

Eggs for Blood Sugar Control

Add protein to a meal by adding an egg. This slows down the release of blood sugar from processed plant foods (eg grains, flours, pastas).

As well as all the traditional ways of cooking eggs - ie poached, boiled, fried (in coconut oil is good - or butter), scrambled, omelet - how about eggs to make pancakes - even savoury ones with left over vegetables, corn fritters, souffles, mock fish, mock duck - remember them?.



What about eggs to make fried bread, bacon and egg pie, quiche, bread and butter pudding, egg custard, rice custard, lemon mousse, chocolate souffle, fruit fritters.

These are all just some of the 'old' recipes in our Polio Cookbook - **"Just Like Mother Used to Make"**. \$10 ea

As well, I always add an egg or two, whipped with a little milk, to porridge, home-made custard, macaroni, sago, rice, vermicilli - just to make sure there is protein there to offset the carbs.

Remember this one below from when we were kids? I made it for breakfast when we stayed with Fr Brian in Toowoomba on my Queensland Clinic tour in 2010.

MOCK FISH

2 medium raw potatoes - grated	2 eggs - whipped
1 small onion - chopped	arrowroot or flour
Salt and pepper to taste	mixed herbs sprinkled

Mix all together in a bowl with enough flour to bind. Fry tablespoonful-size patties in coconut oil or butter in a pan. Serve hot or cold with meat and/or salad.

Lemons to the rescue!

REFLUX - A lemon's acidity and fibre slows down the absorption of sugar from the gut. This helps prevent high blood sugar followed by low blood sugar. The lemon also helps in the digestion process adding to stomach acid. Sometimes we feel tired and sleepy after a meal if the body is struggling with the food we have just eaten. Lemon juice with the meal (a teaspoonful neat after the first few mouthfuls or sprinkled over the vegetables or salad) will stop reflux or **GERD** as the extra acid of the lemon (or apple cider vinegar) will close the sphincter at the top of the stomach. If you have forgotten, the lemon juice will still help for an hour or so after the meal, or if you are having a reaction to an unwise food you have eaten.

If you are troubled with reflux more than an hour later or at night, **half a teaspo of carb soda in half a cup of fruit juice** (need the fizz reaction) will neutralise the remaining stomach acid and still close the sphincter for relief.



**Real food doesn't need an ingredient list
because real food IS the ingredient!**

Alpha Lipoic Acid for blood sugar control

Alpha Lipoic Acid could offer another safe and natural alternative to diabetes drugs, for the control of blood sugar. Study after study has been published demonstrating that this natural nutrient could prevent or improve diabetes and its complications. The mechanism by which it protects insulin-producing beta cells in the pancreas has been confirmed and clarified. Alpha Lipoic Acid has been shown to protect Schwann cells in the nerves of the peripheral nervous system, potentially preventing diabetic neuropathy, a condition for which no treatment currently exists. It has also been found to prevent the worsening of retinopathy (eye damage) in diabetes, caused by high doses of insulin, and to delay the deterioration of kidney function.

Other new research focuses on Alpha Lipoic Acid's ability to prevent damage to the heart and arteries, which is one of the biggest worries for diabetes patients. It has been recommended as a treatment for diabetic heart disease, where heart muscle cells become damaged. It has also been shown to reduce inflammation of the endothelial cells lining the arteries and to reduce or prevent the process of atherosclerosis (hardening of the arteries).

Alpha Lipoic is found in various meat products, esp heart, **liver** and **kidneys** and vegetables such as **broccoli** and spinach. ALA is also in yeasts, Brussels sprouts, peas and tomatoes. **Tablets in health shops.**



Vitamin B1 is found in our diet in yeast extract eg **Vegemite**, pork, fish, wheat germ, nuts - especially cashews, peanuts, Brazils, pistachios and pine nuts, peas.



KIDNEY or GALLSTONES

Lemon juice is a diuretic, encouraging the production of urine. Lemons also contain citric acid which encourages the liver to make enzymes. Lemons help prevent kidney and gall stones as they provide Vit B, Vit C, magnesium, potassium, calcium, selenium and fibre.

Lemon juice can also help **dissolve existing stones**. People with raised blood sugar produce additional insulin after they eat carbs. This makes the kidneys flush out calcium into the urine. Drink the juice of half a lemon in a little water every 30 mins to relieve pain of the kidney or gallstones.

HAY FEVER/ASTHMA

Lemons have anti-inflammatory and anti-histamine properties to counter allergy. Drink juice of half a lemon in half cup of water (no sugar) 3 times a day. Use same mix every 30 minutes for asthma or can try taking a teaspoonful neat for asthma.

NAUSEA and VOMITNG

Just smelling a cut lemon will often reduce a feeling of nausea. Use for over-indulgence or car-sickness too.