



core news

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FIGHTING GUT AND LIVER DISEASE

Almost £25,000 raised

Our big event of the year, a charity evening with Alan Bennett, raised almost £25,000 for Core's research fund.

A capacity audience of more than 300 crowded into the Royal College of Physicians' Wolfson Theatre on September 19th to enjoy an evening of wit and whimsy from actor, writer and broadcaster, Alan Bennett. The evening began with the arrival of Core's Royal Patron, HRH Princess Alexandra, who was greeted by Dr John Bennett, Core's Chairman. Miss Chelsie Bennett, Dr Bennett's granddaughter, presented Her Royal Highness with a bouquet.

Alan Bennett read from a selection of his works before inviting questions from the audience. He then joined them at a Reception in the College's Osler Room.



"Thanks to Yakult's sponsorship, the event raised £25,000 for Core's research fund"

Princess Alexandra spent more than an hour after Alan Bennett's performance, meeting and chatting to members of the audience.

Yakult, the manufacturer of a probiotic yoghurt drink, generously sponsored the evening.

a small group of his colleagues. Thanks to Yakult's sponsorship, the event raised almost £25,000 for Core's research fund.

Yakult

Mr Hiroyasu Matsubara, UK Managing Director of Yakult was present for the event along with

See pictures from the event on pages 3.

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How fibre can help diverticulitis *page 4*



The fibre connection

By Susie Perry

As many of the readers will know, Diverticular Disease can be very uncomfortable, and finding the right foods to eat quite difficult. Susie Perry offers some advice on the sorts of food that sufferers should eat.

My top tip for diverticulitis is simply to increase the amount of fibre in your diet. There are two types of dietary fibre; insoluble and soluble fibre. Insoluble fibre literally passes through the body unchanged whereas soluble fibre becomes partially broken down as it travels through your intestine. It is soluble fibre that helps relieve diverticulitis and constipation because it helps to add more bulk to your stool.

It achieves this in two ways. Firstly by carrying more water into the intestine and secondly by boosting levels of good bacteria which live in the colon.

Foods high in soluble fibre include onions, leeks, artichokes, apples, pears, plums, prunes, oats, oat bran and beans like butter beans, pinto beans, chick peas, kidney beans. I advise my clients to increase these foods slowly otherwise they can suffer from wind and bloating as the intestine adjusts to this new level of fibre intake. Some people find that a good quality probiotic can be beneficial; you can get these from a health food shop.



Susie Perry is a nutritional therapist who specializes in digestive health and has over 8 years clinical experience. She is available for one-to-one or tele-phone consultations. Telephone her on 01273 239 431 or email Susie@smartrnutrition.co.uk

Core publishes a booklet on Diverticular Disease, copies of which are readily available. To get a copy write to Core and include a SAE to the value of 33p.

Heart warming oat crumble (serves 4) by Claudine Debice

As autumn slips into winter it is comfort food season... the season of curling up in front of a blazing fire with a tummy filled with one-pot casseroles and homemade puddings. It is also the season of British apples and pears.

This recipe is not only easy to make but will give your crumble a little extra something, fill you with warmth and impress family and friends too.

For the crumble:

50g (2oz) plain flour
50g (2oz) rolled oats
50g (2oz) butter: cut into small pieces
25g (1oz) caster sugar
2 tablespoons honey.

For the filling:

2 pears: skinned, cored and chopped into large pieces
2 apples: skinned, cored and chopped into large pieces
2 tablespoons water
1 tablespoon sugar (optional)
Preheat the oven to 180C/350F or gas mark 6

For the topping

Mix the flour, oats and sugar in a good sized mixing bowl. Rub the butter in with your fingers until you have crumbs. If the use of your hands is restricted, place the flour and butter in a mixer and process until you have crumbs. Then stir in the rolled oats and sugar. If you're feeling daring add a pinch of cinnamon. Set aside.

For the filling

Next, place the chopped apples and pears in an ovenproof dish

and add the water. If you have a really sweet tooth, now is the time to sprinkle over some sugar. Finally, cover the apples and pears with the topping and drizzle the honey over the topping. Bake for 25 minutes or until the top is golden and you can see the fruit bubbling.

All you need now is some whipped cream, a dollop of ice cream or some custard – yummy!

Claudine Debice is the founder of bespoke catering company moreish. Based in Brighton, moreish focuses on creating nutritionally balanced dishes for elimination and restricted diets. moreish prides itself on demonstrating that special diets can still be fun, delicious and enjoyed by everyone. For more information contact Claudine on 07793 547 124.