



Sejal Vora

Naturotherapy practitioner, talks about healing through food

Food for cures

Fix your digestion without using prescription drugs

As 'we are what we eat' we are also what we digest. Our health depends to a large extent on how our digestive system functions in providing the building blocks for our physical body. It is not just a matter of what you put into your mouth but also how it is processed, metabolised, utilised and excreted by the body. You need to compliment the body not supplement it to digest effortlessly and naturally. So apart from tips to fix digestion it is important that you also try and prevent indigestion.

Chew properly: Digestion starts in the mouth. Not chewing well means that the stomach does not have time to secrete the digestive juices needed for its breakdown. Additionally, chewing well allows enzymes in the saliva to commence digestion before the food reaches the stomach.

Mix less: Foods that take approximately the same amount of time to be digested should be eaten together. For instance, you will want to avoid eating starches and proteins together. Proteins can be eaten with brown rice or with green, leafy vegeta-

bles. Fruits are best eaten alone. Vegetables may be eaten with grains or legumes.

Lime shot: if you get indigestion once in a while due to heavy or bad food, drink the juice of a lime as a neat shot just post the meal.

Fenugreek seeds: if you feel indigestion, bloating and flatulence on a regular basis, soak 6 to 8 fenugreek seeds (also known as methi dana) overnight in a small bowl of water. Strain and drink only the water first thing in the morning on an empty stomach every day. Over the counter pills work by absorbing acids in the stomach, unfortunately, they don't discriminate between good and bad acids and absorb both. The good acids are already in short supply, so with medication absorbing these acids, the root problem is not addressed. Prescription drugs take it a step further and stop the production of essential enzymes all together. Less enzymes and lower levels of good acids lead to incomplete digestion. Foods ferment and become toxic. Nutrients pass without being absorbed.



After Hrs explores the delectable cuisine that bursts with flavour and reflects the many nationalities and cultures of the country

The cuisine reflects the cultural diversity of South Africa. From traditional African food to cuisine passed down from Indonesian and Malaysia, South African food is a cacophony of tastes and sensations. Make sure you have a South African beer at hand when trying any one of these dishes — we recommend a cider to begin with! Mohammed Mustafa, South African chef visiting the city for the South African Food Festival at J W Marriott names a few dishes that evokes a quirky fusion of indigenous, colonial and immigrant cultures behind this nation's famous "rainbow cuisine". For the more daring diner, South Africa offers culinary challenges ranging from crocodile sirloins to fried caterpillars to sheep heads. All three are



Ajgars

THE SOUTH AFRICAN FOOD SAFARI!



Bobotie

reputed to be delicious but none of these were served at the festival. In fact, what was offered were the traditional dishes like bobotie (a much-improved version of Shepherd's pie) and boerewors (hand-made farm sausages, grilled on an open flame). The unexplored cuisine offers promises

to provide an all-rounded experience to food lovers. The most interesting aspect is that food lovers can look forward to traditional South African cuisine prepared using vegetables and fruits indigenous to the country and authentic South African wines. South African cuisine is popularised for stews, sau-

sages, burgers, curries and salads. Savour a multi-course meal initiated with popular South African specialties such as Atjar (pickled fruits and vegetables, green bean Atjar and lemon Atjar) or spicy banana bread or snoek and Fries salad or soy conzaaier fish cakes. One can enjoy authentic delicacies specially handcrafted such as gesmoorde hoender (stewed chicken), droewors (grilled beef sausage) amongst many others. Another must try are the burgers and sausages like Sosaties — Kebabs with a unique South African flavour; South African "Boerewors" burger and peri peri chicken liver. Culminating the meal with the aromatic Souskluitjies (home-made steamed dumplings sprinkled with cinnamon, accompanied with custard), cape bread pudding (a traditional dessert with layers of bread, raisins and

apricot jam), South-African brandy squares, and marshmallow pudding burst into the mouth with flours. Chef Mohammed says, "Our food is very close to Indian food. We use a lot of spices as well. However it is not just spicy, it is a mix of all flavours. We also tend to use meat a lot in

all our dishes. Beef and lamb are pretty much staple for all African families. Accompaniments often include yellow rice or bread." The cuisine is a must try for those who love to experiment with food!

When & Where: South African Food Festival, J W Marriott, Juhu 6.30 pm onwards



Droewors



Soy Boonzaaier Fish cakes

The world's most expensive cocktail

Before you think of glugging it down, you may want to know that the Winston cocktail, available at Melbourne's Club 23, comes with a staggering price tag. Said to be the world's most expensive cocktail, it costs a whopping £8,167. Consisting a mixture of a dash of Grand Marnier, some Chartreuse, a large dose of cognac and a dash of Angostura Bitters, the expensive tippie still has many takers. The large bill is due to the ingredients, which include Grand Marnier Quintessence and Chartreuse Vieillessement Exceptionnellement Prolonge. Garnishes served with the drink include chocolate nutmeg dust, poppy seed essence, rose essence and a little coconut. Further, you may need to book the drink in advance as it takes a good two days to make. The second most expensive is the 'Salvatore's Legacy' made and sold at the Playboy Club in London's Mayfair for £5,500



Japanese chefs create edible fashion

Top patisseries in Japan have created wearable pieces of haute couture for a fashion show in Tokyo. Prêt-à-porter is replaced by prêt-à-manger in the Tokyo Sweets collection, which features edible haute couture crafted by the top patisseries in Japan. The collection comprises hats, shoes, bags and dresses, Toshi Yoroizuka, one of the patisseries involved said there was an inevitable trade-off between style and edibility. "It's not about cooking the macaroon for the best flavour, but rather making it beautiful. Even perhaps making it a bit harder than usual. The intent is to create something that will inspire and look beautiful," he said.



Bye bye SLEEP

While most insomniacs have always been concerned with what foods help in getting sleep, often people don't realise that certain foods could be keeping you up all night. These foods could be ruining your night...

Coffee



No prizes for guessing this one. Coffee is high in caffeine — which gives you that energy kick that keeps you alert longer. However, it's not just a night cuppa that can affect you. Studies show caffeine can remain in your system for hours, making an afternoon mocha a bad idea. Also coffee-flavoured desserts like ice-cream and dessert can have the same effect as a small cup.

Alcohol

While most of us feel drowsy after a glass or two of wine, alcohol can in fact spoil your sleeping pattern. It can make you snooze, only to ruin the later stages of sleep, which are responsible for memory and motor skills. The second part of your night may be filled with strange dreams that could leave

you feeling tired the next morning.

Chocolate

A common dessert item or even a midnight snack for many, chocolate can be killing your sleep. This is especially worse for dark chocolate. The much-loved treat contains caffeine, and while a couple of pieces are okay, consuming an entire bar could keep you tossing all night.



Greasy foods

We all know they're bad for our overall health, but fatty foods could be keeping you tossing. Research on rats showed that those with a high-fat diet experienced daytime sleepiness and



fragmented sleep at night. Fatty foods can also cause discomfort in the stomach, making it harder to sleep easily. Stick to small portions of your favourite junk food to avoid this from happening.

Spicy dishes

Consuming foods rich in chillies or spicy sauces shortly before bedtime is avoidable. Studies have found that tabasco sauce and mustard when consumed by healthy men, made them get less sleep overall. The spicy ingredients caused a change in body temperature which brought uneasiness when sleeping.



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BUZZ

Diners fall ill at world's best restaurant



Danish restaurant Noma, crowned the world's best restaurant three years running in one poll, on Friday apologised after 63 guests fell ill with sickness and diarrhoea after visiting the haute cuisine establishment. According to the Danish health authorities, the guests fell ill during a five-day period in February and the outbreak could have come from a sick kitchen staff employee. Health inspectors criticised the restaurant for not alerting authorities soon enough and for not taking proper action after the employee was struck ill upon returning home after work. The two-Michelin-star restaurant recognised in a report that internal procedures had not been good enough and said an e-mail from

the employee reporting his sickness had not been seen. "We are in the business of making people happy and taking care of our guests, so this is the worst thing that could happen to us," Noma managing director Peter Kreiner said. "Since the outbreak we have worked closely with the health authorities to get to the bottom of it and find the source of infection." We are extremely sorry about all of this and I have personally been in dialogue with all the guests who were affected and discussed compensation for them," he said, adding there was never any danger of the restaurant being closed down. Food poisoning can have a major impact on top-end restaurants. In 2009 British chef Heston Blumenthal received negative

headlines and was forced to close his three-star restaurant The Fat Duck for around three weeks after hundreds of guests became ill. Noma, known for experimental ingredients such as ants and fermented grasshoppers, has been voted winner of The S. Pellegrino and Acqua Panna World's 50 Best Restaurants in 2010, 2011 and 2012. Guests flock to the Danish restaurant from all over the world and pay around 5,000 Danish crowns (\$880) for a 12-course set menu for two including appetizers, treats to finish, wine pairing and a tour of the kitchen to meet some of the 50 chefs. When the restaurant releases monthly bookings, two-seater tables are usually snapped up in less than an hour.

—Reuters

FREE SEMINAR: STUDY IN CANADA

GeeBee Education has organized Free Seminars on "Study & Settle in Canada" at Thane (14th Mar - 6.30pm - Tel.No: 25388844), Churchgate (15th Mar - 11.00am - Tel.No: 43222333), Borivali (15th Mar - 6.30pm - Tel.No: 28998333), Andheri (16th Mar - 11.00am - Tel. No: 26287727) and Vashi (16th Mar - 6.30pm - Tel: 27897040). Prior Registration is compulsory. For Free registration, kindly visit: www.geebeworld.com. Information will also be provided on Education Loan. Students will be given a Free Information Guide on "Studying in Canada" written by Vinayak Kamat. Parents are also welcome. Upon graduation, Students are allowed to work full-time in Canada for 1 to 3 years after the course completion. This provides an excellent opportunity to gain International work experience. Says Mr. Vinayak Kamat, "Canada welcomes International students and provides an excellent opportunity for Permanent Residency to qualified students. Besides, Canada is one of the safest countries for Indian students." Canadian Study Permit rules have been simplified for Indian students. The Visa processing time has been reduced for certain Institutions that are participants under the Student Partnership Program (SPP). Students are now required to submit very few documents under SPP.



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