



Hypoglycemic Health Association of Australia

working to prevent diabetes

HYPONEWS

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The Newsletter of the Hypoglycemic Health Association of Australia is distributed to members of the association and to health professionals with an interest in **nutritional medicine and clinical ecology**. Past newsletters are also available on the website.

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Our next Public Meeting and AGM will be at

12.30pm on Saturday 17 August 2013

**at Kogarah Library
O'Keefes Lane, Kogarah**

Our guest speaker will be Dr Anthony Seymour who will be speaking about:

"Effects of Hypoglycemia: A Dental Perspective"

PATRONS

- Dr George Samra
- Steve McNaughton BE (NSW)

PRESIDENT

- Dr George Samra

SECRETARY

- John P Natoli

TREASURER

- Crystal Griffiths
- Sue Litchfield (retiring)

AUDITOR

- Michael Pendlebury (Chartered Acc't)

INTERNET

- Justine Dunn

PUBLICITY

- Josie Vendramini

NEWSLETTER EDITOR

- Susan Ridge

- Can you please **RSVP to Kerrie or Linda on 9553 0084** to assist with the organisation of the catering. If anybody could assist with afternoon tea in any way, please advise at the time of your RSVP.
- **Don't forget to put the next meeting of the year in your diary: Saturday, 7 December 2013 – speaker and topic to be announced in the next newsletter.**

Dr Anthony Seymour

Dr. Anthony Seymour (of Seymour Dental in Dulwich Hill) has a Bachelor of Dental Surgery (BDS) from the University of Sydney and has taken additional courses in orthodontics, implants, endodontics and dental computing.

A member of the Australian Implant Society, the Australian Endodontic Society, the Christian Medical and Dental Fellowship and the Australian Dental Association, Dr. Seymour has over 25 years experience.

Dr Seymour also plays soccer, tennis and squash as well as taking part in the occasional long distance run to raise money for his son's special school – Wairoa in North Bondi. He enjoys all sorts of music and loves reading.

DISCLAIMER: The articles in this newsletter are not intended to replace a one-to-one relationship with a qualified health professional and they are not intended as medical advice. They are intended as a sharing of knowledge and information from research and experience in the scientific literature. The Association encourages you to make your own health care decisions based upon research and in partnership.

Treasurers Report

By Crystal Griffiths

It has been so exciting seeing the influx of new members this year. Thanks to a very generous member, we have been able to offer membership with the joining fee waived. This essentially means that members get 2 years of membership for the price of one, or a full year membership at half price!

We have also been able to purchase another 10,000 leaflets which we hope to distribute to members at the next meeting, to pass on to local businesses e.g. pharmacies, medical centres etc, to raise awareness of Hypoglycemia. If you would like some leaflets posted to you, please let me know, and I will arrange it.

Sue Litchfield's Report

Life seems to be as busy as ever. We now have a **new Publicity Officer - Josie Vendramini**, and also a **new web mistress - Justine Dunn**. A big welcome to them both, and I wish you all the best. Both are big jobs, and I am sure both are very capable of facing up to the task.

The last meeting was a full house again. Its great to see so many of our younger members attending. The next meeting starting time has been brought forward to 12.30pm. After the last meeting, it was decided we should also allow time for a general discussion period. You also may have noticed the meeting has been put back 2 weeks due to the library being unavailable till then.

If anyone is willing to contribute to the afternoon tea it would be much appreciated, as I will not be at the meeting. Any of the following would be appreciated:

- Dips—eg Humus with Rice crackers
- Frittata
- Chips and nuts are always popular
- Chicken
- Sandwiches
- Hard boiled eggs

Publicity Campaign

by Josie Vendramini

We are seeking passionate people to be part of our future campaign....

- Do you have a successful story about overcoming sugar, sugar addiction and its consequences?
- Can you share your story with the public about how you discovered the cause of your problems emotionally, mentally and/or physically was sugar?
- Can you share what its like to be diagnosed a hypoglycemic?

We need members to be part of a campaign to bring awareness of hypoglycemia and the damage of sugar to the general public. We know from our own experiences how hard our symptoms were to get true diagnoses.....but we can help so many people around Australia by sharing our suffering, science, stories and sweet victories over sugar.

Unlike big corporate interests like the sugar industry who spend millions on their marketing of this insidious product, we rely on volunteering to power our passion. Personal stories are the perfect way to empower people. Share yours by writing it down and sending it down to Josie...or be on our list for interviewees for any media we generate. Please contact Josie on 0404 429 419 or organicgirlproductions@eftel.com

HHAA has a presence on Facebook

by Alex Rush

For those of you who are not yet aware, we wanted to let you know that the HHAA now has a Facebook page! The name of the group is Hypoglycemic Health Association of Australia (HHAA), and anyone in the world can join, providing they have access to a computer, an internet connection, and they set up a profile on Facebook.

Facebook is a free social networking tool that allows people from all over the world to connect and collaborate on a range of issues - in our case, how to manage hypoglycemia. At the time of this newsletter going to print, we have over 160 members - and we are getting new members all the time. The beauty of the facebook page is that it brings like-minded people together to ask questions about hypoglycemia, provides support and gives us a forum to get to know each other. You could think of it as a virtual support group.

You don't have to be a member of the HHAA to join our group, and many people have used it to receive valuable information about how to manage their condition and range of symptoms. While some of us may feel that we have our diet and approach to hypoglycemia under control, you can still join the group to offer support to others who are just starting out on their journey to better health, and pick up hints and tips along the way.

For those of you who have privacy of information concerns, we have recently increased the security on our group page so that what you contribute to the group is only accessible to other group members and not just anyone.

To access Facebook, go to: <http://www.facebook.com>. From here you can easily set up your free account. Once you have a Facebook account, you can access our group directly by typing this address into a new browser window: <http://www.facebook.com/groups/HypoHealthAustralia>, or search for it within Facebook by typing "Hypoglycemic Health Association of Australia (HHAA)" in the "Search" bar.

Once you locate the group you will need to request access. It may take one or two days for our administrators of the group to add you - so don't worry if you don't get in straight away.

See you on-line!

Pass (on) the Salt

By Lisa Costa Bir, Naturopath & Food Coach (www.thefoodcoach.com.au/articles/?ArticleID=857)

Much has been written with regards to Australia's overconsumption of fat, calories and even the much-maligned humble carbohydrate, however there has been very little written about our nation's rapidly growing affection for sodium*! For those of you who are unaware, in Australia, the National Health and Medical Research Council recommend that Australian adults consume less than 2.3grams of sodium per day (the equivalent to about 6 grams of salt). This upper limit equates to approximately one teaspoon of salt per day however it is estimated that the majority of Australians easily exceed this on a daily basis!

For many of you shaking your heads, rolling your eyes and thinking "**this doesn't apply to me, I hardly ever add salt to my food at home!**" you may be surprised to find that you do fit into this category. The majority of dietary salt (a whopping 70-80%) is actually derived from sodium that has been **ALREADY ADDED** to food during the manufacturing process (as opposed to the salt you add to your dinner whilst cooking at home). Thus, if you typically consume a significant proportion of prepackaged and processed foods you may well find that you fit into the 'high salt consumer category'.

Now if questioned as to which pre-packaged and processed foods contain whopping amounts of salt most people would rightly give examples of potato chips and take-away foods (pretty much all take-away & restaurant food is laden with salt to make it taste good). What most people are not aware of is that there are a whole lot of everyday processed foods in your supermarket and possibly in your pantry cupboard (many of which probably don't even taste salty and are even marketed as being 'healthy') that contain whopping amounts of sodium. Lets look at how easy it is to exceed your recommended daily intake of sodium, consuming the average Australian's diet, which is typically high in processed, convenience foods:

MEAL	AMOUNT OF SODIUM PER SERVE
BREAKFAST	
1 bowl of cornflakes plus 1/2 cup skim milk	327mg
1 cup of V8 juice	780mg (Much too high-shocking!)
<i>Plus a Toastie made from:</i>	
Burgen Women's Wellbeing Soy-Lin Bread (2 slices):	332mg (NB. most of our sodium comes from bread & cereal products)
1 slice of thick tasty cheese	441mg
1 serve of shaved ham	600mg (Another source of excess sodium is processed deli meats such as ham & bacon)
MORNING TEA	
6 Jatz biscuits	181mg
25g of Mum's Choice Tara'mum'salata dip	132mg
LUNCH	
Fantastic 2 minute Chicken Noodles/per serve	1140mg (Much too high!)
20ml Maggi Sweet Chilli Sauce	310mg (Lots of sodium for such a tiny amount of sauce)
AFTERNOON TEA	
1 cup of Basco Gluten Free Creamy Chicken & Vegetable Soup	665mg (Interesting! Just because its gluten free doesn't mean its low in sodium)
DINNER	
3 slices of BBQ Meat lovers Stuffed Crust Pizza & 2 pieces of garlic bread	2190mg (Yikes sodium overload!!! Much too high!)

Total sodium:7.098grams

Yikes! Just from looking at this menu you can see that **we've exceeded one's daily intake of sodium by about 300%**! It is particularly galling to see 780mg of sodium in 1 cup of V8 vegetable juice (a supposedly healthy drink). If we are sticking to a daily intake of 2.3g of sodium per day we have consumed almost one third of this just by consuming this one drink! The same goes for the horrific amount of sodium found in 2-minute noodles!

SODIUM & THE HYPERTENSION LINK

There are numerous health conditions that are aggravated with high intake of sodium, one of which is high blood pressure, a common presentation observed in many doctors' clinics today. There are many reasons as to why high blood pressure occurs (not least because of white collar syndrome!). One known cause is high intake of dietary sodium.

A recent study published in the American Journal of Clinical Nutrition recently caused some controversy with regards to this association between high intake of sodium and subsequent hypertension. The study found that sodium consumption in the U.S. had remained the same in the last 40 years (unsurprising given what we know about the American diet being high in processed, high salt foods) however rates of high blood pressure were still found to be as high as ever. Many were (wrongly!) quick to suggest there may be no association between sodium and hypertension.

In my opinion, one of the main reasons that sodium levels are remaining the same and peoples' blood pressure is still going through the roof, is because of our dependence and love for prepackaged and convenience foods! Typically many doctors will (correctly) tell patients with hypertension to reduce the amount of salt in their diet. A patient will go away and stop adding so much salt to their cooking, however they may still be unaware that **70-80% of sodium in their diet is actually coming from the packaged 'hidden salt' foods** that they continue to load their trolley with... (we've exposed some of these high salt foods in Table 1.)

SO WHAT CAN WE DO?

Using the labels on many of your food items at home do a quick calculation of your daily sodium intake. Are you over the limit? If you are, you might need to consider cutting back on the sodium. Reducing sodium in your diet is not really that hard to do. You will notice that many healthy whole foods such as fruit, vegetables, unsalted nuts and seeds, oats etc contain very little sodium. It is the human element (what we do to the food, combined with the amount we eat) that is the problem!!!

If you base your diet upon fresh, whole foods that have undergone minimal handling and processing such as fruit, veggies, fresh fish, meat, legumes and grains such as oats, unsalted nuts and seeds) and add in some pantry staples such as 'No Added Salt' items for example tinned veggies, fish, stock and the like you will find it very hard to go over your salt intake for the day.

Ready-made meals are one of the fastest growing categories in the supermarket because we are supposedly becoming more time poor. However many of these ready-made meals contain astronomical amounts of sodium so become a detective when you visit the supermarket and carefully scrutinize labels or better still, avoid them altogether. This amount of sodium was certainly never available for our ancestors, it is only the so called 'advances' in food technology and our lack of portion control that have caused us to exceed this limit.

Despite the sad picture I have painted it is important to note that salt really isn't the bad guy here. **Salt is essential for our bodies to function.** However it all comes down to those three

golden words "everything in moderation". Concentrate on wholefoods and find alternative ways to flavour food using delicious herbs and spices. Herbie's Spices (<http://www.herbies.com.au/>) have a whole range of herbs and spices with no salt. Edgell are also doing some great 'No Added Salt' tinned beetroot and peas and corn, John West make 'No Added Salt' Salmon and Campbell's do a salt-reduced stock. And whilst it is rare for me to promote fast food, Dominos must be commended for the Healthy Choice pizzas on their menu that have been designed to be lower in sodium than regular pizzas, these are perfect when you are hankering for some take-away.

**Salt is often referred to as sodium however the two are not the same thing. Salt contains sodium, but other things are also added to regular table salt.*

© Lisa Costa Bir, 2010. Lisa consults privately at her practice in Caringbah, Sydney. To book an appointment call 0404 070 142 or email at lisa.beinbalance@gmail.com. Get regular updates on twitter by following Lisa at <http://twitter.com/NutritionLISA>.

Surviving a Colonoscopy

By Tim Clissold from Perth

When I was told I should have a colonoscopy, I was petrified, not only about the actual procedure, but specifically about the need to fast for the preceding 24 hours. In everyday life I manage my hypoglycemia by never straying too far from a kitchen. If I can eat something every 2-3 hours I'm usually OK. If I miss a meal, I'm almost guaranteed of getting headache and nausea sometime in the next 12 hours.

Now I was being asked to go without food for over 24 hours. I called my local pharmacist who recommended lemonade to keep my blood sugar up. I knew that was wrong, so I spoke to my gastroenterologist who suggested that jelly and Gatorade would sustain me. But I knew that wouldn't cut it either. It was agreed that I would check into hospital the day before so that the nurses could take care of me if anything happened.

Still not pacified, I contacted Sue Litchfield at the Hypoglycemic Health Association to ask what others with similar metabolic issues like me do when asked to fast by the medical profession. Sue recommended I try mixing 50mls of Glycerine in 1L of water and sip it throughout the day. Why glycerine? Because it is metabolised in the liver without any response from the pancreas, so you can provide glucose for the brain, without the pancreas trying to lower your blood sugar level.

So, I packed an esky with Gatorade, jelly and water laced with glycerine and smuggled it into my hospital room. I'm happy to report that not only did I avoid getting any significant headache, I actually felt quite good for both days. The nursing staff checked my temperature, blood pressure, oxygen saturation and blood sugar level almost hourly. They were waiting for my sugar level to drop so they could spring into action.

I knew that it wouldn't because it never does. I've had it tested over and over in the past. It always comes back within normal range, but that doesn't stop me feeling unwell if I don't eat. Except on this day. I'm almost certain it was the glycerine which got me through, and I intend to incorporate it into my daily diet over the coming weeks and monitor the results.

Note from Sue Ridge: I have also recently survived a colonoscopy, but it wasn't my blood sugar I was worried about, it was the ghastly taste of the "Picoprep" and the "burning butt" that followed.

Sue Litchfield's Recipes

As you all may know, during the last few months, in my spare time, I have been doing some recipes for *X clear*. We, as members, can get a very generous discount on all their products. I know a few of you have been using their product with great success. Below are some of the recipes I have done for them.

A Couple of Tips

- When serving boiled peas, add one teaspoon of Xylitol and a few chopped mint leaves to every serving of peas.
- For those that can eat tomatoes, I always add a small sprinkle of Xylitol and a few chopped chives on top of the sliced tomatoes. These are also great for cooking in the oven, and served with either roast lamb, or chicken and grilled meats.

Banana Bread

Ingredients

125 grams milk free margarine (I used Nuttelex brand)
½ cup Xylitol
1 teaspoon vanilla
2 large eggs, beaten
2 large bananas (Approx. 490 grams), peeled and mashed
1 Cup Gluten free SR flour
1 cup Plain Gluten Free flour
⅔ cup roughly chopped Walnuts (any nut will do, but I prefer Walnuts or pecans)
2 Tabs glycerine

Method

- Line a 13 x 23 cm loaf tin with baking paper.
- Preheat oven to 160° fan forced oven.
- Cream Nuttelex, vanilla and xylitol till light and creamy.
- Add beaten eggs and glycerine.
- Add mashed banana alternately with the flours and walnuts.
- Mix well and place into prepared loaf tin.
- Bake in preheated oven for approx. 55-60 minutes.
- Leave in tin for a couple of minutes to cool, then remove and place on cooling rack till completely cool.
- To serve, slice and spread with butter or margarine depending on choice.

Chicken Laska

Ingredients

1 medium chicken, jointed into pieces and skinned
1 tbsp coriander seeds
3cm piece ginger, sliced
2 lemongrass stalks, crushed
zest and juice of 1 lime

2 tbsp fish sauce
1 tbsp low salt soy sauce or Tamari
200ml light coconut milk
3 garlic cloves, sliced
3 red chillies, deseeded and sliced
handful coriander, chopped (leaves and stalks kept separate)
bunch spring onions, sliced
300g cooked rice noodles
handful mint leaves, chopped
1 tbsp sesame oil (optional)

Method

- Put the chicken in a large saucepan with the coriander seeds, ginger, lemongrass, lime zest and a little salt. Add enough cold water to cover, slowly bring to the boil, then reduce to a simmer, gently poaching the chicken for 40 mins until it starts to fall away from the bone.
- Carefully lift the chicken onto a plate and cover with foil. Leave the stock to stand for 10 mins, skim off any excess fat, and strain into a clean saucepan. Pull the chicken from the bones and tear into chunks.
- Bring the stock back to the boil, then add the fish sauce, soy, coconut milk, garlic, chillies and coriander stalks. Simmer for 2 mins, return the chicken to the pan and cook for a further 5 mins until warm. Add the spring onions and lime juice to taste.
- Divide the noodles between 6 bowls, then use a slotted spoon to lift the chicken and veg into each. Season the stock and pour over.
- Scatter with coriander and mint leaves, and serve with a drizzle of sesame oil, if you like.

Chocolate Zucchini Cake

Ingredients

100 grams margarine(I use Nuttalex brand as it contains no milk additives)
1 Teaspoon grated orange rind
1 cup xylitol
2 cups grated Zucchini
¼ cup cocoa powder
1½ cups SR gluten free flour(I used Orgran Brand)
1 teas guar gum
¾ teas cinnamon
2 tabs Glycerine
1 teas vanilla
2 eggs, beaten
½ cup chopped walnuts

Method

- Preheat fan forced oven to 160°
- Grease a 15cm x 25cm loaf tin and line bottom with baking paper
- In a large bowl combine all dry ingredients
- Cream margarine rind and xylitol until light and fluffy
- Add eggs, glycerine and vanilla. Stir in zucchini, fold in rest of ingredients
- Place in pan and bake for approx. 50-55 minutes
- Remove from oven and stand for 5 minutes before removing from Pan

- When cool, ice with orange icing

Icing

Ingredients

30 grams milk free margarine
1 teas orange rind
2 cups Xylitol icing sugar
2 tabs icing sugar

Method

- Beat butter and orange ring in a bowl till smooth gradually add icing sugar and enough of the orange juice to give a spreadable consistency

Quinoa Salad

Ingredients

2 cups sweet potato peeled and cut into 2 cm squares
2 tabs rice bran oil
1 cup Quinoa
2 cups bay spinach or rocket leaves
120 grams goats feta, cut into 2 cm cubes
3 Tabs Grapeseed oil
Caramelised Onions
2 cups sliced onions
2 tabs rice bran oil
2 tabs Xylitol
4 tabs balsamic vinegar

Method

- Preheat oven to 200° Fan forced. Line a baking dish with baking paper.
- Toss sweet potato in oil and bake till cooked about 15-20 minutes. Cool.
- Cook Quinoa as per instructions, drain and cool
- To make caramelised onions, fry onions in a heavy frypan over a low heat till turning a pale golden, about 15 minutes. Add the Xylitol and balsamic vinegar and continue cooking till thick and syrupy. Cool.
- To assemble salad, combine all the ingredients. Toss well and serve.
- This also makes a great lunch dish, but is also great served at a barbeque. The onions are also great served as an compliment to steak, chops and Atlantic salmon.

Burnt Butter Biscuits *(These are based on an old family favourite loved by all)*

Ingredients

110 grams butter - must be butter
½ cup Xylitol
1 egg
1 cup SR flour
A few almonds, walnuts or pecans to decorate

Method

- Preheat fan forced oven to 150°
- Slowly melt butter in a saucepan. When melted, increase heat to medium and cook till pale brown. Be careful not to totally burn the butter.
- Transfer to a mixing bowl
- Allow butter to cool completely
- Add xylitol and beat till cream, add egg mix well, add flour and mix till well combined
- Line a baking tray with paper
- Roll mixture into small walnut sized balls. Place on tray. Press an almond or nut of choice into biscuit and place into preheated oven and bake for 15-20 minutes. Remove from tray and cool on a rack.
- Store in an airtight container

Beetroot Cake**Ingredients**

2 cups cooked and mashed beetroot
2½ cups Plain Gluten free flour
1 cup Cocoa powder
1 cup Xylitol
2 teas Bicarb soda
1½ cups rice bran oil
2 teas vanilla
4 large eggs beaten

Method

- Preheat oven to 180°. Grease a 20 cm square cake tin.
- In a large mixing bowl mix all dry ingredients
- In a separate bowl combine eggs, oil and vanilla. Add to dry ingredients, mix thoroughly
- Place into the greased cake tin and bake till cooked, about 45-50 minutes
- Note this cake is rather nice served as a dessert. I serve it with Buffalo Yoghurt but am sure any yoghurt will do, depending on food intolerances. Also a sugar-free ice-cream would be just as nice.

HYPOGLYCEMIC HEALTH ASSOCIATION OF AUSTRALIA

PO Box 830 Kogarah NSW 1485

ABN 65846851613

Registered Charity CFN 16689

www.hypoglycemia.asn.au

MEMBERSHIP RENEWAL

PLEASE PRINT

Mr/Mrs/Miss: Surname:..... First Name:

Address:

.....State:.....Postcode:.....

Please notify if your details have changed.

1 year Membership: \$22.00

3 year membership: \$50.00

Pensioners & Health Care Card Holders

1 year membership: \$16.50

3 year membership: \$ 35.00

Life Membership: \$200.00

Please tick type of membership

PLEASE NOTE - we now have Internet Banking. Details are as follows.

Our Bank Details: Westpac BSB: 032 258 A/C: 50 0324

When you choose <Internet Fund Transfer> Please insert: the following 2 details

1. Amount you are paying
2. your **NAME, IN THE REMITTER BOX** (very important as this is the only record of your payment if you pay online. Failing to do so creates a bank charge of \$35.00 for the Association.)

Please check with your bank for any differences in procedure for Internet Banking (this is based on the NAB format).

Until we set up automatic payment online would you please post or email your form (renewal or application) to Sue Litchfield, to enable us to keep track of membership payments.

As we are a registered charity, membership and all donations of \$2.00 or more are tax deductible.

Membership entitles you to all up-to-date information & newsletters. If you require a receipt please include a self addressed stamped envelope.

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PO Box 830 Kogarah NSW 1485

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MEMBERSHIP APPLICATION

PLEASE PRINT

Mr/Mrs/Miss: Surname:.....First Name:

Address:

.....State:.....Postcode:.....

Phone/or mobile number:.....

Email Address:.....

Year of Birth:.....Occupation.....

Full Membership: \$ 44.00

This includes a joining fee of \$22.00.

Pensioners & Health Care Card Holders Membership: \$ 33.00

This includes a joining fee of \$16.50.

Life Membership: \$200 (note no joining fee)

Please tick type of membership

Membership entitles you to all up-to-date information & newsletters. Please include your email address if you wish to receive the newsletter by email. This is recommended as it saves us postage and allows us to keep the membership subscription down.

Do you suffer with hypoglycemia? YES/ NO

Does a family member have food allergies/intolerances? YES/ NO

As we are a non-profit organisation aimed at providing support to our members, we need a group of volunteers to call on to spread the load in running the association. If you have any skills that would be of use in this we would appreciate your input.

Are you interested in volunteering to help running the association? YES/NO

See the Renewal Form on the previous page for instructions on paying by Internet Transfer.

Did you know that the Hypoglycemic Diet is the core of nutritional treatment? It is also the first step to the treatment of 90 other illnesses.