



A HEALTHY TASTE

Taste buds today tend to seek out highly flavoured foods, either hot and spicy, over-sweetened or over-salted foods. Nutritionists believe this is partly due to an epidemic of zinc deficiency and bad dietary habits introduced at an early age that leads to a sugar addiction for life. The modern palate often “craves” the type of flavours listed above, the consumption of over spicy, salted or sweetened foods leads us all to experience sooner or later ill health:

- Diabetes (Type 2) and assoc. health conditions, e.g. blindness (SUGAR).
- Obesity (SUGAR).
- Gut ulcers (SPICE AND SALT), stomach cancer (SALT).
- High blood pressure (SALT).
- Osteoporosis (SALT).
- Recurrent thrush (SUGAR).
- Recurrent UTIs and Cystitis (SUGAR).

There are many preventative steps you can take to avoid succumbing to the above.

- Step 1: Test your zinc status and then take preventative steps to avoid deficiency in the future, by reading up and or consulting a nutritionist/dietician.
- Step 2: Use healthier flavouring options :

USE HERBS + MILD SPICES with healthful properties in cooking

- Turmeric, cumin, coriander, thyme and oregano, (especially), aniseed (anise), cinnamon, cumin, basil, cardamom, cloves, coriander, dill, fennel (seed), parsley, rosemary, garlic and ginger ...

HAVE ALL BEEN SHOWN IN RESEARCH TRIALS TO INHIBIT FUNGAL/YEAST GROWTH ASSOCIATED WITH CANDIDA OR THRUSH INFECTION

- Star Anise used in Chinese Medicine for hernias of the bladder and intestine, for relieving wind and colic (alongside fennel sometimes which does the same) e.g. with stewed apple.
- Cinnamon and Fenugreek – help balance blood sugar and insulin and whence help stop sugar craving, and discourage yeast growth e.g. with fruit dishes or latter in mild curries.

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- Rosemary (SUPER anti-oxidant value as very fat oxidation protective) – so use it to stop fats oxidising when you scramble an egg or have a fry up! The carnosic acid in it is thought based on animal research trials to block cancer and cancer spread.
- Dill, caraway, coriander, bergamot (used to flavour in Earl Grey tea), mint, lemon grass all contain cancer protective (research especially relates to prostate), limonoids (limonene and its metabolite perillyl alcohol).
- Garlic and Ginger for cardiovascular health including lowering cholesterol.

SWEETENERS

Many commonly used sweeteners, it is claimed via controversial research, have unhealthy effects on neurological health or are a cancer risk. Below are some suggested healthier alternatives.

Xylitol: Perfect Sweet (to be used as a sugar substitute), Miracle Sweet (for cooking). Both are very good, sweeter by weight than sugar and contain Xylitol which has a glycemic index of 7 (a measure against 100, where a 100 is pure sugar release into the blood) and discourages tooth decay. To order call Nutri-link on (08704) 054 002.

FOS: (Prebiotic powder): FOS is what is called a pre-biotic. This means it encourages the growth of probiotics or good bacteria in the gut. Because of encouraging probiotic growth, it is associated with lower risk of various cancers, prevention of IBS, better levels of vitamin K for bones and B vitamins for stress tolerance (both these Vitamins are produced by your “good” gut bacteria “in-houses” so to speak). Lamberts Eliminex 100g FOS powder £2.95 (also do 500 grams) order code LAM8391 or Biocare FOS powder 250 grams £5.90 (order code BC 291250). To order call the NutriCentre, Telephone (020) 7637 8436 or Biocare (0121) 433 3727. FOS powder – is advised against in a MINORITY of people, who have a gut parasite called klebsiella, as FOS feeds this organism.