



**GET HEALTHY
WITH THESE
'DEMONISED'
ENERGY
DRINKS**



Izabella Natrins

Copyright © 2017 by Izabella Natrins.

All rights reserved.

No part of this book may be reproduced or modified in any form, including photocopying, recording, or by any information storage and retrieval system, without permission in writing from the publisher.

Produced in the United Kingdom.

First Edition: 2017

Better Living Press
9 Queen Elizabeth Way
Bidford-on-Avon
B50 4GN

www.izabellanatrins.com

izabella@izabellanatrins.com

The struggle with low energy, no vitality and losing our ‘get-up-and-go’ has become one of the most persistent health issues for women today.

We want energy, vitality & true health, but everything we read tells us something different. We’re confused – especially when it comes to what to eat or drink. ‘Modern’ health advice ranges from scary taboos, to the boringly restrictive... and the plain wrong!

Here, you’ll discover that what you’ve heard about

THREE EVERYDAY, HEALTHY DRINKS

is unfounded & based on poorly designed research, invalid data and misinformed ‘science’.

You’ll discover the TRUTH about these drinks - that you’ve likely given up under pressure, or continue to drink guiltily.

You’ll learn how these drinks can restore your ENERGY & VITALITY & how to make them an important part of your daily HEALTHY habits:

- ✓ BOOST Your Thyroid
- ✓ FEED Your Cells
- ✓ NOURISH Your Liver





A warm welcome!

When I reclaimed my energy, vitality and health from a debilitating autoimmune disorder - by making delicious (but important) food and simple (but important) lifestyle changes - I turned back the clock. I vowed to make the rest of my life the BEST of my life and to help other women do the same!

With love, Izabella x

I believe that energy, vitality, health & happiness are our birth-right and that health can be reclaimed at any age.

Our food is our first and best medicine; what we eat will make - or break - our health. Traditional foods, that are wholesome, nutritious and delicious, cleanly farmed and grown on a healthy planet, are not a privilege – they're our birth-right!

Good food is more than a nutritious fuel; it's a delicious gift from Mother Nature to be relished. Each and every one of us is unique – no one-size 'diet' fits all, nor fixes all. To lose weight, we need first to get healthy: there are no 'good' foods or 'bad' foods, just 'whole' foods which our body can - or cannot - deal with.

And I believe women matter – really matter! I believe that our self-knowledge and education opens the door to better choices, better decisions and a better life for ourselves, our family, community and the planet.

Optimum energy, vitality, health and happiness isn't a destination – it's a 24/7 journey - for life.

I believe we each have a responsibility to take the gift of life both hands and to make the rest of our life the BEST of our life!



WHY HAVE I WRITTEN THIS?

We have information overload!

There's a LOT of information on the internet about health and nutrition.

Advice about what not to eat is everywhere - demonising foods and telling us how various foods will surely kill us if we indulge.

In this 'information rich' day and age, a certain amount of disagreement is to be expected. However, when experts, doctors, nutritionists & dieticians (without even mentioning the hundreds of health bloggers each with a story to tell) all have 180° differing viewpoints, how can we tell what's true and what's not?

It's no wonder that we're left in a state of utter confusion over what's good for us, and what's not!

We need to stop the clock! I think it's high time to stop the clock. It's time to navigate that sea of information and get ourselves back to the shores of truth!

In this free eBook, I'm going to do just that and expose the true health benefits of three popular, but much maligned beverages.

Because the advice to avoid these drinks comes from multiple sources, we can all be forgiven for thinking it must be true. But if we cut through the swirling mists of restriction and deprivation, of poor research and misinformation, we find the other side of the coin.

We discover the science shows us that, in fact, there are **BENEFITS** to drinking these 'demonised' drinks. And we find we can get **HEALTHIER** by including them in our diet!

I hope you enjoy reading this and having your mind opened to the possibilities...

And it might just make you think: if 'they' are wrong about these drinks, what else might they be wrong about?

Just sayin'...

Izabella x

#1 COFFEE



Boost your thyroid

What comes to mind when you think of coffee? Do thoughts of ‘drug’ and ‘stimulant’ pop up, alongside thoughts of messed-up sleep and withdrawal headaches?

The caffeine in coffee is well known for its ability to make us jittery. And it is indeed a very powerful stimulant. But, as you’ll see, it’s commonly excluded and poorly understood. I’ll show you how to **use coffee as a *food***, a valuable addition to your natural health toolbox *and* how to use it wisely.



If you don’t drink coffee, you may have noticed that coffee drinkers are very protective over their morning mug of the dark stuff; could it be that this is for a good reason? After reading this, you might want to reconsider abstaining...

Why should you consider drinking Coffee?

Your thyroid is a butterfly-shaped gland at the base of your neck. It acts like your body’s thermostat, telling your cells how much ENERGY to use and how ‘hot’ to run.

If you have thyroid problems your metabolism will be slow, you’ll feel cold and ‘rubbish’ and ultimately, you’ll be open to developing a range of health issues. Coffee, used properly, can have a thyroid-like effect and increase your metabolism making you feel better.

No, it’s NOT a panacea, but it is a start!

The caffeine in coffee is a potent **metabolic stimulator** & it can increase our metabolic rate and the oxidation of glucose (your body’s preferred energy source) – making it health *protective* food. But it’s only protective if we consume it with the right intake of other nutrients.

In fact, **coffee's action is very similar to thyroid hormone** in the body. For anyone with sub-par metabolism (that's MOST of us!) coffee can act like a proxy thyroid hormone, giving them an energy boost. In fact, I've noticed many clients with low metabolism have already developed a bit of a coffee 'habit' because it makes them feel better. But, I hear you asking: *"Is this a good thing, Izabella?"*

To answer this, we need to ask where the advice to cut out coffee & caffeine comes from. Coffee's negative press comes from poorly designed research studies which lack 'real-life' validity and yield invalid data - studies where large doses of coffee were given, over short periods of time AND on an empty stomach. So, for these research findings to apply to *you*, you'd have to be drinking *gallons* of coffee, in minutes, without eating first!

But the culture around *how* we drink coffee is important. This is the usual scenario: We meet up at coffee shops, buy (several?) huge bowls of trendily named coffee (of unknown provenance), drink them black (or worse still with soya milk), with no sugar, too quickly and then wonder why we feel wired. But more on '*coffee shop syndrome*' later!

Let's look at what makes coffee a HEALTHFUL drink choice:

- ♥ **Coffee has nutrients of its own.** Coffee provides very significant quantities of magnesium, as well as other nutrients including vitamin B1 (which diabetics tend to be very short on.)
- ♥ **Coffee is the biggest source of antioxidants in the Western diet!** Crazy or what? It means that coffee, not berries or some other fruit or veg, best protects us from free radical and cell damage!

Coffee, made from ground	
Nutrition Facts	
Serving Size 250g	
Amount Per Serving	% Daily Value*
Calories	3 0%
Total Fat	0g 0%
Saturated Fat	0g 0%
Trans Fat	
Cholesterol	0%
Sodium	5mg 0%
Total Carbohydrate	1g 0%
Dietary Fiber	1g 5%
Sugars	
Protein	0g 1%
Vitamin A	0% • Vitamin C
Calcium	1% • Iron
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calories needs.	

- ♥ **Coffee can help you burn fat and increase physical performance.** (That would be the metabolism boosting effect!)

- ♥ **Coffee drinking reduces your risk of developing Type 2 diabetes.**
- ♥ **Coffee drinkers have a lower incidence of thyroid disease,** including cancer, than non-drinkers.
- ♥ **Coffee protects your liver from damage.** Caffeine protects the liver from alcohol and other toxins, so coffee drinkers are less likely to have liver damage.
- ♥ **Coffee protects against cancer-causing agents.** Caffeine helps protect against cancer caused by radiation, chemical carcinogens, viruses and oestrogens. Coffee drinkers have also been found to have lower amounts of heavy metals in their tissue.
- ♥ **Caffeine protects against breast cancer.** A variety of studies show that coffee, tea, and caffeine are protective against breast cancer.
- ♥ **Coffee drinkers have a low incidence of suicide.** Caffeine supports serotonin uptake in nerves, which plays a role in elevating mood and appetite regulation.
- ♥ **Coffee prevents unhealthy iron accumulation.** It inhibits iron absorption if taken *with* meals, helping to prevent iron overload (haemochromatosis) which is one of the most *common* genetic (inherited) conditions in England, affecting up to 1 in 200 people.
- ♥ **Coffee (or caffeine) significantly reduces the risk of Parkinson's Disease,** according to a 30-year study of Japanese-American men.
- ♥ **Coffee drinkers may live longer.** In two very large studies, drinking coffee was associated with a 20% lower risk of death in men and a 26% lower risk of death in women, over a period of 18-24 years.

Some VERY powerful reasons why coffee can be a deliciously healthful inclusion to your everyday diet? You bet they are! But let's be cautious. As I've hinted, there is a *right* and *wrong* way to drink it...

How to drink your Coffee

- ♥ Firstly, **do not drink coffee on an empty stomach**. Put simply, you shouldn't accelerate the car without any petrol in the tank! If you *must* start the day with coffee, have a shot of quality fruit juice with a little honey first. (Read on for the benefits of fruit juice...)
- ♥ Coffee is best taken at the **end of a meal to aid digestion** – in fact, in this is how *espresso* is taken in Europe.
- ♥ At other times, take coffee **with cream and sugar**. This makes it into a 'mini-meal' and replaces the blood sugar that will be used to metabolise the caffeine. I like to add a teaspoon or two of gelatine (collagen hydrolysate, which doesn't gel) for some added, easily digestible protein.
- ♥ If coffee affects your sleep, then ensure you **drink it in the morning only** & not excessively; start with one small cup a day after breakfast.
- ♥ However: **those in poor health might not tolerate coffee well**, so you may need to work on your general diet & health and take things slowly to be able to benefit from coffee. It's worth it.

My favourite way to drink coffee is my own recipe...

<http://www.izabellanatrins.com/recipe/anytime-vanilla-maple-latte/>



I like a coffee straight after breakfast or lunch (or both!) to aid digestion, to give me a boost before the next meal. **I sip it slowly**, to keep my blood sugar regulated, but enjoy it while it's still lovely and hot.

Nothing's worse than lukewarm coffee!

If you're new to drinking coffee, then begin with **small amounts** (maybe add a LOT of milk) and increase it over time. Always have coffee **with a meal containing carbohydrate and fat** – or add both (milk, cream, butter, coconut oil) to the coffee - see my recipe above.

Consider choosing quality **organic, Arabica-roasted coffee beans**. As one of the world's favourite commodity exports, coffee can be **a major source of mycotoxins** (toxic chemicals made by moulds) and **pesticide residue**, so you'll want to avoid poor quality for this reason *and* for taste!

But, as with anything in life, you can have *too* much of a good thing!

Too much coffee, taken without enough nutritional co-factors – basically a highly processed diet - will merely *lower* your blood sugar, *increase* adrenaline and leave you feeling jittery and wired. Hello 'coffee shop syndrome'!

A note on decaf: For me, the jury's still out on whether it's caffeine that confers most the benefits, or whether other nutrients in the coffee are involved. But, if you prefer decaf then just make sure it's made by **the Swiss Water method** and go for it!

#2 ORANGE JUICE



Feed your cells

The UK Government *Eatwell Guide* tells us to limit consumption of fruit/vegetable juices and smoothies to a combined total of just 150ml a day. Why are we told to limit ourselves to this meagre ration? The main concern seems to be the sugar content of juice...

The NHS advises:

'When fruit is juiced or blended, the sugars are released. Once released, these sugars can damage teeth, especially if you drink juice frequently. Even unsweetened fruit juice is sugary, so keep an eye on the amount of fruit juice and smoothies you consume.'

'The government's current advice is to limit consumption of fruit/vegetable juices and smoothies to a combined total of 150ml a day.'

However, I'm in agreement with a growing group of health practitioners and nutritional researchers who are standing up for sugar and saying, very clearly:

"Sugar is NOT the enemy: the enemy is industrial food processing methods with chemical ingredients and nutritionally worthless diets."

Since the early 1930s, research has established that sugar consumption is not the *only* factor in tooth decay. In fact, poor dental health, from a nutritionally impoverished 'Western' diet, is an important marker for a range of health issues. For some amazing background on this topic, checkout *Nutrition and Physical Degeneration* by Dr Weston A. Price.

Dr Price was an eminent dentist and prolific ethnographic researcher. He was known and respected primarily for his theories on the relationship

between nutrition, dental health & physical health. He founded the research institute *National Dental Association*, which became the research section of the *American Dental Association*, and was the NDA's chair from 1914 to 1928.

However, there is a significant problem with the validity of much of the subsequent research on the effects of fruit sugar on dental health. As with the coffee experiments discussed above, research in a laboratory environment which exposes teeth to fruit juices for many hours, does *not* mimic the drinking of it in 'real life'.

After reviewing well-designed nutritional research, I have established that:

sugars only damage teeth if the saliva does not have the correct mineral content and pH (a measure expressing acidity or alkalinity) to provide an adequate buffer.

Orange juice is a *very* nutritious drink which contains significant amount of sugar. But, if consumed *correctly*, it can stabilise blood sugar and contribute to overall bodily health.

If you already suffer from dental issues, you don't need to miss out on orange juice *or* on good health. Use a straw until you can build up your nutritional reserves for an adequate buffer - so it goes without saying that you need to pay attention to the rest of your diet.

Why should you consider drinking Orange Juice?

I suspect you're still worrying about all that sugar you'd be drinking?

Well, here's why you *shouldn't* fear the sugar in orange juice...

The **sugar** in **orange juice** comes in three different forms (*sucrose*, *glucose*, and *fructose*), all of which your body ultimately breaks down to **glucose**. Glucose provides fuel for **every single cell** in your body to function and is the **only** source of energy for your brain.



If you don't consume glucose from sugar-providing carbohydrates, your body will do whatever it can to make glucose - and this includes taking **protein from your muscle tissue** to turn it into that much-needed sugar. This process (gluconeogenesis) is metabolically inefficient & significantly stresses the body, impacting on your thyroid health – as explained in the previous section.

Some schools of thought believe that our ability to make sugar from other bodily substances - or dietary protein - means that sugar is 'non-essential'.

But I'd argue that it's just the *opposite* - **glucose is SO critical that our body makes it by *inefficiently* burning dietary protein - or by cannibalising our own muscle protein - to avoid a shortage.**

Consuming adequate glucose supports your body's metabolism in a multitude of ways. When you're too low in blood sugar - which happens when you avoid sugar - your body senses 'danger' & fires stress hormones such as adrenaline and cortisol.

Because they're responsible for restoring sugar to your bloodstream - by cannibalising your own muscles - these stress hormones can reach damaging levels. Again, think thyroid impact.

But, by taking in some 'exogenous' sugar through diet, your body gets the message that it's a time of plenty and it relaxes – emergency systems can switch off for now.

Cellular metabolism - the process by which your body produces energy to function - is entirely dependent on enough fuel reaching your cells and for most organs, your cells' preferred fuel is glucose.

So, keeping your intake of 'whole food' based sugars adequate is an **IMPORTANT**, adaptive, anti-stress strategy to give your body what it needs to *thrive*, not just to survive.

Want MORE reasons to drink Orange Juice?

♥ Orange Juice provides minerals such as **magnesium** and **potassium** which, as nature would have it, are **essential for blood sugar and insulin level regulation**. Potassium gets sugar into the cell and lets us make use of the sugar. Sometimes, when we crave sugar, we are actually craving *potassium*.

Orange juice, raw		
Nutrition Facts		
Serving Size 250g		
Amount Per Serving	% Daily Value*	
Calories	113	6%
Total Fat	1g	1%
Saturated Fat	0g	0%
Trans Fat		
Cholesterol		0%
Sodium	3mg	0%
Total Carbohydrate	26g	9%
Dietary Fiber	1g	2%
Sugars	21g	
Protein	2g	4%
Vitamin A	10%	• Vitamin C 208%
Calcium	3%	• Iron 3%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calories needs.

[Full info at oronometer.com](#)

♥ The **magnesium** in orange juice is also vital for **cellular metabolism of ATP**

(energy) your body needs to carry out all of its functions.

♥ Just one 250ml glass of fresh OJ provides about 15% of your daily requirements for **potassium** and significant amounts of **folate** (19%), **B-6**, **thiamine**, **choline**, and **vitamin A**. And you get 207% of your recommended daily value of **vitamin C** in one glass!

♥ The **vitamin C** in fresh orange juice increases your white blood cell count, which **improves your immune system's function**.

♥ **Vitamin C** is a major antioxidant and **one of the most important** your body needs for optimal health. Fresh, raw orange juice is also rich in bioflavonoids, which are plant pigments that enhance the bioavailability of nutrients such as vitamin C, making **fresh** orange juice of one of the best antioxidants you could possibly consume.

♥ Orange juice is an **anti-aging collagen booster**. Without sources of vitamin C (such as in OJ) you cannot produce & assimilate **collagen**. Collagen not only helps us to look younger, but supports a healthy digestive system, joints, strong bones and teeth and more! (See below).

- ♥ Orange juice helps your body **eliminate harmful substances** because it contains so many beneficial antioxidants, vitamins, minerals and enzymes which support your body's detoxification pathways.
- ♥ Orange juice **supports your adrenals & thyroid** from the nutrients it provides. Magnesium, potassium, vitamin C and glucose are essential in the production and conversion of **active Thyroid hormone T3**. Without them, your thyroid can't keep up with your body's hormonal demands, and overall physiological stress is increased.

Have I convinced you yet?

How to drink your Orange Juice

- ♥ Drink orange juice **each day** to reap the benefits.
- ♥ There is no real substitute for **freshly squeezed juice**, prepared at home, either with the help of a juicer, or just by hand.
- ♥ Sprinkle up to **1/8 teaspoon of sea salt** (you won't taste it and it brings out the juice's sweet notes) into the juice to aid hydration, down-regulate stress hormones and boost the liver's production of thyroid hormone.
- ♥ Treat orange juice as a *food* and **sip it** – don't guzzle it! Use a straw!
- ♥ I add a teaspoon or two of **gelatine (collagen hydrolysate)** to my orange juice so, for collagen magic with my vitamin C!

BUYER BEWARE: There's **real** orange juice (the stuff you'd juice at home) and then there's the **fake, industrially-produced** juice, passed off as 100% pure orange juice!

If you buy commercial juice, remember that most of it is pasteurised, so will lack heat-sensitive, beneficial enzymes and vitamins.

However, you can buy 'raw' - in the UK, Tesco, Asda, Waitrose and Ocado are now selling an unpasteurised 100% orange juice (not organic). Raw juice will contain more heat-sensitive nutrients like vitamin C that break down when exposed to the high temperatures.

#3 MILK!



***Nourish* your liver**

Once upon a time, milk was a valued ‘medicine’ used by doctors to restore health. School milk was free. And milk was prized by bodybuilders!

Fast forward to the present day & we find that milk is vilified as a food not-fit-for-human consumption. Dairy intolerance appears to be rife and more & more people are blaming their poor health (eczema, asthma, allergies) on dairy. And milk-substitutes - from soya, almonds, coconuts and oats - take pride of place on the supermarket shelf!

How the mighty has fallen! What can we possibly say about milk to redeem it? And how can milk help your liver?

There are several animals who produce milk – cows, sheep, goats, buffalo – even camels! All have health benefits, but here I’m going to consider the benefits of **cows’ milk**

Why you should consider drinking Milk?



Milk is a *whole* FOOD. Indeed, milk is one of the only substances that is *meant* to be a food.

Clearly, cows’ milk is a primary food for calves; but we humans have been benefitting (give or take) for some 8,000 years.

Milk is immensely nutrient-dense. Although milk wasn’t directly intended for our consumption, it doesn’t mean that it’s any less nutritious or important for us. And even

though we aren't ruminant animals, we *can* digest milk!

No one doubts the nutrition available from the green vegetables that we eat. Similarly, the grass, clovers and other leaves that cattle & other ruminants (like cows) consume are also rich in nutrients.

We humans can't eat grass - we lack the physical apparatus to digest the dense cellulose these grasses & leaves contain, or to deal with all the defensive compounds in their leaves. Ruminant animals can do both - they literally spend all day 'chewing the cud' and their huge stomachs (all 4 of them) contain bacteria which work hard to ferment the green stuff, so their *host* animal can digest it. And that host is us...

Over the course of human evolution & in the process of domesticating ruminant animals, our ancestors found that they could trust the mighty cow to detoxify and concentrate all the wonderful stuff they consume into milk that *is* digestible by - and richly beneficial to - humans.

Let's look at what else makes milk a healthful drink choice:

♥ **Dairy is a true nutritional powerhouse.** No other food gives you protein, carbohydrates, and fat in one *single* food and it requires NO cooking! Ron Schmid writes in the '*The Untold Story of Milk*' of a man who lived, in good health, on milk alone for more than 40 years!

♥ **Milk contains very high quality protein** & contains all 8 essential amino acids in perfect balance, so is non-inflammatory. This supports the whole body and particularly our liver, which needs a consistent supply of protein to detoxify other substances to which we're exposed. Forget the green 'detox' juices – drink good quality milk.

♥ **Milk contains low levels of polyunsaturated fats (PUFAs)** and higher levels of saturated fats (SAFAs). Increasingly,

Milk, 2% fat (reduced fat)		
Nutrition Facts		
Serving Size 250g		
Amount Per Serving	% Daily Value*	
Calories	125	6%
Total Fat	5g	8%
Saturated Fat	3g	16%
Trans Fat	0g	
Cholesterol	20mg	7%
Sodium	118mg	5%
Total Carbohydrate	12g	4%
Dietary Fiber		0%
Sugars	13g	
Protein	8g	17%
Vitamin A	10%	Vitamin C 1%
Calcium	30%	Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calories needs.		

research is showing that it's the SAFAs which are beneficial to health, while the real demons – promoting inflammation and cellular damage - are the once-applauded PUFAs. An important point to remember is that ***PUFAs don't exist in significant amounts in whole foods unless you cook them in man-made seed oils!***

- ♥ **Dairy is high in calcium.** Calcium is important for bone & tooth health and energy production, and accounts for 1.5% of body mass.
- ♥ **Calcium is important in managing our stress levels & a decent intake keeps body calcium in our bones where it's meant to be!** Most of our calcium is stored in our bones, but tightly controlled levels also circulate in our blood. Under stress, we release high levels of parathyroid hormone (PTH), which signal to our body to remove calcium from our bones & put it into our circulation. But, because blood levels are so tightly regulated, the body will look to 'dump' it - and it can end up in our joints or in soft tissue such as in our kidneys, forming stones, or in arteries, promoting atherosclerosis & cardiovascular disease. Consuming dairy can have a significant “anti-stress” effect on our body by *suppressing the* release of PTH.
- ♥ **Milk helps prevent tooth decay** by binding to bacteria in the mouth, as well as providing essential minerals for strong teeth.
- ♥ **Milk promotes soft, healthy skin.** The abundance of nutrients in the right quantities promotes healthy skin. Remember that Cleopatra was reputed to have bathed in asses' milk?! Wise woman!

So, if we consume sufficient milk we keep **stress levels down, energy up** and **calcium where it belongs** – in bones & teeth and *not* in soft tissue!

But are ALL of us able to digest milk?

Milk contains the **milk sugar lactose** & all young mammals produce the **enzyme lactase** to digest it efficiently. It is often argued that humans lose the ability to produce lactase after toddler-hood, when we transition from milk to solid foods, and that this is a sign that we should avoid milk as adults.

However, not all adults lose the ability to produce lactase. For example, groups in Northern Europe, the Middle East and some parts of Africa technically have the genetic markers for lactase-persistence. An evolutionary advantage has meant that lactase-persistence has spread widely in dairying populations. For instance, lactase-persistence is estimated to be **89–96% in the British Isles** and Scandinavia.

There are large numbers of people around the world who don't have the gene for 'lactose persistence' (an ability to produce *lactase* & so tolerate *lactose*), yet neither are they, noticeably at least, lactose-intolerant. So, in the absence of sufficient lactase, it's currently hypothesised that our **gut bacteria** are digesting the lactose for us! **Bottom line: a lot of 'lactose-intolerant' people can still drink milk!**

Pasteurised Milk

There is also one last **important** point. Almost *all* the milk we get here in the UK is pre-cooked. Yes, that's right, we call it **pasteurisation** but we effectively cook the milk for 25 secs at 72°C to kill off bacteria. This is a process which originated when we didn't have the technology to transport milk without it spoiling (pasteurised milk has a longer shelf life) and it also covered up poor dairy practices (wrong feed, unhealthy cows etc.).

Unfortunately, the pasteurisation process destroys some delicate components of the milk – among which is **lactase**. So, could pasteurising the milk prevent us benefitting from the ready-made enzymes packed into the milk, rendering it indigestible? You bet! *Could this be the reason why lactose-intolerance is spreading? I say: 'Yes!'*

Certainly, many people who now seek out & drink RAW milk have found it to be digestible - so maybe pasteurisation is the important factor underlying lot of digestive issues? Additionally, there are anecdotes of people who, once they started drinking raw milk, could then go on to tolerate pasteurised!

What if you are, or *think* you may be, lactose-intolerant?

Of course, many of us *do* have **difficulty** with milk - like bloating & excessive wind ... and nobody likes excessive wind!

Here are my suggestions on what to do if you want to be able to drink milk, but think you can't:

1. **Give milk a chance; start drinking milk regularly!** It takes about two weeks for the body to get used to a new food and upregulate the enzymes necessary to digest it. If you've never given drinking milk a chance by introducing it very slowly & persisting over at least two-three weeks, you might not have allowed your digestive system and gut bacteria adequate time to adapt.

Start slowly, with a teaspoon a day (really!) and work up to the amount you want to consume. Consider your selection of the type of milk before starting out to give yourself the best chance of adapting (see #3 below).

2. **Give up wheat** – some people have bowel damage due to consuming improperly prepared wheat and/or gluten intolerance. Because milk is digested at the site of the damage, you can see how this may exacerbate the whole issue.

Give up wheat (and similar grains) for at least a month (it may take longer), focus on healing your gut and then try introducing milk slowly.

3. **Find a source of CERTIFIED RAW MILK locally, or search on-line** - <http://rawmilk.simkin.co.uk/>. Many people who can't tolerate heat-treated, commercial milk have NO problems with drinking raw milk. Raw milk still has its lactase enzymes intact; this aids digestion and it's theorised it can trigger your body's own production of the necessary enzymes. It also gives your body a dose of the bacteria that your own gut flora will need to help digest milk, if you truly do have low lactase production.

Certified raw milk is extremely safe and has a much better public health track record than pasteurised milk. But if you're concerned about drinking it, then home-pasteurising is an easy, healthy option.

Or, try out different brands of pasteurised, non-homogenised milk (you'll see the cream on top) from smaller or closed herds. Bear in mind that what the cows eat will ultimately affect their milk & consuming allergenic weeds, or mouldy grains (instead of grass) can be highly allergenic.

4. **Buy ORGANIC!** If the milk is not organic, then it may be the pesticides (particularly glyphosate - sprayed on grass or cereal crops) and/or other toxic contaminants in the feed or used in husbandry of the cattle, that are to blame. The chemical contamination of commercial, industrially-produced pasteurised milk should be of concern to us all, not just those with an intolerance.
5. Finally, **it's possible that it's not the lactose, but something else in the milk that isn't being digested – for instance, the casein** (the main protein found in milk), which some people find hard to digest.

Try out different forms of dairy. For example, fermented dairy like yoghurt, kefir & cheese are all lower in **lactose**. Try these and observe your reaction. Then try lower **protein** dairy (like cream) and again, observe your reactions – they can give you a clue as to which part of dairy (lactose or protein) is causing problems for you. Please also refer to point #2 above & remember that food intolerances can be *secondary* to another problematic food.

On a final note, it's important to clearly differentiate between *allergy* and *intolerance*. **With an allergy**, the body makes an anti-body to 'fight-off' a specific food; when the food is next consumed, it triggers the release of histamine and other substances - with immediate & potentially life-threatening effects. But true allergies are *very* rare – if you have an allergy, you'll most likely already know about it!

Children with a cow's milk allergy often outgrow it by age 5, so *true* milk allergy in older children and adults is very uncommon.

Intolerance is more common and its onset is usually much slower, accompanied by symptoms such as fatigue, bloating, digestive issues, joint pains, rashes & eczema. Food intolerances are often linked to (and can underlie) a wide range of chronic health conditions.

So, please STOP fearing milk!

If you want to drink milk, follow the above guidance and **don't rush it**.

You may experience a little digestive upset at first, but assuming no serious negative effects, your gut bacteria will gradually adjust and away you'll go!

And remember, milk is a friend, but **certified raw milk** is a best friend!

Here are some great ways to enjoy your milk:

- ♥ Straight up and warm with added honey/sugar (if you like)
- ♥ Fresh fruit milkshakes or smoothies (juice or blend fruit & add to milk). If you haven't tried an OJ milkshake (half and half) you haven't lived!
- ♥ Latte / Café con leché / Galão (a.k.a. milky coffee!) Try my Anytime Maple Latte - <http://www.izabellanatrins.com/recipe/anytime-vanilla-maple-latte/>
- ♥ Hot Cocoa (cocoa powder, sugar, gelatine [collagen hydrolysate], milk)
- ♥ Hot Mocha (as above, with half coffee)
- ♥ Coffee or chocolate milkshakes (cocoa powder or cooled strong coffee, milk, honey/sugar)
- ♥ Make yoghurt - Natural Jersey Milk Yoghurt with Raw Honey Drizzle - <http://www.izabellanatrins.com/recipe/natural-jersey-yoghurt-with-raw-honey-drizzle/>
- ♥ Make ice cream – VANILLA ice cream! COFFEE ice cream! ORANGE ice cream! ANY ice cream....

Right... I'm off to the kitchen!

DID I SET THE RECORD STRAIGHT?

I wanted to set the nutritional record straight on **COFFEE, ORANGE JUICE** and **MILK** - three highly nutritious, but much maligned drinks. Good science has shown us that used judiciously, as **FOODS**, they can help you to restore your energy & get back your 'get-up-and-go' *and* your health!

I hope the evidence that I've presented here (fully referenced below) has given you confidence. I want you to *stop* fearing these simple beverages & start experimenting and experiencing your energy levels *rock* – just like mine did (and my clients' too)!

And I'd love to hear *your* thoughts & your progress too:

- ✓ Email: izabella@izabellanatrins.com
- ✓ Facebook: <https://www.facebook.com/isabel.cooks>
- ✓ Twitter: <https://twitter.com/isabelnatrins>

BEFORE YOU GO...

I want you to know... that coffee, orange juice & milk represent just *three of many* traditional, nutrient-dense, energy-giving foods which *used* to grace our tables and protect our health.

I want you to know... that I'm fed up with reading & hearing all the bad rap that health professionals (armed with bad science and misinformation based on flawed research *and* invalid data) have given these nutritious & beneficial foods.

I want you to *stop* fearing them... and banishing them from your life - to the detriment your energy, vitality & health.

I want to help those proverbial scales are fall from your eyes... so you can ready to reset, recharge & restore your energy, vitality and health.

I want you to make the rest of your life the BEST of your life.

AND I want you to BUY MY BOOK...



The Real Food Solution

The Real Food Solution is a marriage of traditional, time-honoured food wisdom and the modern science which is validating what our grannies have known for generations. Within its pages you'll discover her food wisdom, forgotten skills and the science that shows us why Granny was so smart...

- The traditional (often 'demonised') foods that are deliciously powerful 'medicine'.
- Why bone broths and stocks make soups, casseroles and stews that heal.
- Why offal *isn't* awful.
- Why real milk is raw milk and why we should care.
- Why 'organic' and 'grass-fed' isn't faddy – it's Mother Nature's gift.
- How you can culture your way to health with fermented foods (yoghurts, labneh, kefir, simple cheeses, kombucha, etc)
- Why we should care about our daily bread – and make it organic sourdough.
- The foods that build your body and the foods that give you energy.
- The 'demonised' foods are *essential* for energy, vitality and health.
- Tips, techniques and recipes for preparing and cooking traditional foods.

Here's WHY you should buy...

♥ **Because YOU matter!**

Women's roles of Queen, Mother, Wise Woman, Lover call on us to be deeply intuitive & intensely concerned with our young, our mate & our 'pack'. Yes, **we women** hold the family - and the world - in the palm of our hand & it's a very heavy responsibility.

Overwhelm, fatigue & the feeling we need to *do* more, *be* more and care *more* haunts us daily & our health and happiness is suffering. And so is our ability to hold it together – so we *really* matter – because if not us, then who?

As a Food, Health & Lifestyle Teacher & Writer, a Nutritional Chef, and Certified GAPS (Digestive Health) Practitioner (and a Partner, Mum and Grand-Mum too!) I know what it's like to be a busy, professional woman who's tired of being tired, tired of overwhelm & tired of fighting fatigue.

♥ **Because you CAN reclaim your health!**

I know, too, what it's like to witness my health go down the drain at the hands of a debilitating autoimmune disorder – for which there is, apparently, 'no cure' – and feel hopelessness stealing my spirit.

But, with research, education, food and lifestyle changes, I reclaimed my health from all the above. And as I regained my energy, vitality & health, I got my life *and* my spirit back & vowed to make the rest of my life the *best* of my life.

And I knew then, that I could help other women do the same; women like me: switched-on, busy, caring women – but struggling with overwhelm and fatigue and sick and tired of saying "I'm tired."

- ♥ **Because there IS another way!**

The Real Food Solution shows you the way!

No matter where life has taken your health, ***The Real Food Solution*** will kick-start your journey to wellness with important, essential, traditional foods that help to restore your energy, improve your sleep, lift your mood and win back your vitality, health & well-being...

- ♥ You'll learn how to win-back wellness by simply **enjoying delicious, energy rich foods.**
- ♥ You'll lose **fear of traditional foods** wrongly 'demonised' by health professionals.
- ♥ You'll learn how easily you can incorporate important, nutritious foods into everyday life & **start living your life, not just coping with it!**
- ♥ **You'll make the *rest* of your life the *best* of your life!**

Did you know that food & lifestyle health coaching can help you to move on from your health struggles and make the rest of your life the best of your life?



Are you going around and around in circles, consulting everyone but getting no-where fast and frustrated by your lack of knowledge and confidence?

- ✓ Struggling with an ongoing health issue?
- ✓ Struggling with a thyroid problem, pre/T2diabetes, obesity, hormonal dysfunction, intestinal/digestive issues, an autoimmune condition?
- ✓ Maybe you're feeling overwhelmed, fatigued, stressed?
- ✓ Are you experiencing poor sleep, fuzzy thinking, aches, pains?
- ✓ Or worrying about weight gain and your fruitless attempts to lose it?
- ✓ Are you disheartened by being told there's 'no known cure', or following 'diets' that only work for a while?
- ✓ Are you completely confused and no longer have any idea of what to eat, where to shop, what to cook?

If you want this clock to stop, you're certainly NOT alone.

Did you know that a staggering 75% of those struggling with a chronic health condition, or feeling persistently 'under-par' are actually struggling with a 'food-and-lifestyle-driven' condition?!

Believe it or not, this is good news for you, because it means you can do something about it. But the problem is where to start, how to start and how to keep on going. Enter a Health Coach...

I will help you to gain the knowledge, develop the skills and use the tools that will enable you to support (and even reverse) the health issues that you've been struggling with.

Visit izabellanatrins.com/coaching for more information



REFERENCES

Coffee

Lopez-Garcia E, et al. The relationship of coffee consumption with mortality. *Annals of Internal Medicine*, 2008 - <http://annals.org/article.aspx?articleid=668690>

Peat R. Caffeine: A vitamin-like nutrient, or adaptogen. 2006. Retrieved 25th July 2016 from <http://raypeat.com/articles/articles/caffeine.shtml>

Ross GW, et al. Association of coffee and caffeine intake with the risk of Parkinson disease. *JAMA* 2000 May 24-31;283(20):2674-9 - <http://jama.jamanetwork.com/article.aspx?articleid=192731>

Gunnars, Kris. Why is Coffee Good For You? Retrieved 25th July 2016 from <https://authoritynutrition.com/why-is-coffee-good-for-you/>

Gunnars, Kris. 13 Proven Health Benefits of Coffee. Retrieved 25th July 2016 from <https://authoritynutrition.com/top-13-evidence-based-health-benefits-of-coffee/>

Freedman ND, et al. Association of coffee drinking with total and cause-specific mortality. *New England Journal of Medicine*, 2012 - <http://www.nejm.org/doi/full/10.1056/NEJMoa1112010>

Swiss Water Blog. Guess What? Coffee Drinkers Live Longer (and Caffeine Has Nothing to Do With It). Retrieved 25th July 2016 from <http://www.swisswater.com/blog/guess-what-coffee-drinkers-live-longer-and-caffeine-has-nothing-to-do-with-it/>

Orange Juice

Ghanim H, et al. Orange juice neutralizes the proinflammatory effect of a high-fat, high-carbohydrate meal and prevents endotoxin increase and Toll-like receptor expression. *Am J Clin Nutr*. 2010 Apr; 91(4): 940–949 - <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2844681/>

Ghanim H, et al. Orange juice or fructose intake does not induce oxidative and inflammatory response. *Diabetes Care*. 2007 Jun;30(6):1406-11 - <http://www.ncbi.nlm.nih.gov/pubmed/17384340>

Aljada A, et al. Glucose ingestion induces an increase in intranuclear nuclear factor kappaB, a fall in cellular inhibitor kappaB, and an increase in tumor necrosis factor alpha messenger RNA by mononuclear cells in healthy human subjects. *Metabolism*. 2006 Sep;55(9):1177-85 - <http://www.ncbi.nlm.nih.gov/pubmed/16919536>

Stoll LL, et al. Potential role of endotoxin as a proinflammatory mediator of atherosclerosis. *Arterioscler Thromb Vasc Biol*. 2004 Dec;24(12):2227-36 - <http://www.ncbi.nlm.nih.gov/pubmed/15472123>

Shi H, et al. TLR4 links innate immunity and fatty acid-induced insulin resistance. *J Clin Invest.* 2006 Nov;116(11):3015-25 - <http://www.ncbi.nlm.nih.gov/pubmed/17053832>

Erridge C, et al. A high-fat meal induces low-grade endotoxemia: evidence of a novel mechanism of postprandial inflammation. *Am J Clin Nutr.* 2007 Nov;86(5):1286-92 - <http://www.ncbi.nlm.nih.gov/pubmed/17991637>

Aljada A, et al. Increase in intranuclear nuclear factor κ B and decrease in inhibitor κ B in mononuclear cells after a mixed meal: evidence for a proinflammatory effect. *Am J Clin Nutr.* 2004 Apr;79(4):682-90 - <http://www.ncbi.nlm.nih.gov/pubmed/15051615>

Larsen MJ, et al. Enamel erosion by some soft drinks and orange juices relative to their pH, buffering effect and contents of calcium phosphate. *Caries Res.* 1999;33(1):81-7 - <http://www.ncbi.nlm.nih.gov/pubmed/9831784>

Jensdottir T, et al. Immediate erosive potential of cola drinks and orange juices. *J Dent Res.* 2006 Mar;85(3):226-30 - <http://www.ncbi.nlm.nih.gov/pubmed/16498068>

Price, WA. *Nutrition and Physical Degeneration*. Republished in 2000 by the Price-Pottenger Nutrition Foundation, Inc. Originally published 1939.

Milk

Peat R. Milk in context: allergies, ecology, and some myths. 2011. Retrieved 25th July 2016 from <http://raypeat.com/articles/articles/milk.shtml>

Jaminet P. Lactose Intolerance: Often A Result of 'Silent' Wheat-Derived Bowel Disease. Retrieved 25th July 2016 from <http://perfecthealthdiet.com/2010/07/lactose-intolerance-often-a-result-of-%E2%80%99silent%E2%80%99-wheat-derived-bowel-disease/>

Crow C, WHY YOU'RE SENSITIVE TO DAIRY (IE. LACTOSE INTOLERANCE) & WHAT TO DO ABOUT IT. Retrieved 25th July 2016 from <http://butternutrition.com/5-reasons-why-youre-sensitive-to-dairy-what-to-do-about-it/>

Wikipedia. 2016. Retrieved 25th July 2016 from https://en.wikipedia.org/wiki/Lactase_persistence

Gerbault P, et al. Evolution of lactase persistence: an example of human niche construction. *Philos Trans R Soc Lond B Biol Sci.* 2011 Mar 27; 366(1566): 863–877 - <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3048992/>

University of Minnesota. Retrieved 25th July 2016 from <http://www.extension.umn.edu/agriculture/dairy/feed-and-nutrition/feeding-the-dairy-herd/ruminant-anatomy-and-physiology.html>

Schmid, R <http://amzn.to/29HAMET>The Untold Story Of Milk. 2009.

Alterman T. How Do I Pasteurize Raw Milk at Home? 2008. Retrieved 25th July 2016 from <http://www.motherearthnews.com/real-food/pasteurize-raw-milk-at-home.aspx>

Raw Milk Facts. 2012. Retrieved 25th July 2016 from <http://www.raw-milk-facts.com/>

Allergy UK. Food Allergy or Food Intolerance. 2015. Retrieved on 25th July 2016 from <https://www.allergyuk.org/food-allergy-or-food-intolerance/food-allergy-or-food-intolerance>