

Why do we eat - and what does it matter? by Tessa Jupp RN

Because it tastes good? Or is there more to it than that?

You may wonder why I keep going on about foods and vitamins. Apart from the obvious need for air and water, the next most important thing we need for life is the food we eat. God has provided all living forms with what is needed to sustain life. We just need to use our foods more wisely, not be tempted to do the wrong thing, as in the story of Adam, Eve and the apple.



Diseases caused by wrong foods & gut flora

allergies
arthritis
asthma
autism
cancer
depression
diabetes
heart disease
Multiple Sclerosis
obesity
and more.

Our bodies run on the food we eat. It is how we prepare (or don't prepare) that food that can make all the difference. Why do we have different likes and dislikes when it comes to food? The work I have been doing here in WA on blood groups and diet explains a lot of this. If we all ate by instinct we would be on the right track. And if we all ate foods - "just like mother used to make" - we would all be better off.

You may have seen the recent **ABC Catalyst** programs "*Could our food be making us sick?*" If you missed them you can still see them on the following -

www.abc.net.au/catalyst/stories/by-date/2014/

It is well worth your while watching.

On this ABC program Dr Graham Phillips talks about the effect the normal good or bad bacteria that live in our gut has on our health and disease. This is research being undertaken in Australia and USA. It involves the Universities of Sydney and Queensland and Monash Uni in Victoria, amongst others.

Their surprising findings are that **the foods we eat** dictate what sort of helpful (or otherwise) bacteria live in our gut and the **effects** this has on **our energy levels** and also on the increase of many **diseases** common today that were not so common in the past. Specifically - heart disease, cancer, diabetes, MS, arthritis, allergies, depression, autism and more.

The main 2 points made are the need for fibre in our meals and the need for some sort of vinegar.

This means starting food preparation from scratch ie basic meat and veg meals and the use of the acid-based accompaniments that were always traditional parts of our meals - like mint sauce with lamb etc.

People ask me - why do I need to keep taking these supplements? The answer is - if we are not getting enough in our food, then we are going to need to keep taking them just as regularly as we need to eat.

We also need to be more knowledgeable on our food choices and how we prepare and combine these foods, what we eat when, and one size doesn't fit all - ie the fact that what suits one **may not suit another**.

On the opposite page is the **climatic food chart** that I compiled many years ago (in **my first blood group booklet**) that gives you **guidelines** as to which of our **natural foods**, our digestion can handle best without causing stress to the system. You probably have a natural preference for the right varieties and foods and if you dislike a food - don't eat it. It probably won't do you much good. **See my blood group booklets (3 in the series \$13) and our cookbook "Just like Mother used to make" \$10 plus \$3 postage, for more information on this.**

This latest research talks about how **acetate**, found in the traditional apple cider vinegar, as well as being created by good bacteria action on fibre in the gut, increases an enzyme **AMPK** naturally, which help cell insulin sensitivity and **reduces blood glucose**, in the same way that the drug **Metformin** does for diabetes, and also encourages fat breakdown rather than fat storage. Acetate activates and regulates the immune cells in the gut, which reduces inflammation - source of many diseases. Acetate increases antibodies in the blood and **natural killer cells** that help to **eliminate cancer cells**. It strengthens the protective mucous lining of the gut, fixing many gut problems and sparing **glutamine** so it can be used for immune function and energy production. These good gut bacteria also stop **dementia** and **mental diseases** too. So don't eat the sugary processed foods that breed bad gut bacteria.

TAKE HOME MESSAGE

1. Eat more natural good **FIBRE** foods ie vegetables, fruit, unprocessed grains
2. Eat basic "**real**" foods - as God made them
3. Have **vinegars** as part of diet/meals ie apple cider vinegar, fermented foods, vinegars
4. Take **specific supplements** if not getting enough from your diet (need right balance)
5. **Eat for blood group** (instinctive) including the traditional food exposure of our ancestors and the correct climatic varieties of foods

Blood Group Food Chart - hot & cold climate by Tessa Jupp RN

Many foods have warm and cold varieties to suit the blood groups. eg pumpkin - Qld blue (warm climate) Jap (cold)
O & A1B are warm climate blood groups and are better with foods from warm climates, - **A1, A2, B & A2B** are cold climate
B and **A1B** may tolerate some different warm and cold foods eg **B** (banana but not pineapple) **AB** (pineapple but not banana)
 See my blood group booklets for more specific info on WA foods, acid/alkaline balance and characteristics of blood groups.

| WARM CLIMATE FRUIT | | WARM VEGETABLES | | WARM HERBS | WARM SPICES | WARM GRAINS |
|--------------------|----------------|---------------------|----------------|---------------------|--------------|------------------|
| avocado - round | summer) | alfalfa | carob | lemongrass | cardamom | * arrowroot |
| banana | olives - black | artichoke/basil | egg plant | chamomile | chilli | barley |
| dates | oranges - | beans - legumes | okra/swede | garlic | cinnamon | corn |
| figs | (jaffa or | (broad, haricot, | onion | lavender | cloves | millet |
| gooseberries | valencia) | lima, red, lentils, | parsnip/potato | liquorice | cocoa/ cumin | oats |
| grapes/ guava | passionfruit | runner, peanuts) | pumpkin | mint | ginger | rice - paddy |
| grapefruit | pawpaw | beetroot | spinach | oregano | nutmeg | * sago |
| jack fruit | pineapple | broccoli | sweet potato - | sage | pepper | spelt dinklebrot |
| lemons - eureka | quince | cabbage - green | (purple, red) | tarragon | pimento | * tapioca |
| limes | rockmelon | capsicum/chilli | tomato/radish | coffee beans | pistachio | wheat |
| mango | strawberry | cauliflower | taro/yam | teas (Ceylon | turmeric | * = other plants |
| mulberry - (ie | watermelon | cucumber | turnip | India/China) | vanilla | used as flour |

| WARM MEAT | WARM WATER FISH | | WARM OILS | NUTS/SEEDS |
|-----------------|-----------------|------------------|----------------------|------------|
| buffalo | albacore | perch | coconut oil (good) | almonds |
| chicken/duck | bass | oyster | corn oil | brazil |
| cow - Kimberley | barramundi | red emperor | dripping (beef/lamb) | cashew |
| goat | bluefish | salmon (Pacific) | evening primrose oil | caraway |
| emu | blue threadfin | snapper | fish oils (max-EPA) | chia |
| kangaroo | crayfish | ray | olive oil | macadamia |
| pig (wild boar) | dhufish | shark | peanut oil | pecan |
| rabbit | groper | tailor | safflower oil | pistachio |
| sheep - merino | hake | tuna (Pacific) | soya (avoid) | pumpkin |
| turkey | parrot | wrasse | sunflower oil | sesame |

| COOL CLIMATE FRUIT | | COOL VEGETABLES | | COOL HERBS | | COOL GRAINS |
|--------------------|-----------------|--------------------|------------------|-------------|----------------------|------------------|
| apples/apricot | (ie winter) | Artichoke-Jer'slm | potato/pumpkin | angelica | parsley | barley |
| avocado (small | nashi pear | beets - root/sugar | shallots | borage | poppy seed | * buckwheat |
| egg shaped) | nectarine | broccoli | silver beet | chamomile | rosemary | millet |
| blackberry | olives -red | brussel sprouts | snow pea | chive/lemon | saffron | oats |
| blackcurrant | oranges- (navel | cabbage - (green | spinach English | dandelion | St John wort | * potato |
| blueberry | & seville) | but red is colder) | red spring onion | dill/fennel | thyme | rye |
| cherry/cumquat | peach/pear | carrot | sweet potato - | elderberry | yarrow | rice- basmati |
| kiwi fruit/loquat | plum | celery / celeriac | (orange, white) | ginseng | teas - herbal | (hills -upland) |
| lemon - meyer | quince | chard/chicory | swede | horseradish | green tea | spelt dinkelbrot |
| melon - yellow | raspberry | chive/leeks | turnip | lovage | Japanese | wheat - durum |
| (honeydew) | red currant | lettuce | yarrow | mustard | Rooibos (red) | *other plants |
| mulberry | rhubarb | parsnip | zucchini | nasturtium | chicory cafe | used as flour |

| COOL MEAT | COLD WATER FISH | RIVER FISH | COOL OILS | NUTS/SEEDS |
|----------------------|------------------------|------------|------------------------|------------|
| bear | cod - Atlantic | black fish | beechnut | chestnut |
| chicken/duck/goose | dory | bream | coconut oil (ok but | chia |
| cow (small) | flounder | catfish | not for A2) | hazelnut |
| deer/elk | haddock | hairtail | cod liver oil | pine nut |
| grouse | hake/halibut | perch | canola (avoid) | poppy seed |
| hare | herring | prawns | chestnut oil | walnut |
| goat (mountain) | pilchard | pike | fish oils (salmon) | |
| pheasant | salmon - (Alaskan) | sardine | halibut oil | |
| pig (small domestic) | sardines not Fremantle | sole | lard (pig fat) | |
| quail | trout | trout | linseed (flaxseed oil) | |
| reindeer | tuna (Southern Ocean) | | rapeseed (canola oil) | |
| sheep (Southern) | whale | | walnut oil | |
| wallaby | whiting | | whale blubber | |

Bits & Pieces of Interest

Soluble and Insoluble Fibre

"There are two distinct types of fibre in our diet, soluble and insoluble," says Dr Leo Galland MD FACP (USA) who has found that soluble fibre increases gut permeability (makes leaky gut worse) whereas insoluble fibre decreases gut permeability (heals a leaky gut). The insoluble fibre that Dr Galland uses with his patients is cellulose and many supplement manufacturers now make cellulose powder and capsules. Cellulose always helps to remove toxins from the intestinal tract before they can be absorbed into the body.

Dr Galland says "Common sources of soluble fibre that should be **avoided** include **psyllium and bran**. Ironically these are often suggested by naturopaths and other therapists for people suffering from leaky gut syndrome."

"Soluble fibres attract water and form a gel, which slows down digestion. Soluble fibre delays the emptying of your stomach and makes you feel full, which helps control weight. Slower stomach emptying may also affect blood sugar levels and have a beneficial effect on insulin sensitivity, which may help control diabetes. Soluble fibres can also help lower LDL ("bad") blood cholesterol by interfering with the absorption of dietary cholesterol.

Sources of soluble fibre: oatmeal, oat cereal, lentils, apples, oranges, pears, oat bran, strawberries, nuts, flaxseeds, beans, dried peas, blueberries, psyllium, cucumbers, celery, and carrots.

Insoluble fibres are considered gut-healthy fibre because they have a laxative effect and add bulk to the diet, helping prevent constipation. These fibres do not dissolve in water, so they pass through the gastrointestinal tract relatively intact, and speed up the passage of food and waste through your gut. Insoluble fibres are mainly found in whole grains and vegetables.

Sources of insoluble fibre: whole wheat, whole grains, wheat bran, corn bran, seeds, nuts, barley, brown rice, zucchini, celery, broccoli, cabbage, onions, tomatoes, carrots, cucumbers, green beans, dark leafy vegetables, raisins, grapes, fruit, and root vegetable skins.

Resistant starch

This is starch that resists digestion in the small intestine. Once in the large intestine, **friendly bacteria ferment resistant starch**. This process produces substances that help to keep the lining of the bowel healthy. **Sources of resistant starch** can be found in slightly undercooked pasta, under-ripe bananas, cooked and cooled potato."

Here are some good easy fibre recipes to try.

Banana Bread Macaroons - Makes about 24.

Ingredients:

2 eggs
2 bananas, mashed
2 cups finely shredded coconut
4 tsp grated potato or SR flour
¼ cup coconut oil, melted
¼ cup raw honey (optional)
1 tsp vanilla extract (optional)
¾ tsp cinnamon

Instructions:

Preheat the oven to 350 degrees.
Mix everything together.
Form into tablespoon-size balls and place on a tray lined with a baking sheet. Bake for 18-20 minutes, until golden brown.
Let cool **COMPLETELY** before removing from the baking sheet, otherwise they may crumble.

MOBILE ALERTS FOR SENIORS

From 1 January 2014, WA Seniors Card holders can apply for a **new rebate** to improve their **safety and security**. This includes up to \$200 for a personal safety device that can alert whoever you nominate.

There are a number of different sorts around with different functions. The one pictured here is small enough to be hung around your neck, or slip into your pocket or handbag. Cost is covered by the rebate. \$50 extra if you need it set up— is a local Perth firm. You can speak to them on the phone. Or if you are not sure what sort you need you can also contact the **Independent Living Centre** for advice on **1300 885 556**.

For **more information** call the:

WA Seniors Card Hotline number on: **6551 8800**

Country freecall number on: **1800 671 233**

Email: seniorscard@dlgc.wa.gov.au

Download the **forms** at: www.dlgc.wa.gov.au/seniorscard or **pick up at any Post Office**.

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Itchy Skin? Could be your liver playing up.

Your liver is your detox organ and if your liver is under stress your body can use your skin to get rid of toxins and waste products hence the itch or a rash. Take 1 - 2 scoops of Taurine in a little water before breakfast. Cleans up your liver. Or try apple cider in hot water first thing in morning. "Corn" cornflour, dusted on, takes itch away in a few secs.

Fibre Smoothie -

(we used to call them egg-flips!)

Ingredients:

2 free range eggs
1 ripe banana or any other fruit
assortment of carrot,
some green veg and nuts or seeds
⅓ cup of rice, oat or almond milk, or
however much you need to get all
ingredients to blend together

Instructions:

Cut veg into chunks and put all into a blender. Blend all ingredients for 20 seconds, or until you have a nice creamy drink. Add honey and/or lemon juice/apple cider if/as desired.

