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October 2010 Newsletter

Welcome to October's edition of the monthly newsletter from Fitbiz Training. This month, it's about plastic on toast, and a recipe with autumn greens and chickpeas.

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- [Lifestyle Tip: Butter is Better!](#)
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And as ever, please feel free to forward this to family or friends, or alternatively point them in the direction of the sign-up box [on the website](#) - remember they'll get a free copy of my article Myths of Fat Loss when they subscribe!



News from Fitbiz Training [\[back to top\]](#)

- It's almost six months since my talk at the Georgian House Hotel, and I'm thinking about doing another one before the end of the year. I'd love to know if you'd be keen to come to a 4-week course during which you'd learn about key lifestyle factors when searching for fat loss, what foods you need to remove, what foods you need to eat and how to train correctly. Let me know what you think!
- I wrote an article for Round & About Magazine which is featured in this month's magazine. You can download a copy of the article from the [Free Articles page](#) - it's called "The Myth of the Fat Burning Zone"

Lifestyle Tip: Butter is Better [\[back to top\]](#)

I have a bee in my bonnet about butter substitutes at the moment. I'm fed up of being told to spread something which is one molecule away from PLASTIC on my wheat free toast.

I read a review of a study a couple of months ago carried out at Harvard University - it said that "eating margarine can increase heart disease in women by 53% over eating the same amount of butter". How shocking is this!? How do these companies get away with their advertising... The spreads which say they lower cholesterol may well do just that, but as this study shows, there is no correlation between high cholesterol and heart disease.

One of my favourite phrases is "fat doesn't make you fat". It's true. In fact, we need fat in our diets, to boost our immune system, to help us produce hormones and to help us lose fat! Saturated fat is actually the preferred source of fuel for the heart, and has even been shown to prevent cancer. The ONLY kind of fat which is bad for us is that which has been altered by processing - like the kind of fat found in biscuits, these low fat spreads and ready meals.

"I can't believe it's not butter" is ONE molecule away from being plastic. Worse still, margarine shares TWENTY SEVEN ingredients with paint!! There is no way this stuff is good for our hearts - or any part of us - it is making us fat and ill. Even flies won't go near it!

I don't understand how a product with just two ingredients (milk and salt) can be deemed less healthy than these low fat spreads, which contain countless chemicals.

So revert to proper, yummy butter instead, and I promise you won't notice a difference to your waistline, but you will notice a difference in your energy levels as your body will have one less source of toxins to deal with.

Seasonal Foods [\[back to top\]](#)

Vegetables around in October are:

Artichoke, aubergine, beetroot, broccoli, butternut squash, carrots, celeriac, celery, chillies, courgettes, fennel, garlic, kale, leeks, marrow, onions, peppers, pumpkin, radishes, rocket, sweetcorn, turnips, tomatoes watercress

And October's fruits are:

Apples, blackberries, elderberries, figs, grapes, pears

Recipe: Chicky Autumn Greens [\[back to top\]](#)

This is my new favourite thing; it came on my Abel & Cole veg box recipe card last week. It's lovely with some grilled chicken.

Prep: 5 minutes

Cook: 15 minutes

Serves 4

- 1 onion, finely chopped
- Red or green chilli, de-seeded & sliced
- 400g tin of chickpeas, drained
- 1 tbsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp turmeric
- Pinch of ground cinnamon
- Pinch of seasalt
- Juice from 1 lemon
- Few handfuls of chopped spinach, chard or cabbage

Method

1. Fry your onion and chilli in some coconut oil until tender
 2. Add chickpeas, spices and salt. Saute for 5 minutes
 3. Add the lemon juice and the greens
 4. When the greens are wilted, serve.
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Until next time, enjoy staying healthy!

Best wishes,

Heather



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