

# Gummm

## A late night snack can actually bring better sleep

Most of us know that mindless munching after dinner (usually in front of the TV or a computer) can derail even the best weight loss plans. But what many people don't consider is how these late-night nibbles can impact the quality of their sleep, as well.

Eating large, heavy meals late in the evening can make you feel uncomfortably full and keep you up tossing and turning. But a light snack (200 calories or less) with the right mix of ingredients can actually help you get a better night's rest.

Among the best natural sedatives is tryptophan, an amino-acid component of many plant and animal proteins. Tryptophan is one of the ingredients necessary for the body to make serotonin, a brain chemical that helps you feel calm and can make you drowsy. The trick is to combine tryptophan-containing foods like turkey, low-fat dairy, and eggs with carbohydrates, which help transport tryptophan into the brain, where it can make you sleepy.

A 2005 study of people with chronic insomnia found that after three weeks, those who ate foods with high amounts of tryptophan with carbohydrates or who took pharmaceutical-grade tryptophan supplements had improvements on several measures of sleep – and the food sources worked just as well as the supplements.



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When nighttime munchies come calling, a plain rice cake (those are your carbs) with some low-fat cheese (that's your tryptophan source) is the perfect sleep-inducing snack. Other good options are a slice of turkey on whole-grain crackers, or banana slices over low-fat frozen yogurt. For best results, combine your nightly snooze-inducing snack with these healthy sleep habits.

## Organic foods have more beneficial nutrients and people with food allergies have less reactions to them

How your food is grown or raised can have a major impact on your mental and emotional health as well as the environment. Organic foods often have more beneficial nutrients, such as antioxidants, than their conventionally-grown counterparts and people with allergies to foods, chemicals, or preservatives often find their symptoms lessen or go away when they eat only organic foods.

Organic produce contains fewer pesticides. Chemicals such as fungicides, herbicides, and insecticides are widely used in conventional agriculture and residues remain on (and in) the food we eat.

Organic food is often fresher because it doesn't contain preservatives that make it last longer. Organic produce is often (but not always, so watch where it is from) produced on smaller farms near where it is sold.

Organic farming is better for the environment. Organic farming practices reduce pollution, conserve water, reduce soil erosion, increase soil fertility, and use less energy. Farming without pesticides is also better for nearby birds and animals as well as people who live close to farms.

Organically raised animals are NOT given antibiotics, growth hormones, or fed animal byproducts. Feeding livestock animal byproducts increases the risk of mad cow disease (BSE) and the use of antibiotics can create antibiotic-resistant strains of bacteria. Organically-raised animals are given more space to move around and access to the outdoors, which help to keep them healthy.

Organic meat and milk are richer in certain nutrients. Results of a 2016 European study show that levels of certain nutrients, including omega-3 fatty acids, were up to 50 percent higher in organic meat and milk than in conventionally raised versions.

Organic food is GMO-free. Genetically Modified Organisms (GMOs) or genetically engineered (GE) foods are plants whose DNA has been altered in ways that cannot occur in nature or in traditional crossbreeding, most commonly in order to be resistant to pesticides or produce an insecticide.

## ORGANIC VS CONVENTIONAL

		Minerals (in milliequivalents)					
Vegetables	Type of Soil Management	Calcium	Magnesium	Potassium	Sodium	Manganese	Iron
Snap Beans	Organic	40.5	60.0	99.7	8.6	60.0	227.0
	Conventional	15.5	14.8	29.1	0.0	2.0	10.0
Cabbage	Organic	60.0	43.6	148.3	20.4	13.0	94.0
	Conventional	17.5	15.6	53.7	0.8	2.0	20.0
Lettuce	Organic	71.0	49.3	176.5	12.2	169.0	516.0
	Conventional	16.0	13.1	53.7	0.0	1.0	1.0
Tomatoes	Organic	23.0	59.2	148.3	6.5	68.0	1938.0
	Conventional	4.5	4.5	58.6	0.0	1.0	1.0
Spinach	Organic	96.0	293.9	257.0	69.5	117.0	1584.0
	Conventional	47.5	46.9	84.0	0.8	1.0	19.0

Organic plant foods contain, on average, 25 percent higher concentrations of 11 nutrients than their conventional counterparts.

## Gordon Ramsay will be opening a second branch of Hell's Kitchen in Dubai

British celebrity chef Gordon Ramsay is opening a second branch of Hell's Kitchen at Caesar's on Blue Waters island in Dubai, just across the water from JBR. The restaurant has its first outpost in front of the Caesar's in Las Vegas, taking its name and theme from the expletive-filled TV show that Ramsay hosts, with diners made to feel like they are in a television studio.

Hell's Kitchen in Vegas is an 8,000-square-foot space, known for its open kitchen with a screen ablaze with flames (in keeping with the show), plus super-friendly staff, red and blue interiors, and pitchfork motifs - which can be spotted on the bathroom door handles, customised serviettes and the entrance facing the Las Vegas strip.

Although the Dubai menu has not been revealed yet, signature dishes at the original Hell's Kitchen include eggs in purgatory, Hell's Kitchen burger, pan-seared scallops, sticky toffee pudding and his famed beef Wellington. The new venue promises "show-stopping theatre and world-class cooking".

The chef already operates Bread Street Kitchen at Atlantis the Palm, while Hell's Kitchen is slated to open its doors alongside Caesar's Dubai later in November.

## Learn more about what gluten is, where to find it and what it can do to your body

Gluten is the general term for a protein found in wheat, barley, rye, and triticale. All forms of wheat contain gluten, including durum, spelt, and farro. Gluten refers to a protein that is present in wheat, rye, and barley. It is an ingredient in food products as diverse as salad dressings and beer. Cosmetics, medications, and nutritional supplements may also contain gluten. Gluten causes damage to the small intestine in people with celiac disease. Gluten can cause problems for those with or without celiac disease.



Gordon Ramsay's Hell's Kitchen restaurant in Dubai.

An individual may need to eat a gluten-free diet for several reasons:

**Gluten sensitivity:** A person with sensitivity to gluten might experience abdominal pain, bloating, diarrhea, constipation, headaches, and fatigue after consuming gluten. Eliminating gluten from the diet may improve these symptoms.

**Celiac disease:** This is an autoimmune disorder in which an intolerance to gluten can damage the small intestine. This can lead to intestinal damage, poor nutrient absorption, and physical pain, although some people with celiac disease do not have any symptoms. A person with celiac disease should consume a completely gluten-free diet.

Other people also choose to follow a gluten-free diet for weight loss or a variety of other health reasons.

However, some people who do not have celiac disease or a gluten allergy experience symptoms similar to people with these conditions. This is known as non-celiac gluten sensitivity (NCGS).

According to the World Journal of Gastroenterology, NCGS may have links to some mental disorders, such as depression and anxiety, as well as some autoimmune disorders, such as: Hashimoto thyroiditis, rheumatologic diseases, psoriasis.

Those who do not have celiac disease but have other conditions, such as irritable bowel syndrome and eosinophilic esophagitis, may benefit from avoiding gluten. Recent research also suggests that NCGS might be a disease of the gut that causes an immune response.

## Check out weight-loss tips given by Dr. Oz himself

Never eat out of the box or carton. Sure, buying in bulk saves money, but it doesn't do anything for your waistline when your portions get out of whack with the enormous packaging. Instead of eating straight out of the box, pre-portion your snacks into small individual baggies.

Get frisky. Skip dessert and instead have a roll in the hay with your honey. Healthy sex may also help control the amount of food you eat — and it's great exercise, Dr. Oz says.

Spice it up. Be sure to stock some red pepper flakes to your pantry. When eaten early in the day, Dr. Oz says that red pepper can reduce the amount of food you consume later.

Become a weekend warrior. Many of us hit the gym and eat right during the week but cut loose on the weekends by indulging in fried foods and trading in workouts for sleep. Be healthy seven days a week by planning your weekend ahead of time. Think about what healthy foods you'll eat and plan your workouts, Dr. Oz says. Also schedule some relaxation time!

Have a puree party. Who said healthy foods have to be boring? Puree peaches, pears and berries and spread them on wheat pita for a healthy and delish treat that's perfect for spring and summer!