



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.*

Our next Public Meeting will be at
12.30pm on Saturday 29 November 2014
at Kogarah Library
O'Keefes Lane, Kogarah

Our guest speaker will be **Dr Mark Donohoe** who will be speaking about:

"Fatigue"

- *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, 4 April 2015 – speaker and topic to be announced in the next newsletter.**

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.

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- Steve McNaughton BE (NSW)

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Dr Mark Donohoe

Mark has been a friend of the HHAA for over 30 years. He is a medical graduate and fellow of the Australian College of Nutritional and Environmental Medicine. He has spent his working lifetime as a nutritional doctor seeking answers and mechanisms to treat health problems. He has done extensive research in CFS (Chronic Fatigue Syndrome) and is regarded as a world leader on this topic. Currently he runs a busy practice in the Sydney suburb of Mosman. We look forward to learning from his upcoming talk on Fatigue.

Dr Donohoe utilises a blend of Western Medicine, Environmental Medicine, Nutritional Medicine and Complementary Medicine approaches to meet the needs of patients with complex illnesses and sensitivities.

Treasurer's Report

By Sue Litchfield

I don't know about everyone else, but this year has been full on for me personally, with a trip literally around the world. I can't say what was my favourite place, but I must admit it was good to get back to Buenos Aires, to continue with unfinished business there, and to come home in great health!! For those that are interested the trip is on Facebook.

This year for the Association has been another busy one, with Crystal Griffiths retiring at the beginning of the year. As a result, I am now back at the helm and I wish Crystal all the best. During the year we have had 18 new members, all of whom I have made contact with. It is so good to put a voice to a name. We also have a new life member. We are getting quite a few people using our Pay Pal system and I am now looking at using BPay. This would be a great facility for existing members. It would be great to get some feedback on the idea. Please let me know your opinion on the matter my email to:

suelitchfield@live.com

During the year we also have had a few problems with our internet provider, and thanks once again to Amitee Goulton, who has found another provider and hopefully more reliable. This provider is costing a little more, as we are paying by the month. Nicole Brown has very kindly volunteered to do the day-to-day maintenance on the web Page, as Amitee Goulton, who now is the mother of 2 very active daughters, is also back at work full-time.

Once again, I would like to thank **John Natoli**, who so generously printed and distributed our newsletter at no cost to us. This is a very generous gesture on his behalf. Kerry from the surgery has been a brick to me during the year. Not only has she done all of the banking etc, which was extremely helpful to me when away, but has also been in constant contact. Thanks Kerry for a job well done. You certainly have made life easier for me. Thanks to the very generous offer of a long standing member, all the joining fees paid for all new members is to be extended for another year. This is very much appreciated by all the new Members.

I wish you all a very Merry Christmas and a healthy and happy New Year

Report by Bev Cook

August 2014 Meeting for Newcastle Branch of the Hypoglycemic Assoc. of Australia.

Thankfully, it was a fine day and Dr. Samra had a safe trip up from Sydney. His topic, "Beating Fatigue and Preventing Diabetes", was well received by a good number of interested people. Dr. Samra used a changed format this time, which went well, by calling for questions from the roomful of people there. Dr. Samra was then able to weave his answers into his topics for discussion. Questions came thick and fast at the end of Dr. Samras' talk, as well, and it was very interesting for us all.

It was lovely to have one person renew with life membership, and 3 other people join the association. I believe Sue Litchfield has emailed the new members, welcoming them, giving receipt details for tax purposes, and forwarding discount benefit codes for certain food companies. We had been able to order bulk glycerin from a company in Sydney, so we bottled up all we could, as we didn't have many 1ltr bottles, but there were enough to meet the demand of those who needed it. Dr. Samra kindly reminded us the best best way to have glycerin is as follows:

*10mls (a soup spoon full) in a glass of water. A little juice can be added, or a squeeze of lemon.
Have this before breakfast, then again mid-morning, and again at lunchtime.*

If going out for the day, or prone to forget to make it up, it is suggested to get a 300ml bottle, put 30mls glycerin in a full bottle of water with lemon or a little juice. I make this up for myself in a small jug then pour it into a bottle. Have a third of the bottle 3 times through the day. Some find it beneficial to have the last drink later in the day if going to a meeting, or driving somewhere in the evening. The function of glycerin is to feed the brain, help us to concentrate, and give us energy to boot. Good drop!

We have since ordered another lot of glycerin, and 6 bottles went the day after it arrived! All thanks to our dear friend, Mr. Alan Malouf from Visionary Health, who very kindly ordered 1tr bottles for us to decant the glycerin. Wonderful to have his assistance to do that.

There was a necessary change in our catering, as Pat Byfield, our regular helping hand, had a nasty fall breaking her hip and fracturing her elbow. We were sad not to have her help, but happy she is on the mend. So a big thank you to Ralda, who once again came to the aid of our party, setting up the refreshments.

We had a list of apologies, people who otherwise would have been with us on this important day. Their apologies were much appreciated. The room would have been overflowing if circumstances had allowed them all to attend. Nice to have good numbers at the meeting.

Once again, we do owe our appreciation to Dr. Samra for making the time to travel to Toronto to speak at our meeting. We all ask ourselves, *“Where would we be without his expert help and willingness to help so many?”*

All in all it was a successful meeting, followed up by appreciative phone calls from some who were there. Until next time, best wishes to all, cheers, from Bev, contact person.

Sarah Wilson’s Latest Gut Health Obsession: Gelatin

Extract from: <http://www.sarahwilson.com/>

Posted on September 26th, 2014

You know how a growing number of modern ills – including, and particularly, autoimmune diseases – are now deemed to stem from the gut? And you know how most of us have crook guts that are leaky and nervous and cranky? Yeah? The simplest gut-healing breakfast a girl can eat: coffee almond milk gelatin chews (two ingredients: grass-fed beef gelatin with coffee almond milk), recipe to come soon.

Well, you’d really have to agree that that would make fixing your gut our number one health priority. No? The boon is this: It’s also something we can do now to fix our various compromised situations. I write about this often and about how food really is the best medicine (not just a jaded slogan). Truly, it is. We can take charge now.

And, so I introduce gelatin. Gelatin is basically cooked collagen and comes from the bones, hides and connective tissues of animals. Gelatin makes up almost one-third of all the protein in the human body and not having enough of it affects our joints, our skin, and our guts. It comes as a powder that can be used to make jelly/jello, panna cotta, marshmallows, gummie bears and... other “goodies”.

I’ve shared before how the gelatin in bone broth is a boon. But, of course, not everyone’s freezers are over-flowing with the stuff, which is why gelatin can be so handy.

Why Eat Gelatin?

- **Gelatin is a fast and furious source of protein.** It contains 18 amino acids, many of which are “essential”, meaning they must be acquired as part of our diet. PLUS: Gelatin balances out your meat intake. Muscle meats contain elevated levels of certain amino acids, which can be inflammatory over time. Gelatin contains two *anti-inflammatory* amino acids, thus balancing, completing, and complementing the other meat sources.
- **It helps heal the gut lining** by enhancing gastric acid secretion and restoring a healthy mucosal lining in the stomach. When your body can effectively break down and absorb the food you’re eating, you reduce the amount of inflammation in the gut and get more out of every bite. (Research from Gotthoffer, NR, *Gelatin in Nutrition and Medicine*.)
- **Plus there’s this good gut stuff:**
 1. Gelatin helps seal the colon so that nutrients may be absorbed.
 2. Gelatin helps food gel within the stomach for more consistent digestion.
 3. Gelatin reduces heartburn, ulcers, and acid reflux by binding acids with the foods.
 4. Gelatin can also help break down fats and proteins which will make it easier for your body to absorb.
- **Plus, studies show gelatin reduces cellulite and wrinkles.**
- **Gelatin helps your liver detox.** Gelatin provides the amino acid **glycine**, which assists the liver in ridding toxins from your body.
- **You work out? Well, know this: Gelatin helps build lean muscle.** Collagen is the body’s building blocks. It’s found in skin, bones, tendons, ligaments and muscle tissues, all crucial to the body’s structure and musculature.
- **For added value – it also helps build bones and joints.** According to a University study, gelatin was shown to have a positive healing effect on the joints of athletes. The gelatin not only reduces inflammation which can trigger pain receptors and cause stiffness in the joints, but it can also help repair small tears in the cartilage.
- **For my auto-immune-y friends: gelatin is very high in anti-inflammatory amino acids such as glycine and proline** and thus reduces inflammation.
- **And it boosts metabolism and can be used for weight loss.** The protocol for using gelatin for weight loss is to stop eating at least three hours prior to bedtime and consume at least 1 tablespoon of gelatin powder right before bed.
- **It helps with insomnia.** Research has shown that taking glycine just before bed can actually help improve sleep quality and reduce daytime sleepiness as well as improve memory. This is partially due to the role glycine (one of the amino acids in gelatin) plays in the neurotransmitters within the brain. Before bed, try drinking 1-2 tbs. of gelatin in a shake or smoothie. Gelatin, due to the presence of glycine, can act as a natural sleep aid.
- **And it fills you up...**so it’s actually a very sound cravings strategy.
- **And just when you thought it couldn’t keep on giving: Gelatin helps balance hormones, too.** Seriously the Swiss Army knife of the food world. “Too much oestrogen in the body can cause inflammation, infertility and promote accelerated aging. The wonderful, and seemingly endless, benefits of gelatin have anti-oestrogenic effects which can help offset the effects of excess estrogen in the body.”

How To Eat Gelatin

There really isn't a limit to how much gelatin should be eaten in a day, though many say **2 – 3 tablespoons a day sounds about right to make a difference to your gut.**

You can:

- Add it to your smoothies. Simply add 1 tablespoon of gelatin powder instead of protein powder.
- Make “gummies” or jellies (chewable lollies)
- Use it as a hair mask.
- Add to your tea and coffee; just add a teaspoon and drink as normal.
- Make panna cotta with it.
- Add it to pancakes and cookies/biscuits.
- Make homemade bouillon.
- Add it to homemade whipped cream. (This helps it hold its shape better too, especially in warm weather.) Sprinkle 1 tablespoon of gelatin over 1/4 cup cold water (per quart of whipping cream), warm over low heat until fully dissolved, then when the cream begins to hold soft peaks, drizzle it in while whipping and continue whipping until the cream holds firm peaks.

The History of How Wheat Became Toxic*Extracts from: “Against the Grain”*

Written by Katherine Czapp

Sunday, July 16 2006 12:44

The Case for Rejecting or Respecting the Staff of Life

Gluten intolerance, wheat allergy and coeliac disease are all related categories of digestive and immune system disorders that have become increasingly familiar to anyone following modern trends in human health. Barely a decade ago, gluten intolerance and coeliac disease were considered uncommon genetic aberrations, occurring in perhaps 1 in 2500 persons worldwide. In just the last few years the prevalence of putative sufferers has been revised upward so frequently that it is hard to find general consensus moment by moment, but about 1 in 130 (or approaching 1 percent of the U.S. population) seems to be the current speculation by several researchers and coeliac support organizations, with similar numbers recorded in Europe. The National Institutes of Health convened its first conference on coeliac disease only in 2004, however, yet concluded in its report that the condition is “widely unrecognized” and “greatly underdiagnosed” while symptom-free cases appear to be increasing.¹ The story of how a class of food long revered as “the staff of life” should suddenly become a toxic substance to large numbers of people worldwide is complex and controversial, yet also provides revealing insights into modern agriculture, world trade and industrialized methods of food production.

Wheat Ancestors

In its over 8000-year history as a domesticated food, wheat continues to be the major grain consumed by humans, although it has not been the same wheat for all of those many centuries. Worldwide wheat production for 2004 was approximately 624 million tons; only corn production (largely used for animal consumption) exceeded this amount, and rice came in third. The Food and Agriculture Organization (FAO) of the United Nations notes that wheat production has been growing by 1% annually to keep pace with world population growth, but that level will need to increase to 2.5% annually by 2025. With most arable land already in production, plant geneticists are labouring to develop wheat strains with “enhanced” characteristics that will produce ever more on limited acreage to meet demand.

Modern wheat has had a very long history of hybridization, starting with ancestral grasses in the

What Are the Benefits of Coconut Sugar?

Extract from: "www.livestrong.com"

Coconut sugar is the boiled and dehydrated sap of the coconut palm. It comes with a higher price tag than granulated sugar but offers the same number of carbohydrates and calories. The benefits of coconut sugar are making it a hot commodity in the health food world -- this form of sugar does offer some trace nutrients and may have less of a dramatic impact on your blood sugar than other types of sweeteners.

Nutrient Content

Coconut sugar isn't a nutritional superfood, but it does offer more vitamins and minerals than white table sugar. It contains trace amounts of vitamin C, potassium, phosphorous, magnesium, calcium, zinc, iron and copper. Coconut sugar also provides small amounts of phytonutrients, such as polyphenols, flavonoids and anthocyanidin, and antioxidants. You'll also find the B vitamin inositol, often used as a mood booster, in coconut sugar.

Low Glycemic Impact

The glycemic index measures the effects of carbohydrates on your blood sugar. Coconut sugar ranks just 35 on this index, while regular table sugar ranks between 60 and 75. Foods high on the glycemic index cause your blood sugar to spike, which can lead to a sugar rush and subsequent crash. Fast spikes in blood sugar can also cause your insulin levels to soar in a short period of time, and this can have serious consequences for diabetics.

Less Fructose

Fructose is a type of sugar your body converts to fat quickly. Only your liver can break down fructose, and one of the results of this breakdown is triglyceride -- a form of fat. You shouldn't consume large amounts of fructose outside of that which you get in fresh fruit, notes Harvard Health Publications. Agave nectar is 90 percent fructose, and high-fructose corn syrup is 55 percent fructose. Coconut sugar has just 45 percent fructose, making it a better option than these other sweeteners.

Earth Friendly

The United Nations' Food and Agriculture Organization named coconut palm sugar the most sustainable sweetener in the world in 2014. The trees use minimal amounts of water and fuel, especially compared to sugar cane production, and produce for about 20 years. It has no artificial ingredients and is not chemically altered in any way.

Wikipedia comment

Coconut sugar has a high mineral content, being a rich source of [potassium](#), [magnesium](#), [zinc](#), and [iron](#). In addition to this it contains [Vitamin B1](#), [B2](#), [B3](#), and [B6](#). When compared to brown sugar, coconut sugar has 18 times the potassium, 30 times the phosphorus and over 10 times the amount of zinc.^[7] The large amounts of K and P can be explained by the way coconut sugar is tapped from the inflorescences of the tree.

The coconut sap, from which coconut sugar is derived, contains 16 [amino acids](#). The amino acid which has the highest content in coconut sap is [Glutamine](#).^[8]

Sue Litchfield's Recipes

With Christmas looming I thought the following would be great to have on hand:

Maple Syrup Glaze for Ham Ingredients

1 tablespoon mustard powder
375 mls pure maple syrup
80 mls cider vinegar

Method

- Mix all ingredients in a small bowl until the mustard powder dissolves.
- Brush over the ham this mixture should cover a 8 kilo ham, bake in a moderate oven for about 50 minutes brushing frequently with the glaze during cooking

Pineapple Fruit Cake

Note this is a very easy cake to make at the last minute

Ingredients

¾ cup Xylitol
1 small tin of crushed pineapple in natural juices
500 grams mixed fruit
1 teaspoon bicarb soda
1 teaspoon mixed spice
125 grams butter
1 cup plain flour (*note: Gluten free flour can be used*)
1 cup SR flour (*again, Gluten free flour can be used*)
2 eggs, well beaten

Method

- Preheat oven to moderate. Grease a 20 cm square cake tin
- Place Xylitol, undrained crushed pineapple, mixed fruit, soda, spice and butter in a saucepan
- Bring to the boil and boil for 3 minutes. Remove from heat and leave till cool.
- Add the eggs
- Sift flours mix into the fruit mixture.
- Place into grease tin and bake in oven 1½ hours.
- Reduce heat and bake for another 20 minutes, or till cooked. (*Cooking time for all cakes will vary depending on the oven some cook quicker than others.*)

Raisin Rum Ice Cream

Ingredients

250 grams raisins
2 tablespoons rum
300 mls cream
½ cup xylitol icing sugar
2 egg whites
2 teaspoons cocoa
2 teaspoons hot water

Method

- Soak raisins in the rum overnight, stirring occasionally
- Blend cocoa with water
- Whip egg whites until stiff, adding xylitol gradually

- Whip cream till thick, then fold in cocoa .
- Fold in raisins, and lastly fold in egg whites
- Place in a freezer safe container and freeze

Note: This is also great omitting the raisins and use mixed fruit instead .Makes a good frozen Christmas pudding