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# A Winter's Tale

## Spice up your life!

(By including warming spices in your food this winter)

Winter is well and truly upon us and whilst we wrap up in our winter woolies we also need to remember to keep warm with the types of foods we eat. Adding different spices to your diet this winter will help to keep you feeling warm and make your food taste delicious!

Fresh ginger is fantastic grated into stir fry's to create a depth of taste and a warming effect, or the fresh root can be

drunk as a tea (try adding lemon and honey for a cold remedy as well).

Chilli is great for keeping your fingers and toes warm (by increasing circulation) in the winter. Include some in curries or stews to keep you feeling warm on a winter's night.

Cinnamon is great as a breakfast treat. Sprinkle some on your porridge to help your digestive system for the day.

## Five tips to curb sugar cravings (and help prevent Diabetes!)

### Tip 1.

Firstly try to reduce your intake, or if possible eliminate completely refined carbohydrates (sugars, soft drinks, ice cream, milk, cordials, biscuits, cakes and lollies). There may be sugar free alternatives to try in moderation. Make sure they state "sugar free" or are supported by the diabetic foundations, for example Joseph's Cookies and Halex sugar-free Chocolate.

### Tip 2.

Use wholemeal alternatives to white bread, pasta and rice (wholemeal takes longer to digest therefore blood sugar levels stay stable). Experiment with different wholemeal sources for variety in taste and texture for example spelt, millet, quinoa, kamut, buckwheat.

### Tip 3.

Increase dietary fibre, especially with legumes, pears and apples. Add oat bran, rice bran, psyllium husks, nuts and seeds to cereal, smoothies and yoghurt.

### Tip 4.

Include good quality proteins – fish, tempeh, organic skinless chicken, lean meat, quinoa, legumes (by eating four serves of fish per week you increase your omega 6 oils for good health). Include protein in every meal and try to eat the protein portion of the meal first.

### Tip 5.

Eat smaller meals 5 – 6 times daily to maintain blood sugar levels. Make sure these meals are of good nutritional quality.

Sugar is a big additive to commercial food, however there are many healthy alternatives available. At Glo the friendly staff can assist you with food choices and alternatives and Andrew our in store Naturopath can help with pro-active supplements to assist with sugar cravings and the affects of sugar on the body.

**National Diabetes Week 13 – 19 July**

## Warming Winter Foods

### Mixed Bean Soup

#### Ingredients:

2 cups mixed beans (choose from kidney, black eyed, haricot, lima, pinto, borlotti or chickpea)

2 cups tomato juice or 4 tomatoes processed in a blender

2 large tomatoes, roughly chopped

1 onion, diced

2 carrots, sliced

1 zucchini, diced

3 sticks of celery

1 teaspoon coriander seeds

1 teaspoon cumin seeds

#### Instructions:

Soak beans overnight in cold water.

Cook beans in water until tender, pouring off any excess water when done. Add all the remaining ingredients, bring to the boil then simmer for 25 minutes or until vegetables are cooked but still crisp. (Adding extra water if required).

This soup has a beautiful flavour and is nice with lots of whole beans and chopped vegetables. Split peas can be added if preferred which will soften and thicken the soup.

All beans are rich in certain amino acids which support growth and repair of cells. They contain large amounts of digestible fibre which assists in stabilising blood sugar levels and contains pro-active beneficial bacteria in the large bowel.

As always utilise organic vegetables, herbs and spices wherever possible as having access to such products increases your absorption of the best possible nutrients.

### Quote Unquote

"Every human being is the author of his own health or disease".

The Buddha (624 – 544 BCE)



# Love, Peace and Mung Beans

Ex-Glenhuntly Road local Blaze Warrender [Blaze's Studio & Soup Kitchen] has just opened her new venture across from the water in Torquay.

Blaze is foremost a visionary artist and the artwork on show reflects her passion for wildlife protection, the nature of the feminine and the interconnectedness of all things.

If you happen to be visiting Blaze's Gallery you might have the misfortune of running into an old hippie [you can't miss him

...he is the one wearing inappropriate okanui board shorts and mismatching load Hawaiian shirts].

Michael Hewstone is busy building the Peace Kitchen (AKA 'no soup for you').

It's a soupy sort of thing ancillary to the gallery and will be housed under an old truck tarp running down the driveway. It should be open in July... we will keep you posted.



## National Diabetes Week

13 – 19 July

Diabetes is one of the most common chronic diseases of today. More than 240 million people worldwide are living with diabetes.

A person suffering from diabetes has a too high level of glucose in the blood. Their ability to produce insulin (the hormone that allows the glucose to enter the cells) is compromised and the dysfunction occurs.

For those with pre-existing blood sugar dysfunction it is important to address these issues and symptoms before the

insulin and pancreas are compromised. In these pre-diabetic stages the body does have a great resilience of preventing a diabetic outcome.

A quality nutritional diet, additional natural based supplements and stress management techniques are all ways to implement a balance in your life through a holistic approach.

At Glo we have a great selection of recipe books for a diabetic diet, therapies to assist with symptoms of diabetes and organic produce to bring optimal nutrition to your lifestyle.



## Zeally Bay Sourdough – The only certified Organic bakery in Victoria

John and Jan of Zeally Bay Organic Sourdough have been operating their bakery in Torquay since April last year.

They had owned and operated a Wholefood café in Geelong for over 20 years and always baked with sourdough – “in fact the only leaveners we used were sourdough or egg whites. A lot of our produce was organic and everything was made from scratch.”

At the Wholefood Café they baked all the bread, rolls, scrolls, pan breads, muffins, biscotti and cakes with sourdough leaven. “The leaven we use could be the oldest continuously kept leaven in commercial use in Australia, I've maintained it for over 30 years – it is my old friend!”

But the dream of 'doing' a certified organic sourdough bakery seemed to persist. They are both passionate about good bread – believing by definition that must begin with good organic

ingredients. When starting their own bakery certification was crucial to them as they wanted to provide a guarantee to their customers that the description was true.

Confident when they started that they could develop a strong coastal following has proven correct – and the bonus? Melbournian's love to visit the coast, they try Zeally Bay breads and then ask where they can buy it back home!

John and Jan have always lived (and raised their four children) on, or near the coast. Aside from the surfing and snorkeling, they now enjoy the nearby national parks, their own organic vegetable garden and being able to cycle, or walk to their bake house in the old part of Torquay. “One of the best things – I often think - is hearing the breaking waves on still nights as you lay in bed.”

