

Elimin-ATE November Newsletter

7th November 2013

Vol. 1 Issue 1



My inspiration for starting Elimin-ATE... Lydia. She is now a happy, healthy little girl who had a very difficult start to life with massive food intolerances and suspected allergies.

Elimination Diet Coaching

In the last month I have started to support some more clients in their quest to identify triggers of a range of symptoms in themselves or their children.

Many of you know at least part of my story with food intolerances... the little person pictured here with me is my daughter, Lydia. She has recently turned one, and in the time since she was born, I have learned a massive amount from this one little person about myself, my stubbornness and motivation to never stop asking 'why' she was so unwell, what I could do to help fix it, and to help her heal.

Then also began our journey with her older (twin) siblings to discover their intolerances... realising that we could actually have a calm and happy house. Without the stress of homework not wanting to be done ("I can't DO IT!"), loss of the defiant and sometimes rude behaviour that was sneaking in... food made all the difference!

Can I help you to identify your intolerances or that of your child/ren?

In the next issue I will discuss common symptoms of food intolerances...

Christmas is Fast Approaching.

I am sure you are feeling the pinch with the end of year sneaking up quickly... soon it will be the time with end of year parties, secret santas, thank-you gifts and many other celebrations.

Many of us are time poor and also having to watch the pennies, so your Thermomix can be used to make things to help on all accounts!

What about:

- Play dough for younger kids (my 7 year olds still love it!)
- Bath Bombs, foot soaks and other body products
- Fudge, slices or festive biscuits
- Jam, relish, sauce or spice mixes

Quick to make, cheap and fuss-free when done in the Thermomix... need not require any last minute stops at shops or budget-busting expenses.

More ideas can be found on the 'Thermofun' Facebook page (link to docs section [here](#)).

Interest-Free Thermomix Payment Option Continues...

Are you considering a Thermomix for your home? The Interest-Free option continues in November (through to early January). It works out at under \$40/week to have the Thermomix in your house, saving money on your grocery (& other shopping!) bill, getting rid of preservatives and nasties, and giving so many of us the enjoyment of trying things we never thought we would make...

Many of you have taken up the opportunity or are in the process of looking into it now... its worth thinking about sooner than later to avoid disappointment close to Christmas.

ELIMIN-ATE: ELIMINATION DIET COACHING AND THERMOMIX CONSULTANT

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Useful weblinks for the month...

- Hellene's Whole Foods: Great source of bulk ingredients for those in Brisbane and surrounds. <http://hellenefood.com.au/>
- Ever thought of joining a Co-Op to buy your food? Read some ins and outs... [Quirky Cooking: Bulk Food Buying & Co-Ops](#)
- Fed Up is a great place to start learning about Food Intolerances and what is really hiding in your purchased food. <http://fedup.com.au/>
- Did you know Magnesium is a critical nutrient and almost all of us are low in it? [Read more about what the deficiency can cause...](#)

(I have magnesium oil which is one of the best ways to help - \$15/bottle, available shortly!).

- My most recent website post discusses how what a mother eats can impact on her breastfeeding child. Read more [here](#).
- Forgotten what you learned at your elivery session? Find a summary on my blog – [here](#)

Christmas Cooking Class.

Want to learn some insider hints, tips and get inspiration? There is going to be a cooking class held on the 27th November in Forest Lake.

The evening event will showcase some great ideas that you could do for friends and family as gifts, or to help feed the many hungry mouths during the festive season.

The cost will be \$20 per person.

More information will be available shortly from myself or click the following link:

[Cooking classes on the Thermomix website](#)



Thanks to Michelle Pollitt for her photographs for use in this picture!

November Thermomix Special Offers ...

This month there are some great incentives for new Thermomix Customers and existing alike.

For new customers purchasing machine this month, they receive the *Festive Flavour* recipe booklet plus the Thermomix Cookbook Stand 'COOK'.

For existing customers who hold a qualifying Demonstration in November, they can purchase an awesome Thermomix Silicone Pie Weight set for a special price of only \$20, or receive them for free if someone purchases a Thermomix at your Demo.

Don't forget you can also purchase a Thermoserver at half price (\$30) or a Thermomat for \$40 if you are an existing owner holding a demo at any time.

For full details of this month's, click [here](#)

How to save on everyday food staples...

Tight budget? Trying to save additional money? A few different options exist...

- 1) Keep an eye out for specials at the major supermarkets, or even your local grocer. They often hold specials on bulk rice, fruit and veg etc....freeze ready for the next sorbet and stock!
- 2) Get to know your local stores...my local Foodworks sells goats cheese a few dollars less than the 'big' stores.
- 3) Buy in bulk from local bulk food suppliers – for instance those who supply the restaurant industry. For my local customers, check out Hellene's Food Brokers. They sell to the public...
- 4) Ask around for local co-ops. These often can get you products much cheaper than Health Food Stores