

Low Carb Mag

Epilepsy & the Ketogenic Diet

Jade Nelson

Yoga for the Hands

Rachel Zinman

Benefits of Nuts & Seeds On Low Carb Diet

Dr. Mona Morstein

Health Benefits of Improved Digestion

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Holiday Roasted Pork Belly
Low Carb Orange & Spinach Salad
No-bake Mini Avocado Cheesecakes

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January's Feature Interview

Aly Cohen



Dr. Cohen received her undergraduate degree at the University of Pennsylvania. She went on to medical training at Hahnemann University Hospital School of Medicine in Philadelphia, and completed her internship and residency in internal medicine at Beth Israel Medical Center in New York City. Dr. Cohen continued her specialist training in rheumatology and autoimmune diseases at Montefiore Hospital/Albert Einstein University Hospital in the Bronx, New York. Dr. Cohen is currently in private practice in Monroe Township, New Jersey. Her practice, that she founded in 2011, Integrative Rheumatology Associates P.C., focuses on both traditional western medical management of rheumatologic ailments, as well as integrative options for total "wellness", such as biofeedback, acupuncture, cognitive therapy, diet and exercise counseling, environmental toxin counseling, smoking cessation, stress management and sleep evaluations.

[Check out Aly Cohen's website here](#)

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Editorial

H

ome on the Range.

All our lives, no matter where we grew up or what our family's social, educational or financial situation was, we would in the most part have eaten a fairly tight range of food.

That range was where we felt comfortable, safe - at home - if you will. And probably something we always - even now - are happy to reminisce about and go back to.

Even though you may have seen that not everything served up at home back then

was good for you and have changed your diet, I know I'm fairly safe in saying that you still eat a fairly tight range of food.

So what? You might say.

Well, here's the rub... Unless you are an exception, that range gets smaller and smaller over time. Maybe in an imperceptible way, but that is what happens.

Have a think about it for a second... I'm sure you can think of maybe two, three, four or even half a dozen or more food ingredient,

dishes and even complete meals that you have not had for a good time. And there is no doubt a reason for that.

It might be a change of season meant that home made soup was no longer something you wanted and when next fall came around - well anyway - whatever the reason, it just didn't get back on the menu. It could be those home grown vegetable, fruits or salad ingredients didn't get planted this year because... Well you know the all the very convincing reasons why things don't happen.

We all have good intentions but life has a habit of getting in the way - if you let it. And sometimes frankly, it seems you can't stop some things happening even if you want to.

And that is certainly true that when you're going through those situations, but what

about afterwards? Why - when normality is restored - don't we get back on track?

In many many cases it is because a new 'normality' has become our comfort zone and we just don't see that things have changed. Even when those changes put us in a slightly worse off position.

But anyway - getting back to food.

Our digestive system also gets comfortable digesting the certain range of foods that we habitually eat and in doing so adapts our microbiome to suit. After all the body is very efficient in using resources and won't necessarily encourage or produce microbes and enzymes that just are not going to be used. Which is all fine and dandy while we stay in that particular zone* but not always comfortable when we move out of it.

It is no surprise to me when people complain after eating something they have not eaten for a long time that it now disagrees with them. This most often comes after going out for a meal to an old favourite restaurant and then finding that Mexican, Thai, Chinese, Italian Indian or any other of the named cuisines no longer agrees with you.

The real problem here is that it's more of a case that you no longer agree with it because your body no longer has just the right mix of digestive tools to handle it. It's almost like your body has forgotten how to.

And that is such a loss both to you and your good health.

Why..? Because for us to get the most out of what we eat, food should always be fresh, tasty, interesting and varied. That way we can be sure we are giving our bodies all of the building blocks it needs to promote our good health physically, mentally and emotionally (yes - there is a heck of a lot of emotion attached to food). Just think of even the simple things like the wide variety of herbs and spices that many cuisines have as base ingredients such as curcumin, turmeric, garlic and so on.

If even one of these is no longer in your diet - you're missing out!

So what is the best way to deal with a shrinking range of food?

Simply and consciously start to expand it again! Gently at first so your microbiome has time to react - and enjoy those new or renewed culinary delights.

Why not make a point of going to a new restaurant and trying something well... New!

But be sensible. Don't overindulge the first few times. Like I said - give your digestive system time to recover its previous abilities.

Of course one way to help seed that process is by eating probiotic and digestion aiding fermented foods such as kimchee or proper sauerkraut (more on that in a later edition). Or you could simply add some of the spices gradually to some of the things you are

currently eating. You're intelligent and more than capable of seeing what you personally can do to make worthwhile changes - of that I'm sure!

The bottom line is - do whatever you need to do in order to widen your 'comfortable' range of food and get out of the old zone (aka *rut) and into a new ever expanding range of culinary heaven and feel the tasty bliss of new foods as you try more and more of them.

Your body will thank you for it.

And I am sure your taste buds won't complain much either.

All the best until next time,

Mark



See the full interview at <http://lowcarbpaleoshow.com/low-carb-paleo-show-120-jade-nelson-my-keto-toolkit-interview/>

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 who share and learn from each other (with a name that inevitably makes people smile!) 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.

Jade had her first seizure when she was seven-and-a-half years old, and was diagnosed with epilepsy at age eight. "They did a brain biopsy that determined that I had a scar on the left temporal lobe, which was caused by the umbilical cord being wrapped around my neck at birth," she explains. Jade has lived the last 31 years of her life with epilepsy. For the first 28 of those years, she was on various medications to help control her seizures, usually taking two or three different types of medication at any one time. In total, she's been on ten different types of medications. The medications were often successful in controlling her

seizures and she was seizure-free for long periods, but she struggled a lot with the side effects of the medications she was on.

"And then about three years ago, one of my medication changes made me really sick," says Jade. "I lost a ton of weight and I was really, really unhealthy." So she decided to try the Ketogenic diet, and she wishes she had done it sooner! Today she's seizure-free, has been able to stop taking some of her medications, and is gradually reducing the others with the goal of being medication-free as well.



As a massage therapist, Jade works in the health and wellness field, and she now helps to educate people about the ketogenic diet and its uses. She is also a community health educator, "So I spend a lot of time talking about self-care and connecting communities, and that's where the Fat Fueled Mafia came from." Jade explains that while social media is great, she loves connecting with

people out in the real world. "Community is huge for me."

Asked about the stigma around epilepsy, Jade says that one of the big issues is that when individuals are diagnosed, they tend to want to keep it a secret because it can be embarrassing. "I've always been pretty open about it, but there have been times when I've decided to not share that information because of

how people react. You get 'Oh, I'm so sorry. Oh, that must be awful,' which is tough. I think the stigma in society stems from the fact that there's not enough education on the topic." Part of the difficulty comes from the fact that epilepsy is such a broad term, because there are many different types of seizures and they affect people differently, which makes it hard to educate people about epilepsy as a disease. "But the more that people who live with it, and speak up about it, and bring it into the light, it will become something more normal and acceptable, like cancer."

Jade's mission is to educate people about 'finding their own new normal.' She wants to help people find their own healing path, whether it be through food, medication, or whatever way is right for them. "I don't want anyone with an epilepsy diagnosis to simply give up and accept that as the end," she says. Jade has dealt with different forms of discrimination or judgement around her own epilepsy, but she's heard much worse from other people with epilepsy that she knows. "Some of the things I've heard have just floored me, but it all boils down to education."

“ I don't want anyone with an epilepsy diagnosis to simply give up and accept that as the end ”

“ Just being there and being reassuring is one of the best things you can do ”

There are big challenges, though, as she says, "How do you make epilepsy cool?" Jade acknowledges that people are often apprehensive about stepping up to help someone who is having a seizure, but "I've always been very grateful to people who have stopped and helped." She explains that some people (herself included) can 'blank out' during and after a seizure, and not even remember their own name, which is very frightening. "Just being there and being reassuring is one of the best things you can do," she explains.

Since the ketogenic diet has been a recognized therapy for children with epilepsy since 1998, and widely used since 2007, Jade was already familiar with it. But she hadn't considered it for herself, until one day when she was talking to her sister, who encouraged her to look into the ketogenic diet. "It was the best thing I ever did!" Jade educated herself about the Keto diet, immersing herself in all the information she could find. "That's when I realized it wasn't just a diet. For me it was a life-changing experience."

There are different types of ketogenic diets, and different approaches. Jade's approach is therapeutic, so she follows a low-carb, high fat, moderate protein diet. "So we use ketones (or fat) as our energy source, rather than glucose as in the standard American diet." This means eating a diet that can be up to seventy percent fat. The book she recommends to beginners is *Keto Clarity* by Jimmy Moore. "That was the first one I read. But you can also start by making simple changes: stop buying anything packaged, shop on the outer edges of the grocery store, start reading the ingredients

on the back of everything you buy, and start limiting your sugar." Sticking to simple, home-prepared meats and vegetables is an accessible starting point for most people. "The next step is to add healthy fats: olive oil, butter, swap out your milk for cream," she explains. "I tell people not to try to jump into it all at once, because if you make smaller changes, it's easier to stick to them."

"Most mornings I have a cup of coffee or tea with a quarter-cup of heavy cream in it. And I'll add a tablespoon of MCT (medium-chain



Photo by Kelly Sikkema on Unsplash



Photo by Lily Banse on Unsplash

triglyceride) oil. I blend that up with a scoop of vital proteins that are collagen peptides, so that I get a little protein." Jade also recommends a fatty cut of meat with vegetables, cooked in olive oil or butter. She also eats a lot of avocados. "My carbs all come from vegetables, which I eat with fat-based dressings."

When she first started the keto diet, Jade would have a quarter cup of raspberries or blueberries with her morning cream, "But now

I don't even like fruit. I know that sounds like the saddest thing!" She describes having a piece of strawberry recently, and finding it much too sweet. "What's happened is that being on the Keto diet has changed my pallet, so that fruit now tastes a thousand times sweeter."

Another thing Jade noticed when she switched to the Keto diet is that the quantity of food she ate got a lot smaller. "At first I was cooking the same amounts that I was used to, and

I kept having all this food left over. I went from eating four or five times a day to eating twice a day, and not even feeling hungry half the time! In the very beginning I was hungry — starving — a lot, so it did take some time to figure things out, but after a while the quantity of food I was eating went down, and that means the grocery bill went down as well, which is awesome!" Which also means that when you take a smaller quantity of food into account, the Keto or Paleo diet isn't that much more expensive than eating the standard American diet,

even though you're typically buying a lot more meat. "Some of the specialty products marked 'Paleo' or 'Keto' are expensive, but I only buy a few of those that I use and particularly like." Other than that, she sticks to natural ingredients which aren't significantly more expensive.

One aspect of grocery shopping that can be surprisingly challenging is buying the fatty meats that are a key part of the Keto diet. Since the 1980s, the focus has been primarily on low fat foods, and farmers have worked to breed leaner cows

and pigs, with the result that it can be difficult to find meat with a higher percentage of natural fat. Since Jade is in Texas beef country, she solves this problem by buying directly from a farm which enables her to pick exactly the cuts of meat she wants, ones that aren't often found in grocery stores these days. She also eats a lot of pork belly, and buys chicken with the skin on in order to preserve the fat layer. "I tell people, do the best that you can," when it comes to shopping for good quality meat.

She doesn't insist that Keto is the only diet that can help people with epilepsy, however. Many people have benefited from a 'modified Atkins diet' approach, which allows more carbohydrates than the stricter Keto diet. A typical Keto diet is about twenty grams of carbohydrates per day, with some people eating even less than that. But with a modified Atkins diet, people can eat thirty to fifty grams of carbohydrates per day. "And also, the modified Atkins diet allows different foods. For instance I've seen people on a modified Atkins



diet who eat beans and other legumes, which people on the Keto diet typically don't," says Jade. The allowance of more carbohydrates means that people on the modified Atkins diet eat a little less fat.

Asked what she would say to a person with epilepsy who was concerned that eating lots of fat is unhealthy, Jade says "When I started on the Keto diet, I was petrified that I was going to get fat. Because as the saying goes, fat makes you fat!" She advises people to just try the diet for a few months to see what happens,

and find out how it makes them feel. She also notes that if a person is eating a lot of carbs on top of a large amount of fat, "That's going to do a disservice to the body. The body can't handle both." She recognizes that it is ingrained in many people in North America that "Fat is evil. And it's very hard to break from that kind of thinking." Jade believes in educating people with books and research papers, talking from her own experiences and above all, sharing her story. "All I know is that eating fats makes me function so much better, and my brain feels



better. I have seizure control, and it works. And I haven't gotten fat, so there you go!"

However it's important to remember that there are good fats and bad fats. Jade notes that she's not a nutritionist or dietician, but her reading and research has led her to believe that animal-based fats are better for the body, and that it's certain plant-based fats, such as sunflower oil and canola oil, that we need to be concerned about. Though she acknowledges that some plant fats, such as avocado, olive oil, and coconut oil are 'good fats'. One easy

way to break it down is to say that the less processed a fat is, the better it is.

Talking about how the Keto diet has improved her health, Jade enumerates the benefits she's seen: "It has given me seizure control; it has allowed me to come off some of my medications; it has improved my cognitive ability, including the ability to think more clearly, the ability to process more things and multitask more; it has balanced my weight; and I have a lot more energy - I don't need to sleep nearly as much as I used to." Jade also notes that she

"When I started on the Keto diet, I was petrified that I was going to get fat.

.... it is ingrained in many people in North America that "Fat is evil. And it's very hard to break from that kind of thinking.



is less affected by the side effects of her medications, and she feels like she's on more of a consistent, even keel emotionally.

Jade works as a massage therapist in Austin, TX, and also provides an online counseling service that she calls 'Guru Sessions.' In a 'Guru Session,' clients get "thirty minutes of my time to ask me anything revolving around their health and wellness; specifically sometimes relating to epilepsy and Keto," explains Jade. She also does coaching

sessions where she helps people build health care plans, which means helping them figure out how to build lifestyle changes into their lives. She coaches her clients to include self-care, as well as nutrition and wellness, in their day-to-day lives. Her goal is to build a plan for her clients that will start them on their own journey. "I want to empower people to take responsibility for their own health – not to have someone do it for you – but to show you and guide you on



how to do it for yourself." For her local clients, she will also sometimes go into people's homes to teach them how to cook Keto, including food prep and organization so that sticking to the diet of the lifestyle they choose (be it Keto or Paleo or Low Carb), is easier. "So that this new way of eating is not something you have to fight to force into your life," Jade says.

Jade also leads workshops for patients about taking control

of their own health where she explains that it can be helpful to view your doctor as a tool. "Take the information that they provide, and use that as the starting point of your own research to learn about your diagnosis, to try to empower yourself." She also talks about being hopeful when you get a diagnosis, "Don't just sit there and wait for someone to fix you."

Jade is currently available for speaking engagements. Her past presentations have included a talk on "Raising a child with Epilepsy," delivered to a group of parents at the Dell Children's Medical Centre in Austin,

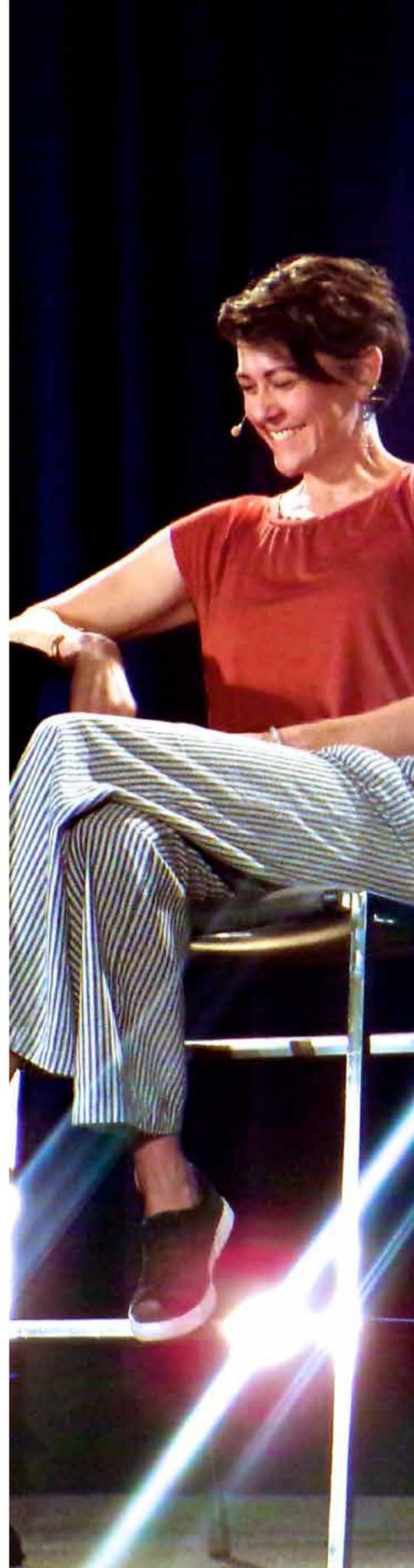
Texas and “Healing in the Kitchen” at KetoCon, also in Austin, where she talked about how she improved her health through food. She also delivered a breakout session at the Low Carb USA conference in San Diego where she talked about her struggle with her epilepsy diagnosis and how she turned it into an empowerment that became her passion.

Jade loves her speaking engagements because it allows her to take something that was so difficult for her personally, and turn it into something very positive that she can share with others.

Jade has also written an E-book about her experiences called *My Keto Toolkit*. The book covers all the tips and tricks she has learned during her journey. It also answers a lot of the questions she gets asked often, such as “How do I eat out with friends?”, “What are Good Fats?” and “How do I grocery shop for the Keto Diet?” The book is a good beginner’s guide to the Keto Diet, and also a source

of helpful tips for people to use in their own journey of eating Keto, Paleo, or Low Carb. It also includes Jade’s favorite recipes, and information on how to stock a Keto-friendly pantry. My Keto Toolkit is available directly from Jade’s website www.jadenelson.net and also on Amazon.com for \$4.99 USD.

There are lots of other resources available at her website, including a schedule of her future speaking engagements, a complete list of her lifestyle coaching and speaking services, and a wide array of links on the subject of epilepsy and the Keto diet, including a list of foundations that focus on dietary therapy and epilepsy support. To keep up to date with activities in Austin, Texas, follow [@thefatfueledmafia](https://www.instagram.com/thefatfueledmafia) on Instagram.



Jade Nelson

Jade uses her experience and education to work with her clients to bring out their best version of themselves. She is a Keto Ambassador for the [Charlie Foundation](http://charliefoundation.org) and blogger for the [10 Social Media Intentions Challenge](http://10socialmediaintentions.com) (a collaboration with another Epilepsy Warrior)

She is a contributor for “Seize Your Adventure” an online magazine that shares positive adventure stories from people who don’t let epilepsy map their lives; to encourage others to explore their own limits; and to spread awareness for epilepsy in all its guises.

Jade Nelson is an Epilepsy Advocate, Community Health Educator, and Licensed Massage Therapist. She is passionate about self-care, the Ketogenic lifestyle, 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 can be found spreading her message of hope and empowerment through speaking engagements and a multitude of social media platforms.

Video Interview

<http://lowcarbpaleoshow.com/low-carb-paleo-show-120-jade-nelson-my-keto-toolkit-interview/>

Author’s webpage URL

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www.youtube.com/channel/UCpmThr3DJY8Kvq23Cem_QkQ?view_as=subscriber



Dr. Mona Morstein

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

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

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

Author's Page URL on LCM

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

Author's Face Book URL

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

Authors Website URL

<https://lowcarbdiabetes.org/>



The Benefits of Nuts and Seeds On A Low Carb Diet

Although many people eating a low carb diet focus on animal foods, such as red meat, poultry, lamb, pork, fish, eggs, nuts and seeds can be an invaluable part of a healthy low carb protocol.

Nuts and seeds have many uses in a low carb diet. You can eat them as they are, cook with them, enjoy them as nut butters, or as grain free flours, as alternatives to milk/creams and cheeses. They also are turned into cooking/salad oils.

Nuts and seeds have in medical nutrition studies been shown to reduce cardiovascular disease.

In general one ounce of a nut has anywhere from 1-4.5 grams of carbohydrates, well within an acceptable meal time dosing schedule. Nuts and seeds are not used frequently on low carb ketogenic diets, but if you are not striving for keto, and you do not need to do keto to achieve your low carb diet goals; then regularly including nuts can easily be a successful low carb diet.

Nuts and seeds contain unsaturated fats, fiber, vitamins, plant sterols (can help lower cholesterol and reduce auto-immunity), protein, minerals. Most are low in carbs. They contain antioxidants such as Vitamin E, previtamin A, B vitamins, and other nutrients. Whether you eat them raw, roasted or sprouted (and all three are okay), they still are a great addition to your diet.



Photo by Toa Heftiba on Unsplash

There are two main nuts that should be avoided on a low carb diet: cashews and chestnuts. Outside of the December holidays, chestnuts are not commonly eaten, but cashews are a favorite, no doubt because they are higher in carbs and so taste a bit sweeter. Many people favor cashews, but they do need to be avoided.

These nuts and seeds are great to include in your diet:

1 Walnuts: contain omega-3 oils

2 Peanuts: actually a legume, but treated like a nut, peanuts contain resveratrol, the extremely beneficial antioxidant found in red wine. The author of this article believes it also makes the best nut butter.

3 Brazil nuts: these nuts are very high in selenium, which helps the thyroid product Free T3, the active thyroid hormone; selenium also helps create glutathione, one of the body's strongest antioxidants and found a great deal in the liver and lungs.

4 Sunflower seeds: Higher in zinc, which is needed to produce and secrete insulin in the pancreas and used by the cells.

5 Pumpkin seeds: High in zinc as well.

6 Macadamia nuts: High in fat and calories, they contain a lot of monounsaturated fat, the same healthy fat found in olive oil.



7 Pecans: This healthy nut contains 19 vitamins and minerals, and has admirable fiber in it, as well.

8 Hazelnuts: This tasty nut, also known as a filbert, contains many nutrients, such as Vitamin E and manganese.

9 Pine nuts: This small usable nut can be part of pesto, or added to salads or pastas (using, of course, zoodles, shirataki noodles and so forth).

10 Almonds: Among other nutrients this nut contains good amounts of calcium and magnesium

11

Pistachios:

One of the lowest calorie nuts per ounce, pistachios contain more amino acids than other nuts, making them a more balanced protein source.

Although almond nut flour is the most commonly used nut flour to make alternative "grain" low carb foods, such as breads, tortillas, and pancakes, the other nut flours can be used to ensure good nut variety. It's not that healthy to only eat almonds, use almond milk, almond butter, and then just bake with almond flour. You can become allergic to almonds focusing on it so much, so strive to really get in good nut variety.

On websites such as nuts.com or ohnuts.com

you can buy many other types of nut flours, such as pecan, macadamia or pistachio. Another company, Gerbs, at mygerbs.com, sells pumpkin and sunflower ground seed meals or their sunflower, pumpkin, chia, flax and hemp protein mix. A good cookbook from Dan and Sally Roman, at healthesolutions.com, their "Ultimate" cookbook has outstanding nut recipes for low carb diets. I've included their Grace's Granola recipe on the next page. If you like it, check out their ebook. I've also included another recipe for nutty bread.

Nuts and seeds are tasty, healthy, wholesome, full of nutrients, high in fat to reduce food cravings, help replicate a grain filled diet with nut flour alternatives, bring variety to your table, and help make a low carb diet more enjoyable.



Grace's Great Granola

From "Ultimate Cookbook" from
www.healthsolutions.com

Ingredients:

- ✧ 4.5 cups almond/pecan/macadamia flour/etc
- ✧ 1 cup unsweetened alternative milk
- ✧ ½ cup of ground flaxseed powder
- ✧ ½ cup of oil (coconut)
- ✧ 2 cups of nuts of your choice
- ✧ 1 tsp salt
- ✧ 1 tsp Frontier alcohol free vanilla
- ✧ 8 scoops of KAL stevia powder or other sweetener powder
- ✧ Optional: Unsweetened Coconut Flakes—1-2 cups

Directions:

- ✧ Preheat oven to 350 degrees
- ✧ Mix all of the above ingredients in a bowl
- ✧ Lightly grease a pan with enough space to lay the granola down in a very thin layer
- ✧ Pat the dough to evenly distribute it
- ✧ Cook in oven for 20 minutes, then take out and use a pancake flipper to flip over the granola and break into bite-sized pieces
- ✧ Cook for 20 more minutes, then take out of oven and let cool
- ✧ Store in fridge in airtight container
- ✧ Add unsweetened milk or perhaps (if your blood sugars allow), low carb high protein yogurt.



Nutty Bread

Ingredients:

- ✧ 1 ½ cups almond flour
- ✧ ¼ cup arrowroot powder
- ✧ ¼ cup golden flax meal
- ✧ 1 tsp-ITSBP Celtic or REAL sea salt
- ✧ ½ teaspoon baking soda
- ✧ 4 organic omega-3 eggs
- ✧ ¼ teaspoon Stevia drops Or ¼-1/2 teaspoon any sweetener powder
- ✧ 1 tsp apple cider vinegar
- ✧ 1.75 cups nuts and seeds

Can also add some cinnamon for cinnamon bread OR Italian spices (oregano, basil, thyme) for a savory type bread.

Directions:

- ✧ In a medium bowl, combine almond flour, arrowroot, flax meal, salt and baking soda
- ✧ In a larger bowl, blend eggs 3-5 minutes until frothy
- ✧ Stir sweetener and vinegar into eggs
- ✧ Mix dry ingredients into wet, then add nuts and seeds
- ✧ Pour batter into a well greased 7.5 x 3.5 loaf pan
- ✧ Bake at 350F for 30-35 minutes, until a toothpick inserted into center of loaf comes out clean
- ✧ Cool and serve



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

Rachel Zinman

four years. There she 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. <http://www.rachelzinmanyoga.com/about/>

Yoga for the Hands



Gestures for emotional and mental health

Author's Page URL on LCM

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

Author's Face Book URL

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

Author's Website URL

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

Author's Twitter

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

Author's other links

www.instagram.com/yogafordiabetesblog

www.youtube.com/yogafordiabetes

When most people think of yoga they think of a physical practice involving stretching and strengthening exercises to create flexibility and balance but there is another way that yogis approach their practice. Rather than seeing the practice as postural, they think of the practice as a way to build energy. This energy is called **Prana** and it's our life force.

The physical postures help to detoxify the system while the breathing practices cleanse and purify the system. Once energy flows freely we can start to absorb **prana** more readily and seal it into our nervous system. The more **prana** we retain the easier it is to manage our stress.

In yoga, **mudras** are the postures we use to seal energy into the body. These can be physical postures or they can be hand gestures called **Hasta (hand) Mudras**.

Mudra is a lesser known term in yoga but no less potent. It's etymology is broken into two words **Mud**, that which pleases or brings joy and **Dra**, which relates to

completeness. **Mudra** also means 'seal' like the seal on an envelope. Seals in ancient times were used as money and bore the symbolic impression of a certain dynasty. These seals were also called **mudras**. A **mudra** would therefore mean the deliverance of a characteristic impression of happiness or joy.

Mudras have been around for thousands of years in India, China and Japan. Even western traditions use **mudras** like the prayer position or a gesture of benediction by a priest. Before there was language we used gestures (sign language) to communicate. That's why we still use our hands when we talk.

Symbolic marks or imprints are often found on the palms of statues and icons of Buddha's and Avatars. These marks indicate the power, virtue, or attribute of these God-incarnates. In Hinduism, Shiva appears the most with these hand drawings. Many kinds of marks exist. Several are to be found on just the palms of the Buddha alone.

There are literally hundreds of **mudra-gestures** formed by the ancient yogis and sages; however, they are all based on four basic hand positions: the open palm, the

hollowed palm, the closed fist, and the hand with fingertips together.

Mudras are the perfect way to calm the emotions and settle the mind and they are super easy to do. No prior experience needed. As long as you can use your hands you can practice this ancient and powerful form of yoga.

Why are *mudras* so effective?

According to yogic science health and illness begin in what's known as

the subtle body. The subtle body is most easily understood by looking at the mind. The mind, being subtle contains our thoughts and ideas. As much as we'd like to pin down our thoughts, reactions and emotions, thoughts are slippery. Try to catch a thought...impossible right?. When we are dealing with stress it's the thoughts we have the most trouble with. Yoga practice support us in learning to see our thoughts for what they are; a photograph of a



Photo by Christopher Campbell on Unsplash

memory that comes and goes in our presence. It's like caller ID on our phone, we can choose to answer the call or not. The problem comes when we take each thought to be a living breathing entity. Reacting at the level of our thoughts the stress cycle begins. Something that was a mere flash in our minds becomes tension in the body or at its worst a disease state.

Nature has given us the ability to easily eliminate and remove any physical imbalances *i.e* toxins

through the spaces in the body, the head cavity, the thorax, the abdominal and the pelvic cavity. Therapies like vomiting, enemas and sweating are examples of this.

Nature also provides the human body with switches to control the elemental composition of the body (earth, water, fire, air and space). When fingers touch each other in a **mudra** the motor cortex, the part of our brain responsible for movement and emotions switches on at very subtle levels.



The sense of touch is also essential to our development. Studies have shown that children learn better when they are hugged and touched by their parents because touching releases oxytocin, the feel good hormone. By bringing fingers together, interlacing them or holding them in certain positions the mind and emotions relax. Instead of holding someone else's hand, you hold your own.

In yoga each side of the body has a different quality. The right side is

the sun energy and is active, masculine, heating and relates to our rational and logical side of the brain. Whereas the left side of the body is the moon energy and is reflective, passive, feminine, cooling and relates to the creative and receptive side of the brain. When we bring the hands into different gestures we balance the magnetic forces of the sun and moon in our own bodies. Bringing the fingers together in a **Mudra** also has significance as the fingers relate to the 5 elements.

The Five Fingers for the Elements are as follows:

1. Thumb :Fire

2. Index :Air

3. Middle Space

4. Ring :Earth

5. Little :Water

The thumb also represents the cosmos whereas the index finger represents the individual. The gesture where we bring together the thumb and index finger is the joining of fire and air. It is also a symbol for our natural state, oneness

Mudras can be done lying down or sitting in a chair. Touch should be light between fingers. Sometimes it may be hard to form a **mudra**. Don't worry, just do the best you can.

The focus for our practice is to balance the emotions and nervous system through three simple hand gestures that you can do every day either after a breathing, meditation or asana practice or whenever you need to relax and come back to yourself.



Start with **Anjali Mudra** bring both hands together and feel the pressure between the left and right palms. Imagine the forces of the Sun and the Moon coming together, balancing your entire system. Gently close your eyes and breathe normally. Hold between 2 and 5 minutes and let the thoughts come and go without judgment.

Bring the heels of the hands together and extend your fingers like a flower. This is **Lotus Mudra**. Imagine you are holding your favourite flower in your hands and smell its fragrant perfume. Imagine that all your emotions favourable and challenging are resting in the palm of your hands. Feel all the emotions coming and going in your presence. Gently close your eyes and hold the gesture between 2 and 5 minutes. Breathe normally.



Our last **mudra** is the **Inner Mudra**. Cross your hands at the wrists and bring all the fingers to touch resting the tips of the fingers at the sternum so that your cupped hands surround your heart. Feel the space between the hands and imagine your heart like a precious jewel shining in the centre. Feel how there is nothing you have to do to be yourself. Like the wave is naturally part of the ocean you are not separate from your thoughts or feelings. Without you, a thought or feeling means nothing. You are the meaning in every thought and feeling. Gently close your eyes and hold the gesture for 2-5 minutes and enjoy yourself, the stillness, peace and beauty itself.

If you'd like to join me for a longer **mudra** sequence check out this video <https://youtube/ooyuzfaKgR0>



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.

To learn about working with Dr. Jody, visit:
<http://drjodynd.com/pages/consultation>

Author's Page URL on LCM

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

Medium:

medium.com/@dr.jodynd

HOW IS YOUR DIGESTION?

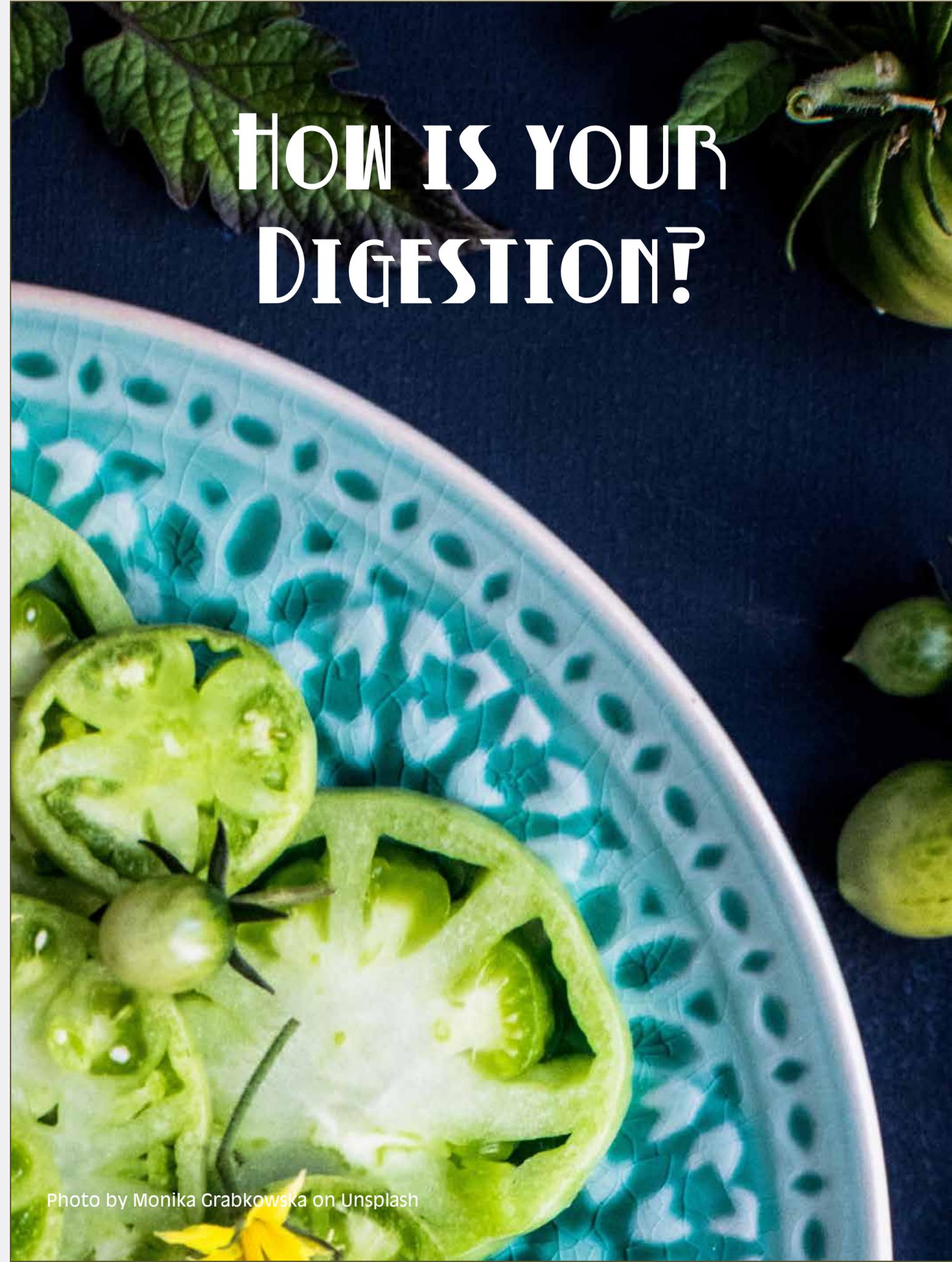


Photo by Monika Grabkowska on Unsplash

Food is one of the greatest pleasures in life. But how often do you actually think about the fact that the nutrients contained in the food you eat are what become your skin, your lungs, even your heart, and every other part of your body?

When you realize that, the next important question to consider is - how can you make sure that you're absorbing the valuable nutrients contained in your food? By having good digestion!

You know you have good digestion if your belly feels comfortable after you eat without any bloating or pressure, gas is a rare occurrence, and you have an easy and complete bowel movement first thing

in the morning. How do you rate?

Digestive complaints are among the most common reasons for doctor visits. Symptoms include constipation (which means no bowel movement for 24 hours is a common occurrence), bloating, gas, indigestion, persistent diarrhea, and/or irritable bowel syndrome. Chronic poor digestion and malabsorption of vital nutrients can contribute to degenerative diseases, compromised immune status, and nutritional deficiencies....not good things to have.

So, how can you improve your digestion? Here are several effective suggestions I give to my patients on a daily basis:



⇔ Chew! Chew! Chew!....until your food is the consistency of baby food! This makes the nutrients more absorbable. And savor each bite.

⇔ Take a deep breath before you start your meal and throughout your meal to focus on slowing down and being calm as you eat. If your body is in 'action' mode, it doesn't allow for optimal digestion.

⇔ Eat calmly and without distractions. Same reasoning as above. (Yes, that means turn the TV off and don't look at your phone or computer. Turn on some nice music instead. :-)

⇔ Increase fresh vegetables. These gems from nature contain high amounts of fiber, a key component to assisting your body in removing toxins and ensuring you have easy and regular bowel movements. Take fresh cut veggies to work for a snack. Eat more beans and lentils. Eat salads as often as you can; shoot for daily. Always include a vegetable at dinnertime.



Photo by Edgar Castrejon on Unsplash

Photo by Pablo Merchán Montes on Unsplash

↔ Exercise to stay in your optimal weight. The pressure on the digestive system of excess weight can cause that horrible pain of heartburn, which is a result of stomach acid being pushed up into your esophagus....yuk. This can also be caused by rushing around at meal times and/or continuing to eat once you feel full. So stay aware when it's time to put your fork down. Just say no to the 'clean plate club.' Listen to the actual needs of your body instead.

↔ Identify if you eat foods that your body cannot digest well. Dairy products and wheat are the biggest culprits. Other common food issues can be found with corn, soy, eggs, nuts, seafood, and/or citrus. Email me at DrJody@DrJodyND.com if you would like to learn more about this food allergy test. I can mail a kit to you.

↔ Increase the healthy bacteria in your gut. 'Probiotics' are the healthy bacteria found in your gut which help to maintain intestinal health, and thus optimal digestion. Antibiotics in pill form, or which also can be found in meat and dairy products, kill these important bacteria. Eat fermented foods and/or take a probiotic daily.

Everything on the above list is very simple, but just because a task is 'simple' does not always mean it's easy to do. In my practice, I've found that what is often more important than the good health advice I prescribe is actually to give my patients the support they need to adopt healthy lifestyle habits. Because, if being healthy was easy, everyone would be doing it! So having help is key.





Photo by Brooke Lark on Unsplash

Poor digestion should be taken seriously. Less than optimal digestion can contribute to degenerative diseases, compromised immune status, nutritional deficiencies, depression, food allergies, autoimmune disease, and toxic overload from substances that are meant to be kept in the confines of the bowel but yet are reabsorbed.

This makes sense if you think about it for a minute... if the nutrients you eat become the cells of your body, if what is being digested and absorbed is healthy stuff, you will likely have a healthy body.

A serious point to consider as well is, if high blood sugars run high consistently over time, they can damage the nerve that communicates to your digestive system. This means that although you are eating, the digestive system does not get the message to digest the food. This causes undigested food to just sit in your stomach. This refers to a complication of diabetes called gastroparesis. The associated symptoms can be nausea, belching, bloating, regurgitation, and/or vomiting. See your doctor if you have these symptoms because they could be related to high blood sugar damage. There are diet suggestions you'll need to follow to help reduce symptoms.

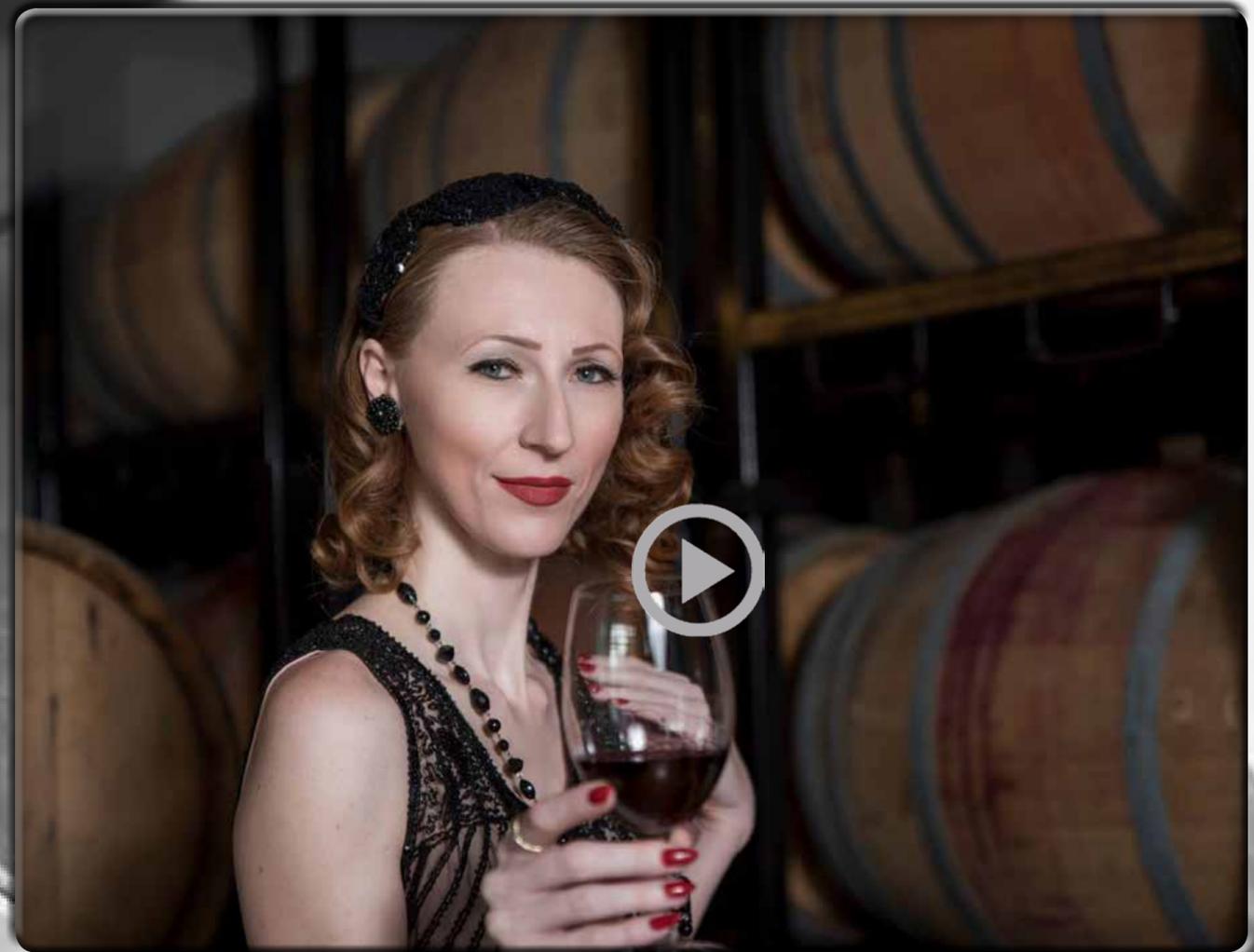
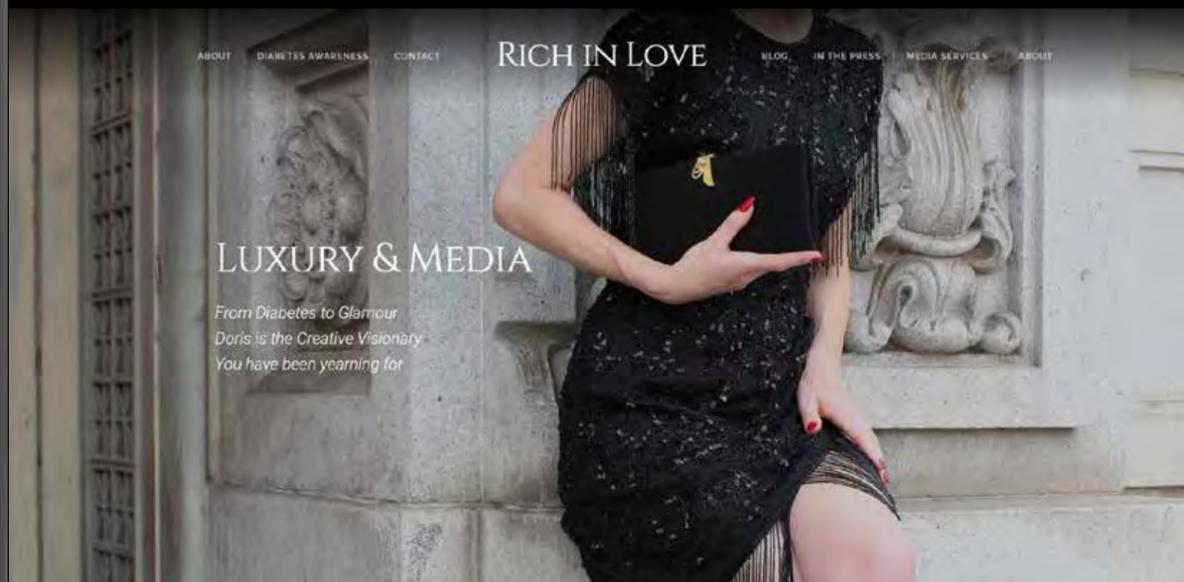
The good news is, nerve damage can be reversed to some degree upon normalization of blood sugar levels. There are also supplements that have been shown to reduce neuropathy. Reach out to me if you have questions.

In closing, pick of the few simple suggestions above...such as taking a deep relaxing breath before your first bite as you focus on feeling grateful for your nourishment, and then chew your food until baby food consistency.

To your health!

Dr. Jody

Low Carb Top Blogs



Doris Hobbs - Rich in Love

A San Francisco based Luxury Liaison, Doris Hobbs bridges the world of MEDIA with unmistakable elegance through both written Storytelling & Visual Imagery. Known as the Creative Visionary of Rich in Love, an accomplished Media Maven and Fashion Doyenne she has partnered with some of today's Leading Publications and Television Networks. Named by Diablo Magazine as "Best of the East Bay" as well as featured in the San Francisco Chronicle, InStyle Magazine, Hawaii News Now, CBS13/CW31 and KPIX-TV CBS television networks. Doris continues to breathe new life into her sought-after glamour persona & profitable branding campaigns while maintaining a voice as a Diabetes Awareness Advocate.

On October 22nd of 2014, at the age of 33 Doris was diagnosed as a Type 1 Diabetic. Just two days after her diagnosis she set-off to deliver worldwide media exposure for a number of prestigious diabetes organizations & highly recognized retailers.

Today, Doris encourages women through her personal journey and message that you are the creator of your life, you create your results.

Doris currently does PR work also, find out more from her website - <https://richinlovefashion.com/>

Author's Page URL on LCM

<https://lowcarbmag.com/low-carb-mag-interview-with-doris-hobbs-rich-in-love/>

Author's Website URL

<https://richinlovefashion.com>

Author's Facebook URL

<https://www.facebook.com/doris.hobbs>

Author's Twitter

https://twitter.com/doris_hobbs

Author's other links

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

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

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

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

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

feedback@lowcarbmag.com

or use the contact form on the website.

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

The blog we recommend this month is

Low Carb Mag 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.

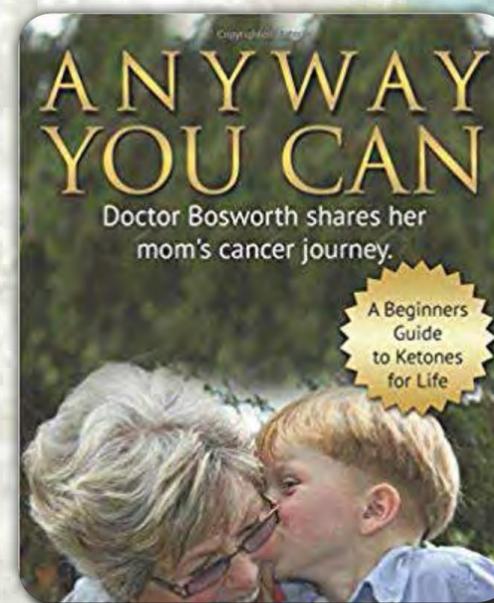
There are a whole lot more that nearly made it into the top position so you could make the difference about who gets in and who gets the top slots.

LOW CARB

Livin La Vida Low Carb



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



Internal Medicine physician and Keto for cancer advocate Dr. Annette Bosworth is our interview guest today in Episode 1430 of "The Livin' La Vida Low-Carb Show."

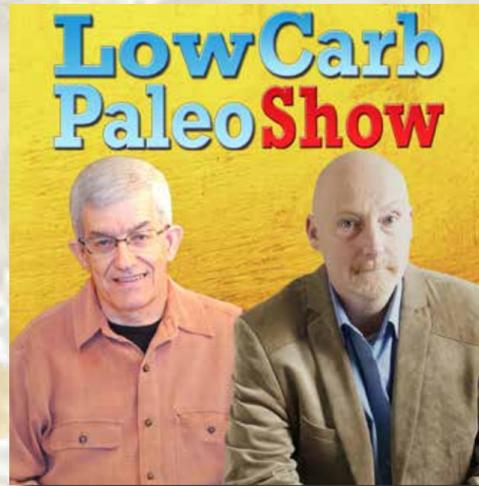
Listen in today as Jimmy talks with Dr. Bosworth about her incredible story of discovering Keto from a talk by Dom D'Agastino, then finding lectures from Tim Noakes and Jimmy, learning of her mother's cancer, asking her mother to completely trust her with using keto to fight her cancer, the success they saw, and much more

Audio only



2 LOW CARB

Low Carb Paleo Show



Hosts: Alain Braux and Mark Moxom interview Nikolett Ivanyi



Thomas Wood is a Senior Fellow in the Pediatrics Department at the University of Washington, and Chief Scientific Officer of Nourish Balance Thrive, an online-based company using advanced biochemical testing to optimize performance in athletes.



3 LOW CARB

Keto Talk with Jimmy Moore & The Doc



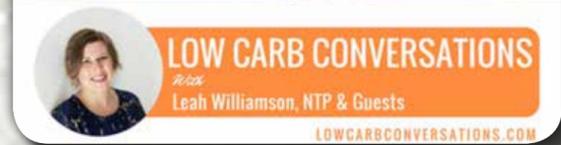
In this episode of Keto Talk, we have a special episode as we get into the Wayback machine and revisit the first time Jimmy interviewed Dr. Will Cole.



1 LOW CARB

Low-Carb Conversations with Leah Williamson

Low-Carb CONVERSATIONS
WITH
Leah Williamson
&
Kara Halderman



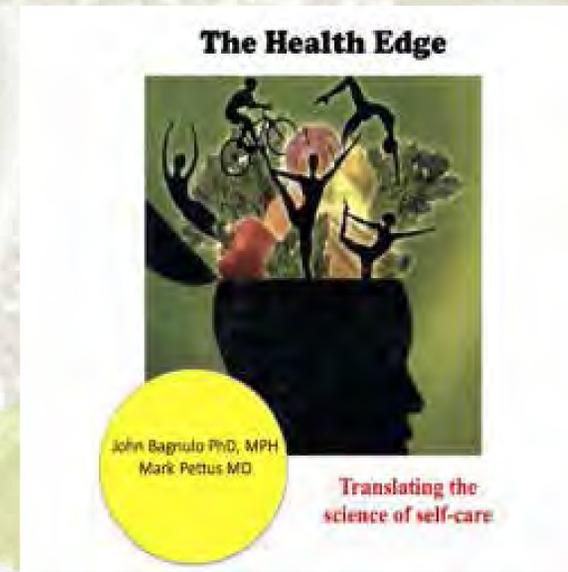
Audio only



This week on the podcast Leah and Lee have a deep chat about Lee's amazing weight loss and health journey. Even when losing a lot of weight it is not always easy so listen in to hear some of the struggles Lee has been through and why he is so passionate about helping others.

3 LOW CARB

The Health Edge Podcast



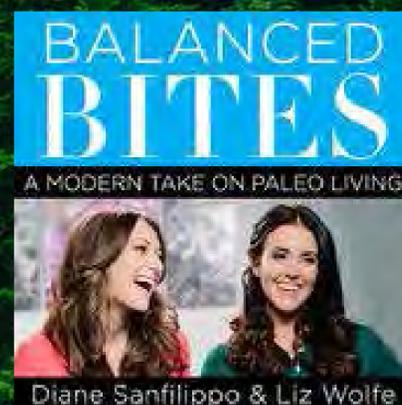
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In this episode of *The Health Edge* Mark and John review a recent paper titled "Omega 6 Vegetable Oils as a Driver of Coronary Artery Disease: the oxidized linoleum acid hypothesis." The emphasis is on the importance of maintaining a much lower omega 6/omega 3 balance in one's diet. This requires more healthier saturated and monounsaturated fat intake.

1 Paleo/Primal

Balanced Bites



Podcast Episode #368:
Calories & Keto, &
Recommended Animal
Products for Vegans

Audio only



2 Paleo/Primal

The Primal Blueprint Podcast



Brad tackles some interesting and varied Q&A, including concerns about fueling with carbs during long workouts, how family high cholesterol concerns jibe with feeling great while eating paleo/keto, and much more fun stuff. Email info@ketoreset.com to ask questions or give feedback on the show. Brad offers a top secret 20% discount to the Keto Reset Mastery Course during the podcast!

Audio



and Video



3 Paleo/Primal

The Paleo Solution Podcast



Episode 412 – Robb and Nicki Q&A #11

Audio only



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.

Audio



and Video



5 Paleo/Primal

Nom Nom Paleo Podcast



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



1 Health/Fitness

Rebooted Body



Audio only



“Show me the peer-reviewed research” is no longer a viable question. It's not possible to sufficiently validate research and so much of the published research is highly problematic, can't be replicated, and is often misinterpreted. What's the solution? The solution is to humble yourself. You should have some humility and so should I. Most importantly, though, the “experts” and policymakers need to find some humility so that we stop imposing errors on other people by force which often leads to massively destructive consequences. [Click here](#) to view the article referenced in this episode.

2 Health/Fitness

TED Talks Health



Kristie Overstreet is on a mission to ensure that the transgender community gets their health care needs met. In this informative, myth-busting talk, she provides a primer for understanding gender identity and invites us to shift how we view transgender health care -- so that everyone gets the respect and dignity they deserve when they go to a doctor.

3 Health/Fitness

The Fitcast

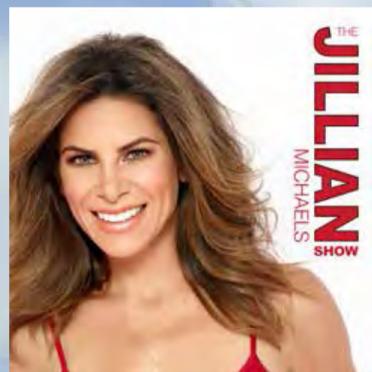


Krista Scott-Dixon joins Kevin to discuss fitness professional ethics, how to ask better questions, advice to be a successful fitness professional, compassion and more!



4 Health/Fitness

The Jillian Michaels Show



Jillian and Cindy discuss the nature of true heartbreak and dig deep into their pasts to reveal how the patterns from our past repeat in our present - and how to stop the cycle and heal.

Audio only

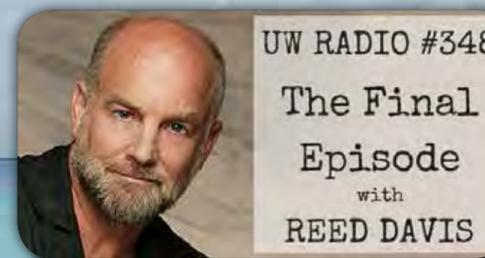


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5 Health/Fitness

Underground Wellness Radio

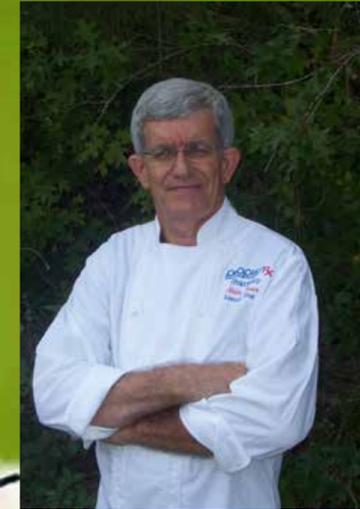


On today's final episode of Underground Wellness Radio, Reed and I get together one last time to show you how to become your own health detective ... one who stops chasing symptoms and gets to the root cause.

Audio only



GMO Watch



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

GMO USA: Bayer wants EPA to issue “updated label” on Dicamba - claiming their growers now spread the toxic herbicide in the “right way”

<https://buff.ly/2xQwkMA>

GMO Canada: Canadian Testing Shows Glyphosate Contamination in Popular Food Products

<https://buff.ly/2QQzb00>

GMO Europe: New Gene-Editing Report Highlights Risks to Human Health and Our Environment

<https://buff.ly/2xMALlm>

GMO USA: Glyphosate Industry Fails to Stop US Funding for Global Cancer Agency

<https://buff.ly/2QT5pbl>

GMO USA: Answers, Sense About Science, Genetic Literacy Project all exposed as fake science front groups for Monsanto / Bayer

<https://buff.ly/2xHRsop>

GMO Russia: Russia WARNS About Monsanto Glyphosate - The World is Silent

<https://buff.ly/2xiiL9o>

GMOCanada: Canadian Testing Shows Glyphosate Contamination in Popular Food Products

<https://buff.ly/2D1RFbX>

GMO USA: New Gene-Editing Report Highlights Risks to Human Health and Our Environment

<https://buff.ly/2xkDNEe>

GMO Germany: Bayer Slashes Earnings Forecast over Rise in Roundup Cancer Cases

<https://buff.ly/2xj6H7L>

GMO France: France Becomes First Country in Europe to Ban All Bee Killing Neonics

<https://buff.ly/2MJFz6K>

GMO Europe: “Explosive” documents detail Monsanto’s crimes against humanity across European countries

<https://buff.ly/2QDSE4Y>

GMO Brazil: Really?!? Federal Judge Overturns Glyphosate Suspension in Brazil

<https://buff.ly/2x0HGOv>

GMOCanada: Canadian Testing Shows Glyphosate Contamination in Popular Food Products

<https://buff.ly/2x3koH9>

GMO India: GM Bt Brinjal in Bangladesh: GMO Win or Smoke and Mirrors?

<https://buff.ly/2QmMohw>

GMO USA: Bob’s Red Mill Faces Class Action Lawsuit over Glyphosate Weedkiller Contamination

<https://buff.ly/2MkLU8s>

GMO Europe: Bayer Slashes Earnings Forecast over Rise in Roundup Cancer Cases

<https://buff.ly/2Mj5MZF>

GMO Canada: Important shift - We’re Not Gluten Intolerant, We’re Glyphosate Intolerant | Canadian Council on Food Safety & Health

<https://buff.ly/2CFESvs>

GMO California: Monsanto Appeal Attempt Fails as California Lists Glyphosate as Known Carcinogen

<https://buff.ly/2Nolvqu>

GMO Finland: Million Pregnancies Study Shows DDT Insecticide Linked to Autism in Children

<https://buff.ly/2Np1wJq>

GMO USA: General Mills Faces Class Action Lawsuit over Cheerios Glyphosate Cover Up

<https://buff.ly/2Nk2KWg>

GMO USA: US Appeals Court Orders EPA to Ban Chlorpyrifos Pesticides

<https://buff.ly/2BplD8Z>

GMO World: The World Reacts to the Roundup Cancer Trial Guilty Verdict

<https://buff.ly/2vYVeK7>

GMO California: Monsanto Loses Landmark Roundup Cancer Trial, Set to Pay USD 289 Million in Damages

<https://buff.ly/2PqHHD5>

GMO USA: Monsanto Loses Landmark Roundup Cancer Trial, Set to Pay USD 289 Million in Damages

<https://buff.ly/2KK3sKD>

GMO Europe: European Court of Justice: Gene-Editing Will be Regulated in Same Way as GMOs

<https://buff.ly/2vykPcv>

GMO USA: Center for Food Safety Sues Trump Administration over GMO Labeling Delay

<https://buff.ly/2vykExR>

GMO USA: Trump Administration Reverses Partial Phase Out of GMOs and Neonics in US Wildlife Refuges

<https://buff.ly/2vWUFQe>

GMO Brazil: Brazil Judge Suspends Use of Agrochemical Glyphosate

<https://buff.ly/2vzzfcg>

GMO Europe: Dangerous gene-edited “Crispr” crops classified as GMO by EU – has all the U.S. biotech shills squirming like worms coated in pesticide

<https://buff.ly/2vqV3Ha>

GMO France: Monsanto Drags IARC Into the Depths of Its Disinformation Campaign on Glyphosate

<https://buff.ly/2OLIAWp>

GMO USA: Secret Documents Expose Monsanto’s War on Cancer Scientists

<https://buff.ly/2OMmYcD>

GMO Ireland: Government Approves Ban on the Cultivation of GMOs in Ireland

<https://buff.ly/2M1FEre>

GMO UK: CRISPR Could Be Causing Extensive Mutations and Genetic Damage After All

<https://buff.ly/2vnVvWB>

GMO USA: New Paper Focuses on Critical Mistakes in Pesticide and GMO Regulation

<https://buff.ly/2LQFgus>

GMO USA: GMO Giant BASF Revealed as Member of US Organic Trade Association

<https://buff.ly/2LTYLmc>

GMO Europe: European Court of Justice: Gene-Editing Will be Regulated in Same Way as GMOs

<https://buff.ly/2Ov6422>

GMO Europe: Dark Forces Attempt to Weaken GMO Risk Assessment in UN Biodiversity Convention

<https://buff.ly/2NSjDYV>

GMO USA: WHAT?!? Loophole Could Exempt Over 10,000 GMO Foods from GMO Labeling Law

<https://buff.ly/2mpRH1X>

GMO Australia: New Australian Study Shows GM Crops Cause Leaky Stomachs in Rats

<https://buff.ly/2Lqow9Y>

GMO Europe: Mixtures of Chemicals Present at ‘Safe’ Levels Cause Liver Damage

<https://buff.ly/2MGQ0Za>

GMO USA: First Trial Over Roundup Cancer Claims Begins in San Francisco

<https://buff.ly/2Kul6p2>

GMO Book: Sustainable Pulse Interview: Carey Gillam on ‘Whitewash’ Her Stunning Book on the Story of Glyphosate

<https://buff.ly/2KKQRY>

FESTIVALS



Gluten Free & Allergen Friendly Expo

<https://gfafexpo.com/>

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

November 17-18, 2018
San Mateo, California



Holiday Fare Wine Trail

<https://hermannwinetrail.com/wine-trail-events/>

When new wines are celledared for a long winter's nap and the larder is full of harvest bounty, the mood turns festive along the Hermann Wine Trail. The Holiday Fare Wine Trail is an annual celebration of good food and good wine, shared with family and friends.

November 17-18, 2018
Hermann, Missouri



San Rafael 39th Annual Parade of Lights & Winter Wonderland

<https://www.sresproductions.com/events/san-rafael-parade-of-lights-winter-wonderland/>

Downtown San Rafael will once again host its annual Holiday Parade & Winter Wonderland. In its 39th year, the event features a Holiday Marketplace with arts and crafts, live entertainment, children's activities, free snow sledding, and one of the largest Holiday Parades in the Bay Area.

November 23-24, 2018
San Rafael, California

Lakewood Ranch Seafood & Music Festival

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

Join us for the inaugural Lakewood Ranch Seafood & Music Festival held on Main Street in Lakewood Ranch on November 23-25, 2018. Festivities begin Friday evening 4pm - 10pm and continue Saturday 11am - 10pm and Sunday 11am - 6pm.

November 24-25, 2018
Lakewood Ranch, Florida



6th Annual Coffee & Tea Festival: Valley Forge

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

The Greater Philadelphia area is gearing up for the 6th annual Coffee & Tea Festival! Join more than 50 exhibitors from around the nation as they pour tastings of their finest coffees and teas, and introduce you to new and award-winning products! This international extravaganza celebrating all things coffee and tea will offer two days of seminars from well-known industry pros and pioneers, pairings, tastings and more! The exhibit hall will also feature some of the most delectable sweet and savory foods to compliment the spectacular collection of local and national coffees and teas.

Philadelphia, Pennsylvania
December 1-2, 2018



Downtown Ithaca Ice Festival

<https://www.downtownithaca.com/ice-fest/>

Ice Fest is an annual tradition in Downtown Ithaca! What holiday season would be complete without a celebration of cold weather and cold weather sports...like Ice Carving!

Ithaca, New York
December 6-8, 2018



Annual Wine & Chocolate Festival

<http://www.lakeridgewinery.com/Events/>

Without a doubt one of our most popular festivals of the year. There aren't too many things better than Wine and Chocolate together, especially at this seasonal time of year. Local Chocolatiers will be on hand with their delicious treats, as well as local Artists and Crafters displaying their work. Enjoy live music by incredible bands on outdoor stage throughout the entire weekend. Lakeridge wine, beer, soft drinks and a variety of food will be available for purchase, along with complimentary Winery tours and tasting.

Clermont, Florida
December 7-9, 2018



Annual Chowder Cook-Off

<https://www.downtownithaca.com/ice-fest/>

The Chowder Cook-off heats up on the Commons and surrounding streets including Aurora, Cayuga and Dewitt Mall! Ice Festival-goers can stay warm by sampling over 20 different traditional, exotic, and gourmet chowders from local restaurants competing to be crowned our next Chowder Cup Champions!

Ithaca, New York
December 8, 2018

Christmas on the River

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

Savannah Riverfront Association is a non-profit organization dedicated to the preservation and success of River Street, Factors Walk, Bay Street, Hutchinson Island, and all vendors in those locations.

Savannah, Georgia
December 7-9, 2018





Say Cheese Wine Trail

<https://hermannwinetrail.com/wine-trail-events/say-cheese-wine-trail/>

Sip and sample wine and cheese pairings, from the classic to the creative. Held annually the second weekend of December, this event coincides Hermann's popular Kristkindl Markt, an Old-World holiday market.

Hermann, Missouri
December 8-9, 2018

Flora-Bama New Year's Eve Bash

<https://florabama.com/new-years-eve.html>

The Flora-Bama is THE place to be on New Year's Eve. Blow it all out before making those pesky resolutions. Live music on all three stages will be rockin' until the party stops. Food, party favors, and champagne flow all night help bring in the New Year the Flora-Bama way.

Orange Beach, Alabama
December 31, 2018





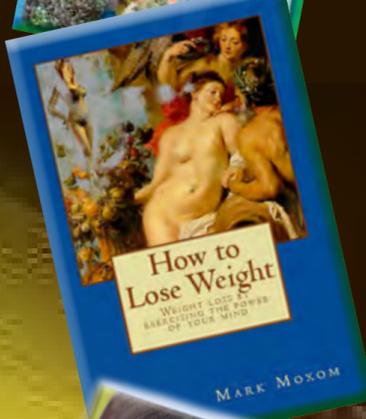
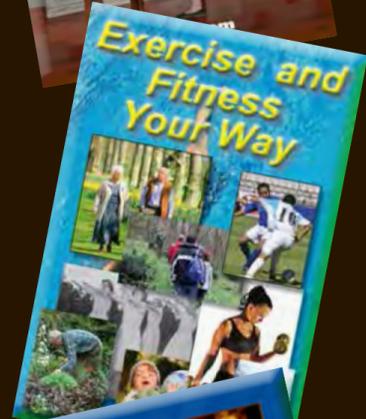
Dropping of the Edelweiss & New Year's Eve Event

<http://www.helenchamber.com/new-years.html>

Helen, nestled in the Blue Ridge Mountains on the Chattahoochee River, is a re-creation of an alpine village complete with cobblestone alleys and old-world towers. This Northeast Georgia has a rich history linked to the Cherokee Indians and their burial mounds as well as early settlers who arrived in the early 1900's to mine for gold and cut virgin timber for a thriving lumber industry.

**Helen, Georgia
December 31, 2018**





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

Thanks for reading the magazine!

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

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

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

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

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

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

- Here's what's in the offer so far:
- Easy Weight Loss Exercise
 - How to Lose Weight - by Using the Power of Your Mind
 - Exercise - Your way
 - The Revolutionary SnackBar Diet

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

This is just for the early birds.

So what are you waiting for?

Click the button now.
Before this offer expires.

Go for Gold Now

RECIPES



Cucumber-Stuffed Christmas Balls

An easy, low carb appetizer that would definitely add a Christmas-y appeal to your holiday table. Not to mention, delicious too!

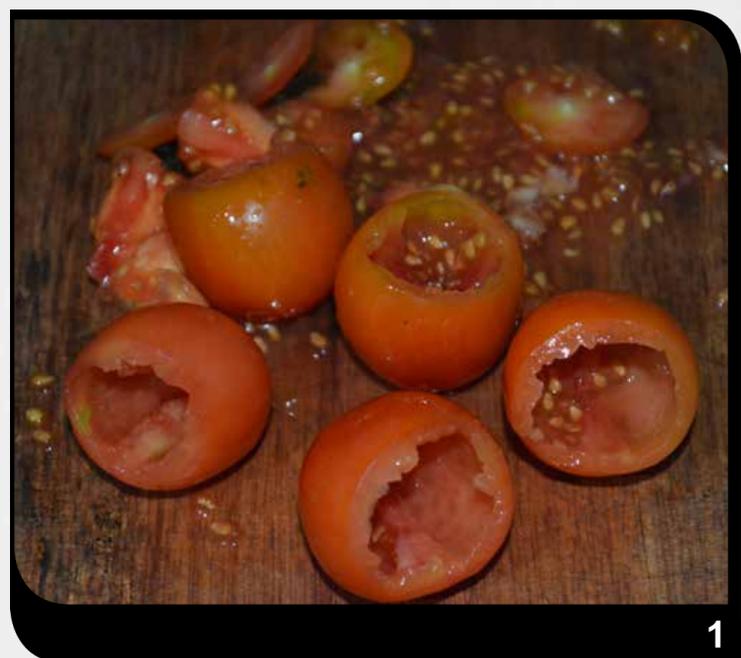


Ingredients

- 12 medium sized red tomatoes
- 3 ounces cream cheese, softened
- 2 tablespoons mayonnaise
- 1/4 cup cucumber, peeled and finely chopped
- 1 tablespoon finely chopped green onion
- 2 teaspoons minced fresh dill

Directions

1. Wash and dry tomatoes. Take a thin slice off the top of each tomato. Scoop out and discard the pulp and seeds.



2. Then put the hollowed out parts on paper towels upside down to drain.



3. Meanwhile, in a small bowl, combine cream cheese and mayonnaise and mix well until smooth. Add in the cucumber, green onion and dill.



4. Spoon mixture into each tomato. Chill in the refrigerator until ready to serve.





5. Plate up and serve!

Number of Portions: 12

Nutritional Value (per tomato)

Nutrients per serving	
Energy	59.4 kcal
Protein	1.7 g
Carbs	3.9 g
Fiber	1.0 g
Fat	4.6 g
Water	112.1 g



Holiday Roasted Pork Bellies

A hard to resist, succulent crispy roasted pork belly sure to impress your family or your dinner-party guests. Serve it with your favorite low carb sauce.



Ingredients

4 pounds Pork belly slab

For the brine:

- 1 stalk of lemon grass
- 1 stalk scallion or spring onion
- 2 pieces bay leaves
- 1 tablespoon of ground black peppercorn
- 5 cloves garlic, crushed
- ½ cup rock salt
- 5 cups water

For the fillings:

- 1 stalk of lemongrass, pounded
- 1 stalk scallion
- 2 cloves garlic, crushed

For the glaze:

- 3 part milk + 1 part water

Directions

1. Prepare and wash the pork joint with running water and make sure that there are no remaining hairs on the skin.



Prepare the brine

2. In a large pot, put 5 cups of water and add the lemongrass, bay leaves, scallion, black peppercorn, garlic, and salt. Bring the mixture to a boil then lower heat and simmer for at least 10 minutes. This will allow the herbs and spices to release their flavor and aroma. Set aside let it cool.



Marinate the pork:

3. Put pork slab in a tray deep enough for the brine mixture. Pour the brine on the pork slab and leave to marinate overnight. Remove the pork from the brine. The surface of the pork is quite salty so rinse it with running water then pat dry with paper towel.



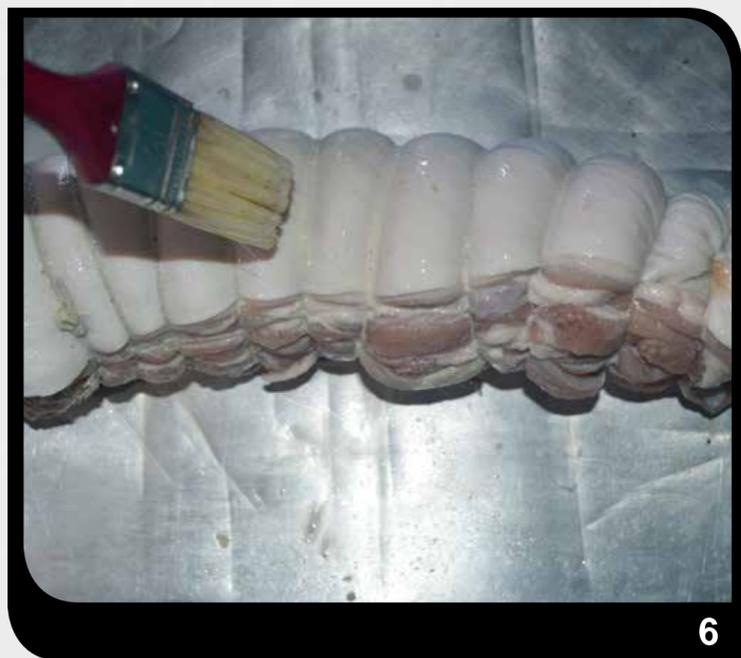
Preparing the stuffing:

4. Lay the pork slab on flat surface and put the lemongrass, scallion, and garlic.





5. Roll up the pork slab and form a roulade with the garlic, scallion, and lemongrass in the center. Tie the pork with kitchen twine to keep its shape.



Cooking the roast:

6. Brush the surface of the pork with the milk and water mixture. Set aside for at least 30 minutes to an hour to allow the milk to set in the skin.



7. Preheat the oven to 375 deg F (190 deg C). Place your pork roulade over a grill pan with wire mesh. Cover with aluminum foil for the first 2 hours of cooking to keep the belly moist inside and to shield from direct heat from the oven otherwise the outer part of the pork will be cooked quickly while the inner part is still half cooked.



8. Remove the aluminum wrap after 2 hours. Rotate the pork once in awhile to let the skin cook evenly.



9. Check if the skin is crackling crispy then it is done

Chef's Tips

Here's a video tutorial on how to tie a pork

<https://www.youtube.com/watch?v=y6-Qcdzsp8U>

Milk makes the skin color reddish brown when roasted.

To make the skin really crispy simply pierce the pork skin with fork before cooking. Make sure that the pierce is not too deep - you do not want to go right through and reach the fat section of the pork. Maintain 375 deg F (190 deg C) temperature all throughout the cooking process to achieve a perfect crunch on the skin.

Cooking time may vary from 2 hours up to 3 hours depending on the pork joint.

If your oven has a rotisserie then you can use it. Just wrap it with aluminum foil for the first 2 hours of cooking.



Number of Portions: 4

Nutritional Value:

Nutrients per serving	
Energy	2396.4 kcal
Protein	44.8 g
Carbs	4.8 g
Fiber	0.6 g
Fat	242.7 g
Water	197.3 g

Low Carb Orange and Spinach Salad

A very simple yet filling low carb salad great for pairing whatever meat dish you have.



Ingredients

- 4 cups fresh organic spinach
- 1/4 cup almonds
- 1 navel orange

For the dressing:

- 1/4 cup extra virgin olive oil
- 2 tablespoons Stevia powder
- 2 tablespoons balsamic vinegar
- 1 tablespoon snipped parsley
- pinch of salt
- dash of pepper



Directions

1. Wash spinach leaves and tear into medium sized pieces. Set aside in fridge while preparing orange, dressing and almonds.
2. Place the almonds in a pan on the stove over medium-low. Add a very small amount of vegetable oil to the nuts. The oil should just coat the nuts and not pool in the bottom of the pan. While cooking - stir the nuts every 30 seconds or so to prevent them from burning. Cook for about two to three minutes.
3. Remove the nuts from the pan when they start to turn golden brown and place them on a plate covered with a paper towel to absorb the excess oil. Let cool off then roughly chop.
4. Peel the orange and carefully remove the membrane and cut into sections.
5. Combine all dressing ingredients in a jar and shake to combine. Refrigerate until ready to use.
6. When ready to serve, toss everything up and and enjoy!

Number of Portions: 4

Nutritional Value:

Nutrients per serving	
Energy	186.5 kcal
Protein	2.6 g
Carbs	8.0 g
Fiber	2.3 g
Fat	17.0 g
Water	65.7 g



No-bake Mini Avocado Cheesecakes

An amazingly healthy and wonderfully guilt-free dessert that will definitely complete your Christmas dinner.

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



Ingredients

Crust:

- 1 cup desiccated coconut, unsweetened (75g)
- 1/3 cup walnut (50g)
- 1/4 cup butter or coconut oil, melted (57g)
- 1 tsp Stevia powder
- 1/2 tsp cinnamon

Cheese filling:

- 1 Avocado, mashed
- 1 cup cream cheese (200g)
- 1/2 cup cream, heavy whipping (120 ml)
- 1/2 cup crème fraîche or sour cream or plain yogurt (120g)
- 1/2 tsp vanilla extract (1 vanilla bean)
- 4-6 tbsp powdered gelatin or agar powder
- 1 tsp Stevia powder

Directions

1. Place all the crust ingredients in a food processor and pulse until you have a crumbly batter (not as smooth as nut butter)



2. Transfer the mixture in mini cake molds and press it down. Place the molds in the fridge while you make the cheese filling.



3. In a bowl, mix all the cheese filling ingredients apart from the avocado and gelatin powder. Place half of the mixture in another bowl and set aside.



4. Dissolve the gelatin powder in a small pan with $\frac{1}{4}$ cup water. Bring it to a boil and turn the heat off.



5. Pour half of the gelatin mixture slowly into one of the bowls with cheese filling and incorporate well.



6. Take the cake molds from the fridge and pour the mixture evenly into each of them then place it back in the fridge and prepare the last layer of cheese filling.



7. Spoon the mashed avocado into the bowl with remaining cheese filling and mix well. Add the remaining gelatin mixture and incorporate slowly to the cheese filling while stirring.



8. Take the cake molds from the fridge and carefully fill all of them with the last layer of cheese filling. Place in the fridge for at least 2-3 hours.



9. Once ready to serve, push the cakes out from the molds and enjoy!

Number of Portions: 4

Nutritional Value:

Nutrients per serving	
Energy	700.5 kcal
Protein	17.7
Carbs	11.9 g
Fiber	4.8 g
Fat	66.5 g
Water	77.1



WHY BOTHER WITH EXERCISE

Easy Weight Loss Exercises



Single Hip Rotation

This is designed to stretch the pelvic muscles and the inner thigh.



Start by lying on your back, then bend your knees so that your feet come up towards your bottom.

Allow your right knee to slowly lower down to the right, but keep your left leg stationary.

Hold this position for 20 seconds, and then bring your right knee slowly back up to the starting position.

Now do the same with the left leg, allowing that to drop down towards the left whilst you keep the right leg stationary.



Keep swapping sides until you've done each movement 10-15 times on each leg.



Double Hip Rotation

This is designed to stretch the outer muscles of the hips and thighs.



Again, lie on your back with your knees bent, bringing your feet up towards your bottom so that they remain flat on the floor.

Keeping your shoulders on the floor and keeping your knees bent and together, slowly lower both legs to the right as far as they'll go, without forcing them.



Hold this position for 20 seconds, then bring the knees back up to the centre. Repeat the action to the left side.



Continue doing this until you have done the complete exercise (right and left) 10-15 times each.