

PARAMOUNT HEALTH *LET NATURE NURTURE*

**New
beginnings
for the
new year**

**A FANTASTIC TIME
TO RENEW YOUR
HEALTH: BE INSPIRED
BY OUR WELLNESS
SPRING CLEAN**

My journey with the
**Ketogenic
Diet**

weight loss was only
one of the benefits

RECIPES

HOUSE OF CUCKOO:
INSPIRATION FOR MAKING
THE MOST OF THE
SEASON'S FINEST

**Plants to help
filter toxins
in your home**

DISCOVER: BOTANICALS TO
CLEANSE THE AIR WE LIVE IN

THE NATUROPATHIC TRIAD

ISSUE 01 SPRING





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Welcome

We're excited to bring to you a wealth of great resources and information on natural health solutions for your home, your family and your work life. Our goal is to herald the return of ancient wisdom, practices and understandings that have kept us alive and healthy for thousands of years. We want to return to our roots and reacquaint ourselves with how life looked before modern day practices distanced us from our own innate sense of wellbeing.

This quarter's edition is all about renewing your health for this coming New Year. We've got some great articles with inspiration and ideas for how to start 2019 in a fresh way, with a renewed focus on getting the best out of our lives. See Carolyn from the House of Cuckoo's yummy recipes on page 8 and 9 for delicious ways to increase the fantastic fats in our diet and herald the nutritional powerhouse that is chicken bone broth to fight winter germs, as well as her amazing bulletproof coffee recipe designed to fill you up from one meal to the next. We're also looking at spring cleaning our homes and bodies by taking a closer look at the products in our home. See page 10 and 11 for wisdom on what to look for when refreshing

your bathroom cabinets. I also share some of my experiences with the Ketogenic way of eating after a lifetime of increasing insulin resistance.

In the news recently, Brexit aside, we've been celebrating 70 years of the NHS and I've been pondering the crisis our national health service is facing this year. There are many signs of strain on the system in areas such as hospital care and GP services, partly due to the aging population and a rise in chronic long-term conditions that are costly to manage and require ongoing treatment and specialist care. Obesity is another large part of the problem, with the way we live now having a negative impact on our long-term health. It's my passion to address these lifestyle factors and find ways to make changes at home that reduce the burden on the NHS. You'll often see Paramount Health Magazine focusing on ways to improve the quality of our lives and prevent or reverse some of the chronic conditions that cost us both financially and emotionally.

Along with a host of other talking points and features, we hope you really enjoy our first issue!



THE Q&A

ASK THE NATUROPATH

*I'm a new mum
and I wake up tired
after a good nights
sleep?*

ANSWER

This is such a common scenario with the new mums I see in my clinic. As a new mum you have just grown a baby and a placenta inside you. You have delivered both and are now looking after a baby. You may be breastfeeding too. You will be lacking sleep, probably have some levels of stress over having a baby and essentially for your health you are likely not eating well as you are so busy looking after your newborn. These all add up to a lack of good nutrition to look after yourself, let alone recovery from everything I have mentioned. My most simple advice for new mums is to eat! Eat like you did before you had a baby. I don't mean eat loads of sugary junk food to give you energy", I mean eat well and eat three meals per day with a mid-morning and mid-afternoon snack.

For loads more information on mother and baby health please visit Christian's dedicated website www.calmingcolic.com.

**OUR RESIDENT EXPERT CHRISTIAN BATES
OSTEOPATH & NATUROPATH AT THE
PERRYMOUNT CLINIC**





THE Q&A

ASK THE OSTEOPATH

*I have foot pain
but I haven't hurt
my foot*

ANSWER

Firstly, you would do well to have your foot looked at by a podiatrist to make sure the pain isn't from any nail, skin or other local foot issue. However, from an osteopathic point of view pain in the foot is often mechanical and due to a misaligned spine or pelvis. The pelvis and spine has the ability to push the leg longer or shorter depending on which direction it has shifted due to being misaligned. Very often the longer leg will then have a greater impact on the ground as you walk. This misalignment could be such a small amount that it isn't noticeable as an immediate injury to the foot that you could remember. However, over thousands and thousands of steps this can accumulate into a direct chronic injury to the foot. The treatment for this would be treatment directly to the foot

to give some symptom relief to the painful area but it must also include osteopathic examination and treatment to the spine and pelvis to fix the actual cause and stop the foot pain returning.

**OUR RESIDENT EXPERT CHRISTIAN BATES
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THE *Naturopathic* TRIAD

The Naturopathic Triad is a way of looking at how we can help ourselves recover from illness by re-creating our health and also a way to see how we may have become ill or at dis-ease in the first place.

It shows three different aspects of our whole being;

- **OUR STRUCTURE OR PHYSICAL BODY**
- **OUR CHEMISTRY OR THE FLUIDS WITHIN US**
- **OUR ELECTRO-MAGNETIC OR EMOTIONAL SIDE.**

It is easy to see how these aspects can be an entry point for us to become ill, for example if we have a fall we may injure our muscles or ligaments, if we eat poorly the vitamins and minerals

in our fluids become deficient and if we are under great stress then emotionally we can become depressed.

You can also include in this aspect the electro-magnetic insults we are exposed to on a daily basis such as mobile phone frequencies or interference from wireless technology.

These are all highly interlinked and in most cases a person will ideally require help or treatment from all three directions. When searching for a practitioner to help you with an ailment you should ideally find one that has the skills to help you on all three of these levels or a clinic that has multiple health professionals to achieve the best healing results.

I'd like to illustrate this point using stress as an example and

see how it could hypothetically cause us harm on all three aspects of the Naturopathic Triad.

It is easy to see how stress can cause us to emotionally feel strained and most people understand that stress does this. What is less understood is that all our feelings are actually physical chemicals in our nervous system or hormones secreted from glands. These are therefore from the biochemical side of the Naturopathic Triad.

These chemicals must be constructed and then broken down within us which requires amino acids, vitamins and minerals etc. Through a period of stress more adrenalin and cortisol is made and subsequently has to be

detoxified once the body has processed it. Both processes consume vitamins, minerals, protein, fats etc. If this process goes on for some time and our dietary intake is unable to fully supply the required nutrients from this increased need then eventually a deficiency will occur. This deficiency may then be responsible for other symptoms, such as increased tiredness or lethargy, fertility problems, anxiety, hormone problems, weight gain and lots more.

There are of course physical symptoms often associated with stress too. These could be tight

shoulders, headaches or migraines and joint problems associated with inflammation. Stress could also trigger physical symptoms in other organ systems too, like the digestive system. You may have physical symptoms of acid reflux or IBS. And so we see how stress could be helped with emotional, chemical and physical treatments.

Hopefully you can see how all parts of the Naturopathic Triad are interlinked. A patient may visit their osteopath to ease their neck and shoulder tension but they may also need advice on

relaxation (emotional aspect), nutritional supplementation to correct a deficiency (biochemical aspect). Only by looking at all three aspects can a complete restoration of their problems be achieved.

Christian Bates is the owner and osteopath and naturopath at The Perrymount Clinic. He would use these therapies to help each patient on all points of the Naturopathic Triad and also has the amazing support of the multi-discipline Perrymount Clinic in Haywards Heath. He also uses an EAV device called the Avatar to find the deeper causes of health issues.



NUTRITIONAL SUPPLEMENTATION TO CORRECT A DEFICIENCY (BIOCHEMICAL ASPECT)

60 SECOND KETO COFFEE

FUEL FOR YOUR CELLS



KETO COFFEE HAS BECOME A STAPLE IN MY MORNING ROUTINE AS IT IS A NUTRIENT DENSE, BLOOD SUGAR-STABILISING BODY FUEL PACKED WITH ANTIOXIDANTS, VITAMINS AND GOOD FATS. IN MODERATION, ORGANIC COFFEE HAS BEEN SHOWN TO BE BENEFICIAL FOR YOUR HEART, LIVER AND BRAIN AS WELL AS CELL MITOCHONDRIAL FUNCTION. I USE ORGANO KING OF COFFEE AS IT IS CERTIFIED ORGANIC AND CONTAINS THE GANODERMA SPORES WHICH IS THE OLDEST MUSHROOM USED IN CHINESE HERBALISM.

INGREDIENTS

- 1 sachet Organo King of Coffee with Ganoderma
- 250ml filtered water, freshly boiled
- 1 knob of grass-fed unsalted butter, such as Kerrygold OR 1 tbsp nut butter (for dairy free)
- 1 scoop collagen protein powder, such as Planet Paleo
- Pinch of sea salt
- 2 drops Sweetleaf vanilla or chocolate liquid stevia (optional)
- 1/4 tsp ground cinnamon (to help with blood sugar balancing)
- 1/2 - 1 tsp MCT or coconut oil (optional)

METHOD

1. Place all the ingredients in a blender, Vitamix or nutri-bullet, taking care as the contents are hot.
2. Seal the lid well and blend for approx 20-30 seconds.
3. Pour into a coffee mug and sprinkle with a little extra cinnamon, nutmeg or raw cacao. Enjoy!

FOR MORE RECIPES, FOOD COACHING, OR TO HAVE A BIOSCAN FOOD INTOLERANCE TEST PLEASE CALL THE PERRYMOUNT ON 01444 410944 TO BOOK IN.

CHICKEN BONE BROTH

GUT HEALING



YOU CAN EITHER SIMMER A CHICKEN CARCASS FROM A ROASTED STRIPPED CHICKEN TO GET A DEEPER, BROWN STOCK. OR USE RAW BONES WITH LOTS OF HERBS TO ENRICH YOUR STOCK WITH LOTS OF NUTRIENTS FOR A LIGHTER STOCK. CHICKEN FEET CAN BE ADDED FOR AN EXTRA DOSE OF GELATINE. DRINK A MUG A DAY OR USE IT FOR OTHER SOUPS AND STEWS.

INGREDIENTS

- 500g, organic chicken bones – (preferably organic) i.e. carcasses or necks, backs and wings, raw or from Sunday's roast
- 2 1/2 litres cold water
- 60 ml raw apple cider vinegar
- 2 red or brown onions, skin on, coarsely chopped
- 2 small carrots, coarsely chopped
- 2 large celery sticks, thickly sliced
- 2 cloves garlic, skin on, smashed 5 minutes in advance
- 2 bay leaves
- 6 peppercorns
- Optional: 4 sprigs fresh thyme, 10g fresh parsley, or any fresh herbs

METHOD

1. Put the chicken and water into a stock pot. Add the vinegar and let sit for 30 minutes (this is to help draw out the minerals from the bones).
2. Add all the veg and add any additional water if required to make sure all the ingredients are submerged. Bring to a simmer and skim off any froth that forms on the surface. Add the garlic and any herbs if using and simmer uncovered for 2 hours (preferably longer if you can). Add the peppercorns for the final 15 minutes of simmering.
3. Strain through a mesh sieve, pushing down the solids to extract as much liquid as possible. Cover and set aside to cool.
4. Store in the fridge (use within 2 weeks) or freezer.

Notes: My Busy Mum hack - I use an Instant Pot which yields a richer broth and it does the job in 90-120 minutes, hands free. You might need to tweak the amount of water used depending on the capacity of your pressure cooker.

**A FANTASTIC TIME
TO RENEW YOUR
HEALTH: BE INSPIRED
BY OUR WELLNESS
SPRING CLEAN**

New beginnings
FOR THE NEW YEAR!

Our homes are surprisingly dangerous places to live! The everyday beauty and cleaning products we use contain a cocktail of questionable chemicals that are readily absorbed into the skin on application, causing a response even without needing to ingest them. If you consider in one day what you might come into contact with in your home, even in one morning before you've left the house, there are bed sheets washed in detergent, softened with fabric conditioner, shampoo and conditioner, body wash and soaps, moisturisers and lotions, make up and perfumes, aftershaves and deodorants. Before 9am you could have easily encountered hundreds of different chemicals, each having an impact either positively or negatively on your health. I've heard it said that you shouldn't put anything on your skin that you wouldn't also put in your mouth. I'm not convinced I would like a glass of shampoo with my morning coffee! Perhaps you've made some effort to change your diet with the New Year; now is a great time to take the next step and detoxify other areas of your life.

The Environmental Protection Agency ranks indoor air pollution as among the top environmental dangers facing us today, and much of this pollution comes from the cleaning products we use in our own homes. A great place to start with replacing your cleaning products is to make your own. If you are this way inclined, I would suggest reaching for the following few easy essentials to help you on your way:

All these items are safe to use in a house with kids and pets, they will not add toxins to your home environment or in any way damage your health – assuming you don't ingest a large amount of course! They are readily available from all supermarkets and best of all, cheap.

BAKING SODA AND BICARBONATE OF SODA CAN BE USED AS A CLEANER, DEODORISER, BRIGHTENER AND WATER SOFTENER. IN THE UNFORTUNATE INCIDENT OF CHILDHOOD VOMITING, A BOX OF BICARB HAS REMOVED ALL THE NASTY ACIDIC ODOUR THAT CAN LINGER IN FABRICS AND MATERIALS LONG AFTER THE OFFENDING MESS HAS BEEN CLEARED AWAY.

WHITE VINEGAR IS FANTASTIC FOR MINERAL AND WAX BUILD UP AND CAN BE USED AS A RINSE AID. THE ACIDITY CUTS THROUGH GREASE AND GRIME LEAVING GLASS SURFACES SPARKLING. VODKA (NOT JUST TO MAKE THE JOB MORE FUN FOR THE CLEANER) IS FANTASTIC FOR MARBLE, STONE AND GRANITE SURFACES WHERE ACIDITY ISN'T A SUITABLE APPROACH TO TAKE.

LEMONS ARE BRILLIANT FOR ANTI BACTERIAL USE. THEY ELIMINATE MILDEW AND MOULD, ALSO LEAVING SURFACES CRYSTAL CLEAR AND SMELLING FRESH. OLIVE OIL IS A SURPRISINGLY GREAT CLEANER AND POLISHER.



NEW BEGINNINGS FOR THE NEW YEAR



LEMONS ARE BRILLIANT FOR ANTI BACTERIAL USE. THEY ELIMINATE MILDEW AND MOULD. ALSO LEAVING SURFACES CRYSTAL CLEAR AND SMELLING FRESH.



Homemade all purpose cleaner

Dilute 150mls of white vinegar with 150mls of water. Add half a teaspoon of lemon essential oil or two teaspoons fresh lemon juice, half a teaspoon lavender essential oil and shake together in a spray bottle to combine. Shake well each time before use.

For your own beauty products, it's very simple to make almost everything with coconut oil, baking soda, shea butter, apple cider vinegar and the essential oils of your choice. I once had a beauty therapist compliment me on the quality of my skin and asking what my regime was; I meekly replied that I just used coconut oil as a makeup remover, and moisturiser, and acne treatment, and all purpose lotion... she was astounded that a simple oil could have such a positive impact on my skin. She assumed I was using top of the range expensive beauty products.



Homemade moisturising lotion

Slowly melt three large tablespoons of shea butter in a heavy based saucepan until liquid and remove from the heat. Add in two tablespoons of sweet almond oil and stir until combined. Pour into a freezable container and place in the freezer for 20 mins until set (but not hard). Transfer the butter to a mixer and whisk up along with 5-10 drops of your essential oils of choice; chamomile and neroli are particularly moisturising and safe for sensitive skin. Once combined, pour or scoop into a glass bottle and use daily.

If you're anything like me though and the thought of making your own products doesn't really blow your hair back, there are many companies now producing fantastic ranges of cleaning and beauty products that are 'nasties'-free. It's well worth researching and reading the labels of the products you do use to identify any ingredients you aren't happy with, and looking for replacements that will not only do the job but nourish and protect your skin as nature intended. I rave about the Caudalie range of products as they have taken the humble grapevine and turned it into a luxurious range of all natural, effective products you can use every day. They never

use what they call "suspicious or undesirable ingredients", ruling out parabens, phenoxyethanol, anything originating from an animal like lanolin, keratin, cochineal, squalone, or petrochemicals like vaseline or paraffin, or the irritating and polluting agent sodium laureth sulphate found commonly in many beauty products. They harness the healing power of grape seed polyphenols, viniferine from grapevine sap, vine resveratrol and grape water alongside a host of plant based and essential oils like argan oil, sweet almond oil, shea butter, white peony, avocado oil and hibiscus oil to create beautifully luxurious and most importantly safe products that I would be happy to put on my skin as well as my toast.

YOUR SKIN IS YOUR LARGEST ORGAN. AND WITH CHEMICALS INFILTRATING OUR LIVES FROM EVERY DIRECTION. IT'S VITAL TO SPEND TIME CHOOSING WISELY WHAT YOU KEEP IN YOUR CUPBOARDS TO LOOK AFTER THE VERY THING THAT HOLDS YOU ALL TOGETHER!

I encourage you to take a closer look at the bottles and sprays you use each day, to be sure you're happy to ingest those ingredients any which way they are used. What are you going to change up today?

WHO OWNS YOUR *health?*

WE HAVE INCREASINGLY BEEN ENCOURAGED TO HAND THE RESPONSIBILITY, ESPECIALLY FOR OUR HEALTH CARE PRACTICES, DIET AND WELLBEING, OVER TO MODERN SCIENCE AND THE MEDICAL PROFESSIONALS, DEFERRING TO A GREATER WISDOM FOUND THROUGH YEARS OF MODERN SCIENTIFIC TRAINING.

IF WE LOOK BACK IN TIME OVER THE MANY CENTURIES OUR CIVILISATION HAS EXISTED ON THIS PLANET, AND AT THE WAY WE CARED FOR ONE OTHER AND RAISED OUR FAMILIES, WE REMEMBER THAT WE SHARED AN INNATE WISDOM THAT WAS PASSED FROM GENERATION TO GENERATION.

Mothers and Grandmothers would pass on their knowledge to new mothers in the early years of child rearing, and to a large degree we were also encouraged to trust our gut. If

something felt right to do, it more than likely was. Back in very early times, women preparing to give birth but perceiving danger would find that labour stalled until somewhere safe could be found to give birth. Early wisdom looked like mothers and children cuddling “skin to skin” at night as a fever took hold, to help regulate the body heat of the child and comfort them in their distress. It looked a lot like fasting regularly and feasting when food sources were available once the hunter gatherer had returned. In recent

times, however, society appears to have developed in such a way that we no longer trust our instincts or the wisdom passed down from our ancestors. Rather, we have increasingly been encouraged to hand the responsibility, especially for our health care practices, diet and wellbeing, over to modern science and the medical professionals, deferring to a greater wisdom found through years modern scientific training. In theory this is wholly logical, advances in our understanding...

of germ theory, sanitation and biology have paved the way for incredible scientific advancement. We're living longer than ever, we're curing diseases and the mortality rate of our more vulnerable population reduces decade on decade. That said, there sometimes remains a feeling within that...

"SOMETHING ISN'T QUITE RIGHT" AND "I DON'T WANT TO DO THAT. THERE MUST BE A BETTER WAY".

We often go along with the advice given because we feel we cannot and should not question the science, even though it might go against what we would naturally do in the absence of any advice. I personally recall multiple times I was prescribed diazepam for back pain but no suggestion was made to find the root cause of the pain or strengthen my body so it didn't happen again. Something didn't feel quite right.

THERE COMES A DIVIDE BETWEEN A DEEP-SEATED UNDERSTANDING OF OUR OWN BODIES AND WHAT THE PROFESSIONAL IS TELLING US BASED ON THE CURRENT RESEARCH AND STUDIES.

I wonder if actually doctors would like to see more patients taking ownership of their health, but are afraid to hand the responsibility for our healthcare back to us for fear that we will

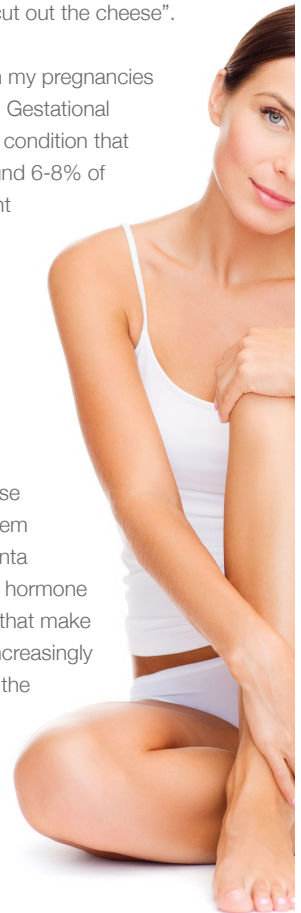
not make rational and wise choices, or do not have sufficient understanding to know what's best for our conditions. There is so much conflicting advice out there too, which doesn't make a clear path for wellness so we revert back to trusting a practitioner to see the bigger picture for us, divining what would ease our disease in the face of so much contradictory advice. It is clear to me though that over the years that there has grown a cognitive dissonance between what we do, eat, how we live, and our experience of our own health, perhaps as a result of decades of disowning our inner wisdom and not allowing ourselves to delve too deeply into our personal wellbeing.

In my own life, I've often treated a recurring bout of indigestion with over the counter remedies without ever addressing the root cause of the problem, as that would involve directly changing something about my lifestyle or diet that, deep down, I don't want to address. I must confess; it's an unabashed love for cheese. I know that developments in medicine have brought about proton pump inhibitors (PPIs) which reduce the amount of stomach acid produced, thus dealing with acid reflux issues. However, I haven't addressed the root cause of my problem and I face the other more troublesome issues associated with long term PPI use, a more than doubled

risk of developing stomach cancer. A recent study identified that when PPIs were used for more than a year, the risk of developing stomach cancer rose five-fold, and as high as eight-fold after three or more years. This is a fairly serious price to pay, embracing modern science and denying the native wisdom that says "cut out the cheese".

During both my pregnancies I developed Gestational Diabetes, a condition that affects around 6-8% of the pregnant population. It's similar to Type 2 diabetes in that your insulin resistance increases, but the cause of the problem is the placenta ramping up hormone production that make your cells increasingly resistant to the important effects of insulin on glucose in your blood.

In my first pregnancy I had a late diagnosis without much time to read up on what I needed to do before I gave birth. I dutifully followed the mandated advice to eat a



low fat diet with low glycaemic index foods, but all the fruit and vegetables I wanted as they were good for baby. I was, at the time, trying to avoid an induction as I so desperately wanted a shot at a natural water birth so I took on board the old wives tale and ate a whole pineapple the night before my booked inducement! I daren't think what my blood sugar levels were after eating the sugar laden pineapple; I didn't test them at the time because "all fruit was allowed".

Second pregnancy around I had a much earlier diagnosis, and a greater general awareness of the impact of sugar from fruits and other carbohydrates. I adopted a very low carbohydrate diet which was much higher in fat and protein (entirely against the standard advice)

and kept my blood sugar readings stable for many months, resulting in a very healthy baby on delivery. I got

into a positive discussion with the diabetic midwife and dietician about my choices but they were aghast that I was willing to change my diet so heavily, effectively cutting out all breads, pasta, root vegetables, grains, fruit and all other sugars – never allowing myself a slice of cake because I was pregnant and I deserved it. The overwhelming concern from the healthcare team was that they need not ask mums to change their lifestyle too drastically because that is what the medication is for.

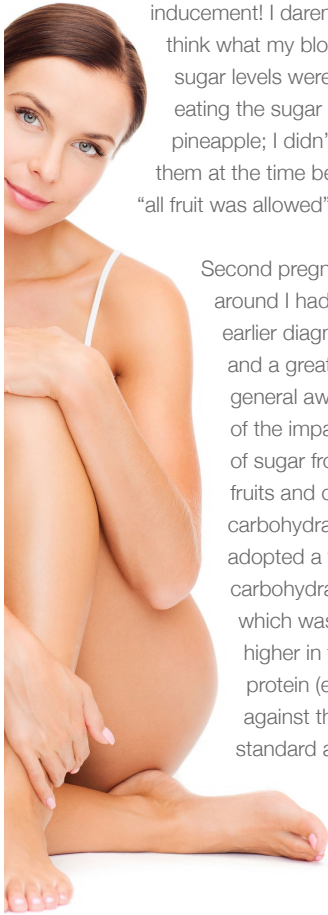
"IF YOU WANT A CHEAT DAY, JUST UP YOUR INSULIN TO COUNTER THE EFFECTS".

The need to not inconvenience patients overrode the crucial need to protect mum and baby from unnecessary medication and high blood sugars. I wonder, are the medical professionals not brave enough to ask the patient to make the necessary lifestyle changes for fear that the majority just won't do it, or are we just compelled to use pharmaceuticals now that science has allowed us?

A wonderful quote I heard recently was: **"THE NHS IS THERE TO KEEP YOU ALIVE, NOT NECESSARILY TO KEEP YOU HEALTHY"**. It cannot be the responsibility of our government healthcare system to keep an eye on our lifestyles, ensuring we get adequate exercise, eat a nutritionally balanced diet

appropriate to our genetic makeup and metabolic system. The more responsibility we take for our health, the more empowered we are to live our best life. We celebrate the NHS as an incredible institution, full of devoted and caring people looking out for the health of the critically ill. I personally am indebted to them for the emergency care I and my children have needed over the years, but the responsibility for my every day health must surely land squarely on my shoulders. We can't be so resistant to making changes that we live reliant on medication to do what we do not want to do. Perhaps this is the answer to unburdening the enormous financial weight the NHS wears around its neck.

SO WHO OWNS YOUR OWN HEALTH? I WOULD ARGUE THAT AS YOU ARE THE ONE WEARING YOUR BODY UNTIL YOUR DYING DAY, WHO COULD BE BETTER PLACED TO BE IN CHARGE OF YOUR WELLBEING? I HAVE BEEN INSPIRED TO TRUST MY INSTINCTS MORE AND MORE. AND WHILST I'M FOREVER GRATEFUL FOR THE WONDERFUL WORK THE NHS DO TO KEEP US ALIVE, I WANT TO GET TO THE POSITION WHERE I ONLY NEED THEM IN A TRUE EMERGENCY AND NOT BECAUSE A CHRONIC CONDITION I HAVE IGNORED OR MANAGED UNSUCCESSFULLY FOR SO VERY LONG BECOMES A SERIOUS COMPLAINT. PREVENTION IS BETTER THAN CURE. AS WE ALL KNOW.



MY JOURNEY

WITH THE KETOGENIC DIET

I'VE SPENT THE LAST TEN YEARS IN DENIAL OVER THE COLOUR OF MY HAIR. I WAS CONVINCED THAT BEING BLONDE MEANT I LOOKED SLIMMER. AND EVERY TIME I DARKENED MY HAIR BACK TO ITS NATURAL BRUNETTE ROOTS I FELT TUBBY AND UNATTRACTIVE. FOR A DECADE I WAS INSISTENT THAT BROWN HAIR MADE ME LOOK FAT. TURNS OUT, I WAS ACTUALLY JUST FAT.

Something clicked for me in May last year; I was 7 months post partum and at an eye watering sixteen cough cough something stone. I hadn't just gained baby weight, I was still carrying the equivalent of a 13 year old child somewhere about my person and the most criminal thing of all was my knees had started crackling when I walked up and

down stairs. I was too young to be infirm, and I didn't enjoy shopping for tents when looking for a piece of fabric to shield the world from my bodily flesh. The revelation came when watching a wonderful documentary on Netflix called The Magic Pill. My eyes were opened to the unbelievable connection between diet and weight. I know I am slow on the uptake here, most of you will have already worked out that you cannot regularly consume a 12 box of Krispy Kremes and maintain a waif like appearance. I, however, was in absolute denial that anything I was putting in my face could possibly be having an impact on my ever expanding waistline and I pondered wistfully whether I maybe had a thyroid condition, or if my hair was too dark.

The Magic Pill documentary created by Pete Evans showed all manner of chronically ill (perhaps even terminally ill) people changing what they ate and seeing a complete reversal of their symptoms, sending them catapulting into full health. I wanted a magic pill to cure my crackly knees, but I saw that I needed to make some fundamental changes to my life and what I was putting in my face to see any of the benefits and outcomes these participants were seeing. So off I went to Google to research the Ketogenic diet, this being the magic cure Mr Evans was working on with his patients. To be honest with you dear readers, I was instantly hooked.



BEFORE

I knew the benefits of ketosis already, having spent many a month eating packets of dust on a meal replacement diet that promoted fast weightloss. I gained the 5 stone I lost within mere weeks of returning to regular food; in fact I flew to South Africa for a holiday a size 10 and returned three weeks later a size 14. I blame all the koeksisters, boy those syrup doughnuts were incredible. Within months I was back to a size 18 and miserable for wasting so many of my good eating months consuming shakes and soups that tasted like furry mushrooms, for nothing!

Ketosis, however, was appealing to me as I remember after climbing what I called Keto Hill (4 days of hunger, weakness and general misery) I woke up on day 5 and could have bounced to France and back with the energy I had in my bones. I was suddenly not hungry anymore;

I could go hours without planning my route to the fridge via the cupboard and the freezer. Ketosis was pure joy to me, but I didn't want to achieve it with a furry mushroom milkshake and, once I read up on the Ketogenic diet, I realised it wasn't a special ketone flavoured ingredient placed inside those packets of fake food. Rather, ketosis comes from the absence of carbohydrate in your body. Now, I've spent decades (dust diet aside) feeding my body every flavour of carbohydrate God made, and many of the ones He didn't. I never gave my body the chance to experience life without carbs. Because of this, I was bona fide addicted. Sugar was my ultimate nemesis, in all its forms – ice cream mainly but chocolate, sweets, cake, donuts, yoghurts; I had a sweet tooth to rival Willy Wonka's. What I hadn't appreciated was all the other carbohydrates, bread, pasta, rice, potatoes, etc were all turning to sugar in my gut when being processed – so my gut receptors (I like to call them Phil and Steve) were throwing a party any time any form of starch crossed my lips and pushing glucose freely

through my veins. The downsides to this is my feisty little pal insulin (and his big bad factory, the pancreas) were desperately trying to wash down the walls of my veins that were soaked in syrupy goodness and their only job, much like the beloved Wall-E, was to box up the junk and store it in my cells as little white cubes of fat. I must have amassed mountains of these fat stores as I "suddenly" (cough, over 30 plus years) went from a relatively normal sized human being to one that shut doors with her own butt when leaving the room. Not on purpose.

So, let's get to the nitty gritty. The Keto Diet is in essence eating whole natural foods, cutting out anything processed and making sure that within a 24 hour period you don't consume more than 20g of carbohydrate from any source, in total. There are lots of other features to the plan, for example the amount of fat you are encouraged to eat



AFTER



to show your body how to use fat for fuel, rather than carbs. The biggest surprise to me was the amount of carbohydrate in everything. Cream? Got carbs. Spinach? Carbs. Eggs? Carb fest. Avocados? Carb city. So I had to start picking very carefully what I was choosing to spend my 20g on each day, and by sheer desire to eat more than a thimbleful of food I instantly cut out pasta, rice, bread and root vegetables, alongside sugar and most fruit. Keto Hill took no more than 48 hours to climb and this time, as I was allowed to actually eat things, I felt entirely fine chomping on nuts and cheese whenever I felt a pang of hunger. By day 3 I was hunting high and low for my passport as a hop over to France was surely imminent. The rush of energy and feel-good-vibes that hit me was borderline euphoric.

THE KETOGENIC WAY OF EATING

The ketogenic diet is a very low-carbohydrate, high-fat diet with a moderate amount of protein. The eater calculates the macronutrient content of their daily food intake, reducing carbohydrates and replacing it with dietary fat. This reduction in carbs puts your body into a metabolic state called ketosis. When this happens, your body becomes incredibly efficient at burning fat for energy. It also turns fat into ketones in the liver, which can supply energy for the

brain. The standard macronutrient values to be adopted consist of around 75% fat, 20% protein and 5% carbohydrate. Remember that carbohydrates come from many different sources of food, not just the obvious starchy items such as bread, rice and pasta.

Now before I take it too far and you wander off because I got too evangelical, I want to remind you that I was Krispy Kreme's favourite customer just a few short very sweet months ago. My diet today, six months on at the time of writing, is made up of nutritionally dense and stunning food. I enjoy steak, all the animal fats that do wonders for your skin and general health, beautiful salads, vegetables, other meats and fishes, cheese, cream and the newfound delight that is 85% dark chocolate – and I don't miss sugar one little bit. The transition from addict to conqueror took a little while, I won't pretend the switch just flipped on day 3 and I became a purist, I dabbled with the dark side and tried sweeteners to hit the emotional need sugar had spent years filling, but they tasted so abhorrent it didn't take long to cut my losses and find other ways to feel happy. The best part of all is that I crave nothing. I'm no longer driven by an urgent need for satiety. I don't drive the long way home past the petrol station so I can run in for a grab bag of something salty and something sweet (every snack dinner needs a snack dessert

right?) My life has returned to me, with me being in control of my appetite, my urges (or lack of) for food, and my hair colour. Folks, I am five stone down already and really rocking a slimming brunette hairdo these days. I have perhaps another two stone to go to reach a healthy BMI but I am not even fazed by the fact I'm still mid journey. I have very little intention of going back to being a slave to carbohydrates; they made me angry and irritable and ravenous at best. When I reach my target I will loosen up the reins a little, I might throw in the occasional carrot and perhaps spoil myself with an apple every now and again. If I don't turn into an actual horse, I hope that continuing to eat the low carb way will reap all the more benefits over the years that many purport. Perhaps the family history of type 2 diabetes will stop with me. God-willing the family history of obesity will be banished once and for all. Plus, the freedom to choose my hair colour based on what I fancy and not what it will do to my dress size is surely the most liberating thing of all.



PLANTS

help filter toxins in your home

DISCOVER BOTANICALS TO
CLEANSE THE AIR WE LIVE IN



ENGLISH IVY

This is a very easy to keep vine plant that can reduce mould levels in the home. It's a thirsty plant that enjoys regular watering and a lovely sunny spot.



SNAKE PLANT (MOTHER IN LAW'S TONGUE)

Something of an unfortunate name, this beautiful succulent releases oxygen at night and is renowned for improving sleep. Keep one in the bedroom, but also have one in your busiest room in the house, for it filters the air of multiple toxins including formaldehyde and benzene.



CHINESE EVERGREEN

A bathroom loving plant, this plant enjoys humidity and darkness; in return it will clean the air of formaldehyde and benzene.

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Did you know that on January 10th we celebrated "Houseplant Appreciation Day"? I can't think of a better way to spend the day, celebrating the wonderful work plants do in our homes to keep our air clean and houses pretty. There was a Clean Air Study carried out by NASA back in the 1980's that showed that there are several plants that do a wonderful job of detoxifying our homes from the airborne pollutants that come from cosmetics, detergents, furniture and even the very building materials used in the house's construction. Various other researchers have since climbed on the wagon to discover the best plants for filtering the air we breathe, and we have compiled a list of our favourite air filtering plants below.



ALOE VERA PLANT

Every home should take advantage of the clever aloe. The gel inside the thick juicy leaves provides instant relief from burns, but the plant also fights against toxins in the air from detergents. A great plant for the kitchen windowsill, keep in full light and water sparingly.



SPIDER PLANT

One of the easiest plants to keep, non toxic to pets, and famous for combating carbon monoxide. It's almost impossible to kill, as proven by my somewhat neglectful husband.



PEACE LILY

Pick a spot for this plant away from the windowsill but where they can see light. Allow to dry out and for the leaves to droop before giving a good soaking to revive. The peace lily is great for neutralising toxic gases like benzene, formaldehyde, and carbon monoxide.

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