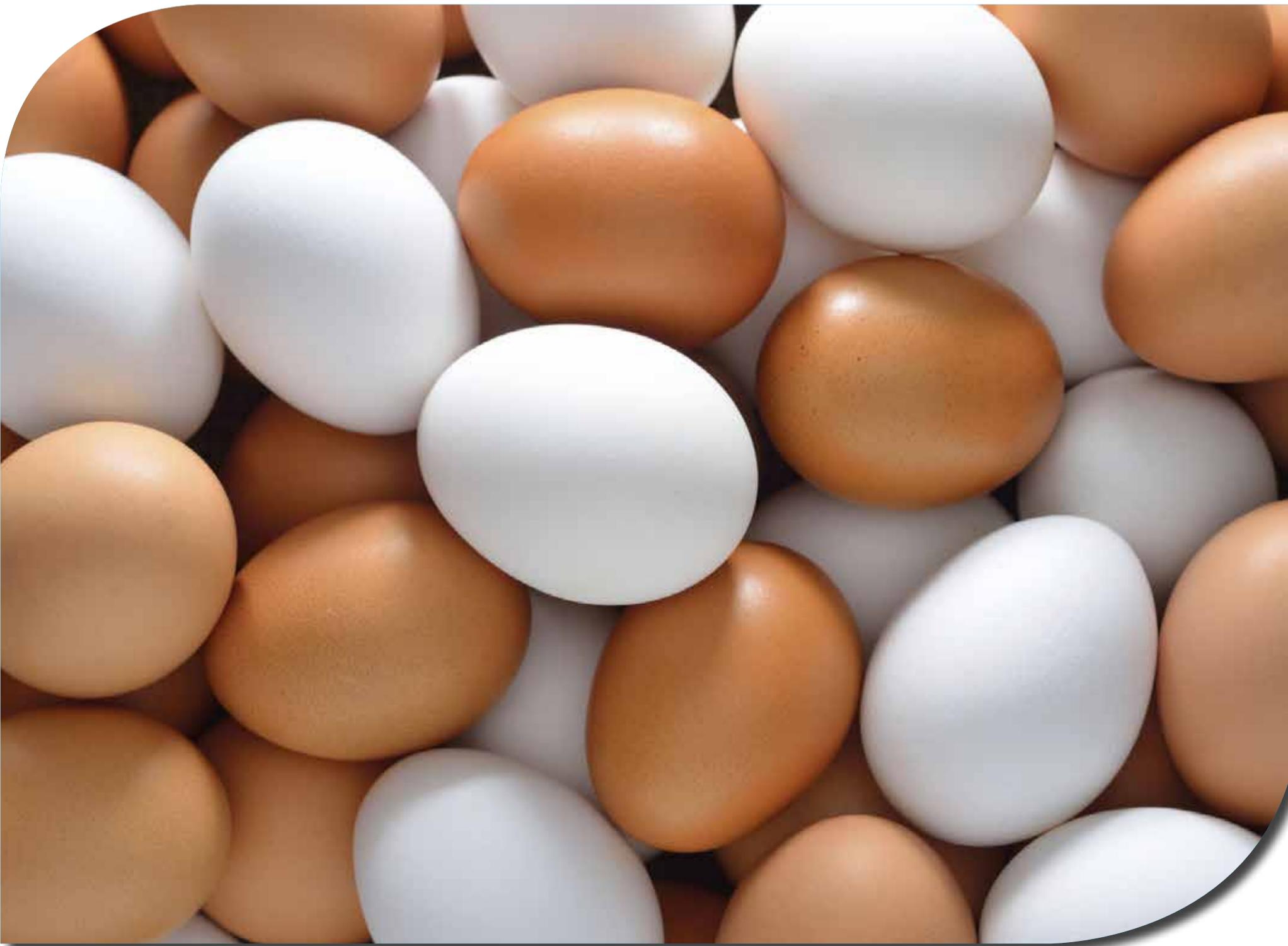
Eggs are extremely healthy foods. The whites contain the protein and the yolk contains nutrients such as B12, Vitamin D, and carotenoids.

Always eat the yolk; do not be afraid it contains cholesterol. First, there is nothing the matter with eating cholesterol! And, nonetheless, be assured

that eggs are the only source of cholesterol that comes with lecithin, a natural substance shown to lower cholesterol and triglycerides.

When buying eggs, buy ones that say they are organic and contain omega-three oils. This means the chickens were

fed flax or chia seeds, or were able to eat insects, some of their natural food. Buy eggs where the chickens were allowed to go outside, in lush grassy areas, and be aware of cartons that only say "Cage-free." Cage free can mean there were 10,000 chickens stuffed in a room, but not in cages. Not very compassionate or healthy!



Nuts/Seeds

Nuts and seeds are good to eat on a low carb diet, avoiding cashews and chestnuts, the highest in carbohydrates. It's good to get organic nuts, in whatever form you buy them: as nuts/seeds, nut/seed flours, and nut/seed butters. Some nuts come raw, such as macadamia and walnut, and some come either raw or roasted. Either is okay to eat! Just make sure you do not always eat almonds

flour this and almond flour that—try pecan or macadamia or pistachio flours instead for your baked goods. Eating almonds all the time can increase your risk to develop a sensitivity to them. Other nuts/seeds include peanuts (actually a legume), sunflower, walnuts, hazelnuts/filberts, pine nuts, and pumpkin seeds. Eating a good variety of nuts/seeds is important!





Fish

Eating fish regularly can be very healthy. Check out the fish eating guides from both Environmental Working Group and [Seawatch.org](https://www.seawatch.org). Eating fish high in omega-3 oils and low in mercury, such as wild salmon, herring, sardines, trout, atlantic mackerel is a great idea. Avoid fish highest in mercury such as king mackerel, marlin, orange roughy, shark, swordfish and tilefish. Other fish such as flounder and haddock are also fine. You can get comprehensive lists at both organizations mentioned.

Dairy

If you are not allergic to dairy, full fat dairy is fine on a low carb diet. You can find organic or raw dairy at health food stores. You should avoid milk and cottage cheese, as they contain too much lactose, but cheeses are good and plain yoghurt may work well for many of you. Cream is fine! If you are sensitive to cow's milk, you may be able to eat goat or sheep dairy products.



Beef, Poultry, Pork, Lamb, etc.

Eating meat is healthy if it is organic, grass fed and grass finished. Agri-Industry meat from a feedlot has been dosed with estrogens, pesticides and fed grains, causing the need for antibiotics and causing the meat to lose most of its omega

3 and omega 6 oils. That's not good! Poultry should also be organic and fed organic feed or even better, raised with outdoor space. It's worth spending a little more money from your budget for high quality animal protein.

Soy

Organic soy is a fine meal to eat 2-3 times a week. In general, eat some seaweeds with it, to add in extra iodine, as the Asians do. Soy must be organic from a verified company. It can be straight soy, such as tofu, soy butter, or edamame, or

fermented, such as miso soup, or a little tempeh. It can also be used as an unsweetened dairy alternative. What needs to be avoided is soy protein isolate, a very inferior form of processed soy protein. So, no soy bologna or soy bacon!

Protein Powders

Not everyone loves a smoothie for breakfast or other meal, but it can be a healthy food. Add in good oils, nut butters, avocado, vegetables, unsweetened alternative milk to really make it solid caloric meal. As noted above, avoid soy protein isolate protein powder, but whey, rice, pea, egg, and beef powders

are fine. Rice and pea protein powders do not contain carbs; they are extracted from them once the carbs and fiber has been removed.

Mixing and matching proteins is good! A healthy diet regularly brings variety into your stomach. Proteins are necessary, tasty and beneficial to eat. Enjoy!



Martina Johansson



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

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

Author's Page URL on LCM

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

Instagram

www.instagram.com/highfatfitness

Author's Book

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

**YOUR GUT FLORA
ON A
LOW CARB DIET**

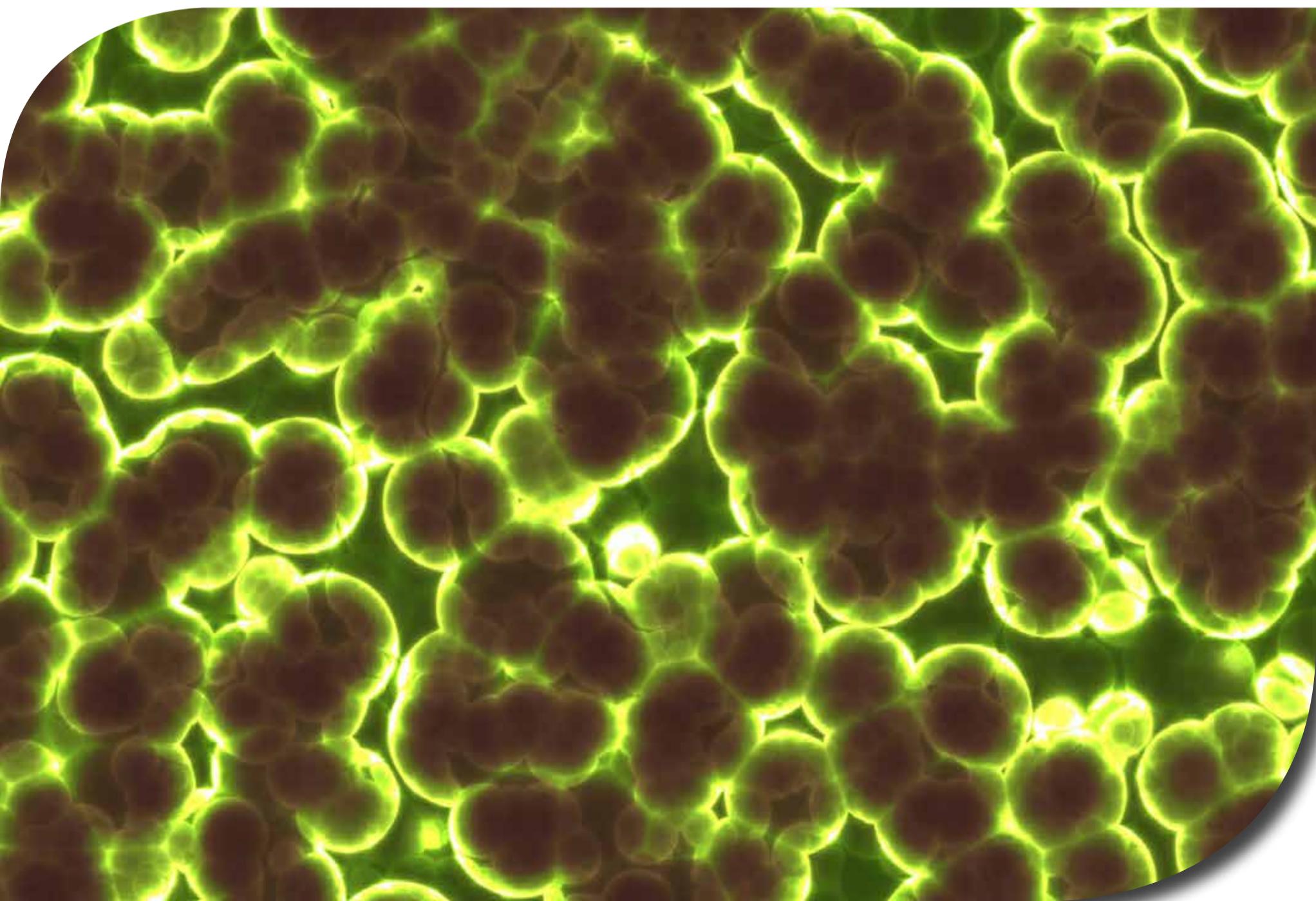
Everything we eat or put in our mouth affects the gut flora, even cigarette smoke interacts with our gut bacteria.

Thinking about that it's weird we don't take it into consideration more often.

You can control your gut flora with food

Did you know your gut flora is different in the morning compared to the evening? Some bacteria are active in the morning and completely inactive in the evening. The result is different metabolism depending on what time of day it is. People that follow a specific diet (a low carb diet for example) get a specific gut flora that is less interested in sugar and sweet taste. The gut flora is very adaptable as it changes with what you eat.

If your gut flora loves dairy products and you suddenly stop eating dairy, they will starve and get replaced by other bacteria. The result will be that you feel less and less drawn to dairy. A vegetarian will lose interest in eating meat, but never lose the ability to metabolize it as it is a natural food for us. Another problem that vegetarians (and vegans) may face is low stomach acid, insufficient to break down the denser meat





proteins, but it is easily fixed with Betaine-HCL, that can be bought in any supplement store. I myself was a vegetarian for over 10 years before I embarked on my low carb journey, and I have noticed that it's pretty common to be drawn to a vegetarian lifestyle because of a poor gut flora and low stomach acid. That was certainly the case for me. I also noticed that the people that need animal protein the most are the ones that tend to avoid it, and it results in a very weak constitution, low muscle mass and being anxiety prone.

Your gut flora communicates with your brain

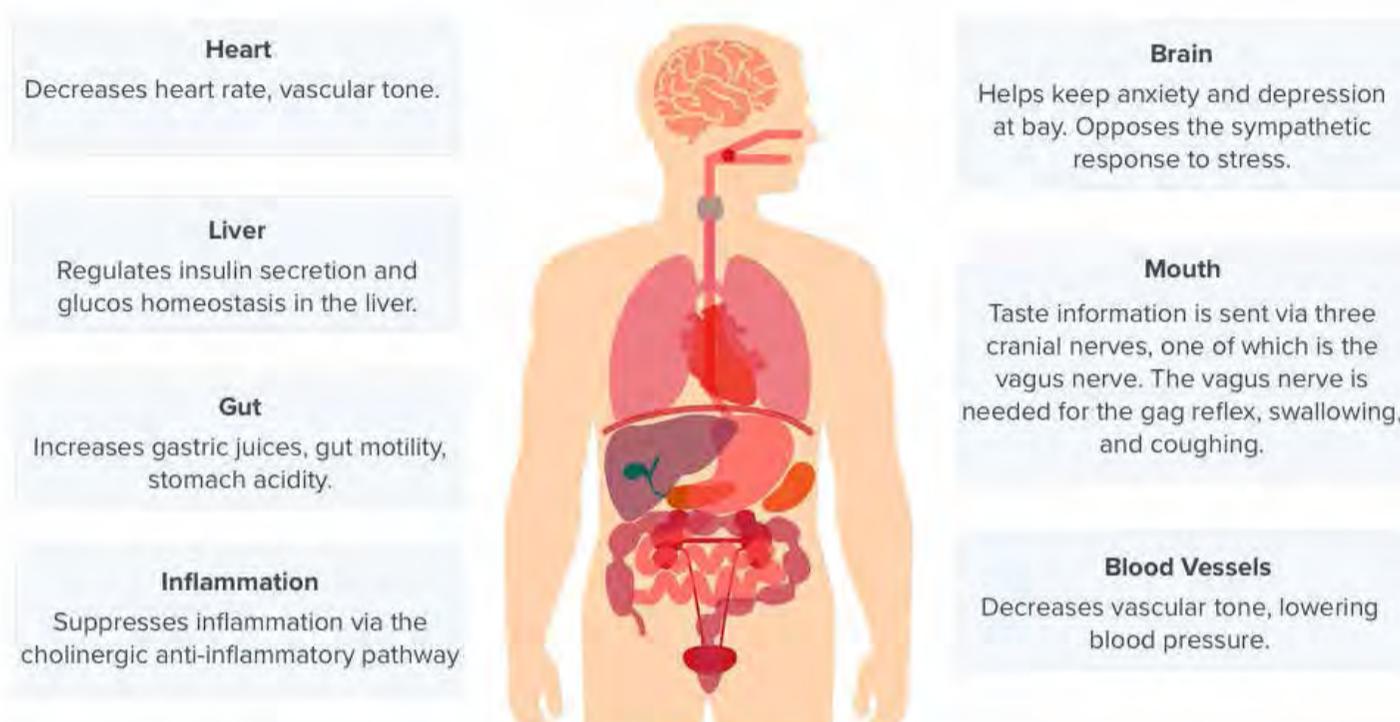
The brain and the gut are in constant communication with each other via the Vagus nerve, so if you eat something bad and need to throw up, that signal comes from the brain and not the gut. If you have a gut flora that signals hunger

and cravings, it can affect your thought patterns and will, so it's almost impossible to resist. That's why it's important to follow a very strict low carb diet (even on

the weekends) if you want to lose weight or suffer from sugar- or food addiction.

If you are consistent, you will extinguish the gut flora that doesn't favor you.

How The Vagus Nerve Affects Organ Systems



Sparse gut flora with a strict low carb diet

Some people experience a lower mood on a very strict low carb diet, and it's because the gut flora can get too sparse. Since the bacteria in the gut are responsible for producing a lot of important hormones and neurotransmitters, it can affect everything from body composition to mood. The first neurotransmitter to be affected by this is

serotonin, and too little of it results in feeling a bit blue.

I took a course in wilderness survival this spring and realized how rich a natural low carb diet can be. Our ancestors ate buds, flowers, leaves, roots and stalks among other things that we rarely if ever eat today. Many people think of fruits as natural foods, but most of the modern fruits are heavily

modified and don't resemble the fruits our ancestors ate. In Scandinavia where I'm from, we don't even have much fruit to begin with.

Wild plants have a ton of good bacteria that we miss when we only buy things from the store. Did you know nettles are a natural antihistamine? Did you know that the whole dandelion from flower to root is edible?

Dynamic gut flora with varied foods

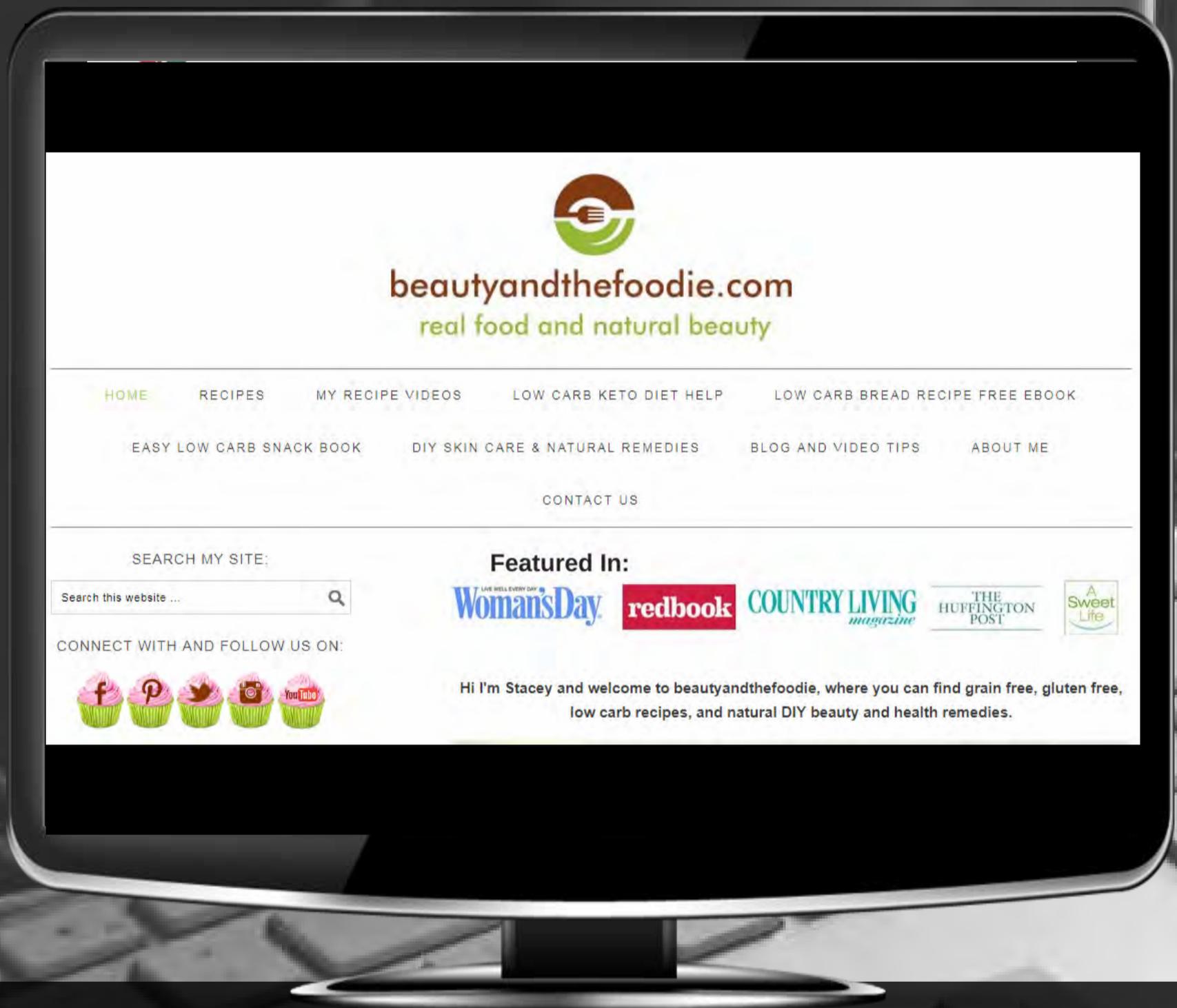
A great thing for the gut flora is to replace cheese and cured meat with a wider variety of leafy greens and try new animal fats like lard and duck fat if you haven't tried it before. It's great for your gut! You can also

try to ferment your own kefir yoghurt, try organ foods or fried chicken liver. There's a lot of exciting new things to try that are very healthy, great for your weight and your gut flora.

Good luck!



Low Carb Top Blogs



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

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

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

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

feedback@lowcarbmag.com

or use the contact form on the website.

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

The blog we recommend this month is



Stacey Crawford Beauty and the Foodie

Low Carb Mag features Stacey Crawford who shares her favorite recipe creations, DIY natural beauty products, and natural remedies with everyone.

Stacey is a licensed cosmetologist, certified colorist, and a color correction specialist. She majored in nutrition, in college during the 80's, and learned the wrong way to eat. She is a food lover, with an intense wheat allergy (Celiac Disease), who follows a grain free and low carb diet. She is somewhat paleoish, but leans more toward low carb primal.

She believes that beauty starts on the inside, and it's never too late to be who you want to be.

Join Stacey on her quest to eat clean, and live healthy.

Author's LCM page

<http://lowcarbmag.com/low-carb-magazine-featuring-stacey-crawford-beauty-and-the-foodie/>

Author's Facebook URL

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

Author's Website URL

<https://beautyandthefoodie.com/>

Author's Twitter

<https://twitter.com/slcraft>

Low Carb
Mag

Pick of the Podcasts



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

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

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

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

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

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

Simply list them in order from best to worst.

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

LOW CARB

Livin La Vida Low Carb



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



Today's featured lecture is from registered nurse and low-carb diet advocate Jackie Eberstein who will be sharing her lecture "What Health Tests To Ask Your Doctor To Run And Why".

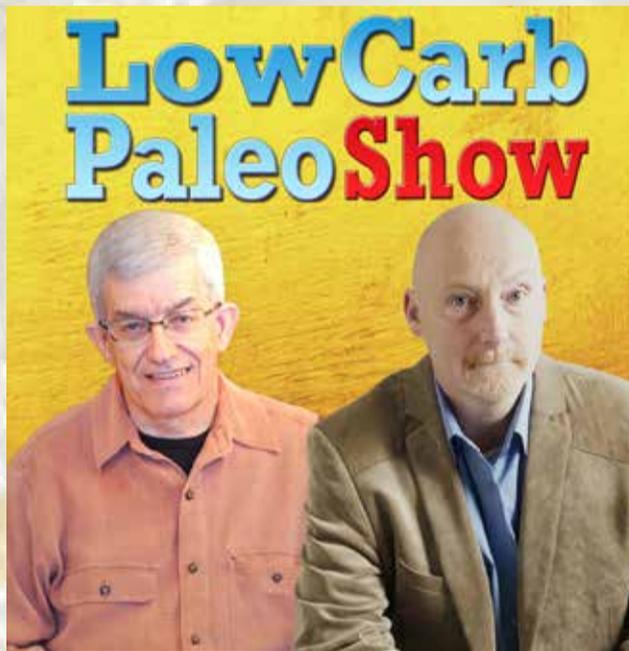
Have you heard about the annual Low-Carb Cruise that our host Jimmy Moore helps organize each year as the preeminent event for the low-carb community? They just completed their tenth one in 2017 with lots of incredible guest speakers who are the leading voices for carbohydrate restriction and ketogenic diets, including people like Dave Feldman, Dr. Eric Westman, Dr. Lucia Aronica, Dr. Steve Phinney, Dr. Adam Nally, Tom and Chareva Naughton, Jackie Eberstein, Dr. Ann Childers, and many more!

Audio only



LOW CARB

Low Carb Paleo Show



Hosts: Alain Braux and Mark Moxom interview Hanna Boëthius



Hanna Boëthius is a coach, writer and speaker, who loves diabetes topics that are off of the beaten track. She's passionate to find motivational and inspiring ways to bring about a change in diabetes management, with international

public speaking engagements and smaller workshops as her main tools. Through her own company, Hanna Diabetes Expert, she's coached numerous people with diabetes to a healthier life. She has a profound understanding of how things like nutrition and lifestyle choices can balance diabetes.

Audio



and Video



3 LOW CARB

Keto Talk with Jimmy Moore & The Doc



Keto Talk

Mailbox Blitz – Vegan Keto Edition With Special Guest Dr. Carrie Diulus

Audio only



4 LOW CARB

Low-Carb Conversations with Leah Williamson

Low-Carb CONVERSATIONS

WITH

Leah Williamson
&
Kara Halderman



Author of “Never Binge Again”, Dr. Glenn Livingston and Primal Health Coach Rachel Peterson from Austin, Texas join Kara Halderman and Leah Williamson on this week’s episode of Low Carb Conversations with Kara Halderman and Leah Williamson.

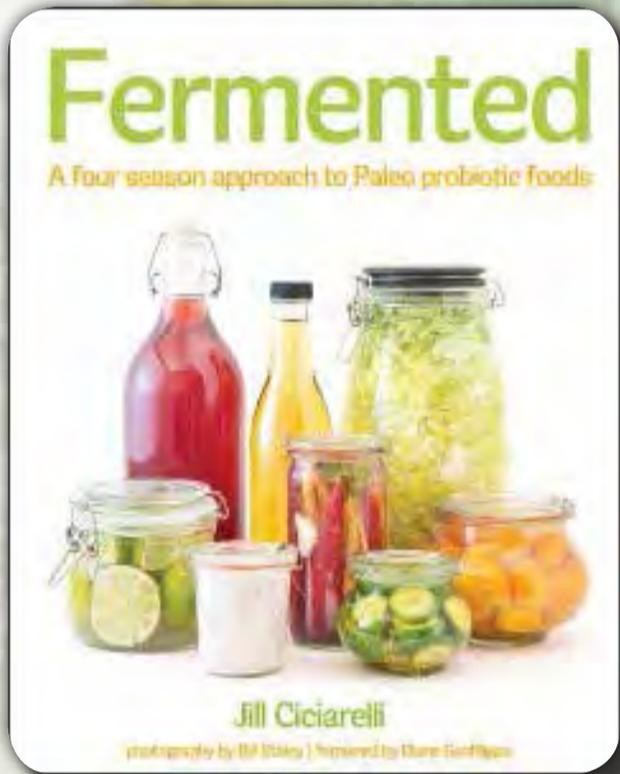
Audio only





LOW CARB

Ask the Low Carb Experts



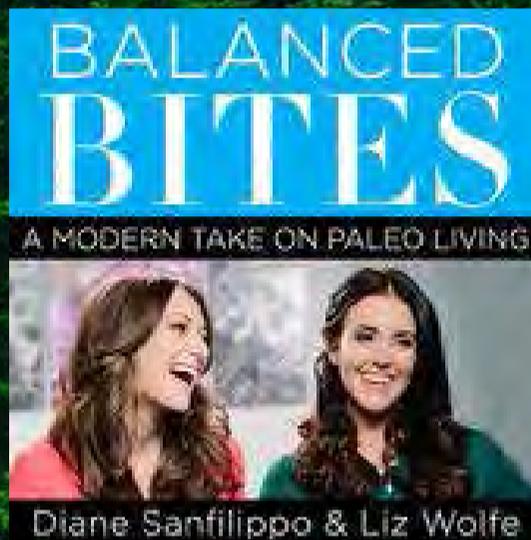
In Episode 52 of “Ask The Low-Carb Experts” the timely and very relevant topic of “All Things Fermented (Fermentation 101).”

Audio only



Paleo/Primal

Balanced Bites



Healthy Holiday Gift
Guide with Cassy Joy

Audio only



Paleo/Primal

The Primal Blueprint Podcast



EPISODE
199

FEATURING
KEN BERRY, MD



Elle Russ chats with Ken Berry MD about his new book *Lies My Doctor Told Me*. Have your doctors lied to you? Chances are they have, and most likely unknowingly. If you've been misled by bad medical advice your health will suffer. It is time you discover the truth. Medical research is expanding so quickly that only the most dedicated doctors can keep up with it all. Is your doctor that dedicated? *Lies My Doctor Told Me* reveals the truth behind the lies told by well-meaning doctors. Whether it's recommending a low-fat diet, or warning you to avoid the sun, these medical lies can cause really harm to your health. Does your doctor still recommend that you avoid cholesterol and eat lots of whole-grains? What about a paleo diet or ketogenic diet, have they been mentioned in an office visit? So much of the nutrition and lifestyle advice doctors give is just plain wrong, and that can be dangerous. This book will help you sort through the medical myths and the outright lies, and begin to develop a health partnership with your doctor. [Why?](#)



3

Paleo/Primal

The Paleo Solution Podcast



In this episode of the podcast we have guests Angela Alt and Dr. Gauree Konijeti. Dr. Konijeti is a gastroenterologist, head of inflammatory bowel disease at the Scripps clinic, and currently researching inflammatory bowel disease with an NIH grant. Angela Alt is a certified health coach and nutritional therapy consultant, partner at Autoimmune Wellness, author of *The Alternative Autoimmune cookbook*, co-author of *The Autoimmune Wellness Handbook*, co-host of the Autoimmune Wellness podcast.



4 Paleo/Primal

The Primal Show

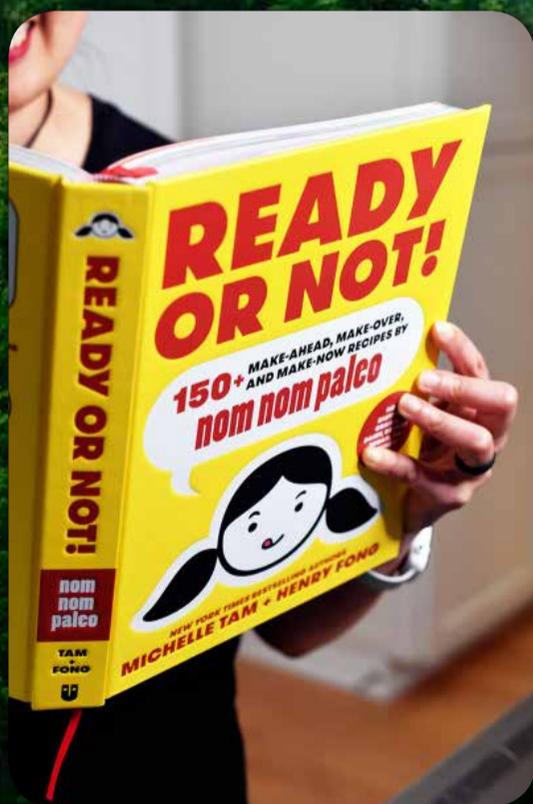


Episode #44 Guest Celebrity Chef Pete Evans is interviewed by show host Heath Squier. Pete is captivating in this 50 min interview as he provides in depth information about Paleo and how he has cooked for celebrities around the world while teaching them how to achieve optimal health through Paleo. He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



5 Paleo/Primal

Nom Nom Paleo Podcast



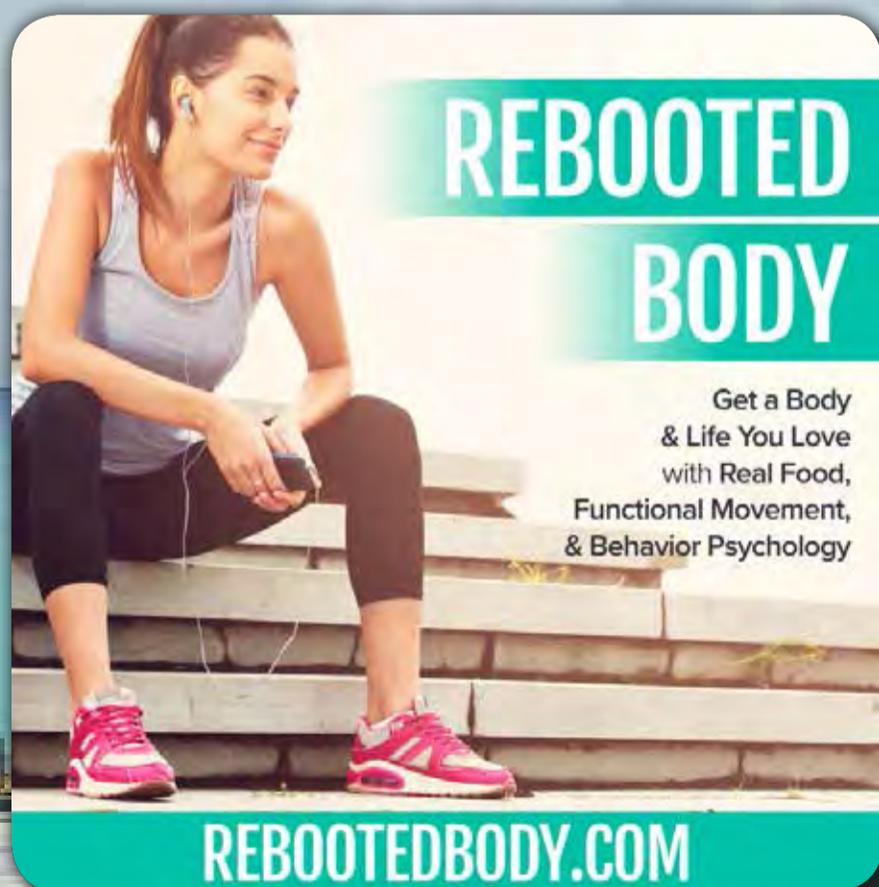
We're back! Yeah, I know it's been over two months since our last podcast, but we think you'll really dig this hour-long episode packed with juicy details about my favorite Hawaiian-inspired summer dish, our exciting new Ready or Not! cookbook, volunteering with the family at the food bank, and my favorite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





Health/Fitness

Rebooted Body



Embracing the Feminine
& Masculine w/ Maddy
Moon

Audio only





Health/Fitness

TED Talks Health



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



Audio



and Video



3

Health/Fitness

The Fitcast



Nia Shanks returns to talk about her new book “Lift Like a Girl,” uncomfortable truths about nutrition, health and fitness, making fitness a punishment, the language we use, and much more!

Audio only





Health/Fitness

The Jillian Michaels Show



Freedom of Behavior

Audio only



Audio only

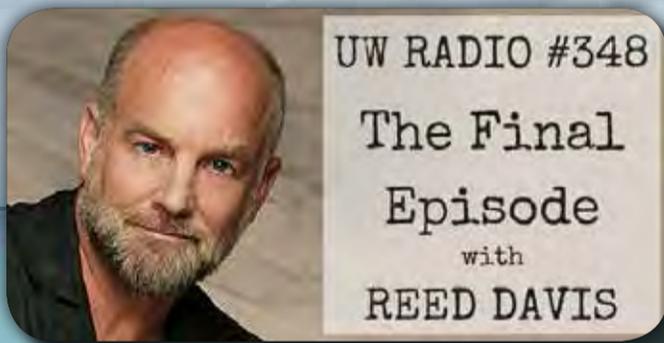




Health/Fitness

Underground Wellness Radio

UWV UNDERGROUND
WELLNESS.COM



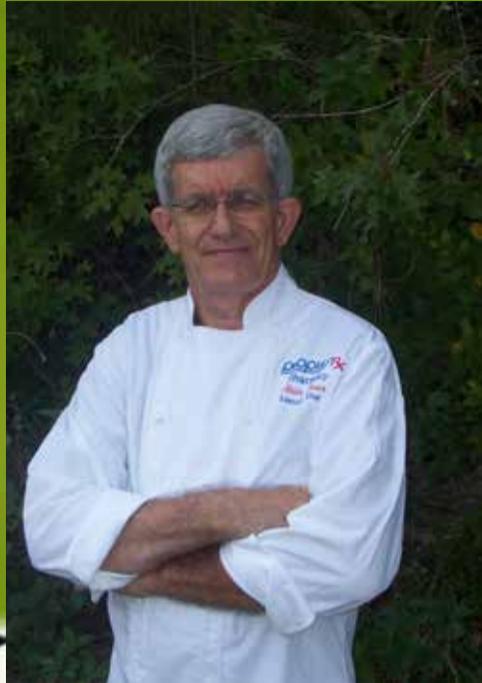
On today's final episode of Underground Wellness Radio, Reed and I get together one last time to show you how to become your own health detective ... one who stops chasing symptoms and gets to the root cause.

Audio only



GMO Watch





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

GMO USA: Trump's agriculture department reverses course on biotech rules

<http://www.gmwatch.org/en/news/latest-news/17957>

GMO France: French health regulator withdraws license for Bayer

<https://www.reuters.com/article/us-france-health-glufosinate/french-health-regulator-withdraws-license-for-bayer-weedkiller-idUSKBN1CV2OT>

GMO Watch: Switching to a non-GMO diet can improve health – survey

<http://gmwatch.org/en/news/latest-news/17959>

GMO India: India shelves GM mustard permit in face of powerful opposition

<http://www.gmwatch.org/en/news/latest-news/17930>

GMO India: GM soybean being cultivated illegally in India: Farmer group

<http://www.gmwatch.org/en/news/latest-news/17962>

GMO Philippine: Farmer groups slam PhilRice for renewed push to field and feed test GM golden rice

<http://www.gmwatch.org/en/news/latest-news/17969>

GMO Europe: EU Member States Say No to Glyphosate Again: 5 Year Authorization Fails - Sustainable

<https://sustainablepulse.com/2017/11/09/eu-member-states-say-no-to-glyphosate-again-5-year-authorization-fails/>

GMO Europe: EU governments reject Commission push for glyphosate

<http://gmwatch.org/en/news/latest-news/17965>

GMO Europe: European Member States Continue Great Glyphosate Rebellion with 10 Year License Refusal

<https://sustainablepulse.com/2017/10/25/european-member-states-continue-great-glyphosate-rebellion-with-10-year-license-refusal>

GMO USA: Los Angeles Restricts Use of Monsanto's Roundup in Public Areas

<https://sustainablepulse.com/2017/10/27/los-angeles-restricts-use-of-monsantos-roundup-in-public-areas/>



GMO Europe: Bulgaria Prohibits Advertising of 'Unhealthy' GMO Foods to Children - Sustainable Pulse

<https://sustainablepulse.com/2017/10/27/bulgaria-prohibits-advertising-of-unhealthy-gmo-foods-to-children/>

GMO USA: Reverse 28 health conditions when you cut out GMOs -- researchers tracked the health benefits

<https://www.naturalnews.com/2017-11-16-reverse-28-health-conditions-when-you-cut-out-gmos-researchers-tracked-the-health-benefits.html>

GMO USA: MegaFood Certifies Entire Line of Supplements Glyphosate Residue Free

<https://sustainablepulse.com/2017/11/02/megafood-certifies-entire-line-of-supplements-glyphosate-residue-free/>

GMO USA: US Survey Reveals Health Improvement after Switch to Non-GMO Diet

<https://sustainablepulse.com/2017/11/07/us-survey-reveals-health-improvement-after-switch-to-non-gmo-diet/>

GMO France: France Set to Oppose EU 5 Year Renewal of Glyphosate Authorization

<https://sustainablepulse.com/2017/11/08/france-set-to-oppose-eu-5-year-renewal-of-glyphosate-authorization/>

GMO USA: Groundbreaking Hair Technology Enables Everyone to Find Out Long-Term Pesticide Exposure

<https://sustainablepulse.com/2017/11/08/groundbreaking-hair-technology-enables-everyone-to-find-out-long-term-pesticide-exposure>

Brandon Olin



As an ergonomics consultant, Brandon Olin works with companies to help their employees avoid the damaging effects of sedentary desk work. Helping people achieve, as per their company credo "greater mobility through constant movement".

Author's Page URL on LCM

<https://lowcarbmag.com/brandon-olin/>

Author's Website URL

<https://movility.co/>

Author's Facebook

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

Author's Twitter

<https://twitter.com/Movilityco>

**Chill Out,
That Stress'll
Kill Ya - Part2**

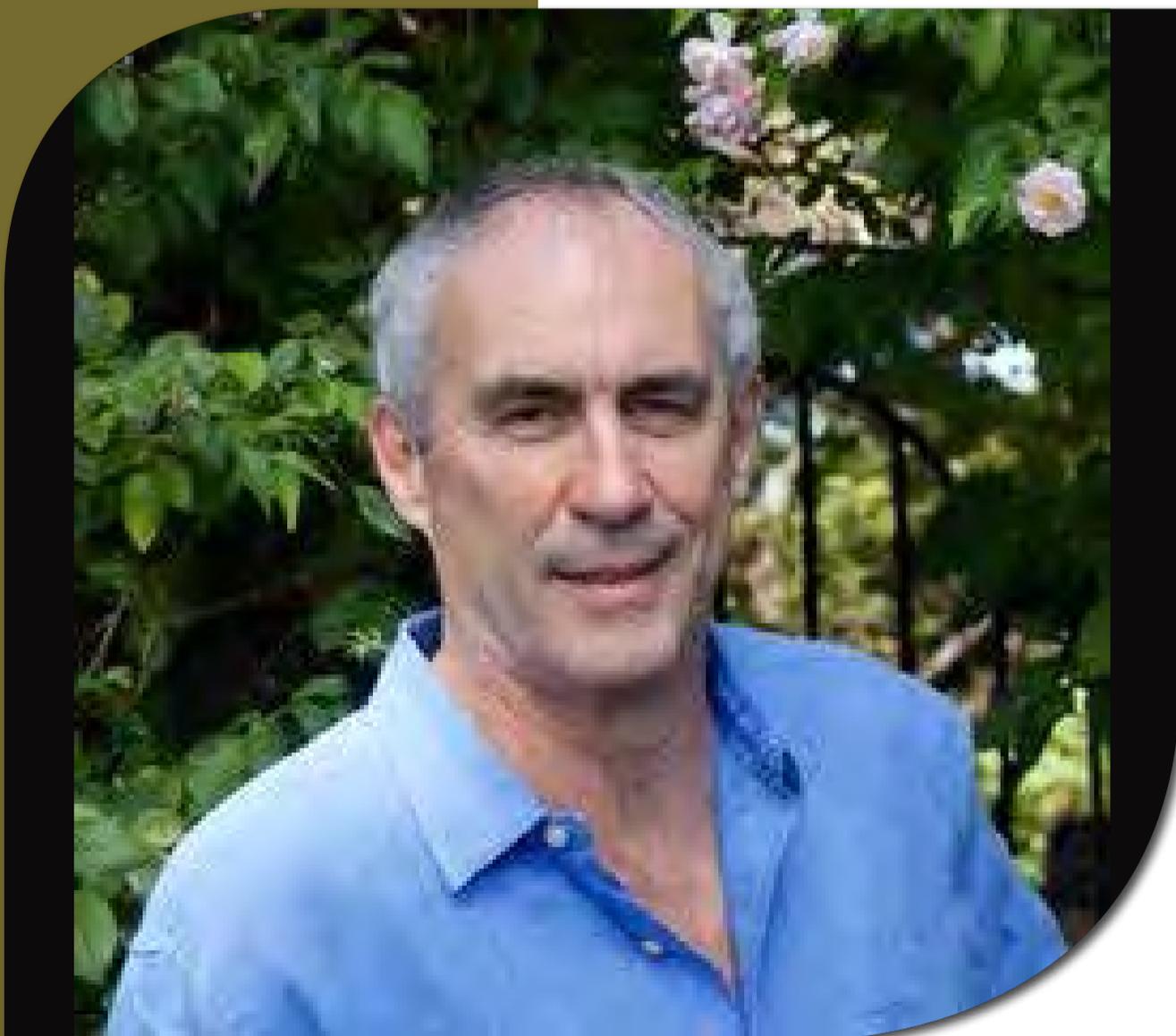
Part 2

In my last article I wrote about how stress can wreak havoc on your diet goals, with cortisol releasing blood sugar as part of the fight or flight response. This is definitely a big problem, but I recently found out it's far worse than I'd originally thought.

I had Dr. David Hanscom as a guest on The Deskbound

Podcast and he gave some incredible insight on how frequent stress can compound on itself, and is one of the leading causes of chronic pain!

Stress...causing pain? I know, I can feel your incredulous looks boring holes in the page. Just bear with me for a second.



Dr. Hanscom is a Seattle based orthopedic spine surgeon. He found through his practice that the vast majority of back fusions for workers comp patients were unsuccessful, with only about 22% leading to positive outcomes. Not only that, but he suffered from pretty severe chronic pain that nearly ruined his medical practice!

Searching for a cure for both himself and



his patients, what he found was astonishing. This is an incredibly in-depth topic, so I'll only be able to give a brief overview here.

Here's how it works: an over-adrenalized nervous system through excessive cortisol release from frequent stress) causes the pain centers in the body to become hyper-sensitive. As I mentioned in the last article, stress is often referred to as "the fight or flight response".

It's purpose was to elevate our physical capabilities in life-or-death scenarios.

However, our bodies and brains are also wired for survival. They've developed ways to deal with these dangerous situations, but they don't WANT to deal with them all the time! So if we are frequently under stress (as many people are in the modern world) our body responds by elevating the intensity of the stress

response. It's the bodies way of saying "Hey this thing is trying to kill you, STOP GOING NEAR IT!"

If you suffer from any sort of pain (no matter how minor) the excessive level of survival hormones generated this way will magnify the feeling of that pain tenfold, if not more-so. And as anyone who's dealt with any sort of prolonged pain knows, being in pain stresses you out.

The normal day-to-day aspects of life are stressful enough as it is. If you're constantly in pain, that's going to create stress on its own, and magnify the effects of stress from outside sources.

This is the compounding loop of stress and chronic pain. Stress enhances pain receptors, creating chronic pain. Being in pain increases stress. Round and round it goes.

Considering the release of blood sugar that goes along with the stress response, this type of biological reaction runs completely contrary to the goals of most low carb diet adherents.

So what do we do about this?

Dr. Hanscom has a number of recommendations for this, and if you're on the severe end of the spectrum of pain check out the interview I did



with him and grab a copy of his book *Back in Control: A Surgeon's Roadmap Out of Chronic Pain*.

If your situation isn't as severe but you can tell it's having an impact, there's one technique of his that he recommends to everyone first starting out, that I've implemented myself to great benefit.

It's called expressive writing. For 15-30 minutes a day write out all your

thoughts in graphic and descriptive language, then tear it up once you're done. This creates a separation between the brain and the thought, retraining your brain away from the stressors of life and the ensuing pain.

Plus, writing about it in graphic language is a very cathartic thing. In my experience, simply the act of taking negative thoughts and physically writing them down on paper was akin to

turning the volume knob on stressful thoughts from a 10 to a 2. I'm less often kept up at night obsessing over stressful thoughts.

I'm more present, focused, and productive throughout the day. I was not at the point of being in severe chronic pain, but the mental benefits of this alone have made it well worth it.

So grab a pen and get writing! Your body and mind will thank you.





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Palm Beach VegFest 2018

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

Palm Beach VegFest is like no event you have ever seen before! Palm Beach VegFest is a registered 501c3 nonprofit organization and profits are donated to vegan charities and organizations. Admission is FREE! Enjoy the good vibes, learn, play games, shop, and spoil your taste buds with frozen desserts and all of your favorite foods!

Boca Raton, Florida

January 20, 2018

Annual Kumquat Festival

<http://www.kumquatfestival.org/>

Come and enjoy the unique, quaint and family fun of "old Florida" during our Annual Kumquat Festival® in historic downtown Dade City - it's one of a kind!!!

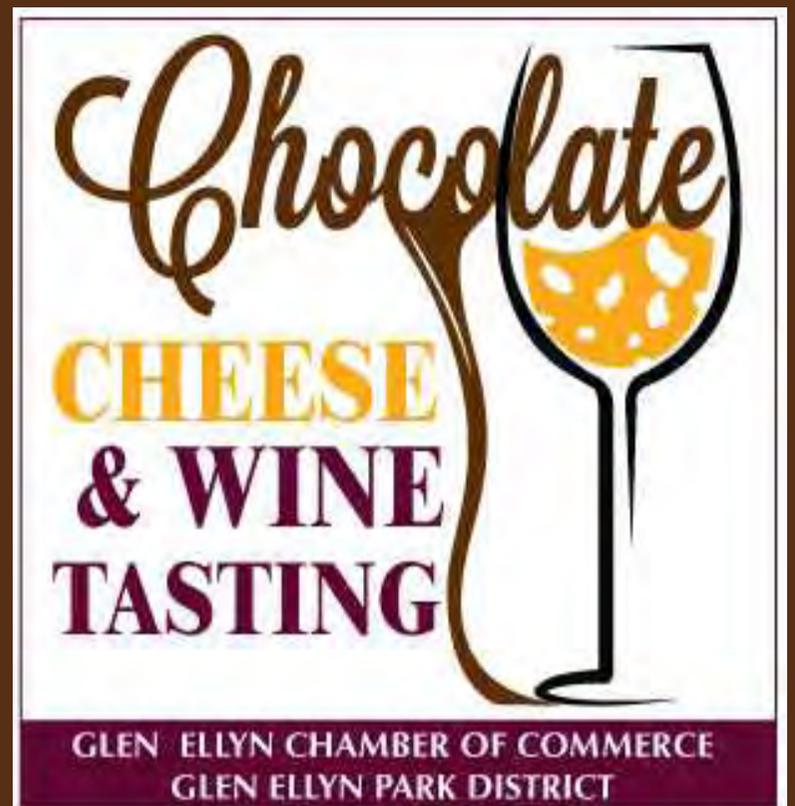
Dade City, Florida
January 27, 2018



Chocolate, Cheese & Wine Tasting

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

Enjoy an evening of wine, chocolate and cheese tastings from around the world. The admission ticket includes a souvenir wine glass, tastings of over 35 wines, as well as, chocolate and cheese. In addition, local Glen Ellyn restaurants will be showcasing a sample of their menu. Make dinner reservations and pre-order chocolates, cheeses and wines on-side for Valentine season. All rating will be available for purchase day of. A portion of the proceeds is donated to the Glen Ellyn Park District Scholarship Program.



Glen Ellyn, Illinois
February 2, 2018

71st Annual Holtville Carrot Festival

[http://www.holtvillechamber.org/
carrot-festival](http://www.holtvillechamber.org/carrot-festival)

Featuring award of the 2017 Citizen of the Year honors, and crowning of the 2018 Carrot Festival Queen, Princess and Junior Princess. 6:30 - 7:00 p.m.: No-Host Cocktails. 7:00 - 8:00 p.m.: Dinner. 8:00 - 9:00 p.m.: Ceremonies at Imperial Palms Hotel & Resort at Barbara Worth.

Holtville, California
February 2-11, 2018



****Image by Amelia Crook

19th Annual South Florida Garlic Fest 2018

<http://dbgarlicfest.com/#modal>

The South Florida Garlic Fest is the epitome of homegrown talent and a cultural showcase providing an outlet for local artists and chefs to express themselves. In a variety of mediums, Garlic Fest serves as a gathering festival focal point for musicians, artist of every genre and culinary artists. Each year over 40,000 local South Floridians attend to enjoy the premier food and entertainment event in South Florida.

Delray Beach, Florida
February 9-11, 2018





Gluten Free & Allergen Friendly Expo 2018

<http://gfafexpo.com/>

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

San Diego, California
February 10-11, 2018



Beer, Bourbon & BBQ Festival

<http://www.beerandbourbon.com>

This is the original. This is the one that started it all...there are no substitutes. Join us at the festival for a great day of beer sippin', bourbon tastin', music listenin', cigar smokin', and barbeque eatin'. Your admission buys you a sampling glass so you can enjoy an ALL-YOU-CARE-TO-TASTE sampling of beer and bourbon. Some of the best barbeque vendors are on-site if you get hungry all while enjoying seminars in the tasting theater and LIVE music all day.

Ft. Lauderdale, Florida
February 10, 2018

Wine & Chocolate Weekend

<http://www.maderawinetrail.com/february.htm>

February 10-11th, 2018 , Saturday and Sunday/ 10 a.m. – 5 p.m.

Madera, California
February 10-11, 2018





26th Annual Orange Beach Seafood Festival

<http://www.obparksandrec.com/eventscalendarlist/seafoodfestcarshow.html>

The Orange Beach Sports Association (OBSA) is pleased to announce the 26th Annual Orange Beach Seafood Festival is set for February 24, 2018, 10:00 am - 4:00 pm on Main Street @ The Wharf. This festival is the Association's major fundraiser to support sports-related activities in our community, specifically youth baseball, softball and T-Ball. Proceeds are used to purchase uniforms, equipment, insurance, and pay for expenses of officials and sponsor clinics.

Orange Beach, Alabama
February 24, 2018



37th Annual Santa Cruz Clam Chowder Cook Off & Festival

<https://www.beachboardwalk.com/Clam-Chowder-Cook-Off>

Join the delicious festivities as amateur and professional chefs prepare their finest clam chowder recipes along the Boardwalk.

Teams compete in the friendly competition, hoping to win prizes and bragging rights for BEST CLAM CHOWDER in the country's largest and longest-running clam chowder competition!

Santa Cruz, California
February 24-25, 2018

Florida Strawberry Festival

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

The Florida Strawberry Festival is an 11-day community event celebrating the strawberry harvest of Eastern Hillsborough County. Each year, over 500,000 visitors enjoy the festival's headline entertainment, youth livestock shows, rides, exhibits of commerce and, of course, its strawberry shortcake.

**Plant City, Florida
March 1-11, 2018**





52nd Annual Grant Seafood Festival

<http://grantseafoodfestival.com/>

What sets this seafood festival apart from others is that it runs through a 100% volunteer effort! All preparation, whether it be on the grounds or with the purchasing, cooking or serving of the various menu items is accomplished by volunteers of the community. We do not have any food vendors on site. All booths are run with volunteers: many booths are made up of family members, often times having several generations working along side one another. It is this complete volunteer effort that makes our festival unique. The total commitment of our community and all our volunteers makes the Grant Seafood Festival a time honored tradition unlike any other. We are proud of our community and our festival is a testament to that fact.

**Grant, Florida
March 3-4, 2018**

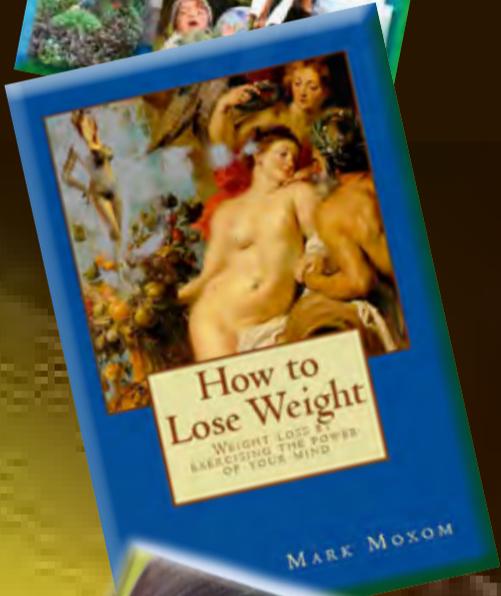
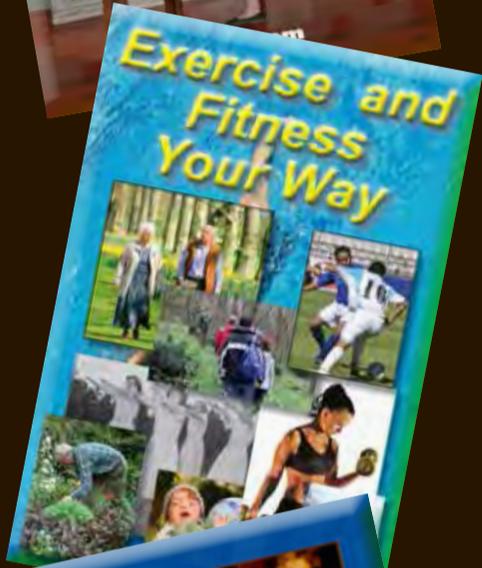


Local Specialty Crop & Local Food Trade Show

[http://bostonlocalfoodfestival.com/programs/
local-food-specialty-crop-trade-show/](http://bostonlocalfoodfestival.com/programs/local-food-specialty-crop-trade-show/)

The Sustainable Business Network of Massachusetts (SBN) is offering our 7th Local Food Trade Shows. The 2018 Local Food and Specialty Crop Trade Show is designed to facilitate connections and stimulate business relationships between producers and wholesale buyers of local food, with a focus on specialty crop food products in Massachusetts.

**Boston, Massachusetts
March 5, 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.

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RECIPES



Poulet Basque— Basque-style Chicken

Here's a tasty specialty from Chef Alain Braux's book, *Paleo French Cuisine*. This recipe is from the Southwest part of France, the Basque region. Typically, they use a sweet-spicy pepper called Espelette to this recipe to add a little extra kick. If you feel adventurous, add a sliced jalapeno or poblano pepper to this recipe.



Paleo French Cuisine



by Chef Alain Braux



Ingredients:

- 1 whole chicken, organic or free-range (about 4 lbs)
- 2 Tbsp extra virgin olive oil
- 1 large white onion, sliced
- 4 garlic cloves, crushed
- 2 green peppers, sliced
- 2 red peppers, sliced
- 4 ripe tomatoes, seeded and sliced
- 3 oz tomato paste (1/2 small can)
- 1 cup red wine (8 oz)
- 1 tsp thyme, dried
- 4 bay leaves
- 1/2 tsp sea salt
- 1/4 tsp cayenne pepper, ground

Directions

1. Cut your chicken in pieces or better yet ask your helpful butcher to do it for you (special order it in advance to save time).



2. Clean, deseed and slice tomatoes and pepper. Peel and slice onion and crush garlic.



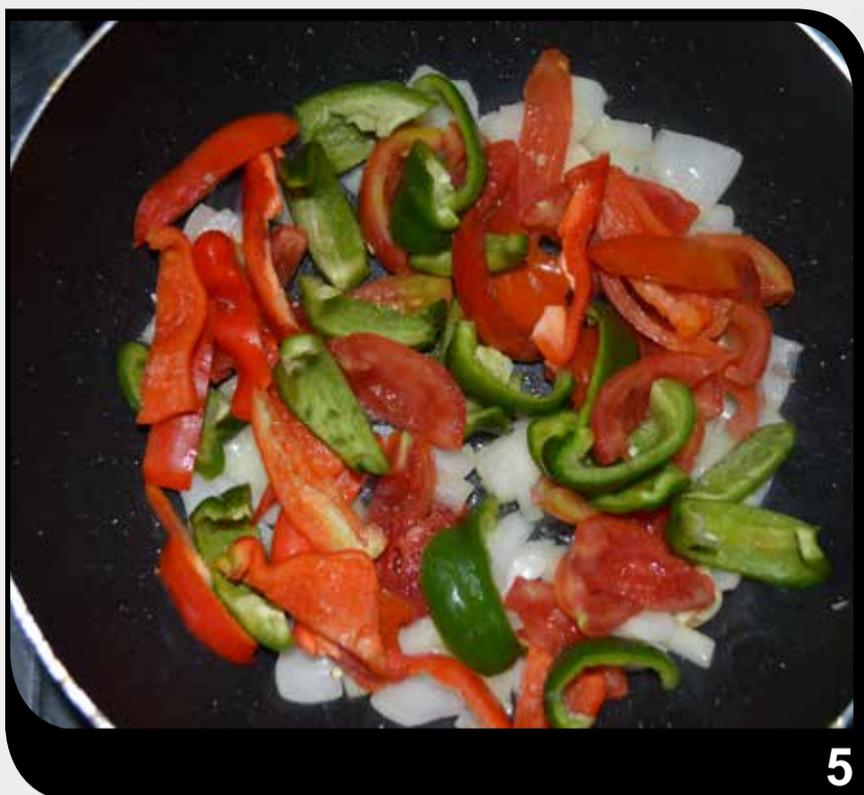


3. Heat the olive oil on medium heat in a large heavy duty cast iron pot with lid (French or Dutch oven). Sauté the chicken until it reaches a golden color. Set aside.

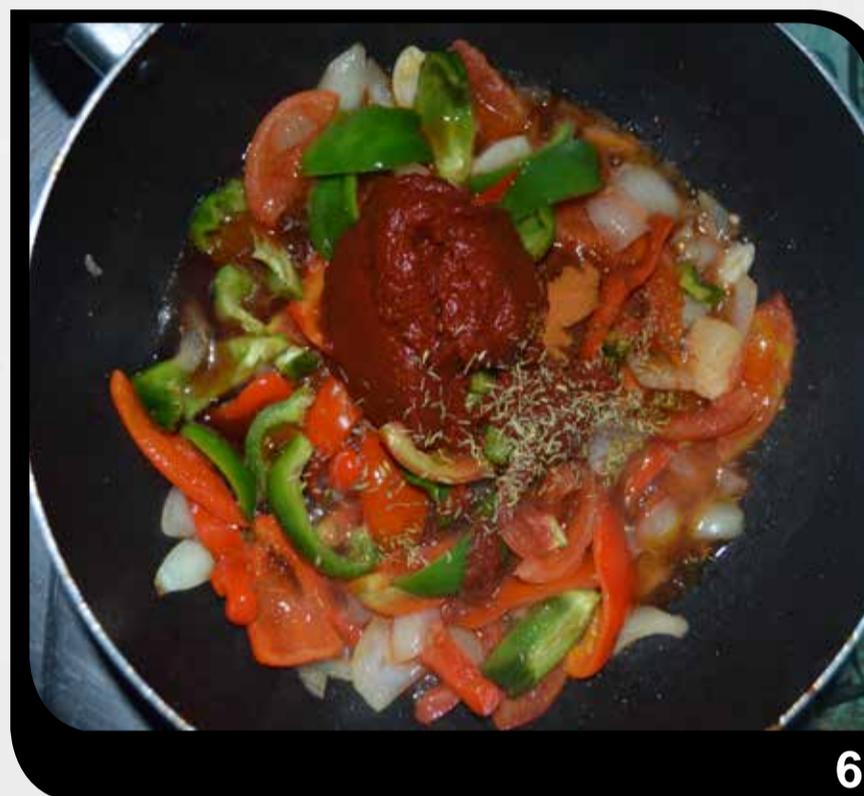


4. In the same pot, add the sliced onion and crushed garlic and sauté with a pinch of salt.

5. When translucent, add sliced peppers and tomatoes. Cook a few more minutes until soft.



6. Add tomato paste, red wine, herbs and spices. Stir well.



7. Bring back to a gentle boil. Cover with the lid. Lower the heat and allow to simmer for another 30 minutes or until the meat falls off the bones.





Chef's Tips:

- Chef's tip 1: If you are preparing this recipe out of tomato growing season, use organic stewed or cubed canned tomatoes.
- Chef's tip 2: If a whole chicken is too much to handle, you could get a mix of chicken breast and legs.
- Chef's tip 3: I would suggest roasted root vegetables with this dish.

Number of Portions: 6

Nutritional Value:

Nutrients per serving	
Energy	236.0 kcal
Protein	29.2 g
Carbs	7.5 g
Fiber	2.1 g
Fat	8.8 g
Water	253.6 g

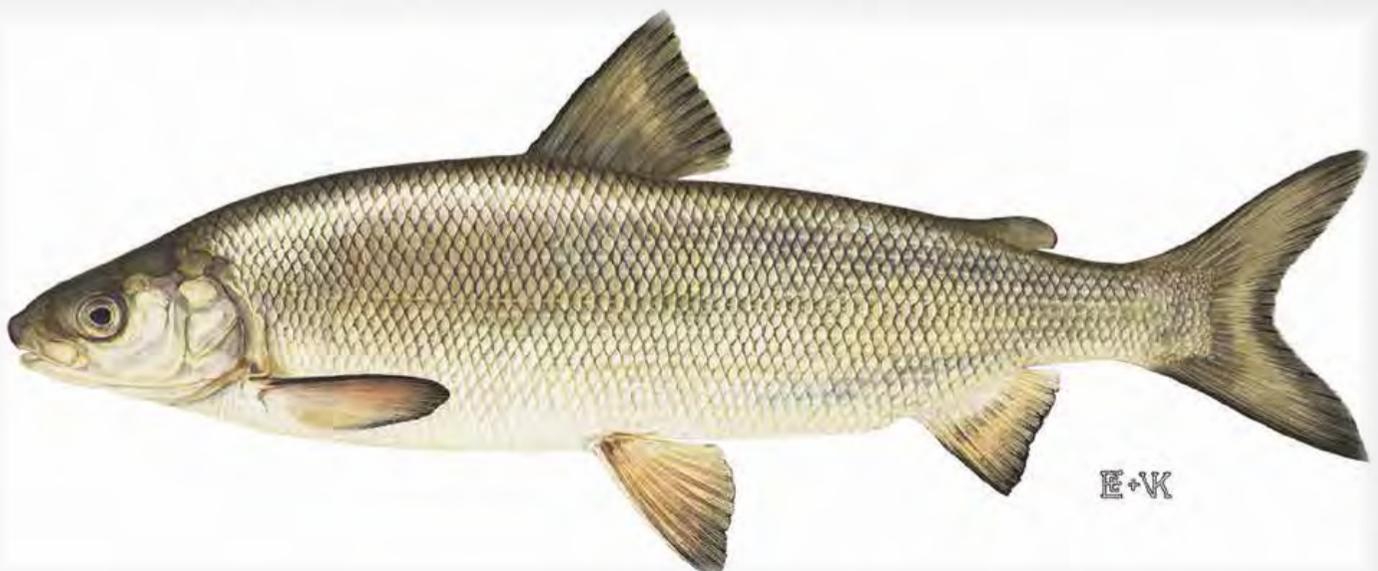
Fish Fillet in Creamy Coconut and Shallot Sauce





Ingredients:

- 1 pound white fish fillet
- 1 tablespoon coconut oil
- 1 shallot, finely chopped
- 3 tablespoons butter
- 1/2 cup coconut milk
- Juice from 1 lemon
- Salt and pepper to taste
- Finely chopped onion leaves for garnish



Directions

1. Pat fish fillet dry and sprinkle over salt and pepper.



1

2. Heat olive oil over medium-high heat and add butter. When the butter is completely melted add and sauté shallot about 30 seconds.



2



3. Add the fish and fry about 4 minutes on each side or until brown. Remove fish from the skillet and set aside.



4. Turn the heat down to low and add lemon juice.

5. Scrape up the bits and pieces from the bottom of the pan then add the coconut milk.



6. Let boil for about 3 minutes or until sauce thickens making sure to stir constantly to avoid burning. Taste the sauce (careful - it's hot) and add some more salt and pepper if desired.



7. Once the sauce has thickened, pour it over the cooked fish





Serving Instructions:

Garnish with chopped onion leaves and serve immediately.

Chef's Tips:

This is one of those dishes that is easier to plate up in the kitchen.

Number of Portions: 2

Nutritional Value:

Nutrients per serving	
Energy	889.7 kcal
Protein	77.4 g
Carbs	6.0 g
Fiber	1.6 g
Fat	61.7 g
Water	361.5 g

Low Carb Cheese & Cauliflower Chowder





Ingredients:

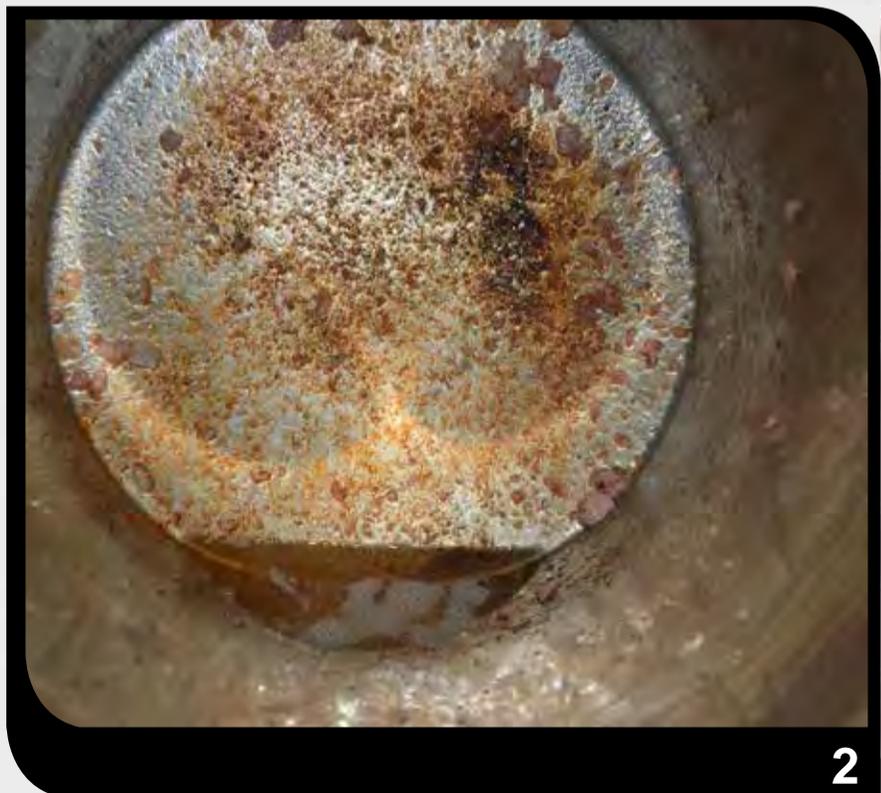
- 8 slices bacon, chopped (save half for garnish)
- 1/2 small yellow onion, chopped
- 1 celery stalk, chopped
- 2 garlic cloves, minced
- salt & pepper to taste
- 4 cups grated cauliflower
- 2 Tablespoons water
- 2 Tablespoons almond flour
- 2 cups chicken broth, divided
- 2 cups milk
- 3-4 dashes hot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

Directions

1. Heat a large soup pot over medium heat and saute bacon until crispy.



2. Remove bacon but retain the drippings from the pot.





3. Add chopped onion, garlic and celery to the pot then season with salt and pepper and saute until vegetables are tender.



4. Add cauliflower and stir to combine.

5. Add water then place the lid on top and cook cauliflower until tender, stirring from time to time. Meanwhile, whisk together the flour and 1/4 cup chicken broth in a small bowl then set aside.



5

6. Once the cauliflower is cooked through, add in the remaining 1-3/4 cup chicken broth and 2 cups milk then turn up the heat and bring to a boil.



6



7. Add in a dash of hot sauce.



8. Slowly add in the flour and chicken broth mixture while stirring,

9. then turn down heat and simmer until chowder has thickened.



10. Turn off the heat then stir in 2 cups cheddar cheese and half of the cooked bacon. Add more salt, pepper, and hot sauce if needed.





Serving Instructions:

Top with the remaining cheese, bacon, and green onions, if desired and serve while hot.

Number of Portions: 8

Nutritional Value:

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

Grilled Avocado with Simple Salsa

A perfect starter and party appetizer!

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





Ingredients:

- 2 firm, ripe avocados

For the salsa

- 2 tomatoes
- 1 small onion
- 1 small bell pepper
- Juice of 1/2 lime
- 3 tablespoon olive oil
- Salt to taste
- Dollop of sour cream



1



2



3



4

Directions

1. Chop the tomatoes, onion and bell pepper to roughly all the same size pieces and mix together thoroughly in a medium bowl. Add the salt to taste and mix.
2. Cut the avocados in half and remove the pit. Brush each avocado half with olive oil and lime juice and sprinkle with salt.
3. Place the avocado flesh-side down under the grill for 5-7 minutes.
4. Decorate a small serving plate with a tablespoon of salsa. Fill the pit hole of each avocado with a good amount of the salsa and top off with a dollop of sour cream and place one half avocado on each plate.

Chef's Tips:

You can also use a ridged grillpan (normally used for meat) on the stovetop if need be.

Number of Portions: 4

Nutritional Value:

Nutrients per serving	
Energy	207.3 kcal
Protein	2.6 g
Carbs	11.1g
Fiber	7.4 g
Fat	18.8 g
Water	128.2 g

WHY BOTHER WITH EXERCISE

Easy Weight Loss Exercises



Dip Exercise.



Again, this is designed to strengthen the back of your upper arms. This time you'll need to sit in a chair that has armrests.

Sit down in the chair, move slightly forward and lean slightly forward, but keep your back and shoulders straight.

Hold onto the arms of the chair so that your hands are level with your body.

Place your feet so that they are slightly under the chair, with the weight of your legs on the balls of your feet. Using only the strength of your arms, slowly lift yourself up as far as you can, without using your legs in any way to assist you.

Again, repeat this exercise 9-12 times, rest for twenty seconds and then repeat the exercise again.

Take a breath before you start and breathe out as you push up and finish breathing out as you come back down again.



Note: A chair without wheels is safer and a lot easier to use too.



Triceps Bench Lift or Triceps Kickback

Place two kitchen chairs together side by side. To work your left arm, put your right knee on the first chair, lean forward and support your body weight with your right arm leaning on the seat of the second chair. Allow your left arm to dangle down, pointing straight to the ground.

Breathe in, then as you breathe out, bring your left arm up, trying to keep the forearm vertical, so that the top part of your arm goes as high as it can.



Once it's got as high as it can, continue the movement with your forearm, pushing back so that the arm is in a horizontal position.

Hold that for the count of one, bring the forearm back towards your shoulder, then lower the whole of your arm vertically straight down again, as you finish - breathe out.

Relax for one breath, then breathe in and start again. Do this 3-5 times with your left arm. Change sides and do the same with the right arm.

Repeat the whole exercise 10-15 times for each side.

