

AN INTERVIEW WITH THE UPSIDER.COM.AU

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# MYTHS DEBUNKED: A QUICK CONVERSATION ABOUT CLEAN EATING.



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# A LITTLE BIT ABOUT BURNT FOOD



**SANGEETA:**  
**WHAT DOES EVERYONE  
THINK ABOUT BURNT FOOD?  
WHAT IS ACTUALLY TRUE OF  
IT? SHOULD YOU BE  
BURNING YOUR FOOD  
DELIBERATELY FOR BETTER  
TASTE?**

IT IS COMMONLY SAID AND BELIEVES THAT BURNT FOOD IS BAD FOR YOU AND IS CARCINOGENIC. ACRYLAMIDE, SPECIFICALLY IS THE MAIN CHEMICAL COMPOUNDS IN QUESTION THAT CAN BE FOUND WHEN CARBOHYDRATE RICH AND STARCHY FOODS ARE BURNT TO DARK BROWN AND BLACK.

It is believed by many that consuming burnt food, hence acrylamide, can contribute to cancer growth. However, this is based on mainly presumptions and some questionable studies carried out on rats where they were given such large amount of acrylamide that is would be same as the average person eating over 70kg's of chips every day for 2 years! A recent study in 2015 <https://www.ncbi.nlm.nih.gov/m/pubmed/25403648/> reviewed this and concluded that There is no substantial evidence that burnt food contributes to a variety of cancers. As a food lover and chef, this is pleasing to hear because when you char and caramelise foods, a beautiful taste and flavour experience that we all love is created known as Maillard, or the Maillard effect: [https://en.m.wikipedia.org/wiki/Maillard\\_reaction](https://en.m.wikipedia.org/wiki/Maillard_reaction) and This taste is most commonly associated with roasting potatoes, toasting bread, seeds and nuts etc. Yum!!!



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# FASTING

What does everyone get wrong about fasting?  
And what is the truth?  
(You can explain how you fasted for 10 days + how you felt after)

Fasting is a complicated topic and very personal experience. It is practice that has been carried out for millennia for personal health, healing and spiritual enlightenment and was even practiced recommended by the original father of modern western medicine Hippocrates along with many other notable and influential figures including: Plato, Davinci, Socrates, Pythagorus Moses, Jesus, Ghandi and more.

"I CAN SAY THAT TAKING SOME TIME TO REDUCE MY INTAKE OF FOOD THROUGH FASTING HAS HAD MANY AMAZING AND POSITIVE EFFECTS ON MY BODY, MIND & MY ENERGY LEVELS. ALTHOUGH IT WASN'T ALWAYS EASY, IT HAS ALWAYS PROVEN TO BE AN INVALUABLE PRACTICE"

I can speak only to my experience having done it several times, including as long as 10 days straight at one stage. I can say it that taking some time to reduce my intake of food through fasting has had many amazing and positive effects on my body, mind, and energy levels. Although it wasn't always easy, it has always proven to be an invaluable practice. All that being said, extended fasting of several days to weeks is a serious task and shouldn't be approached without first being facilitated by an experienced person or health professional. Easy ways to explore fasting for yourself can be as simple as skipping a meal or replacing it with a cold pressed juice or herbal tea





# HOW TO PREPARE QUINOA FOR FOR BETTER DIGESTION

**SANGEETA: SHOULD QUINOA BE  
COOKED RIGHT AWAY? WHAT SHOULD  
YOU BE DOING BEFORE?**

Quinoa, like many grains is best soaked for several hours before hand, then rinsed well before cooking. This helps remove the phytic acid within them, which if not removed can disrupt digestion and inhibits absorption of essential nutrients.

## **HOW TO PREPARE QUINOA:**

Simply cover your quinoa with 4 x more water, leave to sit at room temperature for 3-4 hours before rinsing well and then cooking. Your quinoa will taste a lot nicer and your body will love you for it.



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# A SPICY CONVERSATION

## **SANGEETA:**

ARE ALL SPICES CREATED EQUAL? IF NOT, WHY NOT?

Not exactly. Although there are thousands of spices, most for which have many benefits, some of them have disproportionately greater benefits than others, especially when used in certain combinations.

Some notable spice combinations are turmeric when used with black pepper becomes 20X or (2000%) more potent anti/inflammatory:  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5664031/>

By combining ginger with a little black pepper and consuming before meals you can better stimulate the digestive system to better break down meals according to Ayurvedic medicinal doctrine:  
<https://en.m.wikipedia.org/wiki/Ayurveda>



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# FOOD TEMPERATURE

**SANGEETA:** HOW DOES THE TEMPERATURE OF FOOD AFFECT DIGESTION?



We have a optimal internal temperature and when we eat foods that are either hotter or cooler than this temperature, the body quickly works to bring the food either down or up to meet this internal temperature. This process can either slow down or dramatically inhibit digestion and in this way, the temperature of the food we eat is very important in maintaining digestive health and nutrient absorption. Certain digestive enzymes also work better when at the optimal temperature. However, these temperatures do vary and it's been found that the enzymes for digesting fats and starches best work around 37 Celsius and the enzymes for digesting protein works best around 42 degrees (slightly hotter)

I guess a basic guide is to remember that if your food is much cooler or hotter than your body temperature (approx 37 degrees) your body is going to have to work harder. Eat your food close to your body temperature and when eating high protein foods and meats, have them slightly hotter to ensure you have the best possible digestion.

**"THE TEMPERATURE OF THE FOOD IS VERY IMPORTANT IN MAINTAINING DIGESTIVE HEALTH AND NUTRIENT ABSORPTION".**