



Breakfast in Bed James Bond Style

**“I TAKE RIDICULOUS PLEASURE
IN WHAT I EAT AND DRINK”**

(Casino Royale)

**What is it that makes the famous
secret agent so irresistible?**

It is certainly a combination of many things, such as intelligence, elegance, and sophisticated style. Bond, in all his incarnations, has an unmistakable aura of an invincible alpha male that simply exudes confidence. And let's not forget, he is a Scorpio – the Zodiac sign that symbolizes passion, strength, and libido.



Whatever his secret is, you can't argue with the results. Bond knows his way around the ladies - and the ladies certainly want him around. Still, all those ladies are bound to drain an agent's resources – so obviously he would need a truly proper energy-boosting breakfast after a night spent in Her Majesty's service.

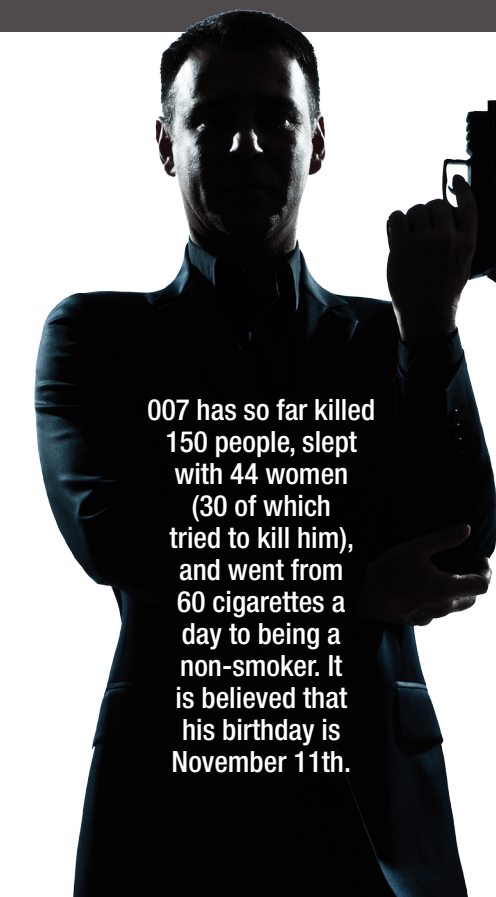
Heroes live exciting lives, meet exciting people and have exciting traits. That's what makes them heroes. And that's also what makes us want to be like them. Admittedly, that can be pretty hard if you don't have Roger Moore's boyish charm or Sean Connery's sophisticated ruggedness. Or Daniel Craig's abs. You could try getting a Bond car. Maybe even

learn how to do some stunts.

Or you could take the simpler (and much safer) route: adopt Bond's taste in food. True, it may sound expensive at first – after all, 007 is known for his high-rolling lifestyle of luxury casinos and exclusive retreats, so we would never expect him to begin his day with a pedestrian bowl of cereal and fresh squeezed orange juice. But in reality, there is nothing stopping you from having breakfast Bond-style.

Bond is actually quite the gourmet of refined taste who insists on seasonal dishes and adapts to new lands he visits, but one thing he never neglects is his favorite breakfast: scrambled eggs on toast.

■ Maya



**007 has so far killed
150 people, slept
with 44 women
(30 of which
tried to kill him),
and went from
60 cigarettes a
day to being a
non-smoker. It
is believed that
his birthday is
November 11th.**

007 SCRAMBLED EGGS



For “007 scrambled eggs” throw 3 eggs and a slice of butter in a non-stick pan to fry, but do not salt at this point.

Fry the eggs on low heat constantly stirring with a wooden spoon or silicone spatula. When they start to thicken, remove from heat and stir, then continue cooking. Repeat as many times as needed when you notice they could become overcooked. The eggs should be creamy, but not raw.

When the eggs are done, remove from heat, add a spoon of sour cream (which will cool the eggs), and then season with salt and pepper. Stir for 30 seconds, adding chives and parsley.

Bond likes his eggs served on integral toast with butter, along with pink champagne (Taittinger) and quiet music. The final but integral part of a Bond-style breakfast are 2 strong black coffees with no sugar, preferably Jamaican.

Another version of the breakfast – best served when in London - is a boiled egg cooked for precisely 3 minutes and 20 seconds, served in an egg cup. For this occasion only brown eggs from French Marans chickens are used, served with 2 pieces of toast, Jersey butter and jams: Tiptree “Little Scarlett” strawberry jam, Cooper's Vintage Oxford marmalade or Norwegian Fortnum honey. Bond's choice is Minton tableware, so for a complete experience accentuate this meal with your best set.





STEVIA: Chub Free Sweetness

THE REMARKABLE, EXTREMELY SWEET, NONCALORIC HERB

In some countries, including the US, Stevia is still quite new and has not yet made its way to restaurants and cafes. In other places they will sell you Stevia mixed with dextrose or other sugars. While in others still, it's not available for purchase at all. In these places aspartame and saccharin products are everywhere, even served in cafes in pill form, but Stevia is not. Bottom line: if you want your Stevia, don't forget to take it with you.



Stevia is a natural sweetener native to South America. It may sound misleading to categorize sweet leaves that spring from the earth bathed in sunshine and fresh air as "sweeteners," but that's just what Stevia is - a perfect, healthy, natural sweetener.

In spite of all its traits that would surely make it a consumer favorite, Stevia was never endorsed by the sugar and aspartame industries, especially in the US where it took over 30 years to approve its use - which finally happened in 2008. In Europe, Stevia was approved in December 2011, and received its own E-code: E960 (aspartame, which is the stuff to be avoided, is E951.)

Stevia is manufactured in several forms: crushed plant, Stevia extract, tablets, and Stevia syrup.

The Paraguayan Guarani Indians had known for centuries about the unique advantages of kaa he-he (sweet herb). They commonly used the leaves to enhance the taste of bitter mate (a tea-like beverage) and medicinal potions, or simply chewed them for their sweet taste.

Green Stevia is the dried, crushed plant. When used in this completely unprocessed form, it is claimed to have beneficial effects on blood pressure and inflammation. Green Stevia has a strong spicy aroma that makes it great for smoothies - especially vegetable ones.

White extract powder or syrup is used for drinks, cakes, and pastries with less sugar. The white powder lacks the strong

aroma of the plant, and also loses its healing properties due to processing. The powder is used in the same manner as artificial sweeteners or sugar.

Stevia Dosages in Drinks and Sweets

Unlike sugar or artificial sweeteners, Stevia does not stimulate insulin production, which makes it great for people who wish to limit their carb intake.

If you've never tried Stevia and you decide to do so (which we heartily recommend, if we didn't make it clear by now), be careful how much you use in your sweets or drinks. It has a very intense flavor, and if you overdo it, food can become bitter. Stevia dosing has a bit of a learning curve.

When you begin using it, start with dishes that you can taste during preparation and correct the dosage as needed. Creams, smoothies, tea, coffee, juices, fruit purees, or homemade ice cream are ideal for practice.

The taste of Stevia could be described as an "illusion of sweetness." Until you get used to it you may feel a "sweetness void"

- a feel on the taste buds that is nowhere near the robustness of sugar, nor is it similar to the sugary sensation of artificial sweeteners. Some people are lucky and like it immediately, though most often these are people that don't have much of a sweet tooth. Others take time to adapt.

Stevia is the best sugar alternative you will ever get your hands on. It can be used in appetizers, beverages, soups, salads, vegetables, desserts - virtually anything!

This plant is currently the safest known sweetener, and it is almost impossible to find significant studies indicative of any harmful effects. Therefore, getting used to this new taste is well worth the effort. If you're having a hard time making the full switch, simply reducing the amount of sugar in any recipe will also make a huge difference. Instead of three ounces of sugar in a cake, use one ounce, and fill the rest with Stevia. No one will be any the wiser.

■ Elizabeth Wood

Japan was the first to commercially introduce Stevia. Millions of Japanese have been using Stevia since 1970, and there have been no reports of any harmful effects.





**CAN YOU STAY HEALTHY
BY SHOPPING IN HEALTH
FOOD STORES?**

Unhealthy Food in “Health Food” Stores



The sign “Health Food” adorns many stores even though it is not always an accurate description of the products they sell.

The first thing you’ll probably come across at such a store are **cookies and other snacks**, and most will have nutrition information labels. If our trans fats labeling research taught us anything, it’s that labels such as integral, low sugar, and “lite” do not necessarily mean the product is healthy. Always check if the product contains hydrogenated vegetable oil (trans fats) or other artificial (interesterified) fats.

The alarm bells should especially go off near **puffed grains**. They are made puffy and crispy under high temperatures and pressures and then covered with oil or sugar to make them stay that way. Such grains can be found in muesli, energy bars, rice



cakes and other alleged “health wonders.” But the benefits of unprocessed grains they are made from are lost entirely the moment they are exposed to high temperatures and pressures.

Believing the ads in which puffed grains are touted as health food – rich with vegetable oils, fibers, carbohydrates, vitamins, and minerals that are good for your health and figure, is as naïve as Snow White believing that the witch’s poisoned apple can somehow turn healthy if coated with sugar.

Store-bought muesli is today more of a sweet snack than a real meal. Products containing sugar, honey, or a lot of dried fruit are not “health food,” but sweets. The sooner you start treating them as such, the better for your waistline. If the sugar is brown and the grains integral, there isn’t much of a difference – you’re only eating a sweet of a slightly better quality.

As far as **salty snacks** go, the situation is identical except with less sugar and more salt. The little calcium from sesame seeds that stuck to the margarine in

crackers will not strengthen your bones. Neither will saltines with flaxseed provide the omega-3 fatty acids you really need.

Soy is found in most products today. If something is cheap,



What's Actually Healthy In Health Food Stores?



1. Seaweed: Arame, Nori, Kombu, Wakame – sea plants full of minerals. If you’re a seaweed beginner, get Arame. They have a gentler taste.

2. Mushrooms: Shiitake are the best known sort. As for the others, it’s worth checking out the selection of dried imported mushrooms (especially wild ones).

3. Organic and healthier vinegars: rice, umeboshi (salt plums), organic apple, sometimes even exotic ones such as raspberry, blueberry, and cherry vinegars.

4. Natural salts, such as Himalayan and large grained sea salt.

5. Organic beans: especially green, red, and small black beans that are strong antioxidants

6. Raw nuts: hazelnuts, almonds, walnuts and peach seeds

7. Raw seeds: sesame, flaxseed, sunflower, pumpkin



manipulated, possibly GMO, tasteless, and controversial—proceed with caution. We recommend you look into it yourself and come to your own conclusions not based on advertising, but on thorough research.

A little extra awareness and a little less attention given to

advertising in your consumer routine can make a big difference in everyday choices. Maybe you don't need to eliminate all of the above, and you certainly don't have to do it today. But you can replace at least one or two bad choices with better ones and declare that your new standard.

■ Elizabeth Wood

8. Dried fruits: check if they are naturally dried or with added sugar. They are usually dried with added sugar so mind your servings.

9. Spices: especially the exotic ones.

10. Exotic teas and healthy herbal mixes. It's especially worth getting good quality green tea, known to be a strong antioxidant.

11. Organic olive oils

12. Other cold pressed unrefined seed oils.

13. Green and white Stevia powder.

The term "health food" has been used to describe foods that claim to be "healthy" since the 1920s. But in truth, the term has no official definition.



Looking for an Excellent Exercise? JUST WALK It Off!

WHO HAS TIME FOR WALKS TODAY? WHEN WAS THE LAST TIME YOU WENT FOR A SERIOUS WALK?

While wonder women at the gym lift their own weight in squats or devotedly sprint on treadmills, a group of walkers quietly make their way. In the eyes of the wonder women, walkers uselessly occupy treadmills intended for those making a dedicated work out effort.

Its true, a light walk or a slightly more intensive one will never turn a woman into a perfectly chiseled fitness model. So why do they do it?

Walkers know that they lack the ambition of real athletes, and they're certain they don't have the capacity for weight lifting, jogging, or running. Still this is not reason enough to give up on regular, moderate physical activity.

Perhaps fitness fanatics

underestimate walkers because walking is merely the basic form of motion. It doesn't need to be learned, it's a simple and easy activity that you can enjoy with an 11-month-old child. But, most people are far from having the discipline of those that walk day after day, month after month, year after year.

Under this light of endurance and persistence, ordinary walking stops being a banal and boring activity unfit to par with modern fitness programs.

Walkers do not see themselves as wasting time because their towels are not soaked with sweat, and they are right. They know that walking every day for



30 to 60 minutes burns calories, speeds up the metabolism, and builds muscle tissue. They also know that regular walking reduces the risk of heart disease, breast cancer, colon cancer, diabetes, stroke, and contributes to a positive attitude. It increases lung capacity, improves oxygen intake, and stabilizes blood pressure.

Walking puts less strain on the body and joints than running, so it is an ideal workout for everybody, but especially for people that are overweight, middle to old aged, and in general poor shape.

Something as simple as a daily brisk walk can help you live a healthier life.

When the weather permits, don't pay money for gym membership just to walk on a treadmill. Go outside and get added benefits at no extra cost – nature, foliage, and fresh air make it easier to deal with everyday stresses of modern life.

A walk in nature allows the time and space to clear your thoughts. Fresh air fills the body with oxygen, and nature releases tension. As you focus on your feet, steps, and breathing, imagine that each time you inhale you are filling yourself with positive energy, and that you are releasing worry, stress, and problems every time you exhale. You will free yourself of fatigue and anxiety. You have to admit, this is not possible in a gym.

Don't miss out if its available!

“Barfuss Park” or “Barefoot parks,” are specialized natural settings where visitors are encouraged to take barefoot walks along several miles of woods, grass, rocks, and mud. The German pastor Sebastian Kneipp developed this practice at the start of the 20th century to treat fellow Bavarians with barefoot walks and exercises on grass and other surfaces.

There is a connection between these treatments and reflexology. The feet need active training in order to develop important functions – foremost keeping the body in an upright posture. The entire body depends on the reflexes and muscle strength of the feet. Barefoot walking also provides certain sensory experiences, such as that of touch and connection to nature. Balanced, harmonious body movements are also developed. The best example is during vacations at the seaside, where at first you clumsily waddle across the sand. With time your walks along the shore are more confident, the steps more harmonious, and you no longer even feel the bumps under your feet. Barefoot walking feels great, promotes proper posture, and stimulates the cardiovascular system by regulating blood pressure and improving circulation.

■ *Alan Taylor*

Walk Your Way to Better Results

Not all walking is recreation, so shopping in the mall unfortunately doesn't count. True recreational walking has to fulfill three simple requirements:

- 1** The walking should be fast enough, as if you're in a rush
- 2** It should be at least 30 minutes long. This increased effort stimulates muscles.
- 3** It needs to be done on a regular basis.



Even a quick 10 minute walk in nature can improve your mood and momentarily lift energy levels (up to 85%) by speeding up circulation. This good feeling can last up to 12 hours.



MARGARINE

How It Spread to Our Homes



TRANS FATTY ACIDS ARE... ..REASON FOR CONCERN.

...created in the process of partially hydrogenating unsaturated fatty acids in vegetable oils, and in the process of refining industrial vegetable oils that are later used in margarine manufacture.

Trans fatty acids increase LDL cholesterol or bad cholesterol, and they decrease the levels of good HDL cholesterol. They cause atherosclerosis, and it is proven that trans fatty acids in food increase heart attack mortality. Trans fatty acids are the leading factor in insulin resistance, which is the main cause for obesity and type 2 diabetes.

You have probably heard the harsh truth by now: margarine contains artificially made trans fats and substantial research confirms that trans fats are horrendous for our health. The dangers of trans fats have been written about for years, and for just as long those warnings have been ignored.

The reason is simple: trans fats extend the expiration date of products on store shelves, but we tend to overlook the fact that they shorten our expiration dates! Even though they are blamed for the

majority of modern diseases - especially those that go hand in hand with obesity and metabolic syndrome - withdrawing them from the food industry would mean huge profit losses.

If you don't have time to delve into your own research and come to your own conclusions, all you have to know is this: trans fats do not exist in nature, and our body does not know how to use or process something that does not naturally exist.



Still, the story of how this laboratory mistake conquered our lives, kitchens, restaurants, and fast food chains is one you probably haven't heard.

The American Production Wheel

He was only one in a sea of hungry boys in the time of the Great Depression, when children all over the world were more hungry than fed. Then he grew up and said, "Get big or get out." When he said those words he was important and powerful. He was the Assistant Secretary of Agriculture of the United States of America from 1954, and the Secretary from 1971. His name was Earl Butz, and he is the man who abolished restrictions on corn production in the US.

How well do you know the origins of the dangerous butter substitute, and the dairy lobby's attempts to defeat it?

He wanted more food for less, corn and soy on farms as far as the eye could see. It was a way of ensuring Americans will never be

hungry again. They nicknamed him King Corn. He encouraged farmers to plant more, and more was never enough. He subsidized corn based animal feed for large farms that would produce cheaper meat. For the first time in history, cows ate corn and soy instead of grass. Milk production increased due to this high protein diet. Agriculture as we had known it for 10,000 years was changed forever.

Since Earl Butz did not support small family farms, nor did he care for fruit and vegetable production, a gigantic corn surplus was generated. Cheap vegetable oil production flourished, resulting in an old patent that was barely staying afloat becoming a top selling product. That patent is margarine.

The French Gyro Gearloose

In 1870, Napoleon III announced a contest looking for a butter replacement for French troops. Hippolyte Mège-Mouriez locked himself in his lab, and voila! He invented the very first margarine and won the prize.

Fortunately for people of his

time, Hippolyte was not an adept business man, so his margarine production venture failed in record time. Before the total financial collapse of his entrepreneurial endeavor, he managed to sell the patent to a Dutch company called Jurgens, which began production in full steam for the European market.

Jurgens merged with Van den Bergh, another large Dutch manufacturer, and resumed business jointly as Unilever – one of the largest companies in the world today. Margarine began to be produced in the US where the formula was perfected.

Several states took even more extreme measures to turn consumers away from margarine—they required the product to be dyed an unappealing pink color.

But soon, milk manufacturers started to lose their nerve: butter was a main "cash cow," and now it was threatened by a tasteless, artificial, and substantially cheaper product. As the milk lobby was strong at the time, it succeeded in pushing through the Margarine Act of 1886. This legislature placed additional taxes and impossible to obtain licenses on margarine manufacturers.

There were even bans on the color of margarine. Butter is naturally yellow, and margarine is "naturally" white, so manufacturers were forbidden to dye their margarine yellow. The irony is that today, butter is bleached to look like margarine.

By 1902, there were margarine restrictions on 80% of US territory, so profits fell by more than 60%.

Before the 1950s, you could not buy refined sunflower, corn, or soy oil, so people used fat, lard, and

butter. There were no refrigerators and lard and butter were sold in large sealed containers.

The margarine industry had the opportunity to rehabilitate after WWI, when fat and lard availability diminished. After the war ended and the economy recovered, butter continued to be sold in unattractive, expensive, large containers, while margarine manufacturers began displaying their marketing savvy – especially in package design. By 1950 there were many margarine brands in attractive tubes or small containers.

During this period, two other important things happened in favor of the margarine industry.

First, the use of cheap vegetable oil in the production of margarine grew dramatically in only 2 years after WWII, which additionally lowered the product cost (the first margarines were made from animal fats of lesser quality). Then, in 1947 a crisis in the milk industry caused butter prices to skyrocket, which resulted in a 58% increase of margarine production by 1948.

Finally after much pressure, President Truman signed the new "Margarine Act" in 1950, which brought an end to all margarine taxations and licences.

Manufacturers of the artificial, cheap product could pop a champagne bottle and celebrate - their product

could now become even cheaper. The cooky invention from France had in less than 80 years spread like an epidemic to us all.

It is less than 150 years since we've even heard of margarine and now it is an inescapable ingredient in practically all processed food. The fats we used for centuries were declared evil, and the recently created laboratory concoctions were deemed the "standard for healthy diet."

Margarine came, it spread, and it conquered. And people became fat and sick.

Christian Terrell

Health risks of consuming unnatural trans fats:

Besides increased LDL (bad) cholesterol levels, lowered HDL (good) cholesterol levels, arteriosclerosis, inflammation, heart disease and stroke, metabolic syndrome, and Type 2 diabetes - research indicates trans fat may also contribute to the following chronic health problems:



- Alzheimer's Disease, impaired memory and learning
- Cancer – increased risk, especially of prostate and breast cancer
- Increased risk of Type 2 Diabetes
- Obesity - weight gain and abdominal fat, despite a regulated caloric intake.
- Liver Dysfunction
- Greater risk of ovulatory infertility
- Major depressive disorder - higher risk of depression

Former first Lady Eleanor Roosevelt appeared in a commercial for Good Luck brand margarine in 1959 and said: "Years ago, most people never dreamed of eating margarine. But times have changed. Nowadays you can get margarine like the new Good Luck, which really tastes delicious. That's what I've spread on my toast. Good Luck. I thoroughly enjoy it!"