

# SPIRALIZED

VOL. 7

SPRING 2019

**FAKE FOOD,  
FALSE FACTS**

TASTY TRUST  
P. 10

**GLOBAL GRUB:  
VIETNAM**

FRESH, FUN & FUNKY  
P. 25

**MIND YOUR  
BEESWAX**

SUSTAINABLE STICKY SWEETNESS  
P. 35

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**SPIRALIZED  
MAGAZINE**

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MIND YOUR BEESWAX  
SUSTAINABLE STICKY SWEETNESS



SPIRALIZED IS  
OPEN-MINDED AND  
DELICIOUSLY  
ENTERTAINING.

**WHAT'S IN THIS ISSUE**



## *letter from the editor*



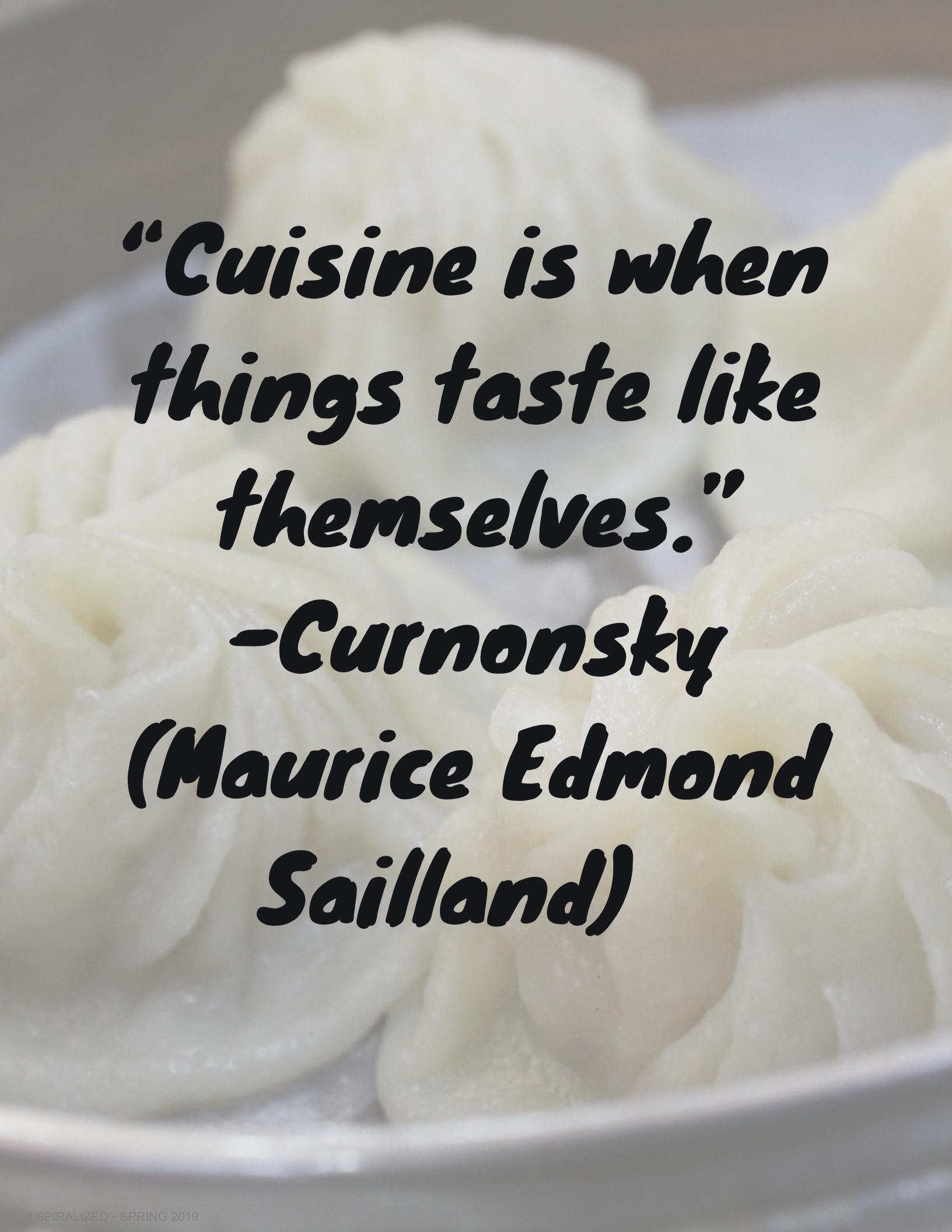
My patients are always telling me how hard it is to get healthy because friends and family will mock their attempts. Myself, being quite familiar with haters, got to thinking about what tips I can give to help deal with the weight-loss hecklers.

I say you let them see you sweat. Usually we are told not to let people know they are getting to us; ignore them and they will go away. Well, that might work in an after-school special, but in the real world, I suggest you let them know it does bother you! Let them know you're pissed about their lack of support and attempt to sabotage your plans for wellness. Tell them how hard you are working and that the jokes may seem funny, but they are hurtful. Remind them that if you can't count on your family and friends to support you, who can you count on? Most people, once they know you're serious, will turn from a bully to an ally in a heartbeat. Vulnerability and honesty can be a handy tool.

Be fearless, be full and let those haters hate.

**Gina Keatley**

**EDITOR IN CHIEF**



***“Cuisine is when  
things taste like  
themselves.”***

***-Curnonsky  
(Maurice Edmond  
Sailland)***

# Spring

Blooms and Beginnings

# 01

## #CAKE @KODIAKCAKES

100% Whole Grains | Protein Packed |  
NON-GMO  
Nourishment for Today's Frontier.

# 02

## #COOKIES @NIGHTOWLCOOKIES

Where the experience is as fresh as our cookies.

# 03

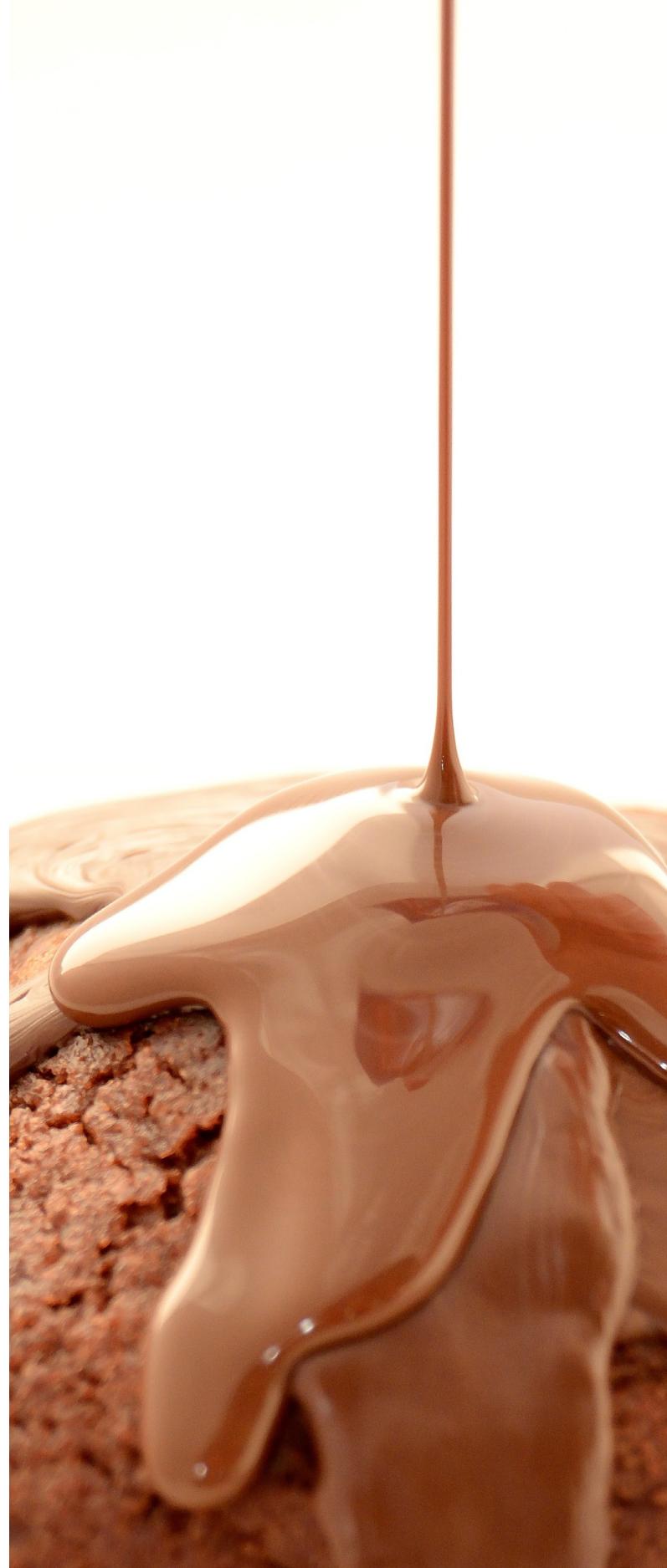
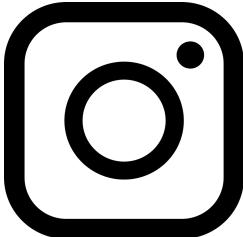
## #CANDY @CANDYHUNTING

Candy Hunting posts the newest junk foods before you hear about it anywhere else!

# 04

## #MUFFINS @TARO.BAKES

Small bake shop at Koganei Tokyo JP.



Sweet Scroll:  
Totally Followable Foodies

# CRICKET FLOUR

Cricket flour is the misnomer term used to refer to powder made from crickets using various processes. Cricket flour differs from true flours made from grains by being composed mainly of protein rather than starches and dietary fiber. It is a form of cellular agriculture.



tasty  
trend

# INTERN PICK

YES, THIS IS REAL!



With the LIVIN farms Hive you can grow healthy and sustainable food in the form of insects in your home!

Q: What makes your bug farm healthy?

A: Our equipment turns food waste into high quality proteins in the form of mealworms and high quality fertilizer for your plants. Other than a typical compost bucket, the food waste gets eaten by the mealworms right away, before it starts to mould and turn bad. Therefore there is less smell and a quick turn around of waste into great products right away.

As a food, insects contain lots of fiber, more than any other type of meat. This makes it great in reducing cholesterol.

# Q & A

WITH LIVIN FARMS TEAM



Q: How is the public responding to this idea?

A: We are working to emphasize the environmental and learning benefits of Hive Explorer. Insects are beneficial in the environment as pollinators and as bait for fish, birds and mammals. When we utilize them and keep them under ideal conditions indoors, we can achieve great environmental benefits by turning low-value food waste into high value ingredients aka fertilizer or protein powder and oils that can replace currently unsustainable sources such as fishmeal in feed products or mammal proteins in food products.

Q: Are vegetarians considering this an option?

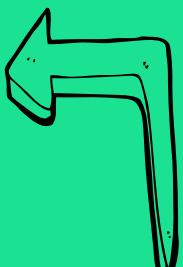
A: Yes indeed. People choose a vegetarian or vegan diet for various reasons. Some choose it because they find animal products unsustainable and unhealthy. Insects naturally live in dense conditions, so unlike mammals they do not need a lot of space to roam. This makes it an ethical choice for many consumers.

Q: Is there a term for someone that eats bugs like a pescatarian for fish?

A: Entotarian  
Entomology is the Science of Insects.

Available at [livinfarms.com](http://livinfarms.com)

**RD  
23**



**Available Spring 2019**



# FAKE FOOD, FALSE FACTS

by Olivia Wilkins, RD, LDN, CLC

In a world where sports figures like Tom Brady give nutrition advice, it can be very tricky to decide what to put in your coffee any given day. Do you prefer butter, coconut oil or breastmilk? I personally prefer milk. Nutrition claims can serve to be hot topics in the news as well as in general conversation. I have noticed how easily people believe the countless claims exposed in the media and adopt them without a second guess. However, when the delivery of food and nutrition information is not conducted by professionals, audiences are bound to be misled due to error. Unfortunately, we cannot always be comforted by the data provided by professionals.

In September 2018, Brian Wansink, a highly regarded American food researcher of Cornell University, was confirmed to be “misreporting research data” in numerous studies and academic articles. Wansink is not alone in misrepresenting facts and data. This ugly truth in the research sector can prove to be troubling for readers. Yesterday, my mother asked me about an article she read in a popular housekeeping magazine. She was curious whether or not she should completely cut gluten out of her diet to lose weight. I can see how readers are conflicted with contradictory information.

## TASTY TRUST

# I COMMONLY SEE IN THE MEDIA SHOCKING FACTS PRESENTED FROM DRAMATIC NEW STUDIES FOR THE PURPOSE OF RATTLING VIEWERS.

I have not lost complete hope in the credibility of research articles and nutrition facts. There are a few things that I look out for when assessing data that may be helpful for readers. First, when I start my investigation, I choose scholarly, peer-reviewed articles. It is important to read the entire article, not just the abstract and conclusion. Cherry picking information is a common tactic that skews the true results of a study for the purpose of highlighting the key points that an author wants to argue. With that in mind, after reading an article, I like to cross-check any sources given in the original article.

Assessing the credibility of research takes time as it requires a lot of digging. After reading and assessing the sources provided in the original article, I can deduce if information was skewed, copied, cherry picked, or coherent. After deeming a research article credible and relevant, I typically search for other studies that present similar outcomes or findings. I commonly see in the media shocking facts presented from dramatic new studies for the purpose of rattling viewers. It would be helpful to find that study in question and evaluate it before implementing lifestyle changes. As for my mother, I think she can hold off transitioning to gluten free.



I am usually skeptical of data being presented by someone who is not a nutrition professional. Would you want a shoe cobbler prescribing you cardiac meds? I certainly would not. Studies that are presented over the news or on social media could be oversimplified as the informants providing this information may not have a proper understanding of the facts. Think about who is delivering the information. Although, it may not always be a dietitian writing these peer-reviewed articles, they should be able to interpret the data correctly.

When looking for a safe place to find timely and accurate information, I gravitate towards government websites (.gov) or academic institutions (.edu) to find peer-reviewed scientific nutrition articles. I always make sure to check when the information had been posted to make sure information is being updated.



Remember that nutrition and dietetics is a scientific field, and history has proven that we have the privilege to change our school of thought when enough evidence presents itself. With that said, a single, new and exciting study should not be the turning point for a complete lifestyle overhaul. However, these emerging studies serve to answer a question and help the public in some way, shape, or form. The authors of most of these studies do not intend to harm or deceive the readers. They truly want to bring about change. One of these studies can set the foundation for future research resulting in health care advances.



# edible events

By Francisca Hector

Spring is a celebration of all things new. It brings the promise of warmer weather, flowers in bloom and a renewed appreciation of the outdoors. A great way to explore the country and expand your palate is by attending food festivals.

While the thought of over indulging in foods at these festivals may be a cause of concern, there are several that may fare on the healthier side. Here are some food festivals to try this spring.

1

Vegfest Healthy Vegetarian Food Festival  
Venue: Seattle Center, Seattle  
Date: 30th March – Sunday 31st March 2019

2

Citrus Harvest Festival  
Venue: Highland Historic District, California  
Date: 30th March 2019

3



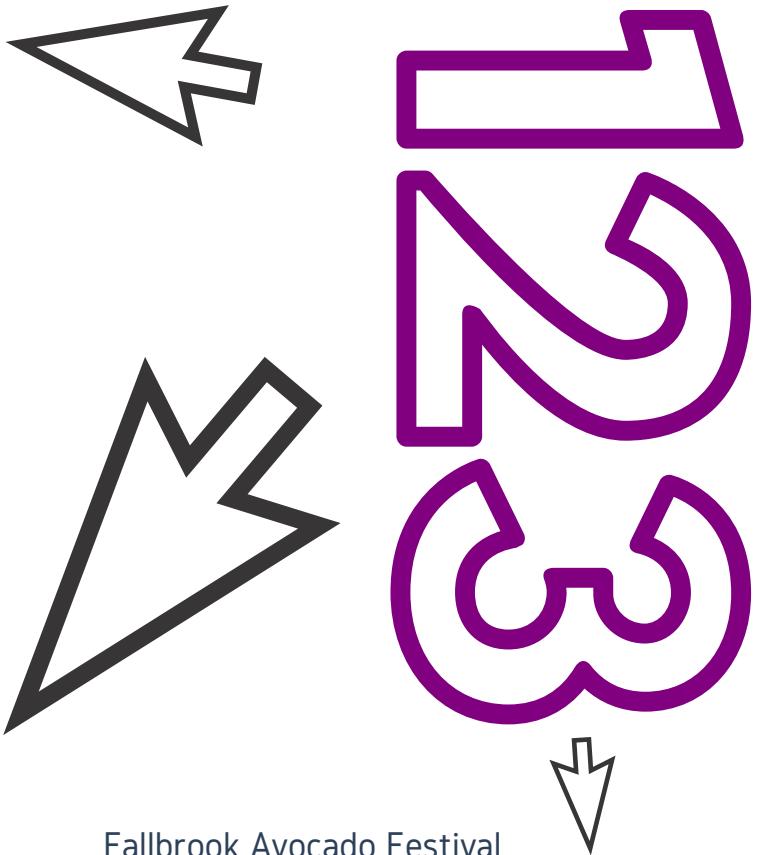
Fallbrook Avocado Festival  
Venue: Fallbrook, California  
Date: 15th April 2019

## Vegfest Healthy Vegetarian Food Festival

This two-day festival seeks to highlight the versatility of vegetarian food. With live cooking demonstrations from world renowned chefs, there will be over 500 different free food samples available over the two day period. The goal of the event is to introduce attendees to new ways of preparing and enjoying vegetarian dishes. The event will offer free health checks as well as the opportunity to speak to health professionals who will be on hand with the latest information on nutrition.

## Citrus Harvest Festival

Imagine a place where the crisp and invigorating smell of citrus fills the air, and you are surrounded by citrus fruits of all kind. If the thought of this fills you with excitement, then the Citrus Harvest Festival is the place for you. This street fair is a unique part of the town's tradition and it promotes an appreciation of the role the fruits play in its history. So pucker up and head over to the Citrus Harvest Festival which is sure to be something that the whole family can enjoy!



## Fallbrook Avocado Festival

According to the Fallbrook Chamber of Commerce website, Fallbrook is the “Avocado Capital of the World”, with “60 wholesale and retail avocado nurseries located around the Fallbrook area”. The Avocado Festival is in its 33rd year and includes activities like the Art of the Avocado contest and Guacamole contest, which attracts both amateur and professional avocado connoisseurs. There will be no shortage of avocado inspired treats such as avocado ice cream and smoothies. This is THE place to be if you love avocado.



# DRINKIN' FOR GOOD



**F**ounded in December 2013 by a team of local Floridians, Saltwater Brewery is Delray Beach's first local production microbrewery, with a tasting room and beer garden onsite. Using only pure and natural ingredients, each style of handcrafted beer and corresponding name is inspired by the ocean to reflect the lifestyle and passion of the founders.

Saltwater's goal is to maintain the world's greatest wonder by giving back through ocean based charities (CCA, Surfrider, Ocean Foundation, MOTE Marine Labs) and the world's 1st Eco Six Pack Rings Over 12 styles are typically available in the tasting room, while Screamin' Reels IPA, Sea Cow Milk Stout, and LocAle are distributed in cans and on tap throughout the state of Florida.

## **Q: Are normal 6 pack holders an issue?**

**A:** Yes, one of the biggest issues our environment faces today is the massive amounts of plastic in the ocean, and historically, beer and soda have been sold in these damaging plastic rings. Not only are they detrimental to the environment, as they take years and years to biodegrade, but they are also harmful to wildlife. Turtles, fish, birds and many other animals mistake the plastic for food and are unable to digest it, or get stuck in the rings and are unable to free themselves.

## **Q: Where can we buy your Bio-Rings?**

**A:** 100% of our canned beer is packaged with the E6PR. You can buy our beer in our Tasting Room in Delray Beach and throughout the state of Florida in grocery/liquor stores such as Publix, Whole Foods, Total Wine, Crown, and ABC Liquor. For specific locations, please reference our beer finder:

[saltwaterbrewery.com/pages/beerfinder](http://saltwaterbrewery.com/pages/beerfinder)



**It's estimated that only 1 in 1,000 turtle hatchlings will survive to adulthood.**



## **Q & A with SaltWater Brewery**

FYI this is not an ad-we just like not killing turtles over here.

BY JESSEE URBAITIS, MS, PA-C

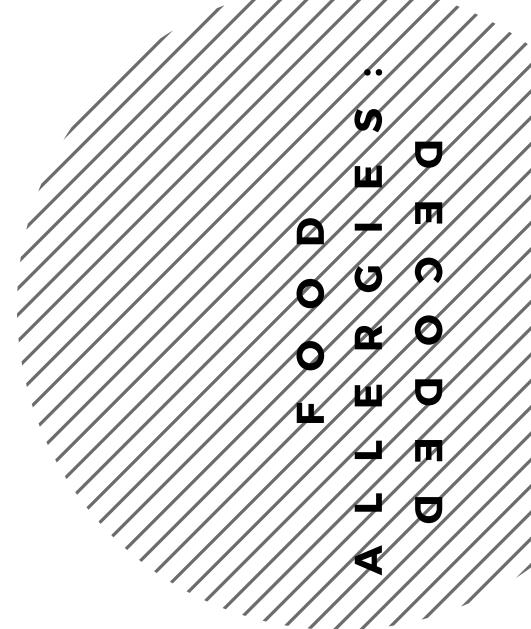
# FOOD ALLERGIES: DECODED



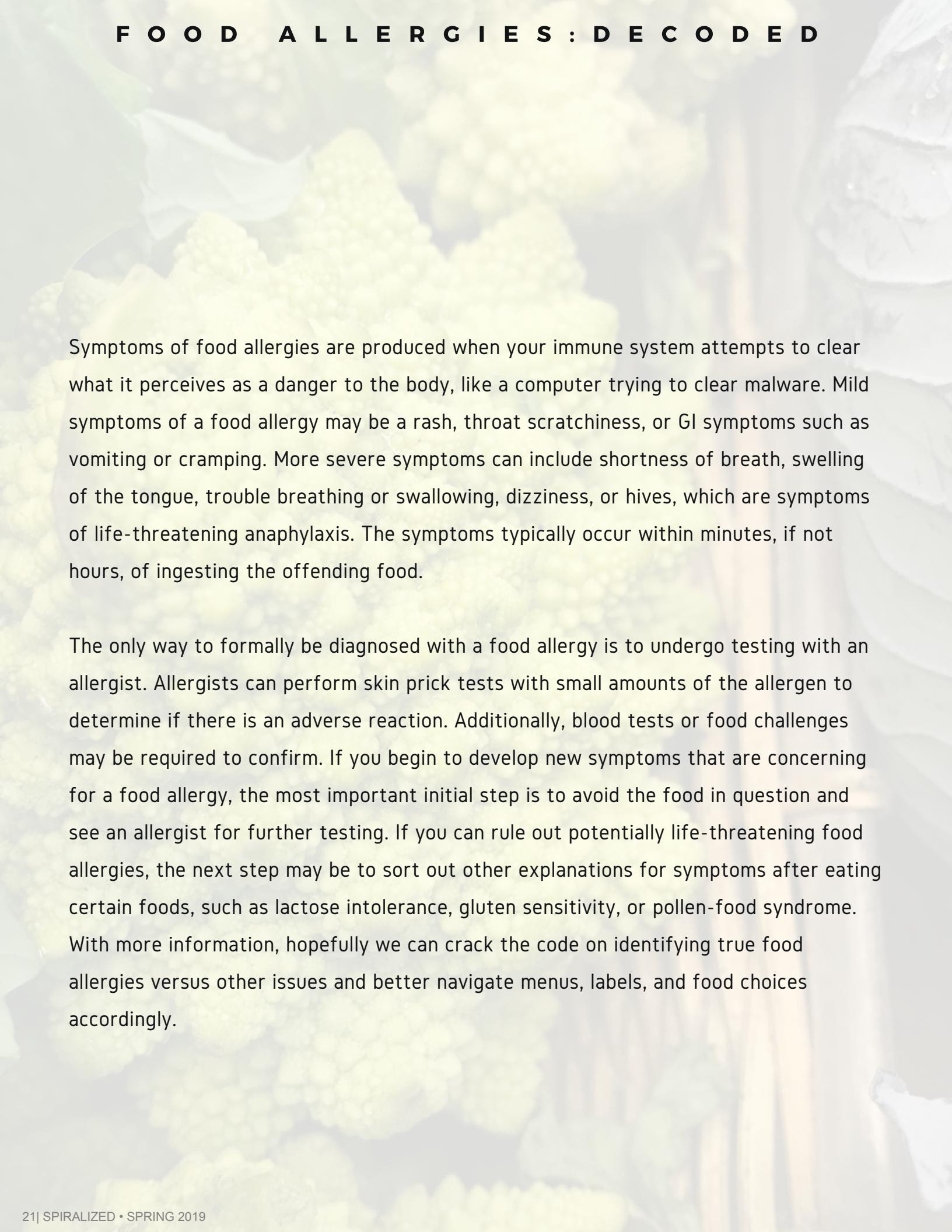
NAVIGATE MENUS, LABELS, AND FOOD CHOICES ACCORDINGLY



For anyone who has read a food label or been to a health conscious restaurant in the last 15 years, it's hard to miss the cautionary warning of potential food allergens that could be lurking nearby. Is this because food allergies are increasingly more common, or is there more to it than that? We all have the acquaintance, or experienced ourselves, suddenly not being able to eat certain foods without experiencing some, um...unsettling symptoms. How do we know if we have developed a food allergy or are experiencing food intolerance or something else altogether? Dietary restrictions are receiving more hype, attention, and menu space, so it is worth sorting out what's really going on before eliminating certain foods or ingredients unnecessarily.



The eight most common food allergies that are required to be labeled in foods that are regulated by the FDA are eggs, milk, fish, shellfish, soy, wheat, peanuts, and tree nuts. For most adults with food allergies, they are the same allergies carried on from childhood, usually to shellfish and nuts. However, it is possible to develop new onset allergies as an adult, most commonly to shellfish. According to recent studies, nearly 2 out of 10 adults surveyed reported having food allergies, but only about 1 out of 10 adults were considered to have true food allergies based on their history. So why doesn't this compute? Some of this discrepancy may be attributed to a poor understanding of symptoms of a food allergy as well as no formal testing or diagnosis to confirm the symptoms.



Symptoms of food allergies are produced when your immune system attempts to clear what it perceives as a danger to the body, like a computer trying to clear malware. Mild symptoms of a food allergy may be a rash, throat scratchiness, or GI symptoms such as vomiting or cramping. More severe symptoms can include shortness of breath, swelling of the tongue, trouble breathing or swallowing, dizziness, or hives, which are symptoms of life-threatening anaphylaxis. The symptoms typically occur within minutes, if not hours, of ingesting the offending food.

The only way to formally be diagnosed with a food allergy is to undergo testing with an allergist. Allergists can perform skin prick tests with small amounts of the allergen to determine if there is an adverse reaction. Additionally, blood tests or food challenges may be required to confirm. If you begin to develop new symptoms that are concerning for a food allergy, the most important initial step is to avoid the food in question and see an allergist for further testing. If you can rule out potentially life-threatening food allergies, the next step may be to sort out other explanations for symptoms after eating certain foods, such as lactose intolerance, gluten sensitivity, or pollen-food syndrome. With more information, hopefully we can crack the code on identifying true food allergies versus other issues and better navigate menus, labels, and food choices accordingly.

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**REMINDER:**  
**STAY**  
**SWEET,**  
**THAT IS ALL.**

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# What is micronutrient fortification?

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ARTICLE BY CHEF PHILLIP AGUIRRE

## DEFINE

Micronutrients are small compounds needed in minimum amounts to enable the body to produce enzymes, hormones and other substances essential for healthy growth and development.

## MACROMINERALS

Needed in larger amounts and include the following:

- Calcium
- Magnesium
- Phosphorus
- Sodium
- Potassium

## MICROMINERALS

Needed in only trace amounts and include the following:

- Iron
- Copper
- Iodine
- Zinc
- Fluorine

## FORTIFICATION

Occurs when nutrients are added to food at higher levels than what the original food provides. This is done to address micronutrient deficiencies.



Micronutrients include minerals such as fluoride, selenium, sodium, iodine, copper and zinc, and vitamins such as vitamin A, B, C, D, E, and K.

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# GLOBAL GRUB

BY GINA KEATLEY



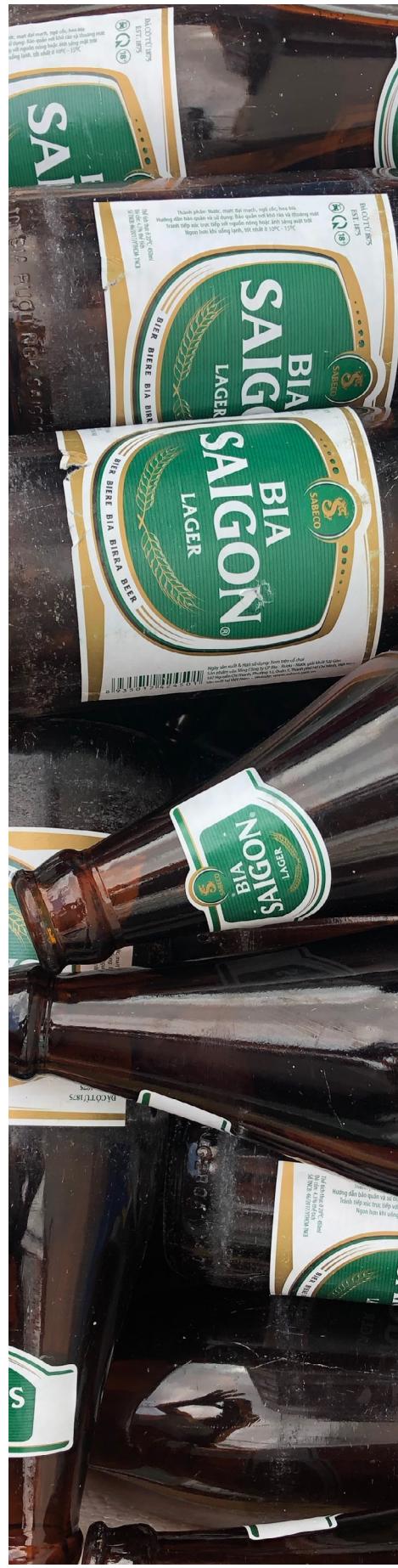
VIETNAM

FRESH, FUN & FUNKY

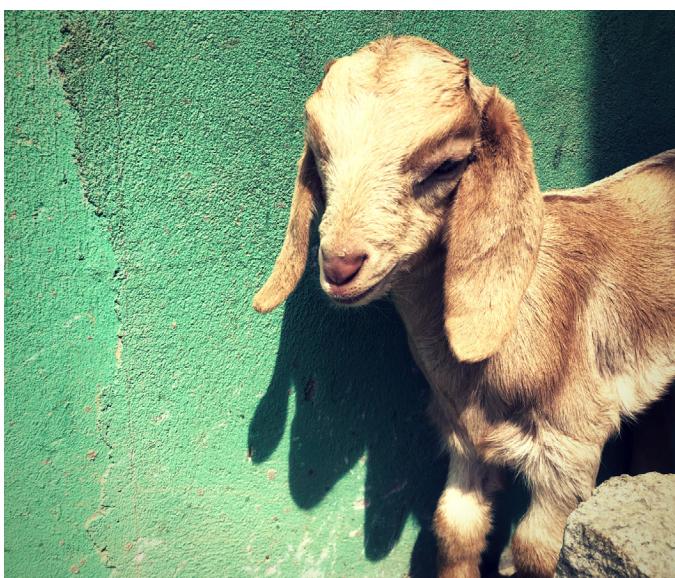
I have always been a hat person. Therefore, when I find a country that can supply me with my hat needs as well as my love for food and travel—I'm in. One of the most well-known hat countries, of course, has to be Vietnam. Tucked in between China, Laos and Cambodia; hidden under all of the hats is a land of fresh, fun and funky.

Vietnam lies along the South China Sea and is best known for its coasts, inland waterways, Buddhist pagodas and energetic cities. But I wasn't here to visit Hanoi, the capital, which pays homage to the nation's iconic Communist-era leader nor pop into Ho Chi Minh City (formerly Saigon) to visit its French colonial landmarks or Vietnamese War museums emphasizing Củ Chi tunnels, used by Viet Cong soldiers. Instead I wanted to take a bite out of a few lesser known but equally as intriguing locations.

My gourmet explorations brought me to two cities Phu My and Nha Trang. Both had a disarmingly different feel. I began my adventure in Vũng Tàu, the sea-side town a few miles from Phu My. Once a French colonial city, it's now a popular resort town that draws many visitors. I dined like a local, eating and drinking my treats in tiny plastic child sized chairs and tables which had a bit of a tea party vibe. All over Vietnam you will find family-owned outside eateries serving cold beer and small bites only inches from the ground. This is a must do for any tourist so you can feel like a giant, sipping Bia Saigon Lager while nibbling on freshly roasted peanuts. Don't be scared, I didn't drink all these beers alone. The streets are lively and locals are curious about American visitors, so be ready to chat or at least try and Google translate.



Although I can put down some peanuts and beer, I decided I should lunch and why not have one of the most celebrated dishes in Vietnam Bánh Mì. This French fusion sandwich literally translates to “bread” (more explicitly referring to baguette). They offer tons of filling options, but I went with the chef’s choice: spreadable pork liver pâté, fresh cucumber slices, cilantro and pickled carrots and white radishes in shredded form, topped with a hint of spicy chili sauce and mayonnaise.



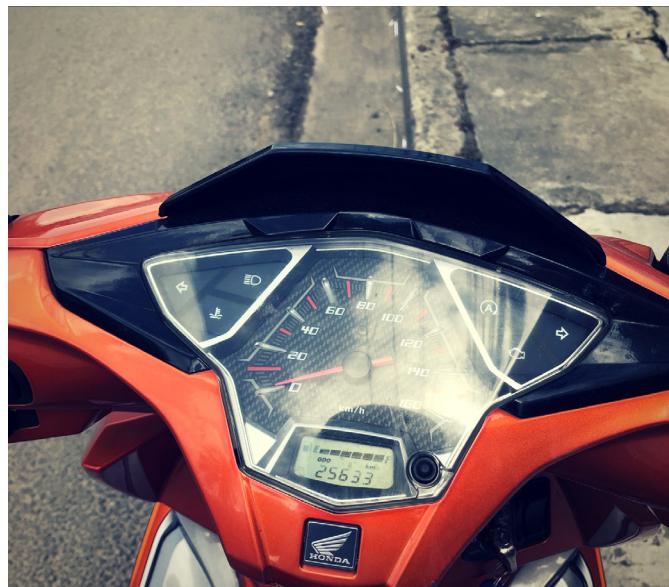
With my belly full I ventured over to Ho May Park, a funky and totally unadvertised amusement park that has a ‘ripped from the 1950s’ feel complete with a roller coaster where you control the break yourself. It’s just the right amount of supervision for me —little.

To get to the park gate you first have to take an incredibly steep cable car to the top of a mountain. Once I arrived the place was mine, with the fewest people I have ever seen at an amusement park before in my life. It felt like I had paid for the skip the line wristband and you don’t even have to walk past the normies in line that are giving you the evil eye as you breeze past.

The park features an agricultural land where they give you an opportunity to feed families of goats and herds of ostriches. They even have ostrich riding if you are below 120 pounds. No more Bánh Mì for me. The feed for the animals comes from an organic garden they cultivate with fresh greens. Snacking for humans is also encouraged and they have some tasty treats at concession stands to earn some calories as well as some old school swan boats to burn them. If you just want to clip on and do no work, they also have a couple of zip lines included in your ticket. You can zip across the sky with an oversized Buddha shrine in the background.

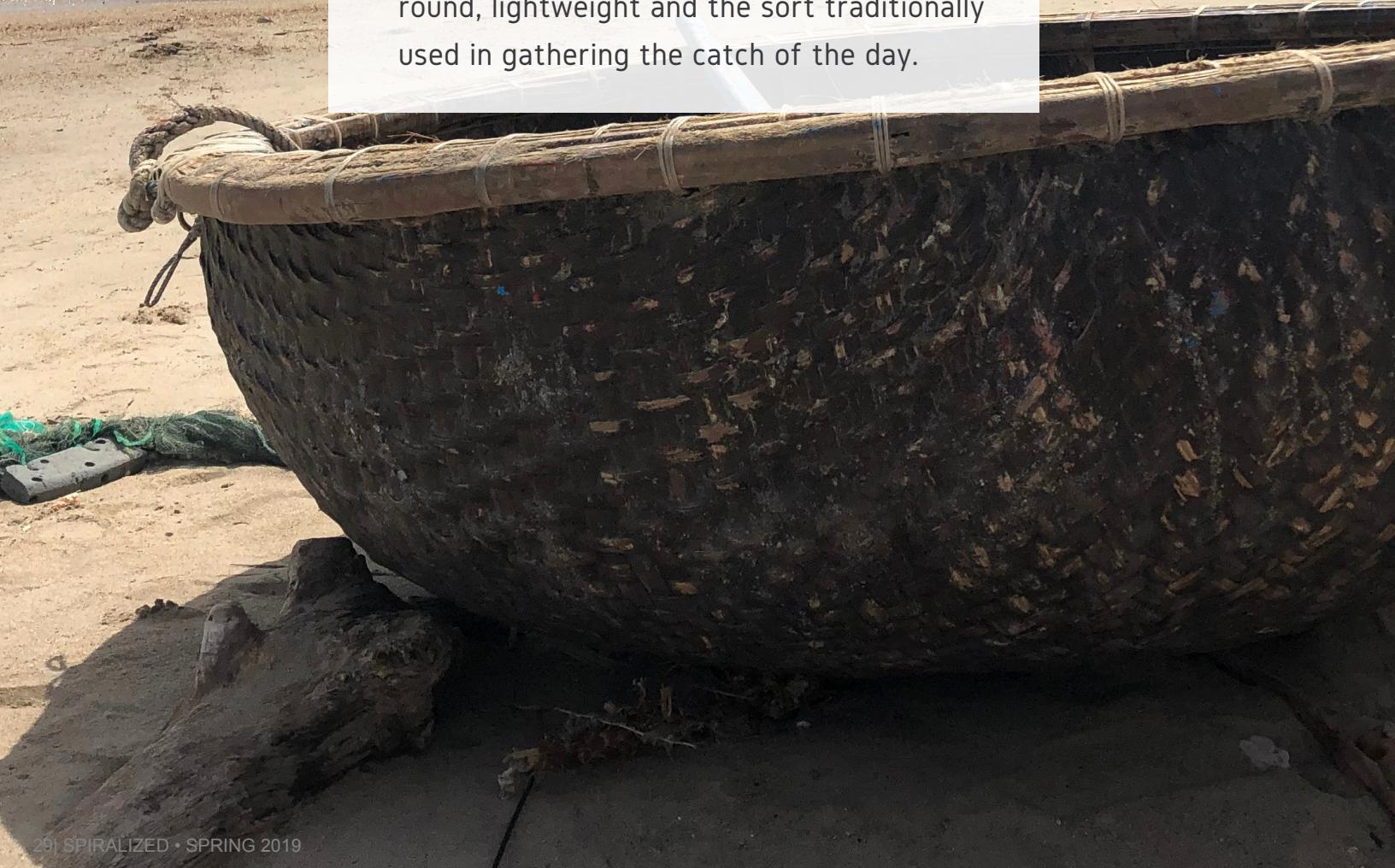
After you have slid down tubing hills, zipped past Buddha and ogled an ostrich you can head down the mountain to Hon Ru Ri Restaurant, a floating restaurant, waiting below for hungry adventurers. These seafood focused dining facilities are all the rage around Asia but these seem to have a distinctive Vietnamese flair. Stuffed with amazing fresh fish I ventured on to my next location.

The following day I was in Nha Trang. This charming city consists of a scattering of colonial-era beachfront hotels, sidewalk cafes and local homes. There were tons of European and Chinese tour groups popping in and out of huge busses led by guides. So, I chose to motor scooter and beat the crowds. The scooter was priced to move, super exciting and I could get to places easily to hunt for fresh menus. With some advice from locals I headed to the Cai River and had the best coconut water of my life. In addition to the coconuts, there are tons of sugarcane juice makers lining the water. The sugarcane juice is the liquid extracted from pressed sugarcane and you can watch as they grind the cane old-school style in a large presser. I sampled the cane juice as well as quenched my thirst having more chilled, freshly chopped coconuts with paper straws, yeah, they do that there now too.





I sat perched on the river wall watching as fishermen came and went in their bowl style boats called coracle. The boats are small, round, lightweight and the sort traditionally used in gathering the catch of the day.





I ended my time in Vietnam trying some of their famous pho as well as the beef noodles locals had been bragging about at Paradise Garden Coffee, a very large and airy restaurant just off the main strip. It was filled with families and locals working on lettuce wraps family style and steaming pots, yum. As I slurped my noodles and the flavorful broth, I contemplated how tasty this tiny country is and just how I was going to get these great hats back on the plane.

# SPRING

SUPERFOODS

SU·PER·FOOD  
'SOOPəR, FOO'D/  
NOUN

A NUTRIENT DENSE FOOD  
CONSIDERED TO BE  
PARTICULARLY POSITIVE FOR  
HEALTH AND WELL-BEING.



01

BUTTERHEAD  
LETTUCE

02

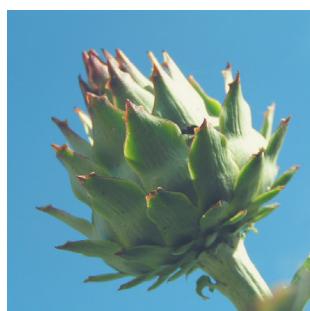
FAVA BEANS

03

FIDDLEHEAD FERNS

04

ROCKET



05

CARDOON

06

ROMANESCO

07

HARDNECK GARLIC

08

BROCCOLI RABE

KICKASS COOKING METHOD

# EN PAPILLOTE

1. CHOOSE PARCHMENT OR FOIL AND FOLD FOOT BY FOOT SQUARE IN HALF.



4. TOSS SEALED PACKETS IN A PREHEATED OVEN.

2. ARRANGE YOUR INGREDIENTS ON ONE HALF OF THE COOKING PARCHMENT OR FOIL.

3. FOLD OVER ABOUT 1/2 INCH OF THE EDGE ALL AROUND, SEALING IT, KEEP IT LOOSE 4 STEAM.

# CAULIFLOWER GREEN SMOOTHIE

JESSICACORDINGNUTRITION.COM





WHAT'S THE WEIRDEST  
INGREDIENT YOU'VE  
EVER PUT IN A ➔  
SMOOTHIE?

Serves 1

Ingredients:

- 1 cup water, coconut water, or milk of choice
- 1-2 scoops protein powder (right now loving this one but also really into pea protein powder for a plant-based option)
- 1/4 teaspoon cinnamon
- 1/2 teaspoon xanthan gum (optional)
- 1/2 a frozen banana
- 3/4 cup frozen riced cauliflower
- 2 cups baby spinach or 1 cup frozen
- 1 tablespoon cacao powder (optional)
- 1 cup ice (or more if needed)
- 1 tablespoon chia seeds for garnish

Directions:

Layer ingredients in a blender. Blend until smooth.  
Pour into a glass or bowl. Garnish with chia seeds.

Send Jess your answer

 @ jesscording

# MIND OUR BEESWAX

BY MELISSA HALSTEAD RD, LD, ALM



In order to produce 1 pound of honey, 2 million flowers must be visited. A hive of bees must fly 55,000 miles to produce a pound of honey.

It's always sticky, slow to move, nature's liquid gold, and my preferred sweetener — oh, glorious honey. The sweetness is unique in that it can vary by region. So, as a Texan in the capital city, I opt for Bee Friendly Austin's honey with my mid-morning cup of tea. I purchase local honey mostly for the flavor; but, all the trending buzz has been to purchase local to help save the bees.

While you might not eat honey, we should all be alarmed that the honey bee population is in a dangerous decline. Over the past few years, researchers have reported the concerning deterioration of the honey bee population. While the exact cause remains unclear, scientists agree upon several contributory factors, such as parasites, disease, pesticides, and changing climate.

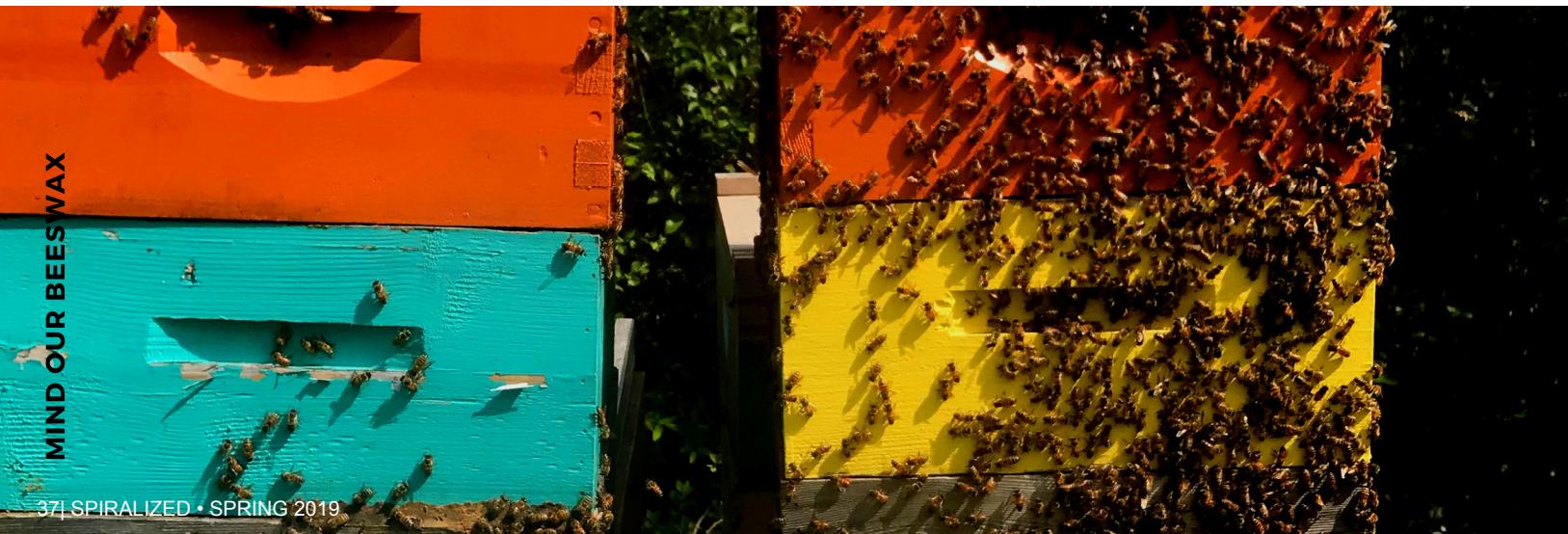


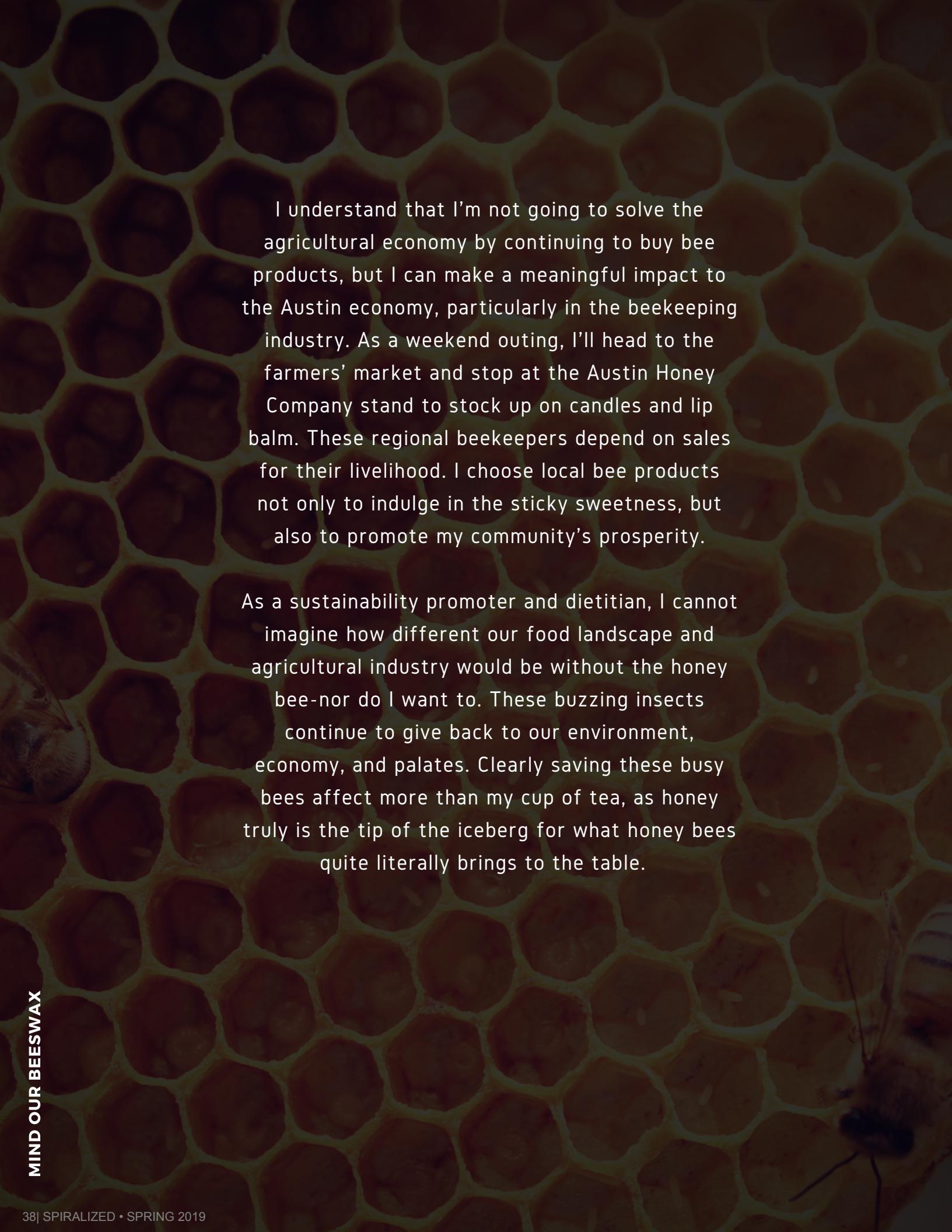
The honey bee population decline has consequences far greater than putting in jeopardy my sweet tooth. These small creatures are unlike any other life form on earth because they are fundamental to all forms of life. I promise I'm not trying to bee dramatic, but, it's true. As an advocate for food sustainability, let me tell you why.

As it turns out, honey bee pollination contributes to a third of the American diet. That means honey bees have a role in helping to create a substantial amount of the meals that you consume. I know, that seems hard to believe, but these bees personally affect my core diet. Honey bees directly pollinate vegetables, fruits, and nuts, including some of my favorites – and maybe yours too – such as avocados, soybeans, cucumbers, oranges, cherries, blueberries, and almonds. This is a short list compared to the more than one-hundred different crop species that depend on the honey bee.

Not a vegetable, fruit, or nut person? Well if you eat meat, clean your home or light candles, then you're still a bee person. Honey bees indirectly affect these items assisting with feedstock (by pollinating clover for livestock feed) or the utilization of beeswax in various goods. Yup, those local, hand poured, and refreshing candles come from the wax of a bee hive.

Alright, we all need to bee more mindful if we want to continue to eat and smell well; but also, to keep your wallet happy. How? Due to the limited bee population the commercial bee industry are raising costs. This increases expenses for agricultural partners, resulting in higher consumer prices across all produce and bee related products – not good for anyone. Ultimately, this affects the agriculture economy on both a local and global level. Funny how such a tiny insect can create such a buzz around the world.





I understand that I'm not going to solve the agricultural economy by continuing to buy bee products, but I can make a meaningful impact to the Austin economy, particularly in the beekeeping industry. As a weekend outing, I'll head to the farmers' market and stop at the Austin Honey Company stand to stock up on candles and lip balm. These regional beekeepers depend on sales for their livelihood. I choose local bee products not only to indulge in the sticky sweetness, but also to promote my community's prosperity.

As a sustainability promoter and dietitian, I cannot imagine how different our food landscape and agricultural industry would be without the honey bee—nor do I want to. These buzzing insects continue to give back to our environment, economy, and palates. Clearly saving these busy bees affect more than my cup of tea, as honey truly is the tip of the iceberg for what honey bees quite literally brings to the table.

# EATING FOR ACTION: A FOOD ENERGETICS GUIDE TO SENSUAL EATING

In Eastern medicine, food energetics is the practice of prescribing specific foods for a desired wellness outcome. If you ask Kiele Jael, a Guam-native, Brooklyn-based holistic chef and nutritionist specializing in healing with food, the ancient concept of eating for action also translates literally: to the bedroom. If images of sexy foods like chocolate-dipped strawberries conjure in your mind, you're on to something bigger. Borrow these libido-peaking, seasonally-appropriate ideas for nourishing your sensual side with food, just in time to experience a spring awakening. Partner optional!

Discover libido-boosting foods. The nutritional science of food's electromagnetic effect on the body, food energetics derives from Traditional Chinese Medicine's approach to food as medicine. If aphrodisiacs be the food of love, eat on.

"My grandmother taught me to touch my food to connect with what I'm eating, and appreciate how it will nourish and feed me. I've carried over this very simple idea [of] touching your food and honoring it," she says.

Taste with pleasure. This sensual-eating tip for connecting mind, body and soul goes especially for fast eaters. Savor your food!

Skip the sugary dessert. For after dinner, help yourself to fresh fruit and dark chocolate instead of artificially processed desserts. Too much sugar can trigger what the food energetics system deems an imbalance: mood and libido killers.

# NEXT NOSH

BY ORLANDO SILVA

With Mexicana Street Market, you can re-create the vibrancy of Mexican street market recipes at home. Mexicana Street Market kits contain everything you need for a delicious meal, with authentic ingredients such as flame-cooked tortillas, smoky chipotle sauce and sweet & spicy habanero spices.

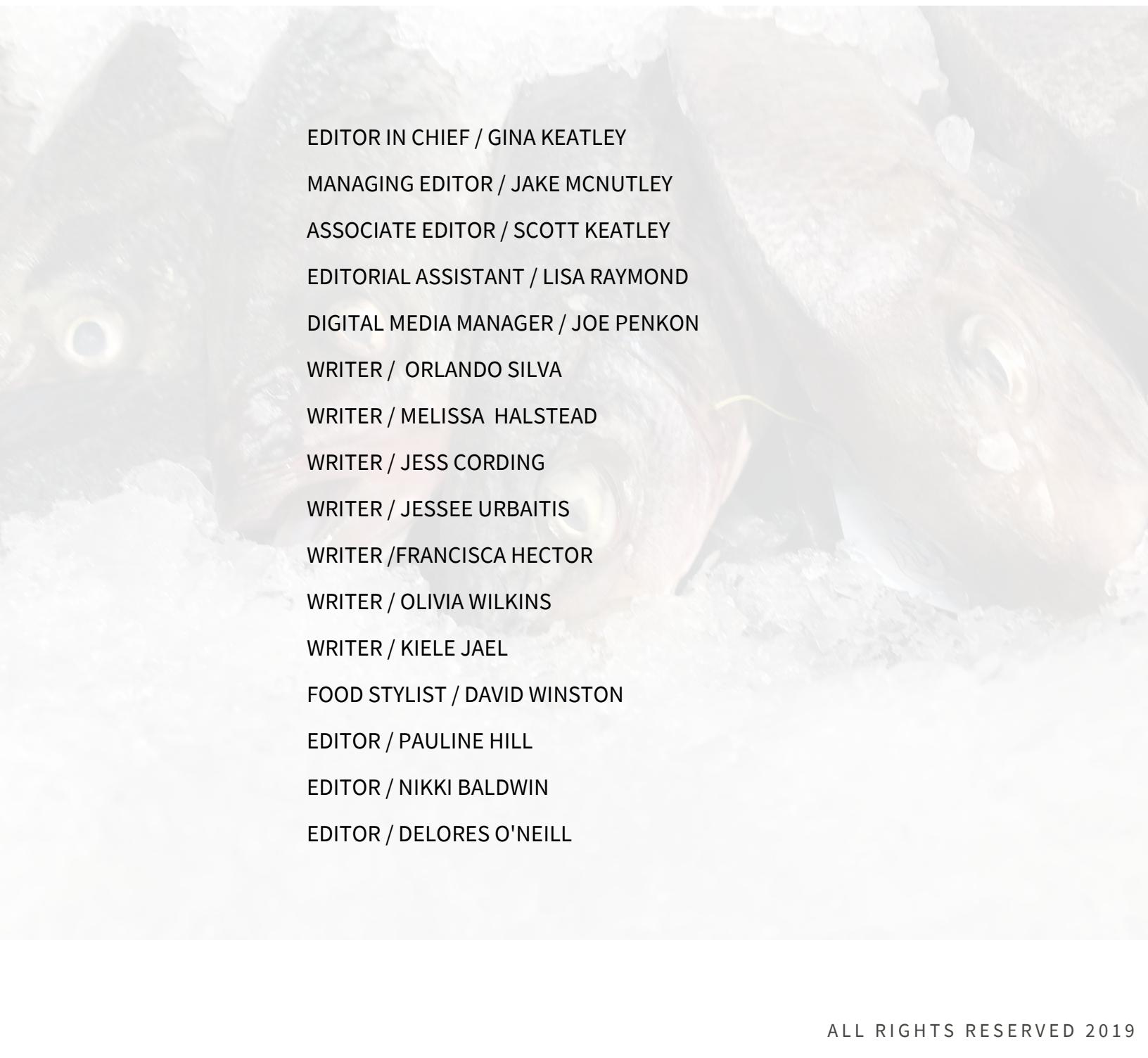


PRODUCTS ARRIVING SPRING 2019



Spark up your snacking and BBQs with Hellmann's Mayonnaise with a spark of Chilli, made with simple and real ingredients including free range eggs, rapeseed oil, vinegar and chilli.

# *Spiralized Magazine Staff*



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