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## March 2014 Newsletter

Why did the tomato blush?

Because it saw the salad dressing...

This month we've got:

- Some News
- My Thoughts On The Protein Study Released Yesterday
- A Juice Recipe
- Recipe Of The Month: Halloumi Salad

Please feel free to send this on to your friends and family - if they'd like to receive the newsletter directly, please point them to [the website](#).



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### News From Fitbiz Training

- I'm currently putting together a **new online program**, and I need a couple of people to help me! The online program I offer at the minute is great for people who want the advice, but then prefer to run with it and "go it alone", but still have access to the support when they need it - the online program I'm working on is trying to bring the **hand holding and support of the full 1-2-1 service** I offer, but to make it **totally online** in order to accommodate those of you who don't have the time to see me face to face. If you'd like to help me out - [send me a note](#).
- I went on a course a couple of weeks ago with a lovely nutrition chap who I've done a lot with in the past... And we talked about the **Fat Vs Sugar program** which was on the BBC a little while ago. The chap eating the high fat diet who appeared to be almost diabetic at the end of the

program confused me - I was genuinely surprised that you could become so close to being diabetic without eating any sugar for weeks! Having chatted it through, we think it appeared this way because his energy was depleted from doing a high intensity workout the day before (remember the hill cycle immediately after the interval session?) and that the results from the tests just one day later (allowing time for proper recovery) would be totally different. Interesting stuff hey!

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## Why I Don't Think Protein Is Going To Finish You Off!

Merrily driving along yesterday morning, I was overcome by a sudden grump. The results from another study linking something natural and healthy to a bad outcome had been released - apparently the University of Southern California have discovered that a diet high in animal protein increases risk of cancer.

In fact, what they have discovered is that there is a link between a growth hormone receptor called insulin-like growth factor one (IGF1) and tumour cells in animals. More interestingly, it seems unclear whether reducing animal protein actually reduces IGF1 in the body - it may come down to childhood nutrition, which is sadly in the past and not something we can alter now.

The study was done using food intake over 24 hours, and then followed up 18 years later to see which of the participants had died and how much protein they were eating during that 24 hour period (and assuming their diet didn't change over 18 years!). We don't know what sort of animal protein the participants were eating and whether this is another study which uses burgers or other processed meat as the protein source, or whether the protein involved was good quality grass fed organic.

In any event, those who eat a very high protein diet tend to be less likely to be eating plenty of veg and good fats etc - yet this study has concluded that the high protein is causing the deaths, rather than what might have been a less than healthy overall diet, a lack of activity, a highly stressed lifestyle - or any other of many factors which the study didn't take into consideration when drawing their conclusions.

I'd say that if you're eating overall a healthy balanced diet full of real, natural food that you can't be going too far wrong - it's worked for our species up to now!

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## Juice Of The Month

Vegetable juices with a bit of fruit in them for sweetness are the ultimate way to increase your veg, vitamin and mineral intake. If your digestion isn't as great as it

could be, juices will be a really good way to get nutrients in. These aren't to be used instead of anything, they're just a way to increase how many vitamins you're eating, plus they feel like a nice, sweet treat.

### **Courgette, cucumber, apple and ginger**

Juice half a courgette and about 1/4 cucumber with an apple, and a good thumb sized piece of ginger.

I put 3 teaspoons of fish oil into my juices to increase the health benefits even further. The fish oil I use is flavoured with orange oil so your juices won't start tasting fishy. I whole heartedly recommend, [Aliment's Fish Oil](#).

I also recommend [this juicer](#).

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## **What I'm Cooking: Quinoa & Halloumi Salad with Spring Greens**

I thought this was a pretty nice salad - I had it for my lunch the other day - its a slightly adapted recipe from a Waitrose recipe card I picked up.

Serves: 2

Prep: 10 mins

Cook: 15 mins

### Ingredients

- 75g Quinoa
- Juice Of 1 Orange
- Handful Chopped Steamed Cabbage
- 2 Spring Onions, Chopped
- 1 Carrot, Grated
- 25g Pistachios, Shelled
- 5-6 Slices Halloumi Cheese

### Method

1) Pop your quinoa into a saucepan with water to generously cover it, and bring to the boil. Simmer until cooked.

2) Meanwhile, chop and steam the cabbage, chop the spring onions and grate the carrot, then put all three in a bowl with the orange juice and mix together

3) Half each of your slices of cheese, then dry-fry on a pretty high heat for a couple of minutes each side until nicely browned

4) When the quinoa is cooked (if you got the water right, you won't need to drain it, but do drain it if you need to!) add it to the vegetables and mix well. Add a sprinkle of salt and pepper too, then stir in the pistachios.

5) Pop your salad on a plate, drizzle with olive oil, then top with halloumi and serve

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Until next time, enjoy staying healthy!

Best wishes,



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