



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

I have been very quiet on my Diet Coaching this month. Instead I have been extremely busy with Thermomix and family commitments, plus writing resources. In addition, I've been doing some research and reading into managing intolerances, helping to heal and where to go after intolerances are identified.

Some interesting areas I'm learning more on include:

- Magnesium: further to my last newsletter, I believe that magnesium is a big factor in many food intolerances and other chronic conditions. Moving onto magnesium + other minerals and vitamins as time goes by (and mag stores go up) has turned Lydia's intolerances around.
- Use of digestive enzymes to help digest foods more completely.

I'm overdue for another website post, hopefully I will get there very soon with some FAILSAFE recipes and thoughts.

Do drop me a line if you want to discuss options with Elimination Diet Coaching, I can help at any time.

Seasons Greetings!
- Kristan.

Thermomix Christmas cut off announced...

I cannot believe it's nearly Christmas! We are racing towards the end of the year and it seems like we will blink and it will be 2014.

If you are thinking about ordering a Thermomix and wish to have it by Christmas, please contact me ASAP as the cut-off for orders being guaranteed to arrive by Christmas is first thing on the 11th December (think **10th December** so I have time to get them sorted!).

If you order now, you probably will have only payment come out before Christmas if purchasing via Interest free! Save your cash for other current expenses while saving immediately on Christmas food, gifts and time straight away. ☺

Interest-Free Thermomix Payment Option coming to an end...

Last month I mentioned how the Interest-free option is coming to an end... so we are getting close to this cut-off now too!

So if you are considering a Thermomix for your home and want to purchase via interest-free, you may want to consider starting the process now. This gives plenty of time to get applications done and processed by Thermomix and machines sent out.

The Interest-Free option continues until the 6th 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

Your Local Consultant:

Kristan Kershaw

P 0418 789 455

E kristan@elimin-ate.com

www.elimin-ate.com

[Elimin-ATE on Facebook](#)

Thermomix in Australia Pty Ltd

P 1800 004 838

www.thermomix.com.au

www.recipecommunity.com.au

ELIMIN-ATE NOVEMBER NEWSLETTER

10th December 2013

Vol. 1 Issue 2

Cooking Class Fun & Success.

There are no more local classes in 2013, but I wanted to say, if you can get to future ones... go!

After having now attended one and helped behind the scenes, they are such a fantastic opportunity for existing owners or those contemplating buying to go along, eat (& be given a goodies bag!) and getting hints and tips which may help you get more out of your machine.

[Cooking classes on the Thermomix website](#)

Useful weblinks for the month...

- At the *FAILSAFE Table* is a great resource for those wanting low-chemical recipe ideas. You can see the current newsletter [here](#).
- If you want a butcher who listens to your requests and has top quality meat, look at Courtney's Quality Meats (Graceville, Brisbane). They deliver to many areas and cater to many special requests too! Tell them Kristan sent you ☺ Website [here](#).
- More on Magnesium...
...gluten sensitivity and magnesium - [here](#)
...Magnesium deficiency symptoms and diagnosis - [here](#) (I like this one because it discusses the role of magnesium in a massive range of conditions from diabetes to autism and even just day to day ailments of poor concentration and restlessness.)
- 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 eivery session? Find a summary on my blog – [here](#)



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

December Thermomix Special Offers ...

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

For new customers purchasing a machine this month, they receive the *Festive Flavour* recipe booklet plus the Thermomix Silicone Pie Weight set.

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](#)

Recipe review...

Last night I made my first ever fudge... [this](#) is what I made...

I never realized it could be so easy! With some minor tweaks, this could be considered FAILSAFE too... though we didn't focus on that just usec what we had from other cooking we had been doing. First I made my own butter, then I made the fudge. I couldn't fault it! SO easy.

If you want a nice easy recipe to do where you can also make treats for you/friends/family... do this one!

Sorry, I haven't got a pretty picture as its still sitting in the fridge gradually being carved up by hubby and I... but the picture on the recipe community is accurate!

ELIMIN-ATE NOVEMBER NEWSLETTER

10th December 2013

Vol. 1 Issue 2

Cuisine Gallery

Are you proud of a creation you have made? Would you like to see it in our newsletter, on the website or FB page? Well feel free to email any pictures to me, or put them on my FB page and I'll see what I can do!

Leanne made some body products as soon as she could after delivery... record time for a photo and enthusiastic message listing the creations!

I will soon share Leanne's recipes on our FB page too for those interested in giving it a try.



Allana made Bliss Balls, pizza dough, risotto and I'm sure other dishes... all on her first day of owning her Thermomix. In the days following she did these too...



Just a couple of dishes I have made this month!

