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NOVEMBER NEWS 2017

FOOD INTOLERANCE & ALLERGY

More and more people seem to be developing an intolerance to particular foods and/or telling me that they often feel bloated, unwell, 'heavy' and they can't quite put their finger on it. In general your body tells you what doesn't agree with you. For example you went out and had a bowl of pasta and garlic bread and feel bloated, heavy, maybe even nauseous and sluggish in disproportion to the amount you ate. It is important to note a couple of things, we can become sensitive/intolerant to anything at any age. For example dust/dog/cat hairs may not have bothered you when you were younger but now your eyes stream, nose waters and there's a scratchy feeling in your throat when you come within a mile of an animal! Allergic Rhinitis would be another example which we've spoken about before.

However it is important to note that an allergy and an intolerance are completely different. Antibodies trigger allergy and intolerance reactions, but both are controlled by completely different antibodies.

The term 'Food allergy' is used to describe cases in which the food reaction occurs almost immediately, typically within an hour and for example in the case of a peanut/bee sting allergy can be very severe requiring immediate intervention. Food 'intolerance' however affects many people and can develop at any time of life. However the reaction could be delayed by many hours or even many days. These are the specific antibody IgG as opposed to the allergy antibody IgE.

So what can you do if you think you are affected by some foods? The first idea would be to eliminate anything you already might be the problem for a period of 6-8 weeks, so for example if you felt bread or cereals or pasta caused you problems, you could eliminate these. Interestingly though the bran and gluten components are the most problematic parts of the wheat. Wheat bran is full of fibre and will irritate your possibly already inflamed intestinal tract. White and brown bread/cereals are just as much of a problem. Also it is worth taking note that many gluten-free

bread is NOT WHEAT FREE. They have just had the gluten-fraction taken out. Gluten is present in all gluten cereals i.e. spelt, wheat, rye, barley. You can be intolerant to gluten and NOT have Coeliac disease. Food intolerances may also ease after periods of avoidance when they are slowly introduced back into the diet. Coeliac disease is a life long condition that should not be ignored and must be managed. So what is gluten? It is the elastic protein found in spelt, wheat, rye and barley. It holds together baked goods and pasta so they don't crumble and fall apart.

Yeast is another common culprit in digestive issues/intolerances. There are two types of yeast - bakers and brewers. If you have an excess of unfriendly bacteria in your intestines, yeast organisms grow in strength. They can grow roots which can make the intestinal wall permeable (sometimes called 'leaky gut'). Gut toxins can then pass into the bloodstream which may lead to chronic inflammation, arthritic like pain, increased anxiety levels and being more susceptible to infection. So in the case of a yeast intolerance you must avoid fermented drinks, wheat and dairy products, for example, beer, wine, stout. Also Milk products, there are many alternatives i.e. almond milk and the above mentioned wheat products.

There is now of course the science of 'food mapping', in other words you may be fine with all the above products but strangely some things affect you. The common culprits in this case would be garlic, onion and all of that family. Apples, pears, mango, touts, beans, mushrooms are also high on the list. In other words these are called the fermentables. So again for a period of approximately 8 weeks you would avoid some of these that you associate with dishes that make you feel worse. Believe it or not IRISH people can be intolerant to POTATOE!! The horror of it!! If you are you may also be intolerant to vegetable of the same family i.e. tomato. Egg white is another common one.

The Fitzwilliam Foodtest Clinic also provide food intolerance tests, they range in price depending on how many foods you would like to have tested. Some Health Insurance policies such as Irish Life (depending on your policy) offer a 10 % point of sale discount and a contribution towards the test through a specific outlet such as Boots. The samples of blood (a finger prick procedure) are then sent on your behalf from the retailer to the Fitzwilliam Clinic or you can book an appointment with them. On a personal note I do not advise suddenly cutting out everything from your diet as this can be overwhelming and unsuccessful, however if you are not opting for specific tests then as I said above, try avoiding one or two things and their associated products for a period of time and keep a food diary of how you feel for the period. This is particularly important if you have specific vitamin and mineral requirements, i.e. calcium, you may be intolerant to Casein which is a protein found in milk products however we need calcium for our bones to prevent osteoporosis and other conditions so other sources which can be absorbed by you would need to be found.

As always if you have concerns about any aspect of your health contact your GP first. Many symptoms are difficult to discern from others and mimic more serious conditions, this newsletter is only intended for informational purposes that we hope will be beneficial to you all.

EGG HEADS!

Recently people have been asking me about eggs. The NHS say there is no limit now on the eggs you can eat per week. However it is worth noting a few facts. There has been no study that I can find that dealt with a group eating more than 3 eggs a day.

The reason they got a bad rap before is because the yolk contains cholesterol (the white is mainly protein) which was believed might lead to heart disease. However it has now been found that if

we eat good cholesterol (HDL) the liver doesn't - so it just produces less cholesterol, one less job for it to do. However importantly studies have shown that if you have diabetes eating eggs does increase your risk of heart disease. Studies have also shown that eating eggs increases the 'good' cholesterol in the body in someone who doesn't have diabetes.

However just to clear up a few other misconceptions. Someone said to me a few weeks ago they believed eggs were a meal in themselves. There was also some discussion on eating eggs and other proteins instead of carbohydrates in order to lose weight. So Nutritional facts on eggs are they do not contain carbohydrate and therefore are most definitely not a meal in themselves!

They are a quick easy source of protein. Studies have shown whether you go high protein/fat or low fat diets, the results are the same when it comes to weight loss. So it is worth noting a couple of things from a health point of view. All protein contains fat. The liver must process fat. The brain requires 180 grams of carbohydrate a day. Some meats /dairy products are higher in protein or lower than others - all are not equal. The protein in one meal that the body can not process will be stored as FAT! Carbohydrates can be obtained from non processed foods, such as grains, rices, quinoa, root vegetables pulses etc. Processed foods are best avoided where possible.

an average 50gram egg contains

70 calories

5g total fat

1.5g saturated fat

0 trans fat

185mg Cholesterol

70mg Sodium

0g Carbohydrate

0g Dietary Fibre

0g Sugars

6g Protein

1mcg Vitamin D

28mg Calcium

1mg Iron

69mg Potassium

Should you require a personal consultation on gaining or losing weight including a personalised nutritional plan don't hesitate to contact Nicky 087-6338994

WHAT THE WORLD EATS (NATIONAL GEOGRAPHIC)

This link is an interesting graph and statistic on what the world eats and how many calories we used to eat compared to now. The Global meat intake per person has nearly doubled in the last fifty years.!

<https://www.nationalgeographic.com/what-the-world-eats/>

Nickys Easy Brown Bread (yeast free)

I've been promising you this for some time. I like this one!

400g stone-ground wholemeal flour

75g plain white flour

1 teaspoon of salt

1 level teaspoon bicarbonate of soda

1 free range egg

1 tablespoon of sunflower or olive oil

1 teaspoon of honey

425ml of super milk (or butter milk or preferred milk)

2 generous tablespoons of seed mix

Preheat oven to 180 degrees fan. Pull all dry ingredients, into large bowl and mix together well. In another bowl mix your milk, egg, honey and oil until very well blended.

Lightly oil a loaf tin (23x12.5x5cm) making sure you've covered it all.

Make a well in your dry ingredients and pour about a third of your wet mixture into the well. Mix the mixture with your hands until it starts to get sticky (don't overdo it!). Add next third of the wet mixture and mix again then finally add the last bit and bake 45-60mins until hollow when tapped and brown. Cool well on wire rack before cutting.

Nickys quick & simple chicken stir fry (yeast and gluten free)

Serves 3/4

Note: Some people who find shallots or onions indigestible may like this!

Ingredients

1 bag roasted unsalted cashew nuts (or roast raw ones in oven/pan yourself/ I add a little pepper when doing that)

1.5 lbs of skinless/boneless chicken breasts cut into strips or cubes

1/2 tsp salt

fresh black ground pepper to taste

2 tablespoons rapeseed oil

4 garlic cloves minced

8 large spring onions (scallions) white and green parts separated, cut into 1/4 inch pieces

2 tablespoons rice vinegar

4 tablespoons gluten free hoisin sauce

1 tablespoon gluten free soy sauce.

1 red pepper chopped into strips and deseeded

2 red chillies chopped and deseeded

half a large bag of spinach leaves or one small one

splash sesame oil if liked

Method

Sprinkle chicken with the salt and pepper. In wok or deep frying pan heat 1 tablespoon of oil until hot reduce the heat and then add the chicken, tossing regularly until evenly lightly browned. Add a little more oil if required and add the garlic and white parts of the scallions, toss/stir until cooked and then add the chillie and then the red pepper. Now add the rice vinegar and cook for approx 30 secs, now add the hoisin sauce, soy sauce. Once thats heated add in the cashews, scallion greens and then the spinach, as soon as the spinach has wilted through (stir it all well) add a splash of sesame oil one last toss/stir and serve with whole grain quinoa or basmati rice or homemade gluten free naan bread and ENJOY!!

Yours in fitness,

Nicky & Karen





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