



MCS AND CANDIDA ... "WHAT IS THAT SMELL?!" by Rebecca Richardson

The majority of people take their journey to work for granted, apart from moaning about the traffic and weather, that is. However, for those of us who suffer with MCS (and other conditions such as Candida, ME, CFS, Fibromyalgia) it can be the journey from hell. From traffic pollution to the shopkeeper disinfecting the pavement of his premises, the smokers outside the office blocks, to the over-perfumed woman on the bus, a simple walk or ride on public transport, can leave us feeling ill and in a rage.

So what do I know about this? I am a Candida survivor, who also experiences Interstitial Cystitis and MCS. In March 2011, I self-published a book 'Candida Can Be Fun!' which is essentially a survival guide which offers sufferers of Candida and food intolerances/allergies, and other autoimmune diseases, a light-hearted and humorous view of their predicament. It is also a specialist cookbook offering 100 savoury fully-colour illustrated recipes free from wheat, gluten, dairy, sugar (and derivatives thereof), fruit, nuts (apart from pine nuts), yeast, fermented products and citric acid (apart from fresh lemon). It also gives the reader options of buying other 'free-from' branded food and health/beauty/cleaning products from specialist online shops.

With regard to the MCS side of my own Candida problems, I first noticed my sensitivity at my train station involving a potent disinfectant used to cleanse the enclosed bridge walkway. By the time I walked through I could smell it in my hair and clothes, would have a headache and feel sick. I also developed a sudden aversion to bleach (mostly from over-zealous cleaners in public toilets) and cleaning products (e.g. fabric conditioner, furniture polish). Plug-in wall air fresheners were an asthma attack waiting to happen. I started to smell the chlorine in the water after my partner had showered. I even had to ask a director in my company to stop wearing

his after shave to work as it instantly made me feel ill and put me in a foul mood the minute he walked through the door. Interestingly, I do not know if it is hormone-related, but my nose goes into over-drive around the time my period is due. We also removed the TV from our bedroom and it seems remarkably calmer. Our computer is in the room next door and I can sense when it has not been switched off at the wall, as I can almost hear a buzzing.

You get used to people thinking you are weird and 'over-sensitive'. I have affectionately been nicknamed 'The Bloodhound' by friends because of my nasal capabilities. Yes, I am a pest for constantly complaining about some whiff or another, but your friends and family will be glad of your special power when there is a gas leak!

The MCS side of my story above will ring true for many of you, but if you also suffer with food intolerances/allergies, you may be interested in more information about my cookbook. For more information, please visit my web site: www.candidacanbefun.co.uk

Candida Can be Fun

All the recipes are free from wheat, dairy, gluten, sugar (and its various derivatives), fruit, alcohol, yeast, citric acid, caffeine, nuts (apart from pine nuts) and fermented products, making them suitable also for diabetics, coeliacs and people who suffer with migraines and a whole range of digestive disorders. You don't even have to have Candida to enjoy this food! Gorge yourself on 100 delicious and healthy savoury recipes. "If my book can give you a new lease of life then all my hard work will have been worth it." Rebecca Richardson.

Available from www.candidacanbefun.co.uk
£19.99 with FREE P&P (UK)
or phone: 0792 517 6121



Roast Turkey with Lemon Gravy & Sesame Seed Parsnips (Serves 4)

From 'Candida Can be Fun'



Instructions

1. Preheat the oven to 190°C/375°F/gas mark 5.
2. Rinse the turkey with cold water, both inside and out (removing any giblets) then pat dry with kitchen towel.
3. In a large roasting tray, place the turkey the right way up. Drizzle a little oil and salt and pepper over the skin.
4. Wash the lemon, prick it a few times with a knife then cut it in half. Remove any pips.
5. Place one lemon half inside the turkey cavity and squeeze this to get out some of the juice.
6. Then add the onion, garlic cloves and other half of lemon to the turkey.
7. Cook the turkey in the middle of the oven for approximately 1 hour and 50 minutes.
8. Baste this with its juices every 30 minutes until the skin is golden brown and crispy.
9. (Note: Turkey is cooked for 20 minutes per kilogramme, plus an extra 70 minutes of cooking time added).
10. A handy tip to check if the turkey is cooked through is to cut the skin where the breast and thigh join. Pierce the thigh or breast meat that is exposed by the cut skin, in the thickest part with a skewer. If the juices run clear, the turkey is cooked through. However, if the juices are still pink, return the bird to the oven for a further 20-30 minutes, then try again.
11. Peel and chop the parsnips into sticks. In a pan of boiling water, parboil the parsnips for 2 - 3 minutes.
12. Pour the parsnips into a colander to drain the stock into a jug for use in the gravy later.
13. In a large bowl, add the parsnip sticks. Pour over the oil, sesame seeds and salt and pepper. Stir well.
14. In an ovenproof dish, lay the parsnips flat. Roast in the top of the oven 30 minutes from the end of cooking.
15. Cook for about 30 minutes until golden brown.
16. To make the gravy, drain off all the turkey juices into another roasting tray. Add ¼ pint of the stock to this.
17. Add the polenta flour spoon by spoon, stirring continuously to prevent lumps forming. Add more, if needed.
18. Remove the garlic from the turkey. Peel the skin off the garlic cloves and discard, then add the garlic pulp to the gravy. Stir well until hot.
19. Pour the gravy into a gravy boat. Wait for it to settle then drain off excess oil with a spoon and discard it.
20. Serve with the parsnips, some fresh greens sautéed in chopped garlic and onion, with a side of carrots.

Happy Christmas! From Rebecca

Ingredients

- 1 medium organic turkey (approx 2kg/4lbs 7oz)
- 1 tablespoon of extra virgin olive oil
- 1 unwaxed, organic lemon
- 1 medium onion (peeled and left whole)
- 3 large cloves of garlic (unpeeled and whole)
- 3 large parsnips (cut into sticks)
- 1 - 2 tablespoons of extra virgin olive oil
- 2 level tablespoons of sesame seeds
- 1 - 2 dessert spoons of ground polenta
- Sea salt and freshly ground black pepper to taste