

menu: food & drink to tempt your tastebuds

feeling fantastic



Caroline Peyton, a nutritional therapist at the Wellbeing Centre in Old Town, with Marion Sauvebois

aim for is a steady release of glucose from our foods throughout the day to help stay on an even keel.

"But if you choose foods which are carbohydrate rich and predominantly those high in simple sugars, blood sugar levels may jump too high. Insulin's role is to assist moving the glucose into cells where it is used for energy but if there is too much glucose in the blood it often tries to store it as fat.

"And as a consequence blood sugar levels may then start dropping. You might feel tired and lack concentration. You might start craving tea, coffee and stimulants or sugary foods. They will all raise blood sugar levels again so you get this yo-yo effect. It can leave you feeling drained of energy."

Again, I couldn't see the wood for the trees. The problems were not where I had expected to find them. Even my poor homemade vegetable soup (again more

carbohydrates and no proteins in sight) was not helping matters. I was trapped in a sugar-coated vicious circle.

Leaving me to ponder her advice, Caroline also offered practical alternatives. Why not give cashew butter on oatcakes a taste? It might not be everyone's cup of tea but it ticks all the right boxes and has become my go-to breakfast.

Pulses and lentils are also now my diet staples. The yo-yo has been wound back for good.

Nutritional therapy does not merely look at the content of our plates but the way in which we physically eat as well as our pace.

For my part, I had suffered from bloating for years. This was swiftly explained by my unladylike tendency to take enormous bites, swallow them at record speed, omitting that all important step: chewing.

Indeed as Caroline pointed out: "Your stomach doesn't have teeth."

Smaller, chewed bites, have remedied this long-term problem.

Drinking a glass of water with a teaspoon of lemon juice to help increase the acidity in the stomach and create the right digestive environment has also fostered a smoother post-meal response.

It may be a cliché but you can eat and even snack yourself healthy.

Needless to say I cut down my tea intake by more than half and replaced many of my daily brews with the herbal equivalent. I have the occasional relapse but overall the (parched) dog days are over.

● Caroline is a nutritional therapist and naturopath based at Wood Street Wellbeing in Old Town. To find out more about nutritional therapy or to seek advice visit peytonprinciples.com, call 07730 513303 or email caroline@peytonprinciples.com.

little bites

VEGANS can now indulge in a cheeky treat at Muffin Break with the launch of a new dairy-free range.

The new selection comprises six flavours – banana nut and trail mix, apple cinnamon and trail mix, superfruit and trail mix, lemon and poppyseed, black forest, and banana coconut – all designed to cater to the needs of customers following a dairy-free diet.

The range is 100 per cent lactose free and baked fresh in store everyday.

Gemma Sandells, marketing manager at

Muffin Break, said: "We are really excited to introduce our new dairy free range to our customers.

"This delicious range really complements our existing varieties of foods and we are passionate about opening up our food offering to suit different dietary requirements. Baking with real ingredients is at the heart of everything we do at Muffin Break and we are sure you'll love these new additions."

For more information visit www.muffinbreak.co.uk.



off to market

Market manager Karden Gerbrands talks about Swindon's farmers' markets

DID you know that tomatoes are the most popular of all the fruit and veg grown in the world?

They are hardy summer plants that give a high yield when taken care of properly.

Tomatoes are loaded with many health benefits and life enhancing properties. They are a rich source of vitamins A and C and folic acid.

They also contain a wide array of beneficial nutrients and antioxidants, including alpha-lipoic acid, lycopene, choline, folic acid, beta-carotene and lutein.

Here are 10 reasons of why you might want to start adding more tomatoes to your diet:

1. Keeps skin healthy
2. Builds strong bones
3. Prevents cancer
4. Promotes sleep
5. Improves vision
6. Weight loss (they are low in calories, dense with nutrients and high in energy)
7. Protects the prostate
8. Lowers blood sugar levels
9. Reduces damage from smoking
10. Keep your immune system strong.

It's amazing what those little red things can do, hey? And of course the fresher the better!



Styan's Produce have their early tomatoes on the stall at the Outlet this Sunday and they will also have the first asparagus crop of the year. Find the market at the designer outlet from 10am to 4pm every Sunday.

- Bradford on Avon, third Thursday, 9am to 1pm at Westbury Gardens, BA15 1DE.
- Bradford on Avon, last Sunday, 10.30am to 2.30pm at Lamb Yard, BA15 1FG.
- Calne, second Saturday, 9am to 1pm, near the library, SN11 0JU.
- Corsham, third Saturday, 9am to 1pm, High Street SN13 0HB.
- Devizes, first Saturday, 9am to 1pm, Market Place
- Malmesbury, second and fourth Saturdays, 9am to 1pm, Market Cross
- Royal Wootton Bassett, fourth Saturday, 9am to 1pm, High Street.
- Salisbury, weekly on Wednesdays, 9am to 2pm, Poultry Cross.
- Swindon Farmers' Market, every Sunday, 10am to 4pm, Swindon Designer Outlet, Kemble Drive, SN2 2DY.
- Havelock Square Farmers' Market, Swindon, every Thursday, 9am to 2.30pm.
- Trowbridge, second and fourth Friday, 9am to 1pm, Fore Street, BA14 8HX.
- Wanborough, third Saturday, 9am to midday, Wanborough Village Hall.
- Warminster, first and third Fridays, 9am to 1pm, central car park, BA 12 9BT



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