



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 7 December 2013

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

Our guest speaker will be Nicole Samra who will be speaking about:

**"Understanding Food Labelling and
Optimising Your Nutrition"**

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- 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, 5 April 2013 – 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.

Nicole Samra

Nicole Samra is a daughter of our President and Patron, Dr George Samra. She has lectured before to our members and is always enthusiastically received. She is a Dietician and Diabetic Educator having honed her skills in Tasmania, Canberra and now in Sydney where she works for the Health Department as a Diabetic Educator and Lifestyle Coach. She is an excellent communicator and has a wonderful way of helping to simplify complex issues. She is presently completing a Degree MBA and will deliver an excellent interactive talk for our members.

Report by Bev Cook

Greetings to one and all from Newcastle, or Toronto to be precise. Weatherwise, we had a lovely spring day, for our meeting, affording Dr Samra favourable conditions for his drive up from Sydney. Of course it was in the school holidays, so that added a lot more traffic on the road.

Considering the traffic factor, and the fact that we collided with the semi finals of the seasons football, affecting our attendance numbers, it may be prudent to look at holding our 2014 meeting in October, before the busy school exams and "silly season" begins. I think you will agree, it is very difficult to have a date that suites just everyone, but we do try!

Our meeting was very interesting, Dr Samras' subjects being " Irritable Bowel, Headaches, and Hypoglycemia". Dr Samra delivered the information as "Dr George, Dr Aus. Downunder". The three separate subjects were of interest to all in attendance, who were also witnessing the videoing of the segments to be placed on YouTube, for the benefit of all. What a wonderful idea!! Of course, we realize this was the first run through and other sessions are possibly needed before all being expertly edited then placed on YouTube. Exciting stuff?!

Question time was interesting and beneficial to us all. We learn so much more from the Drs. answers to other peoples questions. An afternoon tea was enjoyed, consisting of mixed sandwiches, gluten/sugar free biscuits and chocolate crackles, popcorn, potato/corn chips with fresh organic avocado/lemon dip and hummus, with gluten free savory biscuits. Recipes used were from Sues' Cook Book which I recommend.

As we thank Dr. Samra for his time and expertise, there are others to show appreciation to. Pat Byfield graciously assisted in caring for the setting up of afternoon tea, along with Ralda Crotty, and they did most of the packing up after. We also say a big 'thank you' to Graham and Linda Hughes working all afternoon with the filming and recording. A visitor from Sydney, Darryl Morris gave assistance in the filming and recording too. Not overlooking the kind effort by Wally, John and Frank in setting up the meeting room. Thanking everyone for their input to the success of the afternoon.

Volunteers are welcome! If you or someone you know would like to help out in bringing something for afternoon tea, or in some other capacity, please do ring Bev 0249505876, you will be very welcome. Along with the 'thank you' gift and card from our group, to Dr Samra for coming to our meeting as guest speaker, we had another reason to celebrate. We had just learned Dr Samra had become a grandfather to TWINS!! Gorgeous girls, as we saw in the photo Dr Samra proudly shared with us. Congratulations and best wishes to the new parents, and all the family. Happy to see Alan Malouf, Clare and Edna enjoying the afternoons program too.

Looking ahead, we had an extra-ordinary meeting, Saturday 26th October at the Toronto Library Meeting Room, cnr Pemell St, and Brighten Ave. We started at 1.30pm. As there have been many warnings in the media regarding the taking of medications etc., we thought we should get some education in this matter. So Mr Alan Malouf, of Visionary Health Compounding Chemist, Hamilton,

has kindly agreed to be our guest speaker to enlighten us all on the subject, " Medications, Vit/Min. Hormone, and Herbal, treatments-- When, How and Why to Take them".

As this Newsletter may not reach you before the date of our next Oct. meeting, at least you will know what we planned for, and look forward to our coverage of the meeting in the next Newsletter. Cheerio, good health and best wishes to all from The Newcastle Branch of the Hypoglycemic and Health Assoc. of Australia.

The Politics of Dementia

By Ron Buckridge (Life Member)

Ron has recently had a very interesting book published about his eleven year epic battle with the Australian bureaucracy over Aged Care and the Dementia Epidemic.

This resource is available for loan to members of AANSW - if you would like to reserve it please email the Library on "nsw.library@alzheimers.org.au". The book can also be purchased for \$158.94 over the internet in hard copy, or \$12.52 for Ebook or Apple iPad format.

Ron Buckridge tells the story of caring for Irene, his wife of 40 years, who had Alzheimer's Disease. From Sydney's Northern Beaches and with prior decades of experience in the pharmaceutical and medical capital equipment industries, Ron's key mission for Irene began when a unique provision which restricted access to AD specific medications on Australia's Pharmaceutical Benefits Scheme was imposed. Queries about this anomaly soon branched into most areas of aged care and triggered a decade long exchange of correspondence with ministers from both sides of federal politics, a former Prime Minister and senior department officials.

Written in Ron's feisty and individual voice this book tells the story of his wranglings with the aged care bureaucracy as well as offering tips and ideas for others caring for a loved one with dementia. Ultimately it is a love story and a tribute to Irene.

Ron has himself been battling with some very nasty illnesses of late and it is a miracle that he has been able to finish this book. Thank you Ron for your effort, and we hope you find some robust health in the future.

A Word about LoGiCane (low GI Cane Sugar available in most supermarkets)

<http://www.logicane.com/Health-Professionals>

Obesity is a major health problem throughout the developed world, associated with more than 30 medical conditions including hypertension, heart disease, and type 2 diabetes (Kopelman, 2000; Friedman, 2000) and 60% of all deaths increasing to 75% by the year 2020 (WHO 2006, WHO 2003).

The mechanisms controlling body weight in humans are complex and include genetic, physiological, and behavioral (Martinez, 2000). One of the most important factors identified in the development of obesity is high intake of energy-dense, micronutrient-poor over processed foods including white refined sugar (Swinburn, Caterson, Seidell, & James, 2004). As diet is a major modifiable risk factor, the identification of simple, cost-effective strategies for prevention and management of obesity and diabetes has become a matter of urgency (Barclay, 2008).

LoGiCane is less refined than white, raw and brown sugar and retains many of the nutrients usually washed out in processing, such as polyphenols, antioxidants, organic minerals and calcium to name a few.

Polyphenols are a large class of plant metabolites characterized by aromatic rings and hydroxy groups, with powerful antioxidant properties and numerous potential health benefits (Kao, Chang, Lee, & Chen, 2006; Manach, Scalbert, Morand, Remesy, & Jimenez, 2004; Williamson & Manach, 2005).

Sugar cane contains a unique mix of antioxidant polyphenols such as phenolic acids of two classes, hydroxycinnamic acids (e.g., caffeic, ferulic and chlorogenic acids) and benzoic acids (e.g., protocatechuic and hydroxybenzoic acids). Modern agricultural practices and sugar refining have been reported to reduce most of the phytochemicals, minerals and polyphenols (Kalt, 2005; Asami, 2003).

For this reason some nutritionists suggest refined sugar is a "hollow nutrient". If increasing dietary consumption of polyphenols can reduce risk of serious chronic diseases, it seems obvious that retention of these valuable compounds in sugar should be explored.

As evidence of GI reduction and anti-obesity properties with consumption of sugar cane polyphenols is rare, we investigated this proposition including mechanism of action. When carefully retained in sugar during processing, doses of 25-40 mg/100g consistently reduce GI from 65-70 to below 55 in humans.

Inclusion of higher doses of sugarcane polyphenols (200 & 400 mg/100g) in a high-fat diet of C57BL mice decreased body weight gain over a 10 week period. Animals consuming sugar cane polyphenols weighed less and had less body fat. The decrease in fat mass was associated with reduced leptin which had no change in adiponectin or free fatty acid levels in the blood of test mice.

Faecal energy content was higher in sugar cane polyphenol fed mice suggesting that a reduction in digestion and absorption of fat was involved. As treatment of obesity, diabetes and reduction of GI by increasing the intakes of sugar cane polyphenols in the diet seems warranted, Horizon Science has developed the world's first low GI sugar.

This all natural sugar helps to maintain a healthier blood sugar level which is beneficial to the general population. We need to lower the average GI of the Australian diet from 57 to 45 to achieve the public health benefits related to decreasing common lifestyle disease risk such as Type 2 Diabetes.

We need to provide lower GI choices in all major categories of glycemic carbohydrate e.g. bread, breakfast cereals and baked goods. Sugar and sugar-containing foods are surprisingly one of the top 5 contributors of glycemic carbohydrate, so it is important to provide a healthier choice to assist in lowering the average GI of the diet.

LoGiCane (low GI Sugar) comparison versus White Sugar

How does LoGiCane® compare with white sugar?		
Component	Low GI Sugar Range	White Sugar (Comparison)
Sucrose (%)	98.8 – 99.2	99.6 – 99.7
Polyphenols (CE/100g)	25 – 40	0
Antioxidant (mg GAE/100g)	6 – 12	0
Organic Acids (mg/100g)	22 – 32	0
Potassium (mg/kg)	300 – 400	0
Calcium (mg/kg)	180 – 380	0
Magnesium (mg/kg)	20 – 50	0
Sodium (mg/kg)	20 – 32	0
Colour (ICUMSA)	800 – 1350	< 200
Glycemic Index	50 +/- 5	65 – 70

LoGiCane has a GI of 50 based on independent testing by SUGIRS (Sydney University Glycemic Index Research Service) and is certified by the Glycemic Index Foundation (GIF).

LoGiCane supports the National Health and Medical Research Council’s Australian Dietary Guidelines where sugars are advised to be eaten in moderation.

Low GI diets have been shown to improve both glucose and lipid levels in people with diabetes (type 1 and type 2). However, they also have benefits for weight control because they help control appetite and delay hunger. A low GI diet is suitable for all of the family.

11 Interesting Facts About Hangovers

Lauren Cahoon Roberts, MyHealthNewsDaily Contributor (April 15, 2013)

<http://www.livescience.com>

Many people have been there: After a night of one too many martinis, you wake up with a pounding headache and crippling nausea. The hangover has plagued mankind since drinking began, with records of the phenomenon dating back to ancient Egypt. Despite the hangover's long history, its exact causes are still being parsed out. "The question is: What's causing the hangover?" said Dr. Robert Swift, a professor of psychiatry and human behavior at Brown University who studies alcoholism. "It could be the alcohol, it could be how it's drunk, it could be the other substances along with the alcohol."

But in any case, "a hangover is a clear indication that you've done something that's not very smart," said James Schaefer, an anthropologist at Union College who specializes in alcohol metabolism research. "It's a warning signal." While many people have received that warning, there are a number of facts about these dreaded post-imbibing episodes that are not widely known. Here's a look at 11 things you should know about hangovers:

- **Smoking can make hangovers worse**

Not only are cigarettes bad for your overall health, they can make your hangover that much worse the next morning. Researchers who looked at the smoking and drinking habits of college students found that those who smoked on the nights that they drank heavily had much more severe hangovers the following day.

While the exact reason for this is still unknown, researchers surmise it may be because smoking can cause people to drink more, according to a 2005 study in the journal *Drug and Alcohol Dependence*. This leads to more severe symptoms the next day. Another idea is that chemicals in cigarettes can heighten the overall pharmacological effects of alcohol.

- **Hangovers are expensive**

While hangovers can take a toll on individuals, they can also affect the economy. It's estimated that hangovers cost \$148 billion annually, with an average annual cost of \$2,000 per working adult, due to missing work and poor job performance, according to a 2000 study in the journal *Annals of Internal Medicine*.

In fact, even though a person's blood alcohol content may be back to zero the day after imbibing, research has established that hungover workers have an increased risk of accidents and injury. The more severe the hangover, research finds, the greater the neurocognitive deficits, including poorer reaction times, memory and attention span.

- **Darker liquors can cause worse hangover symptoms**

Darker-hued drinks, such as bourbon, red wine and rum can often be the culprit of a brutal hangover, thanks to high concentrations of compounds called congeners. These byproducts of fermentation get metabolized by the body into formaldehyde, a highly toxic substance that can contribute to a person's overall misery during a hungover morning.

In a study comparing the effects of drinking bourbon with drinking vodka, those people who drank bourbon felt worse the next day.

"The clear, the five-times-distilled vodka is better than thick, goopy rum," Schaefer said. "The darker the liquor, the more congeners it has."

But, if a peaty, single-malt scotch is your drink of choice, "drink it neat and chase it with water," Schaefer advised.

- **Genetics plays a role**

Hangover symptoms are closely tied to how efficiently the body breaks down alcohol and its byproducts. Certain genes are directly responsible for key enzymes, such as aldehyde dehydrogenase, which breaks down the toxic alcohol byproduct acetaldehyde.

A large percentage of Asians don't have enough of this enzyme, which can cause a heightened negative response to alcohol, according to an article in the *International Journal of Environmental Research and Public Health*. On the other side of the spectrum, studies have found that roughly 25 to 30 percent of the population seems to be resistant to hangovers, which is likely due to "a very effective ethanol metabolism," Schaefer said.

- **You may be going through withdrawal**

The shakiness, sweating and sensitivity to light and sound that can accompany a hangover are also symptoms of withdrawal. "There is a theory that hangover is a type of withdrawal from

heavy drinking," Swift said. "This puts your brain in a supersensitive state — lights are lighter, and sounds are louder."

Along with this supersensitivity, the body is battling an overload of acetaldehyde, the toxic byproduct of alcohol breakdown that contributes heavily to the misery of overdrinking.

Some people deal with the pain by a "hair of the dog" remedy, which involves drinking more alcohol in the morning to ease the pain of a hangover.

However, in reality, this simply increases the amount of alcohol in the blood. "Getting drunk all over again masks the hangover," Schaefer said. "It's both foolish and risky with respect to developing dependency."

- **Snacking on protein can help**

A hangover prevention plan, Schaefer said, can include "grazing on protein snacks. Protein keeps the stomach busy." Because they take a relatively long time to digest, protein-rich foods such as meat, nuts and cheese will delay the opening of the pyloric valve, which allows the stomach's contents to pass into the small intestine. The small intestine is where most alcohol is absorbed into the blood.

If you can't find a protein-rich snack, make sure you eat something else. "Eating food of any sort keeps the stomach busy," Schaefer said. "And, food will absorb and dilute the alcohol that's poured into the stomach."

- **Carbonated beverages make hangovers worse**

Beer and champagne drinkers take note — the bubbles in your beverage can contribute to a hangover's severity.

"If you drink bubbly drinks, [the gas] causes your pyloric valve to open," Schaefer said.

Thus, bubbly alcohol is more likely to quickly reach the small intestine, from where it is swiftly taken up into the bloodstream. Higher blood alcohol content is more likely to lead to intense hangover symptoms in the morning, so, Schaefer advised drinking "alcohol on the rocks with water as a chaser."

- **Your brain is dehydrated**

That signature, pounding headache of an epic hangover is due to dehydration. Specifically, "ethanol dries out your brain," Schaefer said.

Alcohol does this by suppressing the hormone arginine vasopressin, which conserves water levels in the body. Without arginine vasopressin there to regulate things, more water gets lost in urine, causing the body's water levels to drop.

In fact, during heavy drinking, "the amount of fluid you lose can be more than the fluid you consume," Swift said. The brain loses much of this water, making it literally shrink, and causing the splitting pain in your head.

- **Women have a higher risk of hangovers than men**

The body's water content is to blame for a woman's more potent hangover. While all humans are roughly 80 percent water, this varies between the sexes. As a percentage, women have less body water due the fact that they have more body fat (which holds less water) while men have more muscle (which is made up mostly of water).

"When a man and a woman who weigh exactly the same drink the same amount of alcohol, the woman will always have a higher blood alcohol content because there's less water to dilute it," Swift said.

- **Inflammation is a key culprit**

Inflammation adds to the complexity of a hangover's causes. Alcohol releases inflammatory molecules from the liver, known as cytokines.

"Cytokines are what make you feel achy and feverish when you have the flu," Swift said. While no one knows exactly how alcohol enacts this process, Swift said that inflammation may be due to the large amounts of alcohol that our livers have to handle when we drink.

"We ingest alcohol at 10 times the concentration that you normally take other drugs," he said. Additionally, because alcohol causes inflammation in our bodies no matter where it is (such as when poured on an open cut) Swift says it's natural that the liver would respond the same way, releasing those painful cytokines into our bloodstream as a result.

- **There's no silver bullet**

While hangover cures are hawked online constantly, "there's no pill you can take that's going to cure it, because no pill can address all the things an alcoholic beverage does to you," Swift said. "Alcohol has so many effects itself; its metabolites have effects and the congeners have effects."

However, certain substances have been found to improve at least some of a hangover's symptoms. Activated charcoal has been found to help with the effects of congeners, according to research conducted by Schaefer.

And there is some evidence that prickly pear extract may combat inflammation involved in hangovers, according to a 2004 study in the journal *Archives of Internal Medicine*.

Finally, "the best silver bullet is 'don't drink,' obviously," Swift said. Or, if you must, "drink moderately, on a full stomach, hydrate yourself and don't stay up all night."

Pass it on: Hangovers have surprising causes and effects.

Thermomix

By now, some of you may have heard about this little "kitchen helper". It blends food in an instant, and can cook soups and risottos to perfection. They cost around \$2,000 and there are a few cheaper "look alike" versions available. There are some very good recipes that accompany the product and many of them can be made in a food processor (but not as good or as quick). You can view them online at "www.thermomix.com.au". My favourite is the cheesecake recipe which is gluten and dairy free and can be made with agave syrup.

Sue Litchfield's Recipes

MY CHRISTMAS CAKE

I have been making this cake for years. For those intolerant to milk, substitute almond milk, and use a milk free margarine. Those intolerant to wheat use Gluten free flour, but add 2 teas Guar Gum. I have done this on many occasions and it works well.

Ingredients

1 kg of mixed fruit
1 cup dates
2 tabs Sherry, Rum, Brandy or Orange juice
1 ½ cups Xylitol
½ cup milk or substitute
250 gr butter or substitute
3 beaten eggs
3 cup Plain Flour or substitute
2 tabs glycerine
½ teas of the following:

- Nutmeg
- Ground ginger
- cinnamon
- Bi-carb Soda
- Vanilla
- Lemon Essence

Method

- Mix fruit sherry, sugar and spices and allow to stand at least 2 hours. (I stand it overnight, and sometimes for 2 days). I also add a couple of tabs of glycerine.
- Combine butter and milk in a saucepan over a low heat, and stir till melted.
- Add to fruit mixture.
- Add eggs, essences, and finally, sifted flour.
- Mix thoroughly, and place in an 8" (20 cms) lined tin and bake in very slow oven, 5½ hours, or till cooked.
- I pour over extra Rum while still hot. This cake also keeps well stored in the fridge.

Bean Salad**Ingredients**

1 large tin of 4 bean mix drained and rinsed
250 gr green beans
2 spring onions finely sliced
1 stick celery finely sliced
½ small capsicum, red or green, finely chopped
1 clove garlic crushed
2 tabs xylitol
3 tabs vinegar
1/3 cup Oil (I use grape seed oil)

Method

- Top and tail beans and cut into mouth size lengths
- Cook in boiling water for about 2 minutes or still crunchy to eat
- Rinse, add crushed garlic and Xylitol, and cool
- Add rest of ingredients
- Mix well
- Great served with a barbeque