

# ELIMIN-ATE APRIL 2014 NEWSLETTER

1<sup>st</sup> April 2014

Vol. 2 Issue 2



## Long time between drinks

In early March a number of Thermomix consultants were lucky enough to travel to South Africa for a Thermomix conference. I started last year a bit late to qualify, but instead I was able to assist my Group Leader by stepping up into her position... so its been a while between newsletters! ©

## Food Intolerances, Allergies and school or daycare...

Recently I've had to cover this topic a lot. Between trying to 'retrain' the teachers at my older kids school as to their specific needs, and my youngest starting at a new daycare, I have had to find the best ways to explaining what works for us, why we do it etc, without confusing people or making it too hard to have it happen.

Learning what works for your situation is a big part of this – when my older kids go to outside school care, I pack extra food so that I know they have 'safe' food and that they can choose some of the fruit/veg options which they know are ok. My youngest goes to a daycare centre which provides meals, but we have come up with an arrangement that I provide food for her so I know she's going to be ok and not reacting.

Not all schools or daycare centres are so understanding, I've seen some awful bullying by other places making the parents feel awful for imposing, but won't let them provide foods, etc....who then proceed to give kids foods which cause reactions and so on. If you are having trouble, drop me a line, I may have resources or links to help you!

- Kristan.

## Where did the first few months go?

The first few months of 2014 seem to have zoomed by for us – for the kids and adults alike. I have been helping at school, doing talks about elimination diets and Thermomix all through Brisbane and SE Queensland, and being 'Mum' of course too.

Now coming towards Easter, school holidays and the change of the seasons, I'm wondering even more where that time has gone...April is likely to be just as busy too!

The big news from myself is that from May 2014, there will be a new Ipswich Thermomix Team, and I will be the Group Leader for the area. So there will be a lot more activity in this region including regular cooking classes, more of a local presence and a massive opportunity for new consultants in the area. For customers or those interested in seeing the machines in action, it gives more opportunities to come to a closer location.

If you have ever considered becoming a Consultant, wherever you are, now is a fantastic time to come on board. The company is expanding at a really rapid rate, and as more people hear about the product, more consultants are always needed to show the great product. There are opportunities to grow your own business, meet new people and to get training and knowledge to help you with your cooking too (added bonus!)

Please drop me a line if you are interested in hearing more.

## Thermomix News – Big offers, No April Fools!

There are some fantastic deals available this month for new and existing owners.

New owners can still take up the ThermoMat offer – buy your Thermomix before the end of April and you will get a ThermoMat with your purchase. You still also get your ThermoServer as a thankyou for hosting a demo before or after your purchase.

Existing owners of Thermomix's (before the start of April) can also host a demo with 2-3 friends in April to buy a second Bowl, Blade and Lid set for HALF PRICE! So **\$195** or only **\$125** if someone purchases at your Demonstration. This is a great way to introduce your friends who don't have a Thermomix to the machines and to get a second bowl to help you in the kitchen.

## **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 stumbled across a way to make Quirky Jo's Rice milk recipe really thick and creamy without using nuts... check out my recipe [here](#)...
- Have you got Thyroid problems? Or tiredness, lack of energy, and other issues which have been suggested could be related to your Thyroid? [This](#) link is really interesting and explains more about how our bodies use minerals and why deficiencies can help to manage thyroid problems.
- Magnesium and the female body – everything from pregnancy, pre-eclampsia and beyond... VERY good information but quite scientific and 'heavy' reading... [here](#)
- Magnesium: The Lamp of Life – Chlorophyll, DNA, DHEA and Cholesterol....see how important it is in the body [here](#)... (this is a new favourite explanation!)

## Recipe Books and accessories...

I have a collection of recipe books and accessories (eg brushes) available for purchase. If you are local and need anything and want to save postage, let me know. Some items can only be purchased through consultants, so please don't hesitate to contact me to help with anything at all!

## Quirky Cooking Book launch...

Have you heard of Quirky Cooking? Jo Whitton is a Thermomix consultant in North Queensland and she is behind the fantastic 'Quirky Cooking' blog and soon to be released book.

If you are interested in getting her book, please let me know. I may have the opportunity to pre-order the books or to at least get some copies for my customers before they sell out... I cannot guarantee anything but will endeavour to try.

## April Thermomix Special Offers ...

As mentioned, the new offers announced for new and existing owners are very exciting.

1. Free ThermoMat with Thermomix purchases
2. Existing owners can buy a second bowl/blade/lid set for a discounted rate.
3. Buy a Thermomix paying no interest or repayments for four months ("deferred payment"). **\*\*\*FINISHING SOON\*\*\* 7<sup>th</sup> April is the last date for applications, please don't leave it to the last!**

## Cooking Classes...

We are having an Easter Cooking class on the 12<sup>th</sup> April 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 many 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](#)...

## NEW Ipswich Cooking Class...

Please keep your eyes out for a May cooking class! With my new duties as a group leader, I will be aiming to have a cooking class within Ipswich in mid-May. If you are interested in hearing about the details when they come to hand, please drop me a line. Otherwise the next update will be early May.

## Demo Bookings for April...

I'm getting booked up for April, so please get in quickly! I have training within this month in preparation for my start as a Group Leader in May, so my dates are a little more limited... that's before looking at Easter and Anzac Day. I am available on some of the public holidays though, so if they suit you and your friends, then don't discount them as a possibility.

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 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.

You can book for May now too if that is easier for you, just remember, I can't promise what offers will be available after April! ☺

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

### Vanilla Cupcakes - gluten, dairy, soy, nut free...

I have uploaded a recipe to the Recipe Community of some cupcakes I made for my kids a few weeks ago... key to their texture is to beating the eggs well before adding other ingredients.

I use ghee now (not dairy free) but its ok for my highly dairy intolerant toddler, and can easily be swapped for Nuttelex or your other fat source if not suitable for you.

Check out the recipe [here](#)...



### Pear Jam!

#### Ingredients

- 750g pears
- 750g sugar
- a vanilla bean
- Jamsetta

Cooked on 100C for ~45 minutes, then a little longer (5-10 min) at Varoma... viola!

Extra jam left over? No probs... make muesli to use it up! Recipe next month ☺



### Gluten Free Pie base and top...

Another 'failsafe' but also gluten free recipe.... PIE crust! So check out the 'comment' section of the following recipe. I have done it with 100g thermomix-ground rice flour, 100g tapioca starch and ghee as the fat source... works a treat!

Check it out [here](#)...

### Salmon Veloute...

Want to get the most out of your varoma? Seeing me doing a Veloute dish at your own Demonstration may help give you inspiration! This salmon veloute was cooked during a recent training session I attended... I could do this for you?

