

Health Reflections



Sugar: The Sticking Point.



Is there anything stickier than sugar? The refined, industrially produced sort – white sugar, brown sugar, icing sugar, syrup etc.? As a growing plant, there should be no problem, but as a commodity modified by man? Its history, its pervasiveness, its effect on physical and mental health – it all seems a bit messy and difficult to clean up.

Some may have never realised that refined sugar poses problems. For others, the thought of abstaining from this addictive substance is too hard to entertain. But ignoring a problem doesn't make it go away, and opening up an honest discussion and making support available seems crucial if we are to make peace with the issues it brings.

In the inclusive quest for health, I try not to vilify any food. However, Dr Natasha's latest book plainly states how -

“Sugar is a perfect food for pathogenic microbes in the gut. There can be no healing in the digestive system or anywhere else in the body without complete avoidance of table sugar.”

The spirited Dr Sarah Myhil echoes the view that -

“...our gut is already teeming with microbes, but over thousands of years of evolution we have come to live symbiotically (mutually supportive) with the least harmful of them. However, provide sugar and the harmful flourish.”

Homeopath Ton Jansen clearly repeats the message -

“High sugar diets will in time cause low-grade infections and inflammations throughout the body, which is the precursor to many chronic health problems.”

And back to Dr Natasha's warning about sucrose -

“Apart from causing the blood glucose rollercoaster and having a detrimental effect on the gut flora, it has been shown to have a direct damaging effect on the immune system...”

A big round of applause then to charitable initiatives such as the 'Sugar Free February' fundraiser. Naturally this particular challenge is not aimed at the established GAPS community who have long learned – due to chronic illness - not to partake in the consumption of refined sugar. But GAPSters do have years of practical experience to share, should anyone need guidance. Professional homeopathic care can also support individuals who feel ready to address sugar addiction, be it purely for personal health reasons or spurred on by the idea of helping a charity.

Foregoing sugar can be rough and emotional - unless we can fuel the body with more sustainable foods, address grievances and aid our chemistry through the transition. A supportive practitioner at the other end of the phone can be invaluable e.g. to remind us that a sugar craving is not necessarily ours, but the result of hungry pathogens communicating their own agenda for their own survival.

Overleaf is a selection of nutritious snack ideas to see you through the initial phase of a sugar-free – or rather a nutrient-rich - life. Once blood sugar levels settle down, such snacking may not be a necessity, but right now we need to practise self-kindness and provide the body with all the goodness that sugar was previously replacing.

Let's experience true nourishment.

THINK BEFORE YOU SPEAK ♥ READ BEFORE YOU THINK*

Gut and Physiology Syndrome: Dr Natasha Campbell-McBride (Medinform, 2021);

Prevent and Cure Diabetes – Delicious Diets, Not Dangerous Drugs:
Dr Sarah Myhil (Hammersmith Health Books, 2016);

Sachharum officinale: National Center for Homeopathy (www.homeopathycenter.org, 2021);

Fighting Fire With Fire: Ton Jansen (International Academy HDT, 2020);

Benefits of Going Sugar Free: Cancer Research UK (www.cancerresearchuk.org, 2021).

*Fran Lebowitz - Social Studies

Hit the Spot Pots

A batch of nutrient-dense snacks can provide us with handy go-tos for when sugar cravings strike. Natural fats help stabilise blood sugar, nourish the endocrine and nervous systems and satiate the appetite. If not already on GAPS, then limiting commercial cereals may further the health benefit in the long run.

For palatable single-serve portions, small lidded glass jars are perfect. From both human health and environmental perspectives, this is preferable to a reliance on leaching, single-serve plastic containers.

With time and with homeopathic support and sound nutrition, many of us can work toward restoring an ability to self-regulate blood sugar levels. Once there, snacking will no longer need to feature day-to-day but the following morsels may still be incorporated into picnics, lunchboxes and birthday parties. Enjoy!

Ghee and Honey – Prepare an equal mixture of organic ghee and honey. Store in 40ml / 1oz transportable jars. If preferred, use coconut oil instead of ghee. A spoonful of either mix is recommended in the early stages of GAPS to stave off nausea/symptoms of microbial die-off.

Eggs – A hard-boiled, ready peeled egg is an easy snack. Pop one in a jar with a sprinkling of good quality salt.

Crispy Nuts – Soak several cupsful of nuts in clean water overnight (to remove antinutrients) then layer on a dehydrator tray or an oven sheet. Dry to a crispy consistency over the course of 24 hours at roughly 37°C / 100°F. Alternatively place soaked nuts in a strong blender for up to 20 minutes to make nut butter – add a dash of olive oil if the mixture needs loosening, and a pinch of salt and honey if desired. Serve on apple slices.

Carrot Salad – Get in an extra dose of nutritious olive oil by drizzling it generously over grated carrots, sliced onion, fresh parsley, a dash of lemon juice, salt and pepper. Serve with a boiled egg or a mackerel fillet.

Tapenade – Blitz together 200g stoned black olives (without unnecessary additives), 1 clove of garlic, 2 anchovies and 2 tablespoonsful of olive oil. Refrigerate in 41ml/1oz jars for a savoury pick-me-up, spread on strips of meat or on dehydrated beetroot slices.



Chicken Mayo – Rev up leftover meat from your stockpot with homemade mayonnaise. Take the tall narrow jar that came with your stick blender and put 2-3 perfectly fresh raw egg yolks in it. Add a twist of salt and pepper, 1 tablespoon each of lemon juice and apple cider vinegar and a large dollop of good quality wholegrain mustard. *Very gently* add 250ml each of olive oil and cold-pressed avocado oil in a layer that sits on top of the other ingredients. *Very gently* lower your stick blender to the bottom of the jar and pulse to blend the egg layer first. Slowly lift the blender to incorporate the oil layer, pulsing then changing to a continuous blend. In the rare event that the mayonnaise doesn't thicken, add a tablespoonful of unrefined coconut oil, blend and refrigerate until set.

Cocktail Sticks – Go retro with your own selection of cubed raw cheese, olives, plain smoked fish (no sugar!) or additive-free meat. Store in glass containers.

Guacamole – Mash the flesh of two ripe avocados with a tablespoon of lime juice and a small diced red onion. Snip in a small bunch of coriander and a small amount of chillies, if tolerated, and refrigerate. Enjoy a dollop on top of a small salad pot or serve spread on roast chicken skin.



Homemade Liver Pâté – Whip up a nutritional powerhouse by sauteeing 2 chopped onions in half a block of good quality butter. Add roughly 400-500g of high welfare liver (from an antibiotic free farm if possible) and cook over a medium heat until cooked through. Use a blender to incorporate all ingredients, adding lemon juice, sweet paprika, salt and pepper to taste. Serve on cucumber slices, or with crackling.

Sardines in Pesto Sauce – In a blender, combine a big bunch of fresh basil, a handful of soaked nuts, a handful of raw parmesan flakes, a dash of citrus juice and a clove of garlic. Add enough olive oil to blend to a paste, combine with chopped sardines and refrigerate.

Custard Pots – Beat 4-5 free range eggs and add roughly 400ml of coconut milk (additive free if best). Add a teaspoonful of vanilla powder and a squeeze of honey. Incorporate well, pour into oven-safe jars or ramekins and bake at 140°C until the skin browns. Cool and refrigerate.



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AUDE SAPERE – MENTRA WYBOD – DARE TO GET IT

Elin Alaw – Professional Homeopath and G.A.P.S.™ Practitioner
elinalawhomeopath@yahoo.co.uk / 07989 491 417 / www.elinalaw.com