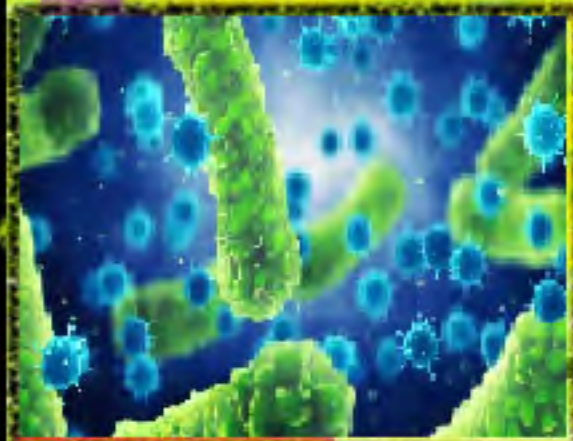




@L I V E!



By Expert Researchers



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2020 Issue.



The Gut Microbiome

There are trillions of bacteria and fungi that live in the human body (and on it). The majority of them is found inside the gut system, from the mouth and all the way to the other end, with the vast majority of them in the lower intestine. The amount of microbial cells in the human body outnumber the amount of human cells and the microbial genes also outnumber the amount of human genes. So in a way we are more microbes than humans. These tiny organisms that have our body as their home, weight all together roughly the same amount as our brain and play a major role in the processes of metabolism, the proper functioning of the immune system, how much we weight, our appetite and even our mood. As the neurons of each individual's brain are unique to that person, so is the microbiome of each individual and as dynamic our relation is to our neural pathways so is our relation with our microbial little friends. Scientists continue to investigate these new discoveries but one thing is certain, that these organisms are essential to the functions of our bodies so we need to look after them and do what we can so they prosper and with them we shall too.

Here are a few ways that you can help your microbiome grow strong and healthy:

1) Eat more fibre!

Fibre is the most important prebiotic, meaning the favourite food for the most common beneficial bacteria of the gut so by providing them with lots of it, they will multiply and take down the numbers of other harmful bacteria while their increased number will allow for better food processing along with several other benefits towards the good health of the body. Other prebiotic foods include spinach, leek, onions, bananas, asparagus and garlic.

2) Eat a variety of fruits and vegetables!

There is a large variety of species of beneficial bacteria and they all have their own preferences of food so by supplying them with a large variety of vegetables and fruits you ensure that they all grow strong and that they will provide you with all their beneficial effects.

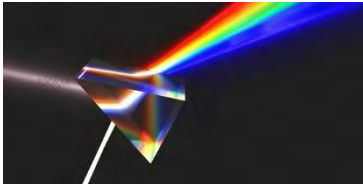
3) Eat fermented foods (probiotics)!

The microbiome is a fragile ecosystem and in today's western way of life it is easy for balance to be lost. Bad habits, overusing antibiotics, crappy food and other common elements of our lives will disrupt this ecosystem with detrimental effects to our health. But do not despair! By eating fermented foods like yoghurt, kefir, sauerkraut, kimchi and others you are sending reinforcements of bacteria down your gut to help restore the balance by recolonizing it.

So starting today, keep in mind to look after your tiny friends and they will look after you in return, allowing you to live a healthier, better life!

By Dr. Costas the Greek

Eat the Rainbow



As a Colour Nutritionalist. Colour plays a very important role in our life, and in our health. First we must define colour. Colour is light. Light travels to us from the majestic sun and onto our Atmosphere and is turned into frequencies that we will identify as the colours of the rainbow. Red, Orange, Yellow, Green, Blue, and Purple. The colours have majestic healing and recovering

properties that help us maintain a much healthier result by balancing our mood, behaviour and mental state.

As we bathe in the rainbow light each day since it can be very beneficial for our health, it brings me to the point that we must consider the question of what we actually feed our body (?) What our body needs us to eat in terms of colour, so we can incorporate the rainbow foods in our diet every day. By eating all the colours of the rainbow you get the vitamins and the nutrients you need for the day according to each colour.



Let us see together this properties by colour. Shall we?



Red.

Red fruits and vegetables are nature's powerhouse on nutrition and benefits. Containing phytochemicals including lycopene and ellagic acid which makes red foods have cancer-fighting benefits, and could reduce the risk of diabetes and heart disease, and a host of other benefits.

Healthy red foods include tomatoes, red pepper, red onions, radish, red beans, beets, strawberries, raspberries, cranberries, watermelon, rhubarb, red apples, cherries, and pomegranate.

Orange & Yellow.



Orange and yellow fruits and vegetables are packed full of nutrients. They are rich in Vitamin C and carotenoids, including beta-carotene, which promotes healthy vision and cell growth. Citrus fruits contain hesperidin that increases blood flow and could help prevent strokes.



Healthy orange and yellow foods include the vitamin A superfoods (pumpkin, winter squash, sweet potatoes and carrots), sweet corn, yellow summer squash, yellow and orange peppers, orange lentils, citrus fruits (lemons, oranges, grapefruit, and pomelos) pineapple, star fruit, papayas, cantaloupe, peaches, and apricots.

Green.



Green coloured fruits and vegetables are some of the healthiest foods you can eat. They are rich in lutein, isothiocyanates, isoflavones, and vitamin K, which is essential for blood and bone health. Leafy green vegetables are loaded with antioxidants and folates: a nutrient that is especially valuable for pregnant women. Greens like Kale has as much calcium as milk and cruciferous vegetables, like broccoli could enhance your immune system and contain properties that could block cancer.

Healthy green vegetables and fruits include leafy vegetables (kale, romaine lettuce, collard greens, spinach, Swiss chard, bok choy, and arugula), broccoli, Brussel's sprouts, asparagus, zucchini, edamame, green beans, celery, cucumbers, peas (green peas, snow peas, snap peas), avocado, kiwi, green grapes, and green apples.

Blue and Purple.

Blue and purple foods contain anthocyanins, powerful antioxidants that may help protect cells from damage and could reduce the risk of cancer, stroke, and heart disease. Beetroot, radishes, and purple cabbage are full of nitrates that can help lower blood pressure naturally. Fruits especially the darker colour the better, contain phytochemicals that are known to repair damage from stress and inflammation.



Healthy purple food includes eggplant, purple cabbage, beetroot, radishes, purple carrots, black olives, berries (blueberries and blackberries), passionfruit, purple grapes, purple plums, prunes, and dark cherries.



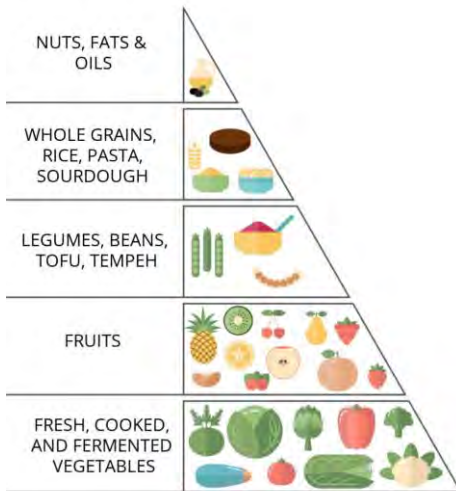
White and Brown

While these foods are not as bright as the other colours, they still contain helpful nutrients. Cauliflower is a cruciferous vegetable rich in a healthy compound called sulforaphane. Garlic and onions are in the allium family of vegetables and contain the powerful compounds allicin and quercetin that help to reduce the risks of cancer and have anti-inflammatory properties. And selenium which can be found in mushrooms plays a key role in supporting the immune system.

Great white foods to eat include cauliflower, garlic, shallots and onions, leeks, parsnips, white beans (cannellini, lima beans, navy beans, and soybeans), bananas lychees, white peaches, and white nectarine. Super brown foods include potatoes, brown lentils, mushrooms, Jerusalem artichoke, dates and Bosc pears.

By Dr. Anastasia the Cypriot

How to obtain a healthy gut microbiome.



FOOD PYRAMID FOR GUT HEALTH

We have already talked about the microbiome in our magazine. Now how do we help our microbiome in its function?

One of the most important things to do is to eat a wide variety of non-processed foods in all different kinds of colours. And to introduce as much plant based food sources as possible is also strongly recommended.

But we can go one step further. We can also ferment a variety of foods.

Fermented foods are rich in prebiotic bacteria so by consuming fermented foods you are adding beneficial bacteria and enzymes to your overall intestinal flora, increasing the health of your gut microbiome and digestive system and enhancing your immune system.

You have most likely been eating fermented foods your whole life without even realising it. So many of the everyday staples we take for granted – like wine, tea, cheese, sourdough bread and chocolate – are made using different fermentation processes. We are going to talk here specifically about lacto-fermentation which uses lactic-acid-producing bacteria.



Fermented foods have the following benefits:

Digestion and absorption

As some of the sugars and starches in food have been broken down through the process, fermented foods are easier to digest. For example, fermentation breaks down the lactose in milk to simpler sugars – glucose and galactose – which, if you are lactose intolerant, can make products such as yogurt and cheese potentially easier to digest.

Synthesis and availability of nutrients

Fermentation can also increase the availability of vitamins and minerals for our bodies to absorb. Additionally, by boosting the beneficial bacteria in your gut, you are promoting their ability to manufacture B vitamins and synthesise vitamin K.

Immune functions

A large proportion of the immune system is housed in the gut. By consuming probiotic-rich foods, you are supporting the mucosa (gut lining) as a natural barrier, making the immune system more robust. A lack of beneficial bacteria allows disease causing microbes to grow causing inflammation in the gut wall. If you have recently taken a course of antibiotics, probiotic foods are particularly helpful.

Phytic Acid

Some natural compounds that interfere with the absorption of nutrients can be removed by fermentation. Phytic acid, for example, which is found in legumes and seeds, binds minerals such as iron and zinc, reducing their absorption when eaten. However, phytic acid can be broken down during fermentation so the minerals become available.

Mood and behaviour

The gut and brain are linked. Without going too technical, the gut is lined with neurons that can influence our emotions and feelings. Serotonin – a neurotransmitter involved in mood – is made in the gut and research further suggests that as probiotic bacteria contribute to a healthy gut, they are also linked to a healthy mind.

How does it happen?

All vegetables are covered in the good bacteria lactobacillus, and when you slice up, grate and squeeze them with salt, they release their juice, which mingles with the salt to create a brine. Once contained within this briny environment, lactobacillus multiplies and begins to break down the ingredient, digesting the natural sugars and transforming them into lactic acid, which creates the tangy flavour and a sour environment that keeps the growth of nasty bacteria at bay. **Fermenting food at home**

The brilliant thing is that it's very simple to do at home – all you need are some sterilised jars, vegetables, muslin, water, salt and a bit of patience.

Save your pennies and make your own fermented foods. It's easy and they are a great backup when there are no fresh veggies in the fridge or you don't have much time to cook. Choose vegetables that are fresh, local and organic, as your ferment will be only as good as the ingredients you use. You can ferment any vegetable but some work better than others. Cabbage is easy, as are radishes, carrots, turnips, apples and beetroot. The fermentation process creates a distinctive sour flavour but experiment to discover what you like.

Include prebiotic¹-rich foods too such as onions, asparagus, leeks and artichokes. These fibre-rich foods feed the good bacteria in the gut.

Key Steps to Fermenting Vegetables

Fermenting vegetables might seem like a daunting task, but really, the steps are pretty simple.

Evenly cut ingredients.

While you can ferment any vegetable you like, you'll want to make sure the ingredients in your jar are roughly the same shape and size. This will ensure that they all ferment at the same rate.

¹ Prebiotics are foods (typically high-fibre foods) that act as food for human microflora. Prebiotics are used with the intention of improving the balance of these microorganisms. Prebiotics are in foods such as whole grains, bananas, greens, onions, garlic, soybeans and artichokes. In addition, prebiotics are added to some foods and available as dietary supplements. Side effects are rare, and most healthy adults can safely add foods that contain prebiotics to their diets.



Salt brine.

Pack your fermenting jars with the vegetables and cover them with saltwater (3 to 5% salt to the water).

Keep everything submerged.

The key to Lacto-fermentation is that it all has to happen in an oxygen-free environment. If any of the vegetables are exposed to oxygen, you'll see your not-so-friendly mould appear. You can keep the ingredients submerged by nesting a smaller jar in a larger jar, placing a glass weight in the jar, or covering the ingredients with a cabbage leaf.



Taste your fermenting veggies.

Fermentation is done when the veggies taste good to you. Fermentation can be fast or slow, depending on the temperature and the vegetables. So grab a taste every day or so to check flavours.

Store your fermented vegetables

In a cool place once they have reached a flavour that you like. The refrigerator or a root cellar are great options. Cooler temperatures slow down fermentation, so your veggies will stay good for months!

HOW TO – EASY RECIPE.

This simple recipe is designed to be more of a guideline rather than a set recipe. Use whatever vegetables and whatever seasonings you like, and as long as you follow the fermenting steps you'll have tasty, probiotic-rich snacks at your fingertips.

Ingredients

- 4 cups vegetables of your choice, washed and peeled (if desired), and cut into roughly evenly-sized pieces
- Seasonings of your choice (clove of garlic, half a capful of red chili flakes, and a spoonful of black mustard seeds.)
- 4 cups chlorine-free water
- 2 tablespoons of unrefined² sea salt

² Unrefined sea salt is either gray or pink and contains more than 80 naturally occurring minerals and elements essential for optimal health and does not contain anti-caking agents.

Instructions

1. Fill a clean, wide mouth jar with the chopped vegetables, leaving at least 3 to 4 cm of headspace.
2. Add any seasonings you like.
3. In a measuring cup, mix together 4 cups of water with 2 tablespoons of unrefined sea salt, until the salt has dissolved.
4. Pour the salt water brine over the vegetables in your jar, leaving 1, 5 cm of headspace.
5. Place a smaller clean jar (or other weight) inside the first jar to keep the vegetables submerged below the brine.
6. Cover the jars with something breathable. (I like to use a paper coffee filter with a rubber band to hold it in place. Several layers of cheesecloth or a tea towel would also work well. If you choose to use a tight-fitting lid, you will need to open the jar every day to let some of the gasses escape).
7. Leave your vegetables to ferment on the counter for 2-3 days. (The ideal fermenting temperature is around 24°). Check them daily to be sure all the vegetables are staying below the brine. By 2-3 days, you should start to see some tiny bubbles forming at the top of the brine.
8. Start tasting your vegetables after 2-3 days. Once they reach a flavour that is to your liking, you can remove the weight, cover the jar tightly, and place the fermented vegetables in the refrigerator. They are ready to enjoy!



ENJOY!

By Dr Rudi the Belgian

The Game.

Dr Costas, Dr, Rudi and Dr Anastasia have created a game where you and you children can play the famous game of Snake & Ladders with a "Did you know?" Trivia Twist where each question marks leads to a "Did you know?" Fact! Where it can be educational and fun at the same time! Let's Play and Enjoy!



1. Did you know? That Strawberries are very good in magnesium and potassium content both of which are very effective in lowering high blood pressure!
2. Did you know? That eating a piece of Cheese after every meal helps to neutralize the plaque acids in your mouth, which that helps the cavities away!
3. Did you know? White Rice provides energy as it is full of carbohydrates!
4. Did you know? Tomato is actually a fruit and not a vegetable!
5. Did you know? Chicken as a meat has been depicted in Babylonian carvings from around 600 BC.
6. Did you know? A serving of goat cheese delivers 6 grams of filling protein along with a powerful combination of calcium, phosphorus and copper, nutrients that are essential for healthy bones
7. Did you know? That if you've high blood pressure, you might like to avoid it because hot dogs have a very high amount of sodium and fat.
8. Did you know? Pasta has many health benefits, as it is low in calorific value and contains various nutrients and minerals.
9. Did you know? Chocolate has high fat and sugar content. Its consumption has been associated with acne, obesity, high blood pressure, coronary artery disease, and diabetes.
10. Did you know? Hummus Is Crazy Healthy! Low in saturated fat and high in fibre and protein, hummus also offers complex carbohydrates to make you feel satisfied and full.
11. Did you know? That Broccoli is the no 1. Food rich in Vitamin C
12. Did you know? Eggs are rich in several nutrients that promote heart health, such as betaine and choline
13. Did you know? Apples contain a soluble fibre called pectin and flavonoids that help to lower cholesterol and clear arteries, making them a heart-healthy fruit
14. Did you know? Soda consumption leads to higher risks of cancer. One study with over 60,000 participants found that drinking just 2 or more sodas per week leads to an 87% higher chance of developing pancreatic cancer compared to not drinking soda.
15. Did you know? Well you are in for a surprize: All white bread still has some protein, vitamins, and minerals, in part because refined flour is required by law to be "enriched," which means certain nutrients are added back to it after processing, like folate and iron.
16. Did you know? Greek yogurt is an excellent source of protein, calcium, potassium, zinc, and vitamins B6 and B12.

17. Did you know? Green peas contain a decent amount of heart-healthy minerals, such as magnesium, potassium and calcium

18. Did you know? Potato chips are bad, and not because they're high in fat or calories. Instead, it's because burnt chips, and certain other foods, contain a chemical known as acrylamide that could increase one's cancer risk.

19. Did you know? Red meat is rich in iron, vitamins B12, and zinc.

20. Did you know? One banana can provide nearly 10 percent of your daily fibre requirement. Vitamin B6 can also help protect against Type 2 diabetes and aid in weight loss.

21. Did you know? Potatoes are rich in compounds like flavonoids, carotenoids and phenolic acids. These compounds act as antioxidants in the body by neutralizing potentially harmful molecules known as free radicals. When free radicals accumulate, they can increase the risk of chronic diseases like heart disease, diabetes and cancer

22. Did you know? French fries have a lot of fat and salt that could raise the risk of cardiovascular disease

23. Did you know? Oats are among the healthiest grains on earth. They're a gluten-free whole grain and a great source of important vitamins, minerals, fibre and antioxidants. Studies show that oats and oatmeal have many health benefits. These include weight loss, lower blood sugar levels and a reduced risk of heart disease.

24. Did you know? Milk is one of the most nutritious drinks in the world. It's not only rich in high-quality protein but also an excellent source of vitamins and minerals, such as calcium, vitamin B12, and riboflavin. For this reason, it may cut your risk of osteoporosis and reduce blood pressure.

25. Did you know? The burger is a diet rich in cholesterol and saturated fat. Double hamburger contains considerable amount cholesterol making burger unhealthy due to high sodium diet that leads to high blood pressure as well as increased chances of suffering from stroke and other kidney diseases

26. Did you know? Salmon is brimming with omega-3 fats, which have been shown to reduce the risk of high blood pressure, Alzheimer's and rheumatoid arthritis. Salmon also contains vitamin B 12, which has been shown to help lower the risk of coronary heart disease.

