



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

11am on Saturday 29 March 2014

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

Our guest speaker will be Josie Vendramini who will be speaking about:

“Sugar Mama -

**Living with Hypoglycemia when you are Parenting
& Parenting the Child with Hypoglycemia”**

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- *Can you please **RSVP to Kerrie or Linda on 9553 0084** to assist with the organisation of the catering. It would be good to bring your lunch with you or a plate to share with others.*
- ***Don't forget to put the next meeting of the year in your diary: Saturday, 2 August 2014 – 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.

Josie Vendramini

Hear the story of one woman's journey through hypoglycemia and parenting. Josie is a diagnosed hypoglycemic and her firstborn is clearly affected by sugar. Josie will share her tips and techniques from the motherhood frontline of this condition.

Topics covered include... emotions, pregnancy, breastfeeding, toddlers, school lunches, birthday parties, healing, tantrums, sugar craving, support, diet, food budgeting and more.

Contact Josie Vendramini :
organicgirlproductions@eftel.com

Acting Treasurers Report

By Sue Litchfield

By now you all will have heard that Crystal Griffiths has retired as Treasurer after only holding the position for one year.

From what I can gather, last year was a fairly busy year. I know this year has started off with a bang! The response we had from sending around the reminders has been fantastic. Thanks to all those that replied, and many renewed taking up the special offer we have for 3 years membership for the price of 2.

The offer still stands whereby the joining fee has been waved. Many have still paid the joining fee and it was decided we would offer those members the 3 year membership for the price of 2. The new members I have spoken to were delighted. How about spreading the word.

Our face book page has been a great success during the past year. We now have over 250 members. I must admit I have learnt a lot from the posts and their answers.

I have also found a supplier for Glycerin in bulk. The price they quoted me was very reasonable. I have heard from a member who said they were very obliging. If you can be bothered to go to the Marrickville address, you can save the \$20.00 delivery fee.

Looking forward to another very busy year, not only for the Association, but also for myself. We are heading to the Arctic in June, and will keep you all posted.

General Information

- This year's Hypo members web page **password** is: **hhaa2014**
- **Stevia** - Members can receive a 15% discount for Stevia, Xylitol and other products. The discount applies over and above all discounts advertised on the following web page: <http://www.naturallysweet.com.au/our-products/xylitol/>. However, a minimum order of \$50.00 applies. At the checkout, make sure the discount code below is added: **Discount Code HC15D**
- **Pure Harvest** - Members receive 5% discount on all wholesale prices
<http://gungurru.com.au/> Password: Hypo.
- **Glycerine in bulk** - <http://www.southerncrosssupplies.com.au/contact.php>
Telephone: 02 9572 7888 **Fax:** 02 9572 7822 **Street Address:** 6B Rich Street, Marrickville, NSW, 2204, Australia. **Postal Address:** PO Box 3113 Marrickville NSW 2204 Australia

Foods that are Good for you Before and After Exercising

Peanut butter and apple/pear

Not only is this snack delicious, but it's packed full of goodness to get your body ready for action. The peanut butter contains protein and good fats that slowly release sugar into your bloodstream, keeping your energy levels higher for longer. The apple also contains natural sugar, giving you a burst of sweetness before you hit the gym.

Hummus

Hummus is a nutritional winner, packed full of protein and carbohydrates to get you through your workout. It's also got healthy fat due to its bean and tahini content. It's made from chickpeas which have fibre, iron and B vitamins. Have it on toast or whole grain pita chips for a delicious snack.

Grilled chicken and mixed vegetables

After a workout you'll need to refuel, and a mix of lean protein and carbohydrates is a great way to do this. Grill some chicken and whip up some veggies for a perfect meal after exercise.

Chocolate milk

Often touted as the perfect recovery drink, low fat chocolate milk is a great addition to an athlete's diet. It's got the perfect protein to carbohydrate ratio to help repair muscle tissue, and it's especially good for endurance athletes such as distance runners, swimmers, cyclists and triathletes.

Eggs

Eggs have had a bad reputation in the past, but in actual fact they are jam packed full of nutrients. Eggs are low in fat and high in vitamins A and B12, along with lutein, which is great for eyes and skin. Make sure you eat both the yolk and the white, as nutrients are found throughout

This Year Stay AWAY from These Toxic Snacks!

In a world where you're always on the go, it can be difficult to prepare each meal and snack you eat with wholesome foods from home. As such, to help fill the need for energy, you might find yourself turning to a few convenience snacks along the way – ones that you can quickly grab and put in your purse, back, or desk at work.

There's no question that snacking can be a part of healthy diet plan and can help you achieve optimal energy levels throughout the day while keeping your blood sugar levels more stabilized, but, if you're not careful with the snack choices you're choosing, you could be doing far more harm than good.

There are many snacks that some people are choosing on a regular basis that are virtually toxic to the body and won't be doing anything positive in terms of promoting good health. By learning what these snacks are, and then making sure to rid them from your diet plan, you can ensure that you are putting only the highest of quality foods in your body on a regular basis.

Let's go over three toxic snack foods that you should do away with immediately.

- **Anything With Processed Cheese** - The first toxic snack food is anything that contains processed cheese. Whether it's string cheese, cheese spread, or some other form of artificial cheese, these in general are not a good idea. They're often very high in chemicals and can also add some saturated or even trans fats into your diet plan. Plus, they won't offer nearly the same amount of protein as a real source of organic cheese would, so won't provide benefits in that regard either. If you want cheese, choose a smarter variety. Opt for Greek cheese or feta cheese and you'll provide your body with more vitamins and minerals along with energy for the hours to come.
- **Chips And Crackers** - The second of the toxic snack foods that you must eliminate from your diet immediately is any chips or crackers that you're consuming. Even if they are the

'low fat' variety, don't be fooled. These are still not a healthy addition to your diet. Snacks such as these do typically contain trans fats, which are the worst kinds of fats that you could be adding to your diet plan. Even very small amounts consumed each day can put you in harm's way. Second, these snacks are full of processed carbs that will send blood glucose levels soaring and then crashing shortly thereafter.

- Cereal And Energy Bars - Finally, last but not least on the list of toxic foods to get out of your diet immediately is any cereal or energy bars. Not only are these very high in sugar as well (or high-glucose/ fructose/ corn syrup as the case may be), but many also contain artificial food dyes or colourings, which can harm your body. Plus, they are devoid of protein content in most cases, so won't provide you the balanced snack you're after.

So there you have three toxic snack foods that you should give the boot from your diet immediately. Make sure they aren't putting you in harm's way.

Natural Relief from Stomach Pain

(NaturalNews) It has been noted that one of the most popular requests in wellness stores is for products to help ease stomach pain naturally. People, from cancer patients to parents of babies suffering from colic, try to look for the safest and most effective way of dealing with stomach pain.

There is actually no natural cure that will aid all types of stomach pain, but if the pain has been persisting for some time, you need the help of a doctor. For simple pains due to menstrual cramps or the ingestion of food that is already spoiled, there are many natural alternatives to make the stomach calm down. Here's a rundown of 12 home and herbal remedies that can help soothe various types of belly discomfort:

1. Ginger

Ginger is known to possess anti-inflammatory properties plus other benefits. This also helps in easing stomach pains, as well as aiding in digestion. One can take this by peeling and grating the ginger and making a tea out of it. For people who do not like spicy foods, ginger supplements may be better, as ginger can be a bit spicy. It is better to make a tea out of fresh ginger than to buy ginger ale, as the latter is already full of sugar. Conventional sugar can further aggravate stomach pain.

2. Fennel or licorice

These are similar in taste even though they come from different plants. These have a taste that not all people like, so if one does not like the taste, it is best to settle with other alternatives. Fennel and licorice are found in a lot of herbal teas, as well as supplements. To those who are alright with the taste, chewing a fresh slice (bulb) can ease stomach pain.

3. Chamomile

Chamomile doesn't only calm one's nerves but also soothes a painful stomach. People can take chamomile tea for upset stomachs. For additional flavor, lemon can be added to the tea.

4. Peppermint

Mint, similar to ginger, should be taken fresh in order to settle an upset stomach. Simply take a few sprigs of mint and put them in a cup of warm water. Chewing on a leaf can also help.

5. Lemon Water

To those who have no ginger, licorice, mint or fennel at home, squeezing half of a lemon into a mug with warm water can help soothe the stomach too.

6. Baking Soda

Antacids that are sold in the market typically have sodium bicarbonate, otherwise known as baking soda. People can simply take a teaspoon or two and mix it into a mug of warm water. This is as good as taking Alka-Seltzer to get rid of indigestion or heartburn.

7. Warm Salt Water

Salt water is good for sore throats as well as upset stomachs. A teaspoon of salt mixed in a cup of warm water will surely do the trick. In order to get the best results, it is recommended to drink the water as fast as one can.

8. Warm Rice Compress

Heat is known as one of the best methods to soothe an upset stomach, especially when it comes to cramps. To those who have no heating pads at home, they can make one out of an old sock plus some uncooked rice. Place it inside the microwave for a minute and use on the affected area.

9. Burnt Toast

Charcoal is popular in the hospital for cases of alcohol or food poisoning, as it helps to neutralize the poison in the body. Burnt toast is commonly used to treat children with stomachaches or diarrhea, so too are bananas, rice and applesauce (BRAT).

10. Cola Syrup

This has been used for a long time to treat upset stomachs. Cola syrup has been deemed safe for children, as well as delicious.

11. Apple Cider Vinegar

This vinegar is said to be very beneficial to the body. A few teaspoons mixed in a glass of warm or cold water can help alleviate the pain.

12. Aloe Vera Juice

People who have intestinal problems have reported that this juice is very helpful. It can help get rid of cramps, gas, diarrhoea and bloating.

These are 12 popular remedies to help treat stomach pain. However, if the pain is persistent even with the use of these remedies, immediate medical help should be sought.

Learn more:

http://www.naturalnews.com/042958_stomach_pain_natural_relief_herbal_remedies.html#ixzz2I7tVein0

http://www.naturalnews.com/042958_stomach_pain_natural_relief_herbal_remedies.html#ixzz2I7uGgEKD

Cleaning Around the Kitchen

The following information may be of some use especially those who suffer from allergies. It's been said the heart of a home is the kitchen. But kitchens are also a source of constant frustration for many as they have an uncanny ability to collect clutter and create disorganisation. Viva Cleaning

have provided us with their top tips for keeping your kitchen sparkling clean, which will hopefully make your cleaning life much easier!

- Add 1 cup of white vinegar to your empty dishwasher and start a 'normal' wash. This will eliminate smells and lime scales from the stainless steel interior.
- Boil rhubarb leaves in pans that have burnt during cooking for 3-5 minutes. Drain and wipe away any residue.
- To clean a kettle or jug, boil it with water and white vinegar. This will clean all the scale from inside.
- To make glass oven-doors shine like new, drench a VIVA Paper Towel with brown vinegar and leave on the glass for an hour, then wipe dry.
- To rid your cutting board of onion, fish or garlic smells, cut a lemon or lime in two and rub the surface with the fruit.

For more cleaning tips and tricks, make sure you visit: www.viva-cleaning.com.au. When it comes to the art of stain removal, it seems everyone's got an opinion.

Stain Removal

When it comes to the art of stain removal, it seems everyone's got an opinion. From removing red wine stains from carpets to various makeup smudges, find out how to enjoy your clothes, linens, fabrics and furniture and get rid of unsightly stains thanks to these helpful tips from cleaning expert, Shannon Lush.

Clothes

- If you wash joggers and sport shoes in your washing machine, make sure you put them into a pillowcase first and tie it off tightly to ensure they keep their shape.
- While fake tan is the safest way to get that golden glow, it isn't doesn't look so great on your clothes! To remove a fake tan stain, just wipe with a little lavender oil, and wash the item as usual.
- If you hate ironing simply combine a teaspoon of lavender oil and a litre of water in a spray bottle. Lightly mist the mixture over your clothes and then put them on. Lavender oil is a fibre relaxant, so the creases will just drop out.
- To remove sunscreen from your t-shirts, rub normal (not eco) dishwashing detergent into the stain with your fingertips until the mark starts to feel jelly-like. Once this has occurred, the stain is water soluble and can be washed out on a normal cycle in the machine. This tip works for all oil-based stains.
- Makeup stains like foundation, lipsticks and mascara: wipe them with a small amount of white spirits, then five minutes later paint them with a paste of Vanish NapiSan and water. Leave for a further five minutes before washing as normal.
- To remove grass stains, wipe with a small amount of white spirits before soaking overnight in Vanish NapiSan. Wash normally in the morning and dry in sunshine.

Around the Home

- To **whiten yellowed sheets** you will first need to know if they are cotton or polycotton. For polycotton sheets, soak in a small amount of methylated spirits and warm water first, and then follow process for cotton sheets. For cotton sheets, simply place two dessert spoons of

Vanish NapiSan into a 12L bucket of hot water and soak overnight. Washing the next day and hang them to dry in the sun.

- To **remove red wine from carpet**, first place paper towel over the stain and absorb as much moisture out of it as you can by standing on it. Then, sprinkle the stain with a small amount of bicarb soda and tap it with your fingers. You will find that the stain goes pale grey, as you have changed the pH of the stain. Sponge the bicarb soda out with a cloth wrung out tightly in white vinegar and you will notice that the stain goes pale pink, as you are doing it as you have reverse the pH. With heavy stains you may need to do this several times, and you will find that each time you change the PH of the stain it gets lighter and loosens from the carpet.
- Don't be tempted to use newspaper to **clean glass!** 50 years ago, newspaper used to contain a material called lampblack that was a wonderful glass polish, but it has not contained in this material for a very long time. Instead, use white vinegar and paper towel but remember always use vertical strokes on the outside of the window and horizontal stripes on the inside. Having the strokes different allows you to see when you miss a spot, and vertical strokes on the outside means that rain will run down without leaving track marks across your window.
- **Tablecloths and other soft furnishings** can get covered in all sorts of stains when you are dining alfresco. Prevention is always better than cure, so simply spray cheap hairspray over the surface of your outdoor tablecloths, cushions etc. Spills can then be wiped away with a paper towel and the hairspray will come out easily in the wash.
- To clean **canvas and outdoor furnishing fabric**, saturate them with a heavy salt solution (1 kg of un-iodised salt per 9 L bucket of water) leave to dry and then just brush off. As the salt water dries the crystals regrow expanding in the fibres and pulling the mould spore out of the fabric with them. Firmly brush the crystals off for a lovely, clean, mould- free finish.
- If you find that your **drawers are sticking** rub a cake of normal bathroom soap along the runners, not only does this keep them moving smoothly it stops insects getting into your drawers.
- For more information visit www.tipexchange.com.au

Make Your Own Washing Powder and Fabric Softener

By Katie Butterworth

In today's economic climate saving even a small amount of money is worth the effort (not that there is much effort required), and when that results in saving a little bit of the planet – even better! Here is how you can make your own laundry powder and softener at home in a few quick and simple steps:

Laundry Powder:

What you will need for the Laundry powder :

- Borax (it's a mineral that's used a lot in cleaning and can be found in large supermarkets)
- Baking Soda
- Washing Soda
- Dr Bronner's soap
- A large bucket or Esky
- an airtight container
- food processor or grater

Most of the ingredients you'll be able to find in your local Supermarket but if not it's easy to find online. The soap I'm using is a Natural, Vegan, no nasties soap but I'm sure it would work just as well with any soap you like the smell of.

3 Easy Steps:

1. **Grate the soap bar** - I used the grater in my food processor as it's much quicker, and then put the grated soap in with the regular 'S' blade and whizz it again so it's in smaller pieces, this helps it dissolve better in the wash, however you can use a hand grater, if your going to do that I'd use the fine side
2. I'd recommend doing this next bit outside. **Mix everything together** in a large bucket or Esky.
3. Then **store it in an airtight container** – DONE!

Oh, and one last thing, you only need 1 tablespoon per wash!

Fabric Softener:

For the Fabric Softener it's EVEN easier - it would take you longer to make a cup of tea! What you will need:

- White vinegar,
- Fresh herbs of your choice
- Essential oil of your choice
- A 16oz sealable glass bottle

3 Easy Steps:

1. Pour vinegar into glass bottle.
2. Add a bunch of your favourite herbs - I used Lavender.
3. Add 10/12 drops of your favourite essential oil - again I used Lavender.

All you need is ¼ cup per wash.

What you saved:

- Homemade powder: 5460g of powder = 273 washes (20g per wash). Cost of materials is \$42.80 divided by 273 washes = 16c per wash.
- Cheap brand of powder (Surf): 250g = 5.5 washes. \$2 divided by 5.5 washes = 36c per wash.
- To do 273 washes you'd have to spend \$100 on 50 boxes of Surf.
- So using the homemade powder would save you \$57.20.

And one final massive plus point apart from - smelling amazing, leaving clothes soft, gentle on your kids, saving the planet.....It has cost you next to nothing!

For more on Katie, visit her website: yummygreenmummy.wordpress.com and follow her on Facebook.

Food Label Reading

On Saturday 6 December 2013 Nicole Brown presented at the Hypoglycemic Health Association meeting an interactive food label reading workshop. Nicole is Doctor Samra's eldest daughter, an Accredited Practising Dietitian and Credentialed Diabetes Educator. She has extensive experience working for diabetes peak bodies and health departments in Tasmania, Canberra and Sydney. The main topics covered in the workshop included:

1. ***Sugar avoidance***

Sugar avoidance is the absolute priority when people with reactive hypoglycemia read food labels. This involves checking the ingredient lists of processed foods for the following words: Brown sugar, corn syrup, corn syrup solids, dextrose, disaccharides, glucose, glucose syrup, golden syrup, honey, invert syrup, molasses, monosaccharides, raw sugar, sucrose.

Specific sugars that are acceptable if they appear towards the end of the ingredients list (and are therefore only present in small amounts) include fructose, maltose, maple syrup and rice syrup. Similarly, xylose, mannitol, sorbitol and xylitol are also acceptable because they are poorly-absorbed.

2. ***Hidden benefits of a sugar-free diet***

Avoiding sugar often results in people with reactive hypoglycaemia eating less processed foods that are high fat and kilojoules, and low in fibre. Many processed foods have been deliberately engineered to contain so much flavour they become 'moreish', which overrides our satiety mechanisms and causes us to eat too much.

3. ***Are you making healthy food choices?***

People with Reactive Hypoglycemia can now purchase a wide variety of sugar-free food products, partly due to the success of the books *Sweet Poison* by David Gillespie, and *I Quit Sugar* by Sarah Wilson. Unfortunately sugar-free products are not necessarily healthy food choices.

Ask yourself:

- Am I regularly eating "junk foods" that don't contain sugar (like potato crisps)?
- Have I swapped sugary processed foods for other highly processed foods with artificial sweeteners?

If the answer to either or both of these questions is 'Yes', and making healthy food choices is a priority for you, the following information might be helpful.

4. ***Finding a healthy balance***

It is important for people with Reactive Hypoglycemia to continue carefully reading the ingredients list for sources of sugar. However, without reading a food label, you should be able to distinguish between foods that are healthy to eat every day and 'sometimes' food that should only be enjoyed in small amounts occasionally (see the examples below).

Everyday Foods	Sugar-Free Sometimes Foods
Lean meat, chicken, fish, eggs or other protein.	Sugar-free chocolates and lollies.
Low-fat milk, cheese and yoghurt.	Snack foods high in salt and fat e.g. Cheezels.
Fruit and vegetables.	Deep fried foods e.g. hot chips
Wholegrain breads and cereals.	Cream and sugar-free ice cream

In addition to making healthy food choices, achieving a healthy balance also depends on portion sizes and your cooking methods. For example, the picture below shows two plates with a big difference in their fat content. The plate on the left with spaghetti and a side salad contains only two teaspoons of fat, whereas the plate with a large serving of pasta and garlic bread contains eight teaspoons of fat. In this example it is clear that filling up your plate with more vegetables and salads will help to lower your fat intake.



The next picture shows that food choices and cooking methods make a big difference to the fat content. The meal on the right with fried eggs, fried sausages and thickly buttered toast contains 11 teaspoons of fat, whereas the plate on the right with toast, scrambled egg and grilled tomato only contains one teaspoon of fat.



5. **Reading food labels**

It is normal to feel confused and overwhelmed by the information on food labels, especially the 'Nutrition Information Panel' that lists the quantities of nutrients like energy, protein, fats, carbohydrate and sodium. Unfortunately there are no consistent rules about the optimal amounts of fat, sodium and energy because foods have different compositions.

If you need advice to interpret food labels there are excellent services available to make the process easier:

- Call a nutritionist employed by the food company Sanitarium (1800 673 392).
- Install the health fund BUPA's 'FoodSwitch' app on your smart phones and scan the food product's barcode (note this app is not specific for avoiding sugar).
- Visit the Dietitian's Association website (daa.asn.au) and find an Accredited Practising Dietitian in your area that can help you to develop skills interpreting food labels.

How to Make a Natural Pesticide

by Paul West from River Cottage Australia

Every vegie garden is going to come across some unwanted pests from time to time. But if you don't want to pump harmful chemical insecticides on your fruit and veg, here's Paul West's recipe for an organic natural pesticide you can make at home.

Ingredients:

- 2 Brown onions
- 2 cloves of garlic
- Handful hot chillies (the hotter the better)
- 1 litre soapy water (natural biodegradable soap)

Method:

1. Finely slice the onion and put into a large mixing bowl.
2. Chop the chillies and add to the onion.
3. Peel and finely slice the garlic and add to the onion and chillies.
4. Pour the soapy water into the bowl with all the ingredients so that they are covered. You might not need the entire litre of water. Then, allow the mixture to steep overnight.
5. The next day, strain the liquid from the mixture into large spray container and dilute with a further 2½ litres of fresh water. The leftover onion, chilli and garlic can be added to your compost. Your natural insecticide is now ready for use on the garden and is a good all round insecticide.
6. The benefits of using natural insecticides are numerous. Here's just a few:
 - No harmful chemicals on your food means you and your family aren't ingesting the chemicals when you harvest and eat your fruit and vegies.
 - It's much more cost effective than buying chemical insecticides.
 - No chemicals are getting into your soil and there won't be any chemical run off into drains and water ways.
 - You're doing your bit to keep a healthy environment.

Recipes

Sesame Seed Biscuits

by Louisa Crossle

Combine:

- 250g sesame seeds
- 200g coconut
- 1/3 cup peanut butter / tahini
- 1/2 cup rice syrup
- 2 small beaten eggs

Method:

1. Mix all together
2. Press into greased and lined oven tray
3. Bake 20 mins in a moderate oven
4. Slice while still hot.

Breakfast Bars

by Louisa Crossle

- Heat oven to 180°C. Line 2 trays with parchment.
- Mix together in big bowl:
 - 1/2 cup mashed banana (I used 1 banana)
 - 1/2 cup peanut butter, no added anything (Macro brand from Woollies OK)
 - 1/2 cup rice syrup
- In a new bowl, combine:
 - 1 cup quinoa flakes
 - 1/2 cup GF flour (I used buckwheat & coconut)
 - 2+ tsp cinnamon
 - 1/4 cup milk/whey powder
 - 1/4 tsp bi-carbonate
- When combined, mix into wet mixture, adding 1 cup cranberries, or sultanas if you wish.
- Make mounds 1/4 cup size, 5cm apart on trays.
- Use spatula dipped in water to flatten & tidy into rounds.
- Bake 1 tray at a time, 14 - 16 minutes.
- Cool on wire rack.
- Keep in fridge 3 days, freezer 3 months.