



Good bacteria?
The benefits of pre
and probiotics

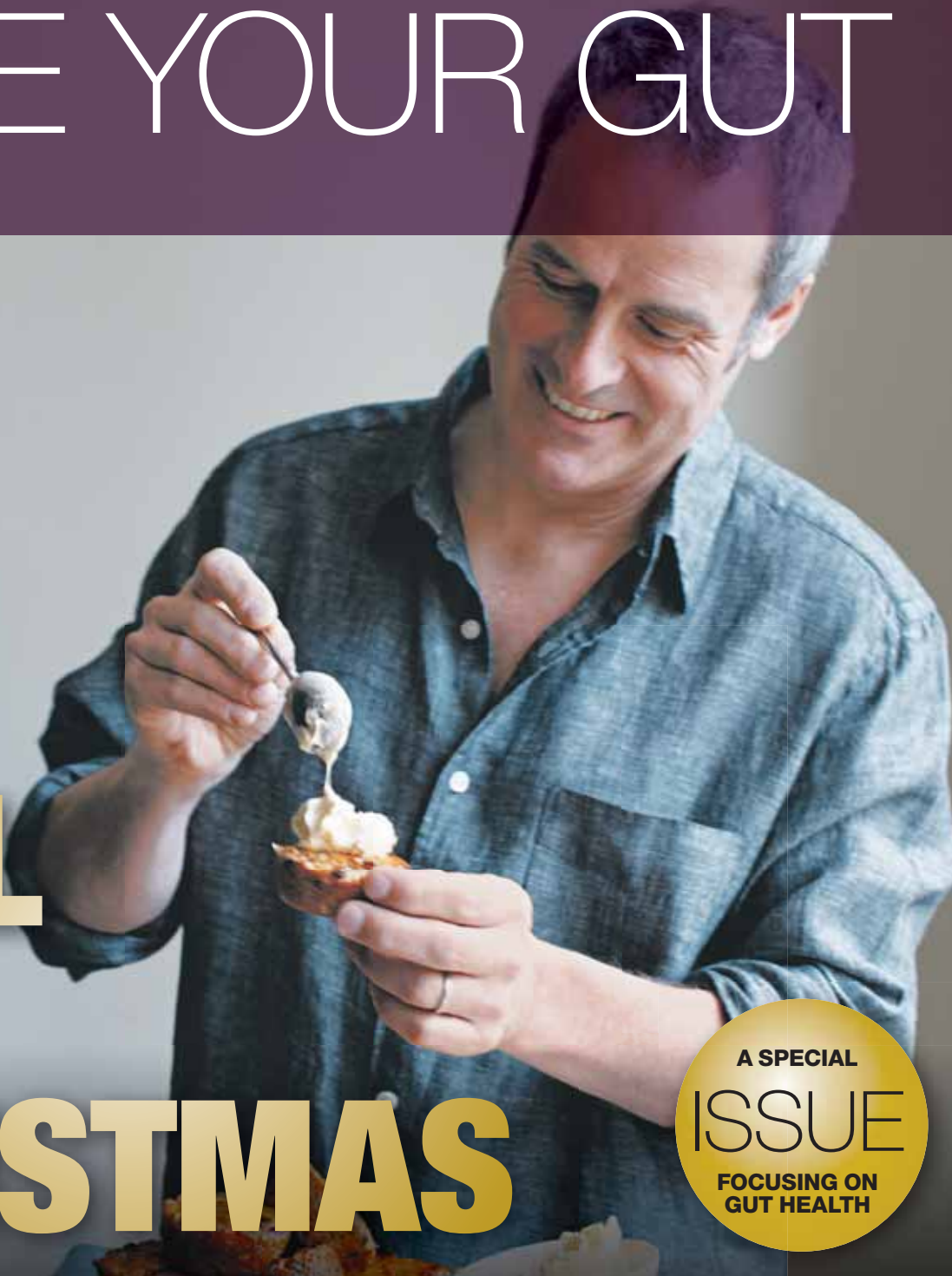


Gluten free
Options available
this christmas

**MEDIA
PLANET**

LOVE YOUR GUT

Phil Vickery gives
his tips for enjoying
Christmas food
whilst managing your
dietary needs



EAT WELL THIS CHRISTMAS

A SPECIAL
ISSUE
FOCUSING ON
GUT HEALTH

PHOTO: TARA FISHER

A Merry Christmas and a Happy Gluten Free Year

Enjoy really delicious homemade gluten free breads, cakes, pies and pastry. Finax offer a wide range of gluten free flour mixes and baking supplies to help you have a simply scrumptious Christmas. Start your day with Finax gluten free Crispy Flakes or Muesli and find inspiration and recipes at www.finax.com.



Finax for Gluten Free Flours, Mixes, Baking Aids, Crispy Flakes and Muesli



Drossa Limited, www.drossa.co.uk
finax@drossa.co.uk, 020 7431 938

CHALLENGES

This time of year can bring upset to even the toughest of stomachs, along with seasonal gastronomic enjoyment - proving just how vital it is to maintain good gut health throughout our lives

Have the guts for health

The guts are remarkably resilient, perhaps too much for our own good, but a glut of Christmas pudding is guaranteed to bring regret. Nausea can be driven by overfilling the stomach or excessive alcohol and also by over-indulgence in high fat "comfort" foods, including brandy butter!

But food does not have to be boring to be healthy - even in the festive period. Any long-term risk from regular intake of a specific food is very small compared with the risks of excessive calorie intake, whatever the source. Excess alcohol, itself a major source of calories, also risks not just liver damage but cancers of the oesophagus (gullet), pancreas and colon. "Not too much of anything" is therefore good advice.

Occasional dietary indiscre-



Jonathan Rhodes
President, British
Society of Gastroenterology

tions do little harm but there is much to be said for year-round adoption of a healthy lifestyle. Avoidance of excess calories or alcohol, regular intake of leafy green vegetables and regular exercise is likely to reduce risk of a wide range of life-threatening conditions that include ischaemic heart disease, stroke, and diabetes as well as cancer. Don't simply rely on screening tests or low dose aspirin to provide immunity

from the harmful effects of an unhealthy lifestyle - they won't!

When partying, spare a thought for those with specific dietary requirements. People with coeliac disease are sensitive to gluten - so it is not fair to expect them to have a bit of flour, often "hidden", for example in gravy, "just this once". The article with Coeliac UK and tips from Phil Vickery give helpful advice on how to enjoy a gluten-free Christmas.

Most bowel problems are made worse by stress - certainly irritable bowel syndrome and probably Crohn's disease and ulcerative colitis. Avoiding stress at Christmas is easier said than done but ensuring that the washing-up is not left to the person who cooked the Christmas dinner is probably a good start - and RINSE THE DISHES! It's a personal foible of mine but detergents are not good for anyone's guts!



WE RECOMMEND



Phil Vickery
TV Chef

PAGE 6

"There's no need to abandon enjoyment for good nutrition"

MEDIA
PLANET

We make our readers succeed!

LOVE YOUR GUT,
1ST EDITION, DECEMBER 2010

Managing Director: Willem De Geer
Editorial Manager: Katherine Woodley
Sales Manager: Simon Kenneally

Responsible for this issue
Project Manager: Tom Latham
Phone: 020 7665 4408
E-mail:
tom.latham@mediaplanet.com

Distributed with: The
Guardian, December 2010
Print: Guardian Print Centre

Mediaplanet contact information:
Phone: 020 7665 4400
Fax: 020 7665 4419
E-mail: info.uk@mediaplanet.com

From Breakfast...



Fabulous gluten & wheat free foods...

from the
Juvela Online Shop
www.juvela-shop.co.uk

0800 783 1992



...to Sweet Snacks



LOVE
YOUR
GUT

Love Your Gut...every day!

Get the inside track on your digestive system, from the ultimate gut health site



So you're embarking on a journey to discover how – and why – to love your gut...but how can you ensure you stay on the path to good digestive health all year round? Simple: log on to www.loveyourgut.com, the lively, interactive site dedicated to helping you maintain good gut health – every single day of the year.

The site is an initiative of Gut Week, the digestive health campaign organised annually by Core and The Gut Trust in association with Yakult. Gut Week takes place every summer but the site is available all year round, providing a permanent, dynamic digestive health resource.

The wide range of expert information is presented in a clear, accessible way, so as to encourage complete openness about the often-taboo subject of digestive health.

Dr Tom Smith, chief executive of Core, explains why this is so important:

“Millions of people in the UK experience digestive problems – but many suffer in silence, often either too nervous or embarrassed to see a doctor, or simply unaware that their symptoms may be indicative of something more serious.

“The Love Your Gut website is a valuable resource for anyone wanting to find out more about digestive health. The site is user-friendly, easy to navigate, and contains a wealth of useful, practical information from expert tips to condition overviews to guidelines on when to see a doctor – and what to say when you do.

About the campaign partners:



Core - the Digestive Disorders Foundation - is an independent national charity that funds medical research into the prevention, cure and treatments of all forms of digestive disorders. Core provides quality information for sufferers on a wide range of digestive problems through its web-site: www.corecharity.org.uk. Core does not endorse any specific commercial or pharmaceutical products.



The Gut Trust is a national charity, which offers support, information and advice on Irritable Bowel Syndrome (IBS). A free Fact Sheet is available on request - see www.theguttrust.org. Members enjoy access to professional advice, a telephone helpline and a comprehensive self management programme. The Gut Trust does not endorse any specific commercial or pharmaceutical products.



Yakult is the original probiotic drink, developed by Dr Shirota back in 1935 and today consumed in 32 countries. Each bottle of Yakult contains 6.5 billion probiotic bacteria, of the same unique *Lactobacillus casei* Shirota strain isolated by Dr Shirota 75 years ago. For more info, please see www.yakult.co.uk

“It's a sad fact that many people develop serious digestive illnesses each year simply because they ignore digestive symptoms, and this is why the Love Your Gut message of awareness, vigilance and action is such an important one.”

Loveyourgut.com provides a wide range of gut health tips and tools – and you can even put a question in confidence to resident expert Dr Nick Read, consultant gastroenterologist and psychotherapist, and medical adviser to The Gut Trust.

But digestive health is not just about serious matters – so the site also offers a range of entertaining elements, from recipes and blogs to quizzes and games.

There is something for everyone – so visit www.loveyourgut.com and discover:

- A weekly blog, sharing the latest gut-related news, along with tips and advice;
- Delicious 'gut friendly' recipes from Gut Week supporter Antony Worrall Thompson;
- An interactive games area: Tackle the 'Love Your Gut' quiz or take a trip round the digestive system, greeting the gut 'goodies' and battling with the baddies!;
- The 'ins and outs' of your digestive system – what it is, what it does and the unique way in which it is communicating with you every day;
- Expert tips on gut-healthy living – learn how small changes to your diet, exercise and lifestyle regimens can make a big difference to your digestive health;
- FREE information packs – download leaflets including the 18-page Gut Translator, a full colour guide to what digestive sights, sounds, smells and sensations really mean.

Log on today...*your gut will love you for it!*



NEWS



THE RIGHT STUFF
Probiotics and prebiotic yogurts and drinks have seen a big rise in sales in recent years
PHOTO: SHUTTERSTOCK

How to grow your own health

■ **Question:** Much is heard about probiotics and prebiotics – but why are they important?

■ **Answer:** Both work with the existing bacteria in the gut and could provide relief for several conditions from IBS to ulcerative colitis



Dr Nick Read
Chair of
The Gut Trust

The advent of probiotics on supermarket shelves in recent years has led to much discussion about their possible benefits for digestive disorders and disease, and for good gut health in general.

“According to their publicity, probiotics are the good bacteria that mimic the bacteria we normally have in our colons and play an important role in digesting food and material that normally escapes digestion in the gut, and goes down into the colon, but is normally salvaged by the bacteria in the colon – colonic bacteria would absorb starches, for instance”, says Dr Nick Read, chair of The Gut Trust and consultant gastroenterologist, and author of *Sick and Tired: Healing the Illnesses Doctors Cannot Cure*.

Colonic bacteria have a range of actions which probiotics attempt to mimic. “There is some quite good evidence that probiotics stimulate the immune system of the gut, which means to fight off the bad bacteria and pathogens. There is also evidence that bacteria will tighten up the permeability of the gut making it less leaky,” he says.

More research is still to come, says Dr Read – because there are so many different types of bacteria, it’s hard to mimic all of the good bacteria, and much of it seems to depend on strain of bacteria being administered. There is some good evidence that probiotics are very helpful with colitis that results from antibiotics and the ensuing inflammation.

Probiotics can also be very useful with ulcerative colitis, says Dr

Read – enabling the gut to be “re-seeded” with good bacteria. The validity of their use as a daily dose in people who are healthy and well is still unknown, says Dr Read – it seems like a good idea, theoretically, but the jury is in some respects still out.

There is much discussion of whether probiotics can help assuage irritable bowel syndrome (IBS), and some strains are associated with soothing diarrhoea, which is associated with inflammation.

Probiotics can be used alongside prebiotics, which are effectively food for the beneficial bacteria, encouraging their growth and activity. “Prebiotics are a good idea,” explains Dr Read. “There is currently a lot of interest in prebiotics – whereas with probiotics you have to get the strain absolutely right, that’s less true with prebiotics.”

Exciting times could lie ahead. As Dr Read says: “For both probiotics and prebiotics, watch this space”.

EMILY DAVIES

info.uk@mediaplanet.com



Peter Cartwright
Microbiota consultant

Guard your gut

We carry about 250 different species of bacteria in our small and large intestines: these are usually well-established and resistant to disturbance. Sometimes this microflora is disturbed, however, by antibiotics, infected foods, stress, and major diet change. It’s not surprising this often happens over Christmas

By taking probiotics regularly during demanding times you provide support for your microfloral allies, and make yourself more resilient to the demands of the festive season.

■ Take the probiotic during or immediately after a main meal – food in the stomach reduces acidity and helps a higher proportion of the probiotic bacteria to survive into the small intestine.

■ Do not take probiotics with a hot drink – high temperatures will kill the beneficial microbes.

■ Prebiotics are sometimes added to probiotic products but you can also buy prebiotic powders such as FOS and GOS. If you are taking such powders, start with a low amount until your intestines are used to it – otherwise, you might get bloating and wind.

■ There is a huge range of probiotic products on the market, mostly in milk form or capsules. There are so many different factors in making a choice that it may be simplest to select one that seems sound and try it for a least a fortnight.

EMILY DAVIES

info.uk@mediaplanet.com

'Tis the season...



*...for an unhappy
digestive system*

Feel for yourself how Bio-Kult Probiotics could help your digestive system keep settled over the festive season.

To receive your free pack: simply go online to www.bio-kult.com select a 30s Bio-Kult pack and enter the discount code GUA0001 at the checkout.

Terms and Conditions apply: offer only available while stocks last on a first come first served basis, 500 packs available. One pack per household. Offer only applies to 30s Bio-Kult and not to be used in conjunction with any other offer. Offer only available online. Please allow 28 days for delivery. Free standard delivery only. Offer open to residents of UK, CI and IOM only. Offer expires 31st December 2010.

Bio-Kult[®]

The experts in probiotics
www.bio-kult.com

Bio-Kult and Protexin are registered trademarks of Probiotics International Limited. All rights reserved.



NEWS

Know your enemy

■ **Question:** How can people with coeliac disease still enjoy Christmas when so many Christmas foods feature gluten?
 ■ **Answer:** It's easier than ever to find substitutes – or to find gluten-free ingredients to make your own

Christmas and the festive period can be a problem for anyone with a digestive disorder – and perhaps especially for those with coeliac disease, where not just wheat products must be avoided but rye and barley too.

“Christmas has the potential to be a health nightmare for everyone, but there's no need to abandon enjoyment for good nutrition,” says the chef Phil Vickery. “You just have to be a little more aware of it – and the results are well worth it.”

“Preparation is crucial – find out in advance what people can and can't eat. Because most people cook Christmas food only once a year they don't have much practice – but a plan will help keep things in place and make everything easier.”

Available options

There are plenty of ways of adapting diet and changing recipes, says Kathryn Miller, diet and health project coordinator at Coeliac UK, so that Christmas can be enjoyed without losing any of its taste.

And it's much easier than it used to be, Kathryn points out. Mince pies, Christmas cakes and many other festive foods that would usually rely on wheat are now all easily available from the free-from section of supermarkets – and there's even frozen gluten-free pastry for making your own pies and gluten-free flour with which to make your own pies and cakes.

While traditionally bread sauce isn't gluten-free, you can buy gluten-free bread and make breadcrumbs, or even buy ready-made gluten-free breadcrumbs; while homemade gravy can be thickened with cornflour and gluten-free ready-made gravy can be bought.

Seek help

Those catering for a guest with coeliac disease need not worry, says Kathryn: “much of it is just knowing where to get things from”. She



TASTY DESERT
 After launching a gluten free pudding company Phil Vickery has discovered there is much demand for alternative options
 PHOTO: TARA FISHER

points out that even food that may not obviously contain wheat, rye or barley, such as chocolate and confectionery, could be a danger to coeliacs as there is a risk of cross-contamination if they could have come into contact with wheat, rye or barley products while being made – these products will feature a “may contain” warning.

While beer, ale and stout, for example, contain gluten, you can easily get gluten-free versions from the supermarkets' free-from sections

too, Kathryn points out.

Finally, if you think you have symptoms of coeliac disease, do not go on a gluten-free diet at any time, Kathryn cautions; it means any test for coeliac disease will then come back negative. Instead, head straight to your GP.

For further help and tips call the Coeliac UK helpline on 0845 305 2060

EMILY DAVIES

info.uk@mediaplanet.com

SUB-NEWS

“Free from’ brands and supermarket own-label ‘free from’ products undergo extensive checks to make sure that they do not trigger consumers’ allergies or intolerances: ensuring the ingredients are free from specific allergens through factory auditing, with detailed controls enforced to avoid cross-contamination and regular batch-testing conducted, says Richard Storrie, Asda ‘Free From’ buyer. However, he points out, it is still important to check the ingredients panel on all of the products bought to ensure that there are not allergens in the product.

“Specific ‘free from’ brands (such as Asda's Free From range) are a much quicker and easier option when shopping as they will clearly state what the product is free of and will provide products for certain conditions such as coeliac disease,” says Richard. “However, regardless of which products bought, you should always check the ingredients list every time you buy the product as recipes do change. When eliminating foods from a diet it is easy to overlook essential nutrients; follow advice from your local GP or dietician.”



PHIL VICKERY'S TIPS ON GLUTEN-FREE BAKING



➔ Coeliac disease is entirely manageable with a controlled diet. It's about giving you food to enjoy, food that is nutritious and food that will make you feel seriously good!

➔ People on a gluten-free diet can enjoy really delicious, flavourful, food: in fact, a gluten-free diet not only offers the chance to improve the quality of the food you eat by cooking with fresh unprocessed ingredients but also helps to introduce your tastebuds to new flavour combinations.

➔ The gluten in wheat flour gives bread, cakes and pastry their appealing texture and characteristic structure.

Thus, one essential ingredient in gluten-free baking is the exotic-sounding xanthan gum, a natural type of starch produced by fermentation: it acts as a gluten replacement and helps produce great results. It replaces the gluten's “stretch factor”.

➔ Using a blend of gluten-free flours such as rice, potato and tapioca flours can replicate plain flour; once you've made a blend, keep it on standby for when you're in the mood for baking! Soya flour is also worth considering and ingredients such as ground almonds are often used in gluten-free baking to help to develop flavour and texture.

➔ Glycerine is fabulous for keeping moisture in sponges, biscuits and cakes.

➔ Egg adds great texture and helps hold the gluten-free flour together.

➔ Baking powder helps to give a light and airy texture to baked products.

Phil Vickery's Seriously Good! Gluten-Free Baking (Kyle Cathie, £19.99) is out now

Here's something you'll easily digest.



Omega 3
Fibre
Antioxidants & Protein
Vitamin E

A LITTLE
BIT OF
EVERYTHING
GOES A
LONG WAY



Available in **HOLLAND & BARRETT** Sainsbury's Waitrose **ASDA** and all health food stores
For more information on health benefits and for some great recipe ideas please visit www.linwoods.co.uk



NURTURE BY NATURE

Award-winning Free From products at your local Asda.



Thanks to Asda's Free From range, you can make all the delicious dishes you like, whatever your food intolerance.



With over 180 products, including our award-winning Free From Organic Fusilli Pasta, you can stock up on healthy and wholesome food or treat yourself to our deliciously tempting Stem Ginger Biscuits, Almond Slices or Chocolate & Walnut Brownies.

Asda has all the ingredients to let you make mouth-watering dishes from scratch, like this irresistible Peach & Sultana Bread and Butter Pudding made from Free From Brown or Multigrain Bread.

So whether you are sensitive to wheat, gluten or dairy, our range is free from everything except the taste - all at the great Asda prices you'd expect.

Peach & Sultana Bread and Butter Pudding.

Suitable for wheat-free and gluten-free diet.

Shopping List

- 9-10 slices Free From Brown or Multigrain Bread, crusts removed
- 50g (2oz) butter
- 50g (2oz) sultanas
- 1 large fresh peach with the skin and stone removed, then sliced or a small can of sliced peaches, drained
- 50g (2oz) caster sugar
- 3 medium sized eggs
- 500ml (18 fl oz) whole milk
- 1 x 5ml sp (1 teaspoon) mixed spice

You will also need a baking dish, 20cm x 20cm (8" x 8") and 5cm (2") deep, lightly buttered.

Method

1. Generously butter the slices of bread on one side and cut into fingers. Put half into the prepared dish.
2. Sprinkle over half the sugar and the majority of the sultanas, but reserve some for the top, then place on the peach slices.
3. Top with the remaining bread, buttered side up.
4. Whisk together the eggs and milk, and pour over the bread.
5. Sprinkle the top with the remainder of the sugar, sultanas and mixed spice.
6. Leave to stand for 30 minutes, so that the bread absorbs some of the liquid. Bake in an oven at 160°C, 325°F, Gas Mark 3 for 45 minutes – 1 hour, until set and the top is crisp and golden.



Serves 4-6

ASDA *****
SAVING YOU MONEY EVERY DAY

Available at selected Asda stores while stocks last. Online prices may vary from those in-store. Photography shows serving suggestion.