

Curves Mail



November/December 2008

Member in Focus

Jackie Weedon

Not the X but the Feel Good Factor!

I'm not fat, not thin, a little overweight I would say, just a bit uncomfortable. I have been saying to myself for years in fact is it me or my clothes? It's ok to get bigger sizes. One morning my husband unexpectedly suggested going on a Cruise for Christmas. I was delighted! We had been on a cruise before and I had loved it and to go again was great. Just one problem; the evening dresses that I had bought for the cruise only last year did not fit me. I had only worn them once. So the answer was to slim down a bit. I hate diets. To tell the truth I feel that I have been on every diet going for the last 45 years. Losing weight and putting it back on again. I am sure that almost everyone reading this has done the same. The good news that came along was that Curves was opening a new facility in Romsey. Not knowing what it was about I said to Terry, my husband, shall I have a go? His reply was what again?! I wanted to do it for my holiday in December. Getting delayed by a late train at the station I'll just see what they have to say and I'm so pleased that I did. Debbie, Lyn and Beth were lovely and made me feel welcome, didn't make me feel too old (I'm 68) and arranged an appointment for me to find out what it was all about. I've been now for a couple of months or so every morning by my own choice. I go nice and early and it sets me up for the day. I've always loved dancing and the music played on the circuit is just what I need. I see some of the other ladies singing away. It's so cheerful. The girls are there to help and show you the ropes. When I finish the circuit there is stretching to do. Now that's the time to catch up with the gossip! When I reach my goal I look forward to coming to Curves for my daily workout. For me it's what I need. It does me good and most of all I enjoy it.

And guess what? I can get into my dresses now!

Pounds lost: 8

Inches lost: 11.5

Breast Cancer

Awareness

October was a great month at Curves! We managed to raise **£1,001.57** for Breast Cancer Awareness, with over **£760** of that coming from new membership sign-ups! Thank you to everyone who brought in their books, entered the raffle, bought pins and displayed donation certificates for their loved ones! Your donations will make a huge difference to women's lives all over the UK.

Food in Focus

Let's Go Nuts!

For a healthy snack between meals you just can't beat nuts. It is a commonly held misconception that nuts are fattening. Although the overall fat content may be high the saturated fat content is low. The remaining fats are unsaturated or 'essential' ie the body cannot make them and we have to get them from our diet. These essential fatty acids (EFA's) are vital for healthy functioning of the immune, musculo skeletal, cardiovascular, digestive, nervous and endocrine (hormonal) systems. Almonds in particular provide many positive health benefits. They have been found to lower Ldl Cholesterol and reduce your risk of heart disease. Almonds are a great source of vegetarian protein, fibre, calcium and magnesium. Eating almonds with carbohydrates significantly lowers the glycaemic index of the carbohydrate and thus the subsequent rise in blood sugar levels. In this way they work well to keep hunger at bay partly because of the high fat and high protein content.

Upcoming Rewards!

- Attend 3 times during the week commencing 24th November to earn £1 Curves Cash!
- Attend 3 times a week every week in December to be entered into a raffle to win a £30 Marks and Spencer gift card!

Well done to Cathy who completed the 18 mile walk along the Test Way on 12th October! Thank you to everyone who sponsored Cathy. We managed to raise over **£230** for the Romsey Family Support Group!

Food Sensitivities – Could yeast be your problem?

Are you finding it difficult to lose weight? It might be worth considering whether sensitivity to yeast (or other foods) is holding up your progress. Erica White Dip ION author of “**The Beat Candida Cookbook**” says that finding and avoiding a culprit food will often lead to a very encouraging weight loss. When you eat a specific food which you don't realise is causing you problems your immune system reacts by trying to dilute it to reduce its adverse effects. The result is water retention and subsequent weight gain. If the culprit food can be identified and avoided this unwanted fluid can be readily eliminated causing a significant weight loss. A food sensitivity is often caused by a leaky gut (intestinal permeability).

The most common cause of a leaky gut is an overgrowth of the yeast organism *Candida Albicans*. Other symptoms associated with an overgrowth of *Candida Albicans* are bloating, gas, indigestion, IBS, low energy, thrush, recurrent infections, low blood sugar, depression, PMS and urinary tract infections.

If you suffer from any of the aforementioned symptoms and have a history of taking antibiotics, the contraceptive pill, HRT or other immune system lowering medications, crave sugar/carbohydrates and have suffered unremitting stress then you may well have developed a sensitivity to yeast.

Antibiotics and stress lower the levels of 'friendly' bacteria which reside in the intestines. In healthy individuals these should make up 85% of the organisms that live there. They perform vital functions involved in the digestive process and strengthening our immune systems. When the delicate balance is lost opportunistic yeasts and other pathogenic bacteria become the dominant organisms which place a burden on the immune system, disturb bowel function and create havoc with our hormonal systems.

Following an anti-candida regime can lead to surprising amounts of weight loss, even in the first month. This is because someone with an overgrowth of yeast will have developed sensitivity to yeasty foods in their diet with the result that they have retained fluid. Once all yeasty foods are avoided they start to eliminate unwanted fluid. A person with an overgrowth of *Candida* will often crave simple carbohydrates and sugary foods because this is the main source of nutrients for the yeast. So when you crave that chocolate bar or glass of wine it may be yeast crying out for a picnic!!!

For more information on the anti-candida diet see Debbie.

Debbie Hingley Dip ION

Recipe of the Month: Thai Baked Cod

Ingredients

Juice and grated zest of 1 lime
½ a piece ginger root, grated
1 stick lemon grass, sliced finely
2 cloves garlic, crushed
1tsp tamari or soy sauce (not included for anti-candida)
1 mild, fresh red chilli, deseeded and finely chopped
3 oz (85g) cod fillets

1. Mix together the lime juice, lime zest, ginger, lemon grass, crushed garlic, tamari and chilli. Beware when you chop chilli, wash your hands immediately after, since the oil is an irritant.
2. Place the cod fillets in a baking dish
3. Pour the lime mixture over the fish, turning it so it is well coated. Leave to marinate in the fridge if time.
4. Cover with lid or foil and bake in a preheated oven (180C/350F/gas mark 4) for around 20 minutes (or until cooked – this will depend on the thickness of the fish).

Taken from 'The Holford Diet' Patrick Holford
www.patrickholford.com