

Mindful



Health

Newsletter

Vol. 1 • Issue #5

This newsletter comes to you because of an overwhelming request for more information on Splenda. I thought I would shed some light on blood sugar in general and give you all some insight into the alternative sweeteners out there.

Obesity is at epidemic proportions in America and it is due in part to blood sugar issues and insulin resistance. It is important to keep your blood sugar at a steady level in order to prevent mood swings, constant hunger, stored insulin (the pouch that forms on your lower abdomen), increased stress, and dips in energy. High blood sugar levels are usually a result of eating white flour products, white rice, and sugar. When a person eats these foods their body produces high insulin levels which in turn is stored as fat. Blood sugar is regulated by eating frequent meals, every 3-5 hours, and by eating complex carbohydrates, protein and healthy fats such as olive oil, avocado, and nuts. This way of eating keeps insulin levels low, which in turn helps you to burn fats more efficiently.

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“HEALTHY” SWEETENERS

Stevia: This herb is native to Paraguay and it is extremely sweet. It is often recommended for diabetics or for hypoglycemics because it does not affect blood sugar. The FDA has approved this herb but they have categorized it as a supplement so look for it there. It is sold in a liquid form or in a powder. I recommend this sweetener but personally I do not care for the taste.

Xylitol: Xylitol is a naturally occurring sugar found in many fruits and it is even produced in the body in small amounts. It is a white crystalline substance that looks and tastes like sugar. Xylitol is excellent for Type II diabetics and it is actually beneficial for your teeth. It is sold in individual packets or in larger containers. I highly recommend this sweetener.

Splenda: Splenda, also known as Sucralose, is being touted as the new healthy alternative to Equal or Sweet'n Low. I do not recommend this sweetener at all. Sucralose is a chlorocarbon, which has been linked to organ and reproductive damage. Dr. Newkirk, one of my teachers and a naturopathic doctor, says on the topic, “The testing of sucralose, even at less than the level demanded by FDA rules, reveals that it has been shown to cause 40% shrinkage of the thymus gland — the foundation of our immune system.”

TIP OF THE MONTH

Switch to xylitol instead of sugar. Start out with small amounts such as 2 teaspoons because it can have a fiber-like effect. The next page has a recipe to practice cooking with it. Enjoy!

Confused about all of the health theories that are out there? Looking for some answers?

Do you want to have a unique program tailored to your lifestyle and needs? Why not consider a compassionate health and nutrition program made to work for you? Call Nicole Glassman at (212) 452-3491 for a free consultation or e-mail her at Nicole@mindfulhealth.biz

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Here is a recipe using Xylitol from Sweeten Your Life the Xylitol Way. Enjoy!

CHOCOLATE CHIP COOKIES

- 1/4 cup unsalted butter
- 2 tablespoons unsweetened applesauce
- 3/4 cup xylitol (add a little more if you use the unsweetened chocolate bars)
- 1 egg
- 1 teaspoon vanilla extract
- 1 cup plus 2 tablespoons spelt flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 4 oz malitol-sweetened dark chocolate bars, chopped (or unsweetened chocolate squares. If using these, add 1 cup xylitol)

In a large bowl, cream butter with xylitol until fluffy. Gradually add applesauce into mixture during creaming process. Beat in egg and vanilla extract. In another bowl, combine flour, baking powder, and salt. Gradually stir flour mixture into batter, and fold in chocolate. Drop by rounded teaspoonfuls onto parchment-lined cookie sheet. Bake at 350 degrees for 10-12 minutes or until golden brown. Cookies are soft when taken from the oven, but they become more firm when stored overnight in an airtight container.

Yield: 2 ½ dozen cookies.

Per cookie:

Fat: 3.1 g

Carbs: 8.8g

Fiber: 1g

Cal: 65



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