

# BCNH Newsletter December 2014



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### A welcome from the Principal

What a great time of the year this is. We have had such a fun month already - the annual college Xmas party for BCNH staff took place and in good old tradition, this is one day of the year when most of us throw caution to the wind and forget about gluten free, dairy-free etc. diets. We intend to enjoy ourselves, have a glass or two of wine and of course the obligatory chocolate cake...... To make the celebration even more exciting we also have a Bingo, where everybody wins (the only question is what).

Apart from enjoying ourselves we also have been productive here in the office and are soon introducing a new software called Turnitin, which will allow students to check their assignments for plagiarism before they submit for marking. This software is a great aid and should prevent automatic fails due to plagiarism in the future and we are very pleased to have this implemented here at BCNH.

I am sure you all are just as much looking foward to Christmas as I am and I wish you all a wonderful festive season and a great 2015.

Breda Gajsek - BCNH Principal

## **Editors note**

First of all I would like to thank all of our readers which have sent me messages in response to our new format. It seems that you all like it as much as we do.

I can hardly believe that it is already December and that 2014 comes to an end. Having said this, Christmas time is most certainly my favourite time of the year and whilst I am a big advocate of a healthy diet and a mindful approach to life – I am also the first one to skip my gym sessions to watch the classic Christmas movies and rip open that packet of gingerbread man ....after all ginger is good for you, right?

All that is left for me to say is to wish you all a Merry Christmas and a happy and most importantly a healthy 2015.

### Anja

As always, if there is anything in particular you would like to read about or suggest simply get in touch with me via anja@bcnh.co.uk

## A VERY WARM WELCOME FROM BCNH







## **ARE YOU EATING YOUR GREENS?** DIETARY NITRATE - SCIENCE AND HEALTH BENEFITS

### **BY ANJA SPRINGTHORPE**

Green foods such as rocket, spinach, broccoli, turnip greens and Brussel sprouts have long been recognised for their beneficial effect on the human body. Not only do these foods provide ample fibre, but also contain high levels of nutrients such as beta-carotene, vitamin C and folic acid for example. The health benefits of these nutrients are well established and a daily serving of these green nutritional powerhouses should be encouraged.

And just when we think we figured out how nutritious these foods are, researchers from the University of Southampton and Cambridge report on a set of nutrients which so far appear to have been slightly overlooked for their health benefits – dietary nitrates (1,2,3).

## FOCUS OF THE MONTH

Dietary nitrates: science & health benefits

Dietary nitrates are converted into nitrites by commensal bacteria on the tongue and the gastrointestinal tract. Because dietary nitrate is considered an inert compound (meaning that it does not excert any effect on the body) it does require the presence of such bacteria in order to be converted into the biologically active form - nitrites (4). Once nitrites are absorbed into the systemic circulation, a range of beneficial effects have been observed:

### Dietary nitrates - health benefits



Nitrites are the direct precursor to a compound called nitric oxide (NO) which is a potent vasodilator meaning that it stimulates the relaxation of blood vessels, thereby contributing to a reduction of high blood pressure which is implicated with reduced risk of stroke, heart attacks and other cardiovascular disease (4).

Nitrites been found to play a role in regulation of blood cell production and blood thinning, both which is an important consideration in the development of cardiovascular disease, providing a potential mechanism as to why green vegetables are just so beneficial for heart health (3).

Nitrites derived from dietary nitrates have been found to stimulate the conversion of "bad" white fat cells into "good" brown fat cells (3). The significance of this is that white fat cells are believed to secrete a range of pro-inflammatory mediators and hormones which have been associated with an increased risk of obesity and type 2 diabetes for example. It is proposed that dietary nitrate consumption provides a novel mechanism as to how consumption of vegetables contribute to a reduced incidence of chronic lifestyle diseases (1,2,3).

Nitrites are believed to contribute to a healthy gastrointestinal tract as nitrites have been shown to stimulate production of mucin (plays an important role in the defence against pathogenic microbes) as well as provide substrate for intestinal production of NO which also is an important part of gastrointestinal balance and health (4).

### Aren't nitrites supposed to be harmful?

There has been research which associates consumption of cured and processed meats with increased disease risk in certain groups of the population. Nitrites (not nitrates) are often added to processed meats such as hot dog or bacon as additive in order to increase shelf-life, maintain colour as well as taste and researchers believed that it may be the nitrite content of these foods which explained the association between increased risks of certain diseases such as colon cancer and consumption of processed meat for example (4). However, to date, it could not be reliably proven that the nitrites are to blaim for this association. It has to be appreciated that it may be other substances found in processed meats which contribute towards an increased risk of colon cancer for example (4). In any case, dietary guidelines around processed meats remain and avoidance of excessive amounts of processed meats is recommended as processed meats often contain high amounts of saturated fat, salt and other additives, all of which has been linked to unbenefical health outcomes.



### **Dietary nitrates and infants**



There is little evidence which links dietary intake of nitrates dervived from vegetables with the development of any diease. However, care has to be taken in babies under the age of 3 months. Excess dietary nitrates have been found to contribute to methemoglobinemia or "blue-baby" syndrome. The immature gastrointestinal tract of infants allows a very rapid absorption of dietary nitrates and the resulting excess of nitrites in the blood stream can lead to the inability of red blood cells to carry sufficient amounts of oxygen. Symptoms can include a blue-ish skin colour, vomitting and diarrhea, lethargy and difficulty breathing.

However, because babies below the age of 3 months should be exclusively breast or bottle-fed and not exposed to large amounts of vegetable puree or processed meats, the risk of developing methemoglobinemia is minimal.

### Little known fact

Because dietary nitrates require the presence of commensal bacteria in the mouth in order to be partially converted into the bioactive form nitrite, using antibacterial mouthwash prior to consumption of nitrate rich vegetable has been found to greatly reduce the conversion of nitrate into nitrite and hence lower serum levels of beneficial nitrites have been observed (4). It seems that there is a right place and time for dental hygiene and it's not directly before eating a large bowl of greens.





## Primary dysmenorrhoea or "period pain"

by Marina Logacheva, BCNH student

Healthy women experience 380 - 400 menstruations during their life, which adds up to a total of 5 years! Some women experience painful sensations during their periods, called dysmenorrhoea or "period pain". The prevalence rates of period pain varies from 50% to 90% in different societies (1), but commonly, every second woman reports moderate to severe symptoms, which could result in absence from school, work or social responsibilities (2). Period pains present with a whole set of symptoms - cramping, nausea, diarrhea, bloating, headache or irritability for example (3). Interestingly, it appears that mainly young women are affected and symptoms can occur several hours before or after the period starts and can lasts up to several days (4).

### What causes period pain?

It is thought that period pain occurs due to an inflammation response in the body caused by levels of increased prostaglandins (pro-inflammatory mediators) produced by the endometrial layer of the womb. These prostaglandins can cause intense and frequent uterine contractions and lead to increased sensitivity of the womb resulting in painful cramping sensations (5, 6). Interestingly, some oral contraceptive pills have been found to improve primary dysmenorrhoea by inhibiting the production of excessive prostaglandins which is believed to be caused by the reduced production of the endometrial tissue due to contraceptive pills (7). Hormonal imbalances such as elevated levels of oestrogen also are frequently observed in women experiencing period pains.



UK COLLEGE OF NUTRITION AND HEALTH

## EAT THIS TO BEAT THIS

### Management of period pain

In order to manage the symptoms of period pain, many women self-prescribe and use over-the counter medications like non-steroidal anti inflammatory drugs (NSAIDs) such as ibuprofen or aspirin for example, which aid in the reduction of pain and cramps (6,8). However, many women do not desire to take such medications on a monthly basis and for 20-25% of women suffering period pains, over-the counter medicine doesn't work at all (9). In addition to this, some women may experience adverse health effects from NSAIDs (10,11), such as gastrointestinal complaints, allergic reactions or high blood presure for example. Contraceptive pills may help to reduce symptoms and severity of primary dysmenorrhoea, but as all medication, contraceptive pills can pose side effects as well. Lets take a look if there is any research supporting a nutritional approach in the reduction of period pain and associated symptoms.

### Nutritional approach to manage period pains

Understanding the benefical effects of specific foods allows a targeted approach in the management of period pains. Reducing inflammation and cramps as well as supporting balanced levels of female hormones such as oestrogen should be the main considerations when formulating a nutritional strategy in order to reduce symptoms.



### Oily fish - anti-inflammatory



Consumption of oily fish has been found to reduce the production of pro-inflammatory prostaglandins implicated in period pains. Oily fish contains the potent anti-inflammatory fatty acids EPA and DHA and consuming at least 1-2 portions per week of oily fish (salmon, mackerel, sardines, trout etc) supports a reduction of inflammation and hence may benefit period pains.

Studies suggest that a low dietary intake of oily fish increases the risk of period pains (12, 13) and oral supplementation of EPA/DHA has been found to significantly decrease period pains (14) as well as reduce the use of NSAIDs (2). Recent studies suggest that taking omega-3 supplements resulted in a 37% decrease in menstrual pain for the participants (2). To boost pain reduction even further, add generous amounts of dill on tasty oily fish. Dill contains mefenamic acid which has been found beneficial in reducing pain experienced during mestruation (17, 18).

### Magnesium rich foods

Wholegrain brown rice is a rich source of magnesium and studies suggest that magnesium, a natural muscle relaxant, can help to reduce cramps during menstruation (19). In addition, brown rice contains high levels of dietary fibre which supports balanced oestrogen levels. Other good sources of magnesium and fibre are dark leafy green vegetables (spinach, collard greens, pumpkin, squash, kale), nuts & seeds (pumpkin seeds, quinoa, almonds, brazil nuts, cashews, pine nuts, flaxseed, pecans). A 2001 Cochrane review found that magnesium supplementation can provide an effective pain relief during menstrual periods (15).

### Calcium rich foods

Sweet tooth? Not a problem! Dried figs are great in salads or as a sweet treat and not only packed with fibre and magnesium but also high in calcium. Low dietary calcium intake has been found to be a predisposing factor for painful periods (21). Normal calcium levels control smooth muscle relaxation, tone and contractibility, and thus support reduced muscle cramps during menstruation. Balanced calcium levels also have been found to reduce water retention as well as improve mood and concentration both of which appear to be affected during the time of period (22). Research found that consumption of dietary sources of calcium (1200mg/day) resulted in a 30% decrease of painful periods (23, 24). Top up your calcium intake with other fibre-filled sources such as okra, green leafy vegetables, broccoli, dried plums, dried apricots and oranges.

### **Thiamine (Vitamin B1)**



Sunflower seeds and Marmite are great foods to add to your diet. Both are full of the vitamin thiamine (B1) – which is found to be helpful in relieving period cramps and pains. A large study found that vitamin B1 taken orally (100 mg/day), resulted in a significant relief of symptoms in 87% of patients (25). In addition, a review of 160 studies that investigated the benefit of 100 mg vitamin B1 per day observed the same effect in the

reduction of period pain (15). Therfore, sunflower seeds would be a perfect choice to add to salads, porridge in smoothies or as a snack and marmite lovers have yet another reason to hail the yeast spread as superfood!

References for this article can be found on page 19

## BCNH FOOD OF THE MONTH

## Cranberries

Cranberries are interesting fruits as they require very specialised conditions in order to flourish and develop. It is a little known fact that cranberries require wetland with ample freshwater supply and climates which allow a growing season from April all the way through to November. In addition, only an acidic ground will ensure that cranberries thrive and it is exactly the acidic composition of the ground which determines the nutritional profile of cranberries as well as contributes to the vibrant colour.

Unless you are a fan of cranberry juice or the occasional cosmopolitan cocktail, chances are that the only serving of cranberry you may consume is at Christmas time in the form of a sauce dolloped on turkey meat. Considering that cranberries are packed not only with flavour but also ample nutrients, this fruit deserves to feature much more in our kitchen than it often is the case.

### Let's put the nutritional spotlight on cranberries:

Not only do cranberries contain good levels of vitamin C and fibre which possess benefits for health and wellbeing, they also boost high levels of phytonutrients (plant derived compounds with documented beneficial effects on human health) such as phenolic acid, proanthocyanidins (PAC's) and flavonoids for example. These phytonutrients have been well studied in regards to their potent anti-inflammatory and anti-oxidant properties. Interestingly research also found that intake of these phytonutrients in an isolated form (such as extracts for example) does not yield the same beneficial effects as consuming cranberries in their natural form - mother nature does after all know best.

### Let's take a look how cranberries can support the body.:

One of the best known benefits of cranberries is the effects it has on reduction/prevention of urinary tract infections (UTI). PAC's have been found to inhibit the adherence of certain pathogenic bacteria associated with UTI's on the lining of the urinary tract resulting in reduced incidence of infection.

New research found that phytonutrients in cranberries support healthy gums and prevent periodontal disease. Gums are a sensitive tissue and inflammation can seriously damage the structure and support role that gums play in dental health. Because phytonutrients in cranberries have been found to be particularly potent in reducing inflammation associated with gum disease, one natural way of supporting dental health appears to be cranberry consumption.

Cranberries have been found beneficial in the management of stomach ulcers, reducing adherence of the pathogenic bacterium H.Pylori in the digestive tract and even have been found to support a healthy microflora. Research found that consuming a daily serving of cranberry juice (2oz) for 3 months increased levels of beneficial Bifidobacteria, a bacterial strain with well documented beneficial effects on health and well-being.



To get the most health benefit from cranberries it is recommended to consume the berries raw either as snacks, in salads or smoothies or purchase frozen cranberries during the time of the year when cranberries are out of season and hard to come by. Unsweetend 100% cranberry juice also is a good alternative to the fresh berries. Traditionally, Christmas time is a time of dietary indulgence and most, if not all of our dietary regimes are out of the picture for a few weeks. However some people simply can't enjoy all foods on offer during the festive season due to allergies, sensitivities or other conditions. Christmas time can be tough if you have to avoid certain foods in order to stay well. That's why we have dedicated our recipes of the month to gluten, dairy and wheat free Christmas favourites.

## BCNH RECIPE OF THE MONTH No I

## TURKEY STUFFING - dairy, wheat & gluten free



Ingredients: (enough for one medium-sized turkey)

200g whole millet grain 500ml water 30ml olive oil

300g onions, peeled & chopped

2 sticks of celery, chopped small 20g sun dried tomatoes, chopped very small

6 bacon rashers, chopped small 150g raw chicken liver, chopped 50g whole cashew nuts

2 eggs

200ml medium sherry Sea salt & freshly ground black Put the millet grains in a large saucepan with the water, bring to the boil and simmer gently for 10 minutes.

Turn off the heat, cover the pan and leave it to steam for a further 10 minutes (These instructions are for natural, untouched millet grain. Check on the packet if it has already been processed - it may need less cooking or less water).

Meanwhile, heat the oil in a pan and add onion, celery, sun dried tomatoes and bacon rashers. Cook briskly, without burning, for 5-10 minutes or until the vegetables are soft. Add the chicken liver and continue to cook for a further 3-4 minutes.

Take off the heat and add nuts, egg and sherry followed by the millet. Mix very thoroughly and season to taste.

The stuffing is now ready to go into the bird. If you have too much, make little balls out of what is over and roast them for 15-20 minutes on the oven tray beside the bird.

# BCNH RECIPE OF THE MONTH No II

Ingredients:

100g of each: raisins, sultanas, currants 50g of each mixed peel, softened prunes, dried apricots,dried dates

2 eating apples, grated

1 level tsp of each (gluten free): nutmeg, cinnamon, dried ginger
1/2 level tsp gluten free mace
50g suet, vegetarian or meat based (check ingredients for hidden gluten)
50g flaked almonds
90g of each: gram flour, ground rice

4 eggs

150ml brandy or orange juice or a combination of the two

100ml oat milk or soya milk

# CHRISTMAS PUDDING dairy, wheat, gluten & sugar free

Makes approx. 1300g mixture which is plenty for 2 medium sized puddings to feed 8 - 10 people each - depending how keen they are on Christmas pudding!

In a large bowl, mix all the dried fruit (chopped), mixed peel, brandy or juice and spieces together and soak overnight.

The next day, mix in the apple and flaked almonds.

In another bowl, mix the suet, gram flour and rice flour together, then gradually beat in the eggs until smooth. Add oat or soya milk until a thick but workable consistency is achived. Stir into the soaked fruit.

Grease 2 medium pudding basins, and divide the mixture between the basins until two-thirds full. Cover the top of each pudding with a circle of baking paper. Then fold a pleat 2 cm across into the middle of 2 pieces of foil and use 1 piece to cover the top of each basin. Secure with string.

Place up turned saucers in 2 deep sauce pans, sit the pudding basins on top and fill with boiling water to come halfway up the basins. Cover and steam for 8 hours, topping up with boiling water when the levels drop.

Remove the puddings from the pan, carefully turn out and serve, decorated with holly. To store, cover with fresh baking paper and foil, then cling film, and store in a cool dry place for up to 3 months. To reheat, steam for 2 hours or microwave on medium for 6-7 minutes and serve.

For more inspiration for wheat and gluten free festive treats <u>www.wheat-free.org.</u>







## Sugar damages developing brains

By Benjamin Brown, ND - Naturopath, BCNH Lecturer, Science Writer and Speaker

An experimental study has revealed that high fructose corn syrup can increase inflammation in the brain and negatively impact cognitive function and memory in adolescence.

Intake of refined sugars has increased dramatically in the last few decades, with high fructose corn syrup (HFCS) and sucrose (table sugar) the two most common. Human and animal studies have suggested that sugar can adversely effect mental health and cognitive function, but the relationship is still not entirely clear. Sucrose and HFCS differ in two ways; 1) the ratio of fructose to glucose, with 50:50 for sucrose and 55:42 for HFCS, and 2) fructose and glucose are "free" sugars in HFCS but are "bound" in sucrose. These differences have led to the suggestion they have different health effects.

So to see if sucrose or HFCS adversely effect brain health in different ways, researchers conducted an experiment where rats were fed diets high in either sucrose or HFCS (11% sugar in their water vs. plain water) then assessed brain health and cognitive function.



It was discovered that added sugars had adverse effects with evidence of increased expression of pro-inflammatory cytokines (interleukin 6, interleukin 1 $\beta$ ) in the hippocampus, a part of the brain essential for learning, memory and cognition. The sugars also impaired hippocampal-dependent learning and memory.

These effects were stronger for HFCS than sucrose and more pronounced in adolescence, but not adulthood, suggesting particular susceptibility to the adverse effects of sugar on developing brains.

Commenting on their findings the researchers noted "Overall these data have important implications regarding the impact of consuming added sugars in excess during critical periods of development, and highlight the fact that both cognitive and metabolic disruptions can arise from adolescent consumption of HFCS and sucrose." Many thanks to Ben for giving us an update on these latest research findings. Check out Ben's great blog and website to discover more of his work, ideas and knowledge.

### www.timeforwellness.org

References for this article can be found on page 19

## RESEARCH AND SCIENCE UPDATE



## Did you know.....

.....that there is a science behind why most of us feel like taking a nap after the traditional Christmas dinner?

Often it is the turkey meat which is blamed for the drowsiness after the festive feast because turkey contains high levels of the amino acid tryptophan which is utilised by our bodies to produce the substance serotonin. Serotonin is a neurotransmitter with a calming and relaxing effect on the nervous system and involved in sleep-cycle regulation. Therefore, high levels of tryptophan post-turkey could explain the common tiredness experienced.

# BUT, as with most things in the world of nutrition, it isn't that simple!

One has to delve a little deeper here. Tryptophan has to reach the brain in order to be utilised for serotonin production. But to get into the brain, tryptophan has to compete with five other amino acids (which will be aplenty in the blood after a Christmas feast) to be shuttled across the blood-brain barrier by transport proteins. Just imagine all the amino acids lining up to get a bus to reach the brain – it will be rather crowded and not that much tryptophan actually ends up in the brain.



# So what it is then which makes us tired after turkey?

It actually is the dessert which is the missing link here. The big slice of chocolate log or the huge serving of Christmas pud most of us enjoy will cause our blood sugar (glucose) to rise, which triggers the secretion of the blood glucose controlling hormone insulin. Apart from supporting blood sugar balance by ushering glucose into the cells of our body, insulin also has this effect on most amino acids - but not on tryptophan. Therefore, the blood gets cleared of most amino acids, meaning the bus into the brain is now free for tryptophan without having to share with the others, resulting in high levels of serotonin in the brain which consequently contributes to relaxation and sleepiness. So, if you want to stay awake this Christmas it may be good to skip the dessert - but what's the fun in this, hey?

You certainly can impress your friends and family with this little gem of knowledge around the table this year.

### Patricia C. from London asked:

Is there any data that supports the idea that fruit should be eaten on its own and at least 20 minutes before any other food?



Thanks to Patricia C. for getting in touch and asking your question.



### BCNH answers:

There are several schools of thought out there in regards to how best to consume fruits. One fairly widespread theory is that fruits should be eaten alone or at least 20 minutes prior to other foods, because they are relatively easy to digest and don't remain in the stomach for long periods of time. Therefore, some advocates say that fruits should not "sit on top" of other foods which take longer to digest in the stomach (such as protein or fat) as this can lead to fermentation.

### There is little data out there which actually supports this notion.

One needs to simply look at human physiology and biochemistry. In order for foods to ferment, bacterial strains have to be present to initiate any fermentation process. Because the human stomach has a highly acidic pH, it inhibits the proliferation and presence of bacteria. Therefore, it is unlikely that any food would be subjected to fermentation in the stomach. In addition, it has to be appreciated that the human body is well equipped to process and digest complex dietary components at the same time. Digestive enzymes are found in the saliva, the stomach and the small intestines, all serving the purpose of breaking down the proteins, fats and carbohydrates into the smallest possible molecules to enable absorption in the intestines. Most of these enzymes are secreted together which indicates that, from an evolutionary point of view, humans are more than able to digest combinations of food.

## Blood sugar balance and fruit consumption

Whilst there is little evidence for such a style of fruit consumption, from a blood-sugar balancing perspective it may not even be beneficial to consume fruits on its own or 20 minutes prior other foods. Some fruits such as bananas or sweet grapes for example contain high amounts of sugar and consuming such fruits on its own can cause a spike in blood sugar levels (because fruits are indeed digested fairly quickly, particularly on an empty stomach) which triggers excessive amounts of insulin in response to control high blood sugar. There is ample research stating that high levels of insulin are associated with a range of un-beneficial effects on health such as promoting inflammation and weight gain for example.

So, in summary, there is little evidence supporting fruit consumption on its own or 20 mins prior to any other foods. By all means, have fruits whenever you feel like as these are high in nutrients, fibre and water content. Just be aware that sweet fruits should be consumed together with other dietary components such as protein and good fats, for example, to delay digestion and absorption which will ensure a steady blood sugar balance.

**BCNH** 

QUESTION

TIME

We are looking forward to receiving your nutrition questions! For every question which

we publish, you will be rewarded with a little gift from BCNH.

You may be the next lucky winner. Simply post your question to the newsletter editor: <u>anja@bcnh.co.uk</u>

## BCNH INTERVIEW OF THE MONTH with Sam Cornell

## 1. How did you get involved into nutrition and has nutrition changed your life?

As a child I grew up eating a diet of home cooked whole foods with a largely vegetarian bias, where sweets were a Saturday night treat and the only time we ate white bread was when we had guests. Once I left home in my twenties and conformed to the more typical Western diet I experienced real periods of ill-health and realised the extent to which nutrition can affect your health and wellbeing. When the time came to move away from a career that affected my health both physically and mentally, nutritional therapy was an obvious choice for me.

# 2. How did you get to work with BCNH and what is your favourite aspect of working with the college (ie student interaction)?

I trained at BCNH and after graduating stayed in contact with Breda. I was fortunate that when she was looking to expand the team she contacted me to see if I would be interested in the role as Senior Clinical Tutor. The technical knowledge that BCNH students gain during their academic training is second to none, but demonstrating this in a live consultation is a very steep learning curve and many students struggle with the transition. Supporting students through this period and seeing them develop into practitioners ready to begin their new careers is hugely satisfying.

### 3. Which is your favorite indulgence food at Christmas?

Christmas is a time for family traditions and in our household that means a Julbord (Christmas smorgasbord) - cured salmon, pickled herring, a baked ham, meatballs, potato salad and various

### Sam Cornell DipBCNH, mBANT, CNHC registered - BCNH Senior Clinical Tutor

Sam's role as the Senior Clinical Tutor is to manage the BCNH Year 4 programme and meet with student practitioners on a regular basis to monitor and discuss their progress. Apart from being a mother of two and BCNH Senior Clinical Tutor, Sam also practices at a busy clinic in Twickenham, seeing a wide variety of patients; she has a special interest in Functional Medicine and applies this to her areas of interest which include neurodegenerative disease, sports nutrition and children's health.



beetroot, green bean and cabbage salads all served with dark rye bread. I usually host the family on Christmas Eve and have a busy day in the kitchen the day before. My real indulgence at Christmas is a cheese board with crispbreads and a glass of red wine - preferably in front of the fire watching a Christmas movie.

## 4. How many times do you eat a day (e.g 3 square meals a day, 3 meals + 2 snacks, etc.)

I know the importance of getting a good breakfast into you to start the day, but with the chaos of getting everyone ready for school and out of the house I just don't have time to sit down and eat in the morning! I tend to have a protein smoothie made in my trusty Nutribullet, which I drink on the go. Other than that I tend to eat two meals and a couple of snacks throughout the day. I think meal timing is a very personal thing but you do need to make sure you're providing your body with fuel when it needs it!

## 5. What is your favourite aspect of being a nutritional therapist?

That's a tough one! I enjoy the challenge of unravelling the web of clues to establish what may be contributing to the client's health concerns, but ultimately I think my favourite aspect is empowering clients to make a difference to their own health just by changing what they eat! Seeing clients on follow-up appointments when they have experienced an improvement in their symptoms is so rewarding.

## 6. Which other type therapist/s you find most valuable to your practice (i.e. acupuncturist, a psychotherapist)

l work in a multi-disciplinary musculoskeletal rehabilitation clinic with a team of osteopaths, chiropractors and physiotherapists. As you might expect – symptoms of chronic inflammation can often be significantly improved through changes to the client's diet alongside their practical body work. When addressing lifestyle factors such as stress with clients it's useful to be able to refer them to local relaxation classes such as yoga and pilates and I have a network of contacts for this also.

## 7. When you retire, where would you ideally wish to live and why?

It's hard to imagine retiring because I love what I do and fortunately since I run my own practice I won't need to make that decision until I'm ready to! Ultimately I'd like to end up living somewhere hot and sunny by the sea – somewhere where I can grow my own fruit and vegetables and cook fish caught that morning. I would also want my family and friends nearby so I think I'll need to buy an island somewhere in the Mediterranean and move everyone onto it!

### 8. What foods would you take to a desert island?

Actually I think the one thing I would want to take with me would be coffee! I think I would miss my morning cup of coffee more than any particular food.

## 9. Which person in the nutrition world would you most like to meet and why?

Having attended a couple of Functional Medicine courses run by the Institute for Functional Medicine with Nutri-Link I have been fortunate enough to listen to the likes of Jeffrey Bland, Patrick Hanaway, Robert Rountree, Dan Lukaczer, Kristi Hughes and Liz Lipski speak, and even eaten lunch with a few of them! I would like to spend some more time with Kristi Hughes I think – not only is she a Director at IFM, but she runs her own clinic and has four children and I'd like to know how she manages to do it!





Martina L. from London sent us this picture and story of her dog Cicco

This is Cicco - he is part of our family since more than 2 years now. He is a rescue dog from a London kennel. We never planned to have a dog but used to walk the dogs to support the local kennels (they always looks for volunteers). He was given to us for walking and we just fell in love with him. My two children consider him somewhat of a sibling and share everything with him - including sweets. We all came to learn that Cicco has a bit of a sweet tooth and his particular favourites are lollipops and suckers as you can see.

Last Christmas my husband thought it's a good idea to decorate the tree with these sweet sugar canes you get around Christmas time and I have to admit that the tree looked amazing. Unfortunately we underestimated Cicco's desire for the sweet treat and when we got up the next morning we discovered that Cicco spent all night licking and sucking the sugar canes and very little was left of our sweet decorations... BUT, nobody could be angry with him. Just look at his eyes.

## BCNH PET LOVERS CORNER

we look forward to hearing stories about YOUR pets





### **BCNH PET LOVERS' CORNER**

Martina - a gift from Lily's Kitchen, the UK's No 1 Pet Food Company is on its way to you and Cicco!

If you would like to win a delicious treat for your pet simply sent us your funny pet pictures and stories. For each successful publication, your pet will be rewarded with a gift from Lily's Kitchen

http://www.lilyskitchen.co.uk/whos-lily

Whilst we take nutrition and health extremely serious, we also see the light side of it. After all, fun and laughter is just as important as a healthy diet and exercise....



T'was the month after Christmas, and all through the house, nothing would fit me, not even a blouse; The cookies I'd nibbled, the eggnog I had to taste, at the holiday parties had gone to my waist;

When I got on the scales there arose such a number! When I walked to the store (less a walk than a lumber), I'd remember the marvelous meals I'd prepared, The gravies and sauces and beef nicely rared;

The wine and the rum balls; the bread and the cheese, and the way I'd never said, "No thank you, please." As I dressed myself in my husband's old shirt, and prepared once again to do battle with dirt, I said to myself, as only I can, "You can't spend a winter disguised as a man!"

So, away with the last of the sour cream dip. Get rid of the fruit cake, every cracker and chip. Every last bit of food that I like must be banished, 'til all the additional ounces have vanished.

I won't have a cookie--not even a lick. I'll want only to chew on a long celery stick. I won't have hot biscuits, or corn bread, or pie, I'll munch on a carrot and quietly cry.

I'm hungry, I'm lonesome, and life is a bore, But isn't that what January is for? Unable to giggle, no longer a riot. Happy New Year to all and to all a good diet!

Author Unknown

# BCNH FUNNY BITS

"The advantage of exercising everyday is that you die healthier."

"I drive way too fast to worry about cholesterol."

"The Garlic Diet: You don't lose weight, you just look thinner from a distance."



### Are you interested in nutrition and how it impacts the body in health and disease?

Then check out our prospectus which provides a wealth of information regarding BCNH courses which can be studied by attendance (in London) or via distance learning from the comfort of your home, whatever works best for you.

Our nutritional therapy courses are credit rated by the University of Greenwich and NTEC accredited. Any questions, just ask. We are here to help! <u>Click here for BCNH prospectus</u> or contact us at: <u>admin@bcnh.co.uk</u>

 Email:
 admin@bcnh.co.uk

 Telephone:
 0844 736 5836

 International:
 +44 (0) 207 433 2555



# Considering a Career Change?



## Graduate story - Life after BCNH



## Alia Almoayed BSc, MA, Dip BCNH, mBANT

Alia is a Nutritional Therapist, author, health speaker and consultant running a busy nutrition consultancy in the Kingdom of Bahrain which offers nutrition advice to the Middle East community and beyond. Alia writes health articles for various publications, runs TV and radio programmes on health and nutrition, holds lectures and seminars on the subject, and heads a number of weight loss projects.

Alia is also the author of I Want Healthy Kids, a book on how to raise healthy children; The Dream Body Eating Plan, a weight loss guide; and I Want a Healthy Pregnancy, a book on how to enjoy natural pregnancy and childbirth. She is also co-author of 101 Ways To Improve Your Health. Alia hosts DARE TO BE HEALTHY, an internet health show, hosts the Arabic TV show 'Shrayha Alia' and runs an active blog which can be found at: <u>www.aliaalmoayed.wordpress.com</u>

## **GET INVOLVED**



## Get involved...

We hope you enjoyed the December edition of the BCNH newsletter.

So far we have had great comments, suggestion and questions and we aim to incorporate all of this into our editions over the next months. Watch this space.

### BUT, we want to get to know our readers too.

Therefore, we would love to hear from you...what are you up to, have you got children, what do you eat, what do your pets like, have you got any funny stories to tell...anything that tells us a little more about our readers would be more than welcome.

Simply get in touch via anja@bcnh.co.uk

Looking forward hearing from you all. Breda & Anja



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