

Newsletter August 2008

Why You Might Like To Spice Up Your Diet.

Some years ago I attended a weekend conference where the catering was terrible. The food on day one was tasteless and it felt like it sat in my stomach for multiple hours. So on the second day I added a generous amount of pepper to what I assumed was a bland chile con carne. The result was that my eyes watered and my tongue burned with fire, but the food seemed to dissolve instantly and certainly did not sit around as it had the previous day!

Now I am not suggesting that you go to such extremes, but a moderate amount of spices cooked with your food can do wonders for your digestion. Lots of my clients have benefitted from adding spices to their food. Spices such as curries and ginger can be thought of as a wake up call to your gut. They stimulate the production of digestive enzymes and chemicals to help you more effectively digest your food. And they can certainly give your taste buds a treat.

When it comes to curries there is a correct way to use them. Correct use requires that the curry is cooked by itself for a few minutes before adding it to the vegetables or meat. Starches such as rice or potato are not cooked in the curry, but are served separately because the curry will damage the starch biochemical structure. Spooning raw curry, like people might use tomato sauce or mustard, onto cooked food is guaranteed to cause a gut ache, as I found out the hard way.

Enjoy great tasty food,

Dr Pete.

P.S.

It is always great to get out and speak to organisations and businesses about "How To Live To 100 and Love It! Thank you to the organisers of the Third Age CPA Network Luncheon Series, the Box Hill Prostate Cancer Support Group and Moorabin Probus for asking me to be the guest presenter.

P.P.S.

Many of you have asked when my book will be published. The great news is that the editing is nearly finished. I will keep you posted!