

# ELIMIN-ATE FEBRUARY 2014 NEWSLETTER

4th February 2014

Vol. 2 Issue 1



## **Busy Month...**

I've had a very busy month between school holidays continuing, getting my two older kids back to school AND trying to cater for their restricted ingredient diet.... It's been very, very chaotic. I'm glad we have settled into our routine again! I've got some recipes to share now though as a result, how exciting for you all

☺

## **Reintroducing 'restricted' foods after identifying food intolerances...**

It can get so hard when you have gone through the process of identifying food intolerances, actually knowing what to do next!

Do we stay restricted and just be happy we are reaction-free? Do we try to expand our food choices? How?

There are some ways to experiment with tolerance levels once a baseline has been achieved and maintained – sometimes this is enough to let people return to a fairly normal 'additive free' lifestyle and to include some salicylates, amines and glutamates.

Many people find they need to address their gut health before they can regain many foods without reaction. GAPS, biomed supplementation and looking at mineral balance are just a few choices....

Have you got an idea on some food intolerances but haven't pinned down the rest? I may be able to help you come up with a systematic plan to work towards so you can minimise the triggers and enjoy the other foods without reactions. Then guide you where to look afterwards...

- Kristan.

## **Already one month in and before we know it, another will go too...**

I can't believe we are already into February. It seemed that nearly a month of the kids being home from school beyond Christmas flew by! Now we are back into daily school lunches, soon to be homework and all the after-school activities too.

I've had a really busy month of research, reading and trialling new things for our family – bringing everyone back to 'baseline' after Christmas, trialling some new recipes and having some good down time for everyone. We confirmed once and for all that wheat and dairy in my son's diet really mess with his concentration and attention, that me being lax with food planning turns everyone into grumpy, short and 'not so fun to be around' family members.

I have had a great turnaround with Lydia now tolerating me having some more foods in my diet – leeks, shallots, garlic, citric acid and a few other things are fine. I still cannot give her much, and if I get behind with giving her or I regular doses of magnesium (oil on our skin, oral doses)... then she goes backwards. Quickly. Add to this her teeth cutting at very inconvenient times, and I sometimes start to think I'm imagining reactions!

I find it most interesting that I have been concentrating the magnesium supplementing on myself... and that I've been able to eat more variety and not upset her (she's still breastfed). Yet if I give her the same food, she reacts. Up until now, it's always been a case of I can eat what she eats and nothing else...! More on that another day...

## **Thermomix News**

I'm very excited about some upcoming changes behind the scenes within my Thermomix Consulting. More on that in the coming months, but it is particularly exciting for me and my local customers.

There are some great promos available for new and existing customers for the next few months. Read about them on the next page...

## **ELIMIN-ATE: ELIMINATION DIET COACHING AND THERMOMIX CONSULTANT**

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## Useful links for the month...

- For a summary of websites, topics and recipes I often discuss at demos... click [here](#).
- I have done two posts about Mineral balance this month... [Part one](#) and [Part two](#). If you want some information on how allergies/food intolerances and mineral balance relate... check them out.
- My reading has been interesting on the topic of Magnesium in Pregnancy, and how critical it is. It's too late for me, but I've got pregnant friends and generally find it intriguing. Here are just a couple of links:
  - [The role of magnesium in pregnancy](#)
  - [Possible relationship between low birth weight and magnesium status...](#) (including reference to IUGR)
  - And possibly linked to the previous study... [Foetus and Magnesium](#)
- Check out the gallery for some recipes/links to recipes...

## Quick Recipe: Moist Choc Brownies GLUTEN FREE

I haven't had time to put it on the website, so you need to turn to the next page to see the tasty recipe!



Here's a snapshot to tempt you to make it...  
Thermomix custard and fresh brownie...  
yeaaaah!

## February Thermomix Special Offers ...

The new offers announced for new and existing owners are very exciting.

1. Free ThermoMat with Thermomix purchases
2. Existing owners can own a Thermomix Travel bag (bright red!) by hosting a demonstration
3. Buy a Thermomix paying no interest or repayments for four months ("deferred payment").

The best bit of these first two offers is that they are available from now until the end of April! So buy in February and in March or April, you could host a Demonstration as an 'existing owner' and get a travel bag at a fantastic price!

## Cooking Classes back...

We are having a Varoma Cooking class at the local event on the 15<sup>th</sup> February in Forest Lake. If you would like to book in, please let me know and I can explain how.

For \$20 you will get to watch and sample 9 dishes, plus get to chat to owners, consultants and those non-owners interested in learning more. It's a lot of fun and feedback from previous classes is how much inspiration comes from seeing the classes.

To find your local classes, have a look [here](#)...

## Have an old EDC or know a friend with one? Trade it in for a new version!

From the 3<sup>rd</sup> to 28<sup>th</sup> February, you will be able to get a new version of the EDC for \$25. Bring your EDC to a Cooking class (if you want it to be recycled!), contact me or order online... very easy and a great way to update and upgrade. Contact me if you are interested in finding out more!

## Bookings for February...

I've still got some times available for Demos in evenings, weekends or even during the day, but it would be a good idea to get in soon to avoid disappointment.

Demonstrations are no-obligation for you or your guests... enjoy being cooked for and seeing the Thermomix in full swing and tasting five dishes and get inspiration for you and your family.

I have a little tower of ThermoServers waiting to be delivered to their new homes - if I have delivered a machine to you before you have had a Demonstration, remember yours is waiting to come to you. The ThermoServers are such a useful tool in the kitchen.

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## 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? We'll feel free to email any pictures to me, or put them on my FB page and I'll see what I can do!



Yet another tweak to my bread roll recipe... rolled out on my ThermoMat, covered with a Ghee and herb/garlic mix and put into a spring-form tin... half sprinkled with Colby cheese and YUMMO! Use my recipe, but method as per EDC.

### Ingredients

- 90g butter (Nuttelex or ghee work well)
- 300g castor sugar
- 30g cocoa or cacao
- 60g tapioca starch
- 60g TM rice flour (medium grain white rice is my choice)
- 90g of 50/50 tapioca & rice self-raising flour as per EDC method
- ½ tsp baking powder
- 3 eggs



This is a lovely recipe for FAILSAFE eaters... or anyone needing to get away from tomatoes but still wanting a tasty lasagne... checkout Rona's recipe - [here](#). We used rice paper instead of pasta sheets...

*(yup spot the typo in the picture, sorry to the proof-readers who spotted it...!)*

### Moist Gluten Free Brownies...

I don't have many pictures of the complete thing, it was eaten too quickly but, the last share this month is my gluten-free, moist chocolate brownie... and here is the recipe! I presented this to my team in January as a part of my 'Go Getters' goal setting with Thermomix.

### Method

1. Preheat oven to 180C
2. Grease tray and line with baking paper if desired
3. Mill sugar for 10 seconds/sp 9.
4. Add butter/ghee and cream for approx. 1.5-2 minutes seconds, speed 4-5
5. Add cocoa/cacao, flour and eggs, combine for 20-30 seconds on speed 3-4
6. Bake 25-30 minutes or until top is browned (but not burnt!), skewer should come out clean/mostly clean if inserted.

*(If not 100% cooked it tastes realllly nice with icecream. Heck, previous years of experience tell me it tastes nice with icecream no matter how cooked...)*