

Hypo Health News

JULY/AUGUST 2011 (VOLUME 27 No.2)

<p>The Hypoglycemic Health Association of Australia PO Box 830, Kogarah NSW 1485 ABN 6584 6851 613 Phone: 02 9553 0084 Fax: 02 9588 5290 Registered Charity: CFN 16689 Website: www.hypoglycemia.asn.au</p>	<p><i>In this Issue:</i></p> <ul style="list-style-type: none">• Treasurer's Report, including Annual Accounts (Balance Sheets and Profit and Loss)• Vitamin C Injections (Paul Ameisen, Naturopath)• Sugar-Free Recipes – Why and How to make them (internet)• How Diabetes Drugs stop us Losing Weight (internet)• Sue Litchfield's Recipes
<p>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.</p>	<p>PATRONS</p> <ul style="list-style-type: none">• Dr George Samra• Steve McNaughton BE (NSW) <p>PRESIDENT</p> <ul style="list-style-type: none">• Dr George Samra <p>SECRETARY</p> <ul style="list-style-type: none">• John P Natoli <p>TREASURER</p> <ul style="list-style-type: none">• Sue Litchfield
<p>Our next Public Meeting (and AGM) will be at 2pm on Saturday 6 August 2011</p> <p>at YWCA (Check Noticeboard in the lobby near the lift on arrival) 5 – 11 Wentworth Ave, Sydney</p> <p>Our guest speaker will be Dr George Samra speaking about</p> <p>“The Future of Medicine: Know your own Genome – Fighting Disease with Nutritional Medicine”</p> <p>Can you please RSVP to Sue Litchfield on 0418 217 364 or email litch.grip@bigpond.com to assist with the organisation of the catering.</p> <p><i>(Don't forget to put the next meeting of the year in your diary: 3 December 2011 – speaker and topic to be announced in the next newsletter)</i></p>	<p>CATERING</p> <ul style="list-style-type: none">• Reg Grady• Sue Litchfield <p>AUDITOR</p> <ul style="list-style-type: none">• Michael Pendlebury (Chartered Acc't) <p>NEWSLETTER EDITOR</p> <ul style="list-style-type: none">• Susan Ridge <p><u>Dr George Samra</u></p> <p>Dr Samra is a practicing medical practitioner at Kogarah, in Sydney, who has published several articles and books on hypoglycemia and food allergies. He is a member of the Australasian College of Nutritional and Environmental Medicine (ACNEM).</p> <p>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.</p>

LETTER FROM THE TREASURER, SUE LITCHFIELD

The past three months have gone by ever so quickly. There is really nothing new to report. Unfortunately, quite a few have not renewed their subscriptions. I hope it is really just because they have literally forgotten. One thing I have noticed, we have had a few newsletters returned to sender. I have tried to ring those concerned, only to find they no longer live at the given address. If you are moving, please let us know. It makes my life a little easier.

Those who have found that I have been a little slow returning some of the correspondence or phone calls it is because I have been away yet again - this time camping in the Flinders Ranges and Arkaroola in South Australia. I had a few days in Adelaide, and was most impressed with the city, not only as a tourist destination, but they have the most fabulous Central markets, with you name it and they have it. In fact I found wherever we went, I was always able to get food, and what's more, they were not too greedy with their pricing.

Our bank account is still looking very healthy. The cheque account has \$572 and the savings account \$8,857. However, when the name change eventuates, hopefully before the end of the year, most of that money will be used on promotional material. I will then call on all members to help out with the distribution of the pamphlets.

Again I am asking if there is anyone out there who can help out with the afternoon teas. Next year I certainly won't be attending the March meeting and the August one as well is now looking doubtful. If nobody comes forward, the afternoon tea will cease to continue. Looking forward to seeing you all at the next meeting.

The following are the audited Financial Statements for your perusal:

THE HYPOGLYCEMIC HEALTH ASSOCIATION OF AUSTRALIA**ABN 65 846 851 613****Compilation Report to THE HYPOGLYCEMIC HEALTH ASSOCIATION OF AUSTRALIA**

I certify that I have reviewed the books and records of the Hypoglycemic Health Association of Australia for the year ended 31 December 2010 and confirm the attached financial report is in accordance with the documentation provided to me.

Michael Pendlebury - Chartered Accountant
Suite 307, 25 Solent Circuit, Baulkham Hills



1 April, 2011

THE HYPOGLYCEMIC HEALTH ASSOCIATION OF AUSTRALIA
ABN 65 846 851 613
Detailed Profit and Loss Statement
For the year ended 31 December 2010

	2010	2009
	\$	\$
Income		
Membership Fees	2,142	1,389
Donations	255	745
Interest Received	363	198
Total income	2,760	2,332
Expenses		
General expenses	-	540
Hall Hire	490	480
Petty Cash Expenses	102	100
Postage	-	75
Printing & Stationery	-	833
Telephone & Internet	265	214
Total expenses	857	2,243
Net Profit	1,903	89

THE HYPOGLYCEMIC HEALTH ASSOCIATION OF AUSTRALIA
ABN 65 846 851 613
Detailed Balance Sheet As At 31 December 2010

	Note	2010	2009
		\$	\$
Current Assets			
Cash Assets			
Westpac Cheque Account		130	39
Max-i Direct Account		8,693	6,880
		8,823	6,919
Total Current Assets		8,823	6,919
Total Assets		8,823	6,919
Net Assets		8,823	6,919
Members' Funds			
Retained profits		8,823	6,919
Total Members' Funds		8,823	6,919

Vitamin C Injections

by Paul Ameisen, Naturopath

I am a naturopath with 20 years experience, and I have had in the past, 33 years of experience as a GP. I am Director of the Vita Centre, which is situated in Edgecliff. At our practice we have:

- a GP, Dr Peter Dobie trained in IVC, Chelation and Antiageing;
- a Listen Test operator, Gary Turner;
- a psychologist, Jane Byutti;
- a hair specialist Tony Pearce;
- a Buteyko Practitioner, midwife and Registered nurse, Victoria Kleeberg;
- a Homeopath, Philip Gilldarth;
- a BioFeedBack Practitioner, Rosemary Walters;
- Alexander Russell, for ADD ADHD and Autism;
- Massage Practitioners, Alice Czerny and "Dr" Gary Wohlman; and
- an Osteopath, Rob Stalbov.

Why do humans need extra vitamin C?

It is a fact that humans; the apes; the fruit eating bat; one species of salmon; and the guinea pig cannot make any Vitamin C (Vit C) in their body. All other species are able to do this including your dog and cat. A goat can make 100,000mg over 24 hours as a response to infection. A human cannot even make 1mg. This is a life-long condition for humans. Animals eat sugar and make Vit C in their body. If we eat sugar to excess, we get diabetes and hypoglycaemia due to our genetic inability to convert sugar to Vit C.

Oral Vit C can be utilised and is available to anyone. However, there is a bowel tolerance, and a person can only take between 4-8 grams per day, depending on the individual. It has been shown that as the need arises, for example, infection, the body can absorb larger amounts of Vitamin C orally (*Reference: Dr Cathcart*).

Intravenous Vit C (IVC) can be injected straight into the blood stream without issues of digestive absorption. It is injected by push or drip. At the Vita Centre we administer intravenous Vitamin C in the following groups of conditions:

- 1. Energy and wellbeing** - A lot of people have a normal blood test and are not ill. However, they are rundown and fatigued due to stress or toxicity. Intravenous vitamin C administered in a push of 18–22 gms on 2 to 5 occasions can pull the person out of their fatigue, and most continue to feel well and energetic for up to 12 months.
- 2. Infection** - Intravenous Vitamin C can be curative, in viral, bacterial and fungal infections. Viruses such as Epstein Bar virus, Cytomegalovirus, Ross River virus, Borna disease virus and the 'cold virus' can all be killed by intravenous Vitamin C and, in addition, an improvement in the immune system to protect against the next viral or bacterial attack. Interferon is boosted in the blood by intravenous Vitamin C.

I have found in my own experience that fungal infections respond slowly to intravenous vitamin C. Bacterial infections also respond and we often see an increase in the white cell count. At the Vita Centre we have treated for 35 years many patients with the chronic fatigue syndrome. The results are variable but strongly positive. Often patients report that after a few drips they gain energy and a positive outlook for the first time in many years.

3. Auto-Immune Diseases - At the Vita Centre we have observed many cases of auto immune illnesses (such as: Hashimotos Thyroiditis, Rheumatoid Arthritis, and Colitis) to improve dramatically. But more than 10 drips are necessary in some cases. Drips of Vitamin C are between 22gms–100gms depending on severity of illness. They can be given once to several times in the same week, or once weekly. The half life of Vit C is 4 hours.

4. Skin - Intravenous vitamin C has been shown to improve the quality and quantity of collagen, which plumps up the skin, and cosmetic clinics often refer patients to the Vita Centre to enhance their collagen, and to reduce burning from laser. Many patients come for intravenous vitamin C after they sustain burns to the skin on completion or during their radiotherapy.

5. Cancer - Vitamin C has been used in cancer for over 40 years. Doctors Cathcart, Klenner, Kalokorinos, Brighthope, and Riordan have all used intravenous Vitamin C, and published many papers to show the positive effects of IVC. Dr Riordan in particular has published many cures of his cancer patients, and is actively participating in research at the present time. In my own clinic, I have witnessed many cases of improvements and cure in many forms of cancer. Contrary to what people still say today there has been no record of kidney stones after intravenous vitamin C, or oral for that matter. And there is research to confirm this point.

There is research to prove that Vit C can intravenously kill cancer cells, and is strongly effective if used in the 45-100gms range. The recent Dr. Riordan protocol is 80gms daily for 10 days. We have used this protocol at the Vita Centre and have witnessed normalisation of cancer markers in some cases.

Genostics is a Medical Group which carries out the first sensitivity test for cancer in Australia, testing the patients' cancer cells against 2-3 chemotherapy agents, and 90 alternative therapies e.g. laetrile/B17, Ukraine Noni juice etc, and IVC. IVC shows strongly effective in over 90% of cancer cases.

Contraindications and Precautions in IVC

Contraindications to intravenous Vitamin C are: G-6-PD deficiency, (glucose-6-phosphate dehydrogenase), which is extremely rare in the severe form. In fact there are only 4 or 5 cases around the world that have had a severe problem with this. There have been hundreds of thousands of intravenous vitamin C injections carried out to date.

The other precautions are: severe renal disease, renal failure, and patients on Warfarin, with careful monitoring, can only have up to 18gms of IVC. Two health medical colleges, ACNEM and ACMN, carry out regular education for doctors, nurses and naturopaths about intravenous Vitamin C. And ACNEM has taught more than 20,000 doctors over 20 years.

Prices

Pushes vary from \$50 - \$85.

Drips vary from \$65 - \$300 per drip, depending on how much Vitamin C is in the drip-pack. The Vita Centre often gives discounts e.g., before winter build up.

Paul Ameisen

Reference: Dr Cathcart, Medical Hypothesis, 7 1359-1376, 1981 (added by Editor)

Sugar Free Recipes - Why and How to Make Them

(www.whole-body-detox-diet.com) (an article from the US)

Sugar free recipes, desserts and products have been hitting the market by the dozens in recent years. Many people are realizing that their health problems are related to sugar consumption and they are looking for alternatives. Unfortunately, the food industry has taken advantage of this public need by introducing a wide array of highly processed and/or artificial sweeteners; many of which are shown to cause even more disease than sugar. Sugar causes major health complications, but just because it says “sugar free” on the package doesn’t mean it’s safe to eat. Read this page to become a more educated consumer and learn how to prepare delicious and healthy sugar free desserts using our sugar free recipes.

Humans Like it Sweet - Human beings have a natural preference toward the sweet flavour. It conjures up feelings of comfort, security and abundance. It is subconsciously associated with mother’s milk and ripe fruit. Sweetness sends a message to your brain that everything is all right. It is in our evolutionary genetic makeup to enjoy and desire sweetness. Within a natural environment and food supply, there is no need for sugar free recipes because the natural sugars found in ripe fruit, sweet tubers, and whole grains provide almost instant energy. They use very little digestive energy to produce glucose to feed the brain, power muscles and maintain glycogen stores. We may have evolved through natural selection to have a preference for sweetness, but the industrialization of the food supply has turned that preference against us!

How Sugar Took Over the World - For almost 2,000 years the juice from the sugar cane has been the fulfillment of our desire for “sweet.” What started in India as people chewing on fresh sugar cane has turned in to a global addiction and a multi-billion dollar industry. Global trade routes, slave labor, an increasingly mechanized refinement process and government subsidies have made this once luxury item a cheap “necessity” for people in almost every country in the world.

In the late 1800s, people in the US were consuming about 5 pounds of sugar per year. With the development of the industrial food supply and the use of sugar to sweeten and preserve numerous processed food products, sugar consumption steadily rose. Traditional sugar free recipes were pushed aside as US sugar consumption peaked in 1971 at a shocking 102 pounds of sugar per person per year! Since the early 1970s we’ve been gradually eating less sugar from sugar cane and beets. This decline follows the introduction of High Fructose Corn Syrup (HFCS). HFCS has replaced more than half of the sugar we were eating before the 1970s. In 2007, the average American ate 62 pounds of sugar, 56 pounds of HFCS and 20 pounds of other corn based sweeteners (including glucose syrup, maltodextrin and dextrose). That’s a total of **138 pounds of highly refined added sugars per person!**

Meanwhile, the USDA recommends limiting yourself to 8 teaspoons of added sugar per day (within a 2000 calorie/day diet). If the average American is consuming 138 pounds of added sugar per year that means they’re eating 44 teaspoons per day. No wonder why we have such a need for sugar free recipes and products. That’s 5 times the USDA recommendation. The food industry has made it easy to overdo it. When a 12oz soda has 10 teaspoons of added sugar and an 8oz container of fruit-flavored yogurt has 7 teaspoons of added sugar, it’s nearly impossible to eat processed foods without overdoing it. Forget about the ice cream and cake! Unless, of course, you make your own using delicious sugar free recipes.

Refined Sugar Causes Disease - These refined sugars cause serious health complications for the people who eat them. The refinement process leaves them absolutely devoid of nutrients, turning them into empty calories. These empty calories wreak havoc on your blood sugar, tax

your detox organs and cause you to gain weight. And that's not all. Excess sugar consumption is associated with the following diseases and conditions:

- Obesity
- Hypoglycemia
- Diabetes
- High blood pressure
- Heart disease
- Candidiasis
- Anemia
- Immune deficiency
- Tooth decay, and bone loss
- Herpes
- Yeast infections
- Cancer
- Menstrual problems, including PMS
- Male impotence
- Increased uric acid (which causes Gout)
- Hyperactivity
- Loss of memory and concentration
- Nervousness, violence, paranoia, and emotional upsets

We can tell you from personal experience that kicking sugar out of your diet is the single best thing you can do for your health. It's a hard addiction to break, but once you're free from it you'll never miss it - or the symptoms it caused you.

“When natural sugar is refined and concentrated, the life force is dispersed and the natural balance upset. Refined sugar passes quickly into the bloodstream in large amounts, giving the stomach and pancreas a shock. An acid condition forms which consumes the body's minerals quickly. Thus calcium is lost from the system, causing bone problems. The digestive system is weakened and food cannot be digested or assimilated properly. This leads to a blood-sugar imbalance and to further craving for sugar” **Paul Pitchford, *Healing with Whole Foods***

The High Fructose Complication - HFCS (high fructose corn syrup) consumption can be attributed to the diseases mentioned above as well. But this highly industrialized product carries even more health hazards. Whereas cane and beet sugar is highly refined, the chemical structure of HFCS is radically changed in its processing. Genetically Modified (GMO) enzymes and toxic chemicals are used to convert simple corn syrup into HFCS. Your body handles refined fructose very differently than table sugar. Fructose stimulates liver production of glycerol and raises blood levels of triglycerides. Increased triglycerides contribute to high cholesterol and heart disease.⁶

There is also evidence that fructose stimulates appetite and suppresses the sensation of fullness.⁷ That sounds like a recipe for weight gain. Combined with its empty calories and effect on blood sugar, no wonder HFCS is reputed to be the main culprit in our current obesity and diabetes epidemics. Natural, sugar free recipes are critical for treating these illnesses holistically.

“In a 2007 study, rats were fed a diet high in fat and HFCS and kept relatively sedentary for 16 weeks in an attempt to emulate the diet and lifestyle of many Americans. Within four weeks, the rats showed early signs of fatty liver disease and type II diabetes.”

In 2005, some samples of HFCS manufactured in the US were found to be contaminated with mercury. *“The mercury appeared to come from caustic soda and hydrochloric acid, two chemicals used in the manufacture of HFCS that can, depending on their manufacturing process, contain traces of mercury.”*

Despite recent claims from the Corn Grower’s Association, HFCS is not a natural product. If it’s not natural, it’s not good for your body.

Artificial Sweeteners - A Dangerous Answer - So, it seems like it should go without saying that artificial sweeteners aren’t a healthy substitution for all this sugar and HFCS. And we certainly aren’t using them in our sugar free recipes. But just in case you may be tempted by the many sugar free desserts and products made with these “zero calorie sweeteners,” we’re going to say it anyway. Artificial sweeteners are hazardous to your health!

After repeated rejections from the FDA and a series of shockingly corrupt deals, Aspartame was eventually allowed into our food supply in the early 1980s. Numerous studies show it to cause major neurological damage with symptoms that include migraines, mental confusion, brain lesions, Alzheimer’s, and memory loss. This is because the methyl alcohol in aspartame converts into formaldehyde, a deadly neurotoxin.⁸

Splenda, which is made by chlorinating sugar has been found to cause diarrhea, damage to organs, immune system and reproduction, swelling of the liver and kidneys and a decrease in fetal body weight.⁸ Some new artificial sweeteners are being released this year (2009) by Coca Cola and Cargill. These products are promoted as being made from Stevia, a naturally sweet plant from Paraguay. But these pure white powders are a far cry from the dark green Stevia plant.

In your effort to find alternatives to sugar and HFCS be wary of sugar free claims. Most of the sugar free recipes you may be able to find online rely on these toxic artificial sweeteners. And often products that are promoted as light, diet, low calorie, or sugar free are loaded with toxic food additives and artificial sweeteners.

Sugar Free Recipes Let you Enjoy the Sweetness Provided by Nature - In accordance with our natural whole foods philosophy we recommend eating naturally sweet foods and using natural sweeteners for your sugar free recipes and desserts. This may be easier said than done, at first. Choosing natural sweetness means eating mostly whole foods and leaving most of the processed products on the grocery shelf. It also means readjusting to your body’s natural desire for sweetness by using sugar free recipes. Excessive use of refined sugars has likely increased your tolerance and desire for sweets to unhealthy levels. Choosing milder, natural sweeteners will allow your body to readjust and free you from the sugar cycle so you can begin to enjoy naturally sugar free recipes and desserts as a special treat once again.

“Sweet food has become such an everyday occasion in the United States that we have lost our gratitude for its special nature.” **Paul Pitchford, *Healing with Whole Foods***

Of course, the sweetest whole food is fresh ripe fruit. When eaten in this form, the natural sugars of the fruit are accompanied with the exact combination of enzymes, minerals, vitamins, and fiber that your body needs for healthy digestion and optimal utilization. Naturally sweet vegetables, like yams, parsnips, carrots and beets offer the same benefit and are used in some of our sugar free recipes. When eaten regularly, their mellow sweet flavor can help to curb sugar cravings. A milder, yet still satisfying form of natural sweetness is whole grains. When

whole grains are properly prepared and chewed well, they release a natural sweetness that calms the nervous system and alleviates the desire for excess sweets.

But you probably want to be able to have some cookies and cakes too, right? A variety of delicious sugar free recipes can be made with natural sweeteners. You may even be able to find prepared foods made with natural sweeteners. Just make sure to always read ingredients and be on the lookout for tricks in your treat. Many of these so called natural sweeteners are still processed into concentrated syrups. Due to conflicting information about the processing and health impacts of the concentrated syrup sweeteners, we recommend using them in moderation and not relying too heavily on any one product for your sugar free recipes. Within the context of a natural whole foods diet these natural sweeteners can provide a satisfying and safe alternative to sugar, HFCS and artificial sweeteners. Our [sugar free recipes](#) use a variety of the following sweeteners.

Natural Sweeteners

Agave Nectar - Agave is a desert succulent plant that grows wild in Mexico. Agave Nectar is a processed syrup made by converting the inulin of the agave plant into fructose. The process used for this conversion is a fairly new development in food technology and similar to the process used to create HFCS. The result of the process is a syrup or "nectar" that contains 70-90% fructose. As mentioned above, excessive fructose consumption can lead to increased triglyceride levels, high cholesterol and heart disease.

So far, agave nectar has been marketed as a natural sweetener and there are no reports of negative health consequences resulting from its use. Yet it's difficult to find out exactly how it is processed. A spokesperson for Madhava (one the primary agave manufacturers) stated that, *"There are no chemicals whatsoever involved in the production of Madhava's agave nectar from agave salmiana, nor is it cooked. Our agave is subject only to low temperatures during the evaporation of excess water from the juice."*

Agave nectar appears to be a **low glycemic sweetener**. It is easy to use in sugar free recipes and produces delicious baking results. Since its health effects are still up for debate we recommend paying attention to how it affects your body and using it in moderation.

Dried Fruit - Dried fruit like dates, raisins and figs can be soaked and pureed to create a deliciously simple and completely natural sweetener for sugar free desserts. Dried mulberries and goldenberries are sweet superfoods that you can find at some health food stores and many superfood or raw food websites.

Date Sugar - Date sugar is ground from dehydrated dates. High in fiber and rich in vitamins and minerals, dates are a wonderful source of sweetness. Date sugar can be used to replace refined sugar to turn conventional recipes into sugar free recipes, though it isn't a good choice for sweetening beverages because it doesn't fully dissolve.

Applesauce and Bananas - Natural applesauce and smashed bananas can be added to moisten and sweeten a variety of sugar free desserts, including cookies, cakes and muffins. Frozen bananas are a key ingredient in some sugar free recipes for ice cream and milkshakes (see recipes on website).

Concentrated Fruit Juice - You can make fruit juice concentrate at home by boiling eight cups of organic juice until it reduces to two cups. Cool and freeze. To use, warm a knife under hot water and cut out the amount of frozen juice needed.

Stevia - Stevia is a natural sweet plant native to Paraguay. *“Stevia leaves are incredibly sweet, tasting as much as 30 times sweeter than sugar, yet they contain no sucrose. Stevia leaves contain glycosides, which taste very sweet to the tongue, but contain no sugar, no calories, and no carbohydrates. Therefore, despite its sweetness, stevia does not have a GI (Glycemic Index) nor does it affect the body’s insulin levels. Stevia has also been shown to aid the pancreas and improve digestion and it is ideal for people with diabetes and those that are intolerant to sugar, seeking weight control, or trying to avoid tooth decay.”*

“Because stevia is a whole herbal food, it contains other properties that nicely complement its sweetness. A report from the Hiroshima University School of Dentistry indicates that stevia actually suppresses dental bacteria growth rather than feeding it as other sugars do.”

Important Note: Use only the green or brown stevia extracts and powders. Avoid the clear extracts, white powders and new products that claim to be made from stevia. Because these are highly refined and lack essential phytonutrients they are likely to cause imbalance.

Raw Honey - Raw honey is one of the most natural and oldest sweeteners known to humans. It has more calories than sugar, has a higher glycemic index and is much sweeter. But, in its natural raw state, it contains high levels of vitamins, minerals and enzymes. Therefore it doesn't upset the mineral balance or cause many of the other health complications of sugar. Used as a natural medicine for thousands of years, raw honey harmonizes the liver, neutralizes toxins, heals ulcers, and eases stress and constipation. Local honey is always the best option. It can be used to treat seasonal and environmental allergies. Honey should not be heated and is therefore not a good option for baked goods. Because it is **high glycemic** it should also be avoided or used in strict moderation by those with blood sugar issues including hypoglycemia and diabetes and by those with Candidiasis.

Grade B Maple Syrup - Grade B Maple syrup is an excellent source of manganese and a good source of zinc.¹¹ Maple syrup is the boiled-down sap of maple trees. It takes 40 gallons of sap to make one gallon of syrup. Maple syrup has twice as much calcium as milk. Not all maple syrup is pure. Lard is sometimes used as a de-foaming agent and some syrup contains traces of formaldehyde, a carcinogen, so it is best to buy organic maple syrup.

Brown Rice Syrup - A traditional Asian sweetener, brown rice syrup is made from rice starch converted into maltose, a complex sugar. Rice syrup is the mildest-flavored of the liquid sweeteners and contains trace amounts of B vitamins and minerals. It is easy to use in your sugar free recipes.

Molasses - Molasses can be a great high mineral source of sweetness. Choose un sulphured or blackstrap molasses for the highest levels of calcium, iron and potassium.

How Diabetes drugs stop us losing weight (and do nothing but delay the inevitable), Raisin Hell, Sunday, May 8, 2011
(www.raisin-hell.com)

Drug companies have a solution to Type II Diabetes unfortunately their 'solution' will make us almost as fat as their wallets (and won't change the outcome). The real solution is much simpler and you don't need to buy anything from anyone to implement it. Our body is a machine that runs on a fuel of pure glucose. When we eat carbohydrates (like fruit, vegetables, bread, pasta and rice) our liver converts the starch in those foods to glucose. Almost every cell in our body can burn (or oxidise to be more precise) the glucose to create energy.

Managing the fuel (glucose) levels in our blood is therefore pretty important to our wellbeing. The level of glucose is managed by two primary hormones. We release insulin when blood glucose goes up and glucagon when it drops. The insulin helps cells access the glucose in the blood and either use it (if they need it) or turn it into fat for storage. Either way, a primary function of the insulin is to lower the amount of glucose in our bloodstream. If blood sugar stays high for a long time, damage starts to occur in places where we have lots of small blood vessels, such as our kidneys, our eyes and eventually our hands and feet.

Glucagon does the same thing in reverse. The combination of the two hormones working together means that normally our blood glucose levels stay in tight range regardless of what (or when) we eat. Sometimes we can become resistant to insulin. This simply means that cells do not respond as efficiently as they should and glucose stays in our blood for too long.

Doctors can tell when we are insulin resistant because our blood glucose levels remain too high for too long after eating. But (at least at first) there are no real symptoms that we have the problem. And so a majority of people who are insulin resistant don't know it. If you remain insulin resistant for long enough, **at certain levels**, you will be declared to have Type II Diabetes.

Our body usually responds to insulin resistance by pumping up the insulin levels until the glucose is cleared. If we ask our body to run on overdrive like that for years, for most of us, our pancreas (the insulin maker) will pack it in and we will need to get daily insulin injections to live. One carbohydrate (and only one) does not work this way. Fructose is not normally converted to glucose and does not trigger an insulin release. It is instead converted to saturated fat by our liver. So for a long time, fructose was prescribed as a perfect sugar for Type II Diabetics. Unfortunately it looks like that cure is turning out to be the cause of the disease.

Last week, the American Heart Association issued a scientific position statement which makes it clear that they are satisfied that fructose does indeed create dangerous levels of circulating fats (called triglycerides). The statement went further and warned that the creation of triglycerides is directly linked to the onset of the insulin resistance which leads to Type II Diabetes. In other words, fructose consumption is likely to be a significant cause of Type II diabetes. The primary source of fructose in the Australian diet is sugar. So the obvious cure for Type II Diabetes would be to tell people to stop eating sugar. But there is no money in telling people to not eat something. No, if you are diagnosed with Type II Diabetes in Australia today you will be put on drugs to sort you out (after a perfunctory nod to 'lifestyle interventions').

The standard treatment for high blood sugar (and therefore diabetes) is a prescription of 'eat less fat and exercise more'. When that doesn't work (as it almost never does) the prescription is changed to a combination of drugs. There are a few different types of medication but the ones most commonly used in Australia work by stimulating the body to produce more insulin. The drugs squeeze that little bit more insulin out of our pancreas to help clear the blood sugar. As you might expect, putting the pancreas on overdrive eventually results in it conking out completely. Then the only option is to start injecting insulin every day.

Unfortunately a side effect of the drugs is weight gain. Insulin does clear glucose from the bloodstream, but if the cells don't need the glucose, they just turn it into fat. Giving people more insulin (or giving them drugs to force them to produce it themselves) simply channels sugar out of the bloodstream and converts it into body fat. Using drugs to force insulin resistant person to make more insulin just moves the immediate problem from the bloodstream to the tummy (or bottom). And even then it only works until the pancreas packs it in anyway. Removing the cause (fructose) would be infinitely more effective but if the drugs remain part of the prescription

while that is going on, motivation will soon be a problem (because it will be very difficult to lose weight).

We need a new approach to treating insulin resistance. We need an approach based on the science rather than one based on a drug manufacturer's bottom line. People diagnosed as being insulin resistant (or ultimately Type II Diabetic) should be told the truth about sugar and then told how to remove it from their food supply. When this happens (and only when this happens) will we start to make a real difference in the progress of a disease that is responsible for more than **9 limb amputations a day in Australia** and is our 6th biggest killer (heading for #1 with a bullet).

SUE LITCHFIELD'S RECIPES

TIP - If one is eating what I call sweet desserts, cakes or biscuits, it is a very good idea to have a bit of protein at the same time, because the cakes are easy to digest thus causing a spike in the blood sugar levels. I recommend having ¼ of a hardboiled egg, a piece of cheese, or even a small mouth full of chicken to prevent this happening. This month I have also added a couple of warming soup recipes.

ORANGE CAKE: *(I have used another recipe like this before. However this is a new one I found and like it even better.)*

Ingredients: 2 oranges whole
 1 lemon whole
 ¾ cup coconut flour, sifted
 ¾ cup almond meal, sifted
 1 tsp baking powder, sifted
 6 egg whites
 3 egg yolks
 ½ cup agave syrup
 0.3 cup almonds, blanched
 2½ cups low fat yoghurt or yoghurt of choice, to serve

Method:

- Preheat the oven to 180°C, and line a 24cm spring based cake tin with baking paper.
- Boil the oranges and lemon for an hour. Drain and set aside to cool.
- Peel half of one boiled orange and add it and the remaining whole fruit to a food processor. Process until smooth.
- Sift the coconut flour, almond meal and baking powder in a bowl.
- In a smaller bowl beat the egg yolks together with the agave syrup.
- Mix the citrus pulp and egg syrup through the flour and almond meal.
- Beat the egg whites until stiff, then fold them through the cake mix.
- Bake the cake for 15 minutes at 180°C, then reduce the heat to 150°C and bake for a further 75 minutes. Turn out the cake to cool and serve it with vanilla yoghurt or cardamom custard. Makes 10.

BLUEBERRY MUFFINS (Note: these **do** contain wheat)

Ingredients: 2 cups plain flour
 1 cup wholemeal plain flour
 5 teas Baking powder
 3 eggs
 1½ cups apple or pear juice
 1½ cups fresh or frozen blueberries

Method:

- Sift flour and baking powder into a bowl. Make a well in the centre.
- Lightly beat eggs. Add to dry ingredients.
- Add juice and blueberries. Mix quickly to just combine.
- Spray a 12 muffin tray lightly with cooking spray. Fill two-thirds of each muffin hole with the mixture.
- Bake at 190°C for 20 minutes, or until muffins spring back when lightly touched.

CHOCOLATE FUDGE

Ingredients: 1 cup raw organic cacao powder
 ½ cup organic coconut oil or oil of choice
 ½ cup agave nectar
 ¼ cup shredded coconut
 1 teaspoon vanilla

Method:

- Combine all of the ingredients in a medium bowl and mix thoroughly until smooth.
- Roll into 8 balls or press into a baking pan and refrigerate for 2 hours.
- Or spoon into cups and eat at room temperature for a rich mousse.

PARSNIP PANCAKES**Dressing Ingredients:**

1 tbsp vegetable or sesame oil
 5 curry leaves
 1 tsp brown mustard seeds
 1 green chilli, deseeded and finely chopped
 ½ tsp ground turmeric
 1 tsp fresh grated ginger
 250g Greek yogurt , whipped I used Meredith Brand
 1 tbsp Rice Syrup

Pancakes Ingredients:

175g parsnips , grated
 1 tsp cumin seeds
 2 green chillies, deseeded and finely chopped
 1 tsp fennel seeds (optional)
 1 tsp ground coriander
 ½ tsp ground turmeric
 1 tsp baking powder
 100g gram (chickpea) flour
 50g semolina or replace it with extra chick pea flour
 1 small onion , finely chopped
 1 tsp grated ginger
 3-4 tbsp vegetable oil , for frying

Method:

- To make the dressing, heat the oil in a non-stick pan and cook the curry leaves and mustard seeds for 1 min. Stir in the chilli, turmeric and ginger, then cook on a low heat for 2-3 mins. Remove from the heat and leave to cool completely. Stir the cooled spice mix

into the whipped yogurt along with the honey, then chill until you are ready to serve the meal. Can be made a day ahead.

- To make the pancakes, combine all the ingredients, except the oil, with 200ml cold water and a pinch of salt. Mix until a thick batter is formed. Can be prepared several hours in advance and chilled.
- About 15 mins before you want to serve the pancakes, heat a large non-stick frying pan and add 1 tbsp oil. When the oil is hot, place a few tbsp of the mixture in the pan to form a round pancake about 1-1.5cm thick. You can cook 2 or 3 at a time and keep them warm in a low oven while you make the rest. Cook for 2-3 mins until golden brown, then flip over and cook the other side until browned. You should make 8 pancakes in total. Serve the pancakes with the honey and mustard dressing and the curried chickpeas if you like.
- Curry leaves can be bought fresh from Indian shops, or dried from some supermarkets. They freeze very well.

SPLIT PEA SOUP

Ingredients: 1 tab oil
 1 onion finely chopped
 1 ½ cups vegetable stock (made with a stock cube is OK)
 1 large potato or medium sweet potato
 1 large carrot cut into strips
 1 cup chopped celery
 1 teas cumin

Method:

- Heat oil in a large saucepan and fry onion until soft
- Add split peas and stock cover and simmer for about 50 mins stir occasionally until cooked. Add up to 2 cups of extra water if the mixture appears to thicken.
- Add remaining ingredients cover and simmer till the vegetables are tender.

SWEET POTATO SOUP

Ingredients: 1 kg sweet potato peeled and diced
 1 leek washed well and sliced
 2 cloves garlic crushed (optional)
 1 litre chicken stock
 1 tabs oil
 300 ml soya or coconut milk depending on taste
 chopped chives to garnish

Method:

- Heat oil in saucepan over a medium heat add the leek and cook for about 10 mins or till soft. Add potatoes and cook for a further 3 mins. Add stock for a thicker soup add a little less stock.
- Simmer for 30 mins or the potatoes are soft. Blend or puree the mixture add soya or coconut milk. Return to heat and heat very gently. Serve warm garnished with the chopped chives.