

Nodens' Table Newsletter, June 2007



Hello again, welcome to the June edition of the Nodens' Table newsletter. Please pass it on to your family and friends. This month we have a [savoury shake recipe](#) for you to try, an article about [The Glycemic Index](#) and an exciting offer to help you boost up your health, ready for summer - whenever it gets here! Hope you like it.

Forthcoming Events

1) GET SET FOR SUMMER!

We are having a relaxed, informal and no-obligation evening for people who want to taste and try out [Herbalife](#) products. Come along and find out how this range of healthy-eating products can help you get set for a fantastic summer!

Date: [Wednesday 13th June 2007](#)
Time: [6.30pm - 8pm](#)
Venue: 50/11 Albion Road, Edinburgh,

Please get in touch to find out more and book your place.

2) DO YOU WANT TO LEARN HOW TO LOOK AND FEEL FANTASTIC?

An evening of networking and self discovery. Amanda from [Hygeia's Herbs](#) and Leigh, from [Aspect Image](#) have teamed up to provide you with an exciting evening of top tips to keep you eating healthily, as well as looking and feeling fit, healthy and fabulous.

This month we look at ideas for [healthy eating](#) and [fantastic fashion](#) to help you find that diva you always knew you were.

Date: [Wednesday 20th June](#)
Time: [6.30pm - 8pm](#)

Location: The English Speaking Union, 23 Atholl Crescent, Edinburgh

Cost: £5 (redeemable against a body fat test or a quick colour tone analysis).

For extra information and to book a place, please contact Amanda on amanda@hygeias-herbs.co.uk.

3) NODENS' TABLE NEXT EVENT

Our next [Nodens' table](#) event will be held on [Tuesday 3rd July from 7pm - 9pm](#). We will meet at 50/11 Albion Road, same as usual. This month we have fantastic fitness instructor [Tracy Griffen](#)

coming along to talk to us about getting moving and staying fit. She's so good at what she does and is a great motivator. Please come along to say hello and learn something new.

Recipe Corner

Why not try out this fantastic savoury shake recipe?

Pesto Sauce

Mix together equal quantities of Italian Pesto, low fat fromage frais, 2 scoops of Vanilla Formula 1, crushed garlic, salt and pepper to taste. Serve as a dip with raw carrots and celery.

You can also mix Formula 3 (personal protein powder) in with soups and pasta sauces to increase the nutritional quality of your meals.

Why not give it a try?

The Glycemic Index

The following is based on an article I recently wrote for www.LothianLife.co.uk

Magazines and the media seem to be full of buzz words for this trendy diet and that latest supplement – leaving us wondering what the best approach for eating a healthy, balanced diet and maintaining an ideal body weight actually is.

The Glycemic Index (GI) was derived by Dr. David Jenkins and his colleagues in 1981 at the University of Toronto. It is basically a ranking of carbohydrates, according to the effect they have upon blood glucose levels. Not all 'carbs' are equal – some are bad for you and others are good. The speed with which a particular carbohydrate is absorbed by the body is dependent on a number of factors, e.g. the type of starch it is made of, the fat content of the meal and its acidity. The way in which foods are prepared will also affect their GI value, as does the presence of dietary fibre.

The index scores carbohydrates up to a maximum of 100. High GI carbohydrates (those ranked at 70 or above) are digested quickly and lead to high levels of blood sugar soon after eating. They are ideal for rapid fuelling after exercise, when energy levels are depleted and need to be built up again, or for a person with diabetes experiencing hypoglycemia. A diet consisting predominantly of high GI carbohydrate can lead to weight gain and poor health, since it leads to peaks and troughs of blood sugar levels and pushes our bodies to extremes. Moreover, we quickly become hungry again after rapidly digesting our food.

Low GI carbohydrates (those ranked at 55 or less) are digested and release glucose into the blood far more slowly, leading to smaller fluctuations in blood sugar levels. Eating predominantly low GI carbohydrate is the key to good health and sustainable weight loss. Other advantages of eating low GI 'carbs' include:

- Feeling fuller for longer after eating
- Reduce risk of heart disease
- Lower cholesterol levels
- Balanced energy levels
- Prolonged physical endurance

A quick and easy to use guide for calculating the GI value of the carbohydrate in your diet can be found online at www.glycemicindex.com. The following table will give you a general idea. Please ask me if you want a copy of my more comprehensive list.

Food	GI value
All Bran	51
Bran Flakes	74
Cornflakes	83

Natural Muesli	54
Apple	38
Banana	56
Prunes	15
Pineapple	66
Baked Potato	85
Pretzel	83
Doughnut	76
Plain Yoghurt	14
Macaroni	46
Skimmed Milk	32
Soy Milk	31
Baked Beans	44
White Bread	70
Orange Juice	46

Special Late Spring Sale



At Hygeia's Herbs we are clearing put our cupboards and making way for new summer stock. I am currently offering selected supplements on a 3-for-2 basis, but only while stocks last. Please get in touch to find out more.....

That's it for June, see you in July!

Love
Amanda x