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This summer edition begins with a salute to a new year, as we mark this moment with a reflection on the past and a commitment to the future.

Health, Wellbeing and Longevity fascinating topics in their own right take on a personal consideration at the new year, and with this in mind our newsletter gives you plenty to think about ...

Upcoming trends in health management, revised disease markers, nature versus nurture, personal responsibility and increased willingness for personal resourcefulness in consumer activity, food as medicine as a renewed investment are the themes of this edition.

We welcome newly appointed practitioners from diverse specialist areas, such as dietetics, psychology, community pharmacy, psychotherapy and homoeopathy.

We welcome past and future patients to Salus and look forward to educating, motivating, and supporting you in 2010.

Yours in exceptional health and wellbeing,

Heyltje Vaneveld

Naturopath Practitioner; Clinical Director

On behalf of Salus Practitioners and Staff

Happy New Year!

What New Year doesn't begin with a seriously designed list of personal goals and resolutions? The following recommendations represent public health messages, encouraging proactive and health oriented behaviors.

- Learn how to effectively deal with stress, this doesn't say reduce stress, this is recommending that you learn strategies that allows you more resilience.
- Get outside, use the sunshine vitamin, and remember that Vitamin D will positively impact on 2000-3000 genes in your body
- Eat a plant-based diet predominantly, to increase blood oxygenation and to reduce obesity, dietary allergies, food sensitivities, and inflammation in the body. American author, Jonathan Safran Foer's latest book, may well be timely in its documentation of the major changes we have made in producing meat, and how we 'feel' about this. He writes that in America, 99% of all meat is produced in sheds, with cattle's feed now a mix of largely soy and corn .
- Eat foods that can still be identified as food, as silly as this sounds, what we can buy from supermarket shelves is a far cry from food A recent report in The Age alerts us to a major increase in tooth decay in toddlers and small children, caused largely by the snack choices we make for them.
- The hormone Insulin is our fat storage hormone and is a major contributor to lifestyle illnesses in general, eat to reduce your insulin levels, by eliminating sugars, processed foods, and grain-fed meats.
- Use your body in as many ways as possible, exercise, swim, dance, walk, have fun, and move that body.
- Get to know your fats and oils and incorporate only the best types of each into your meals daily. Have another look at Coconut oil, it's just made a comeback.
- Become even more informed about chemicals and toxins in general and be more protective of children who are more susceptible to over-exposure. Plastics' toy chemical, **Diethyhexyl phthalate** has just been banned in Australia after research links it to reproductive damage, especially in boys. Plastic toys, dummies, teething rings, bottles, soft books, rattles, by law may not contain more than 1% of this chemical. www.ewg.org (environmental working group) is a useful website.
- Keep hydrated, learn how much fluid you need and how much of that should be pure water. The maths for how much pure water you need is your weight in kg. X 33= amount in mls, sipped over the waking hours. If you want more fluid use lemon, green tea, etc to change it from a pure water beverage.
- Keeping in mind that the 3 major epidemics of the western world are: obesity, diabetes and mental illness, consider this in the context of how you approach your health. Seek guidance; there are many highly skilled professionals able to help. What you do on a daily basis is the sum of your life after all.



Why your DNA isn't your Destiny,

by John Cloud, is an article recently featured in January's 2010 Time Magazine, a summary of the article follows.

In 1980, Dr. Lars Olov Bygren a preventative health specialist began to collect data on the long-term effects of the feast and famine years in the early 19th Century, in the isolated area of Norrbotten in Sweden. Bygren was fascinated with research showing that conditions 'in the womb' could affect the health of the unborn child, but would also continue to affect the health of the child into adulthood.

In 1986 the prestigious journal, the Lancet published papers showing that if a pregnant woman ate poorly her child would be at a significantly higher risk for cardiovascular disease as an adult.

The thought that changes to health and longevity are influenced by diet and environment (nurture), rather than genes (nature), over generations and millions of years, continues to be debated in the 21st Century.

Bygren's research found that just one winter of changes in access to food, either feast or famine could initiate a biological chain of events that would lead one's grandchildren to die decades earlier than their peers did.

Epigenetics is the middle ground between nurture and nature and epigenetics is a developing science that studies changes in gene activity that does not involve changes to the DNA code, but still changes can and do occur at least to one successive generation.

Epigenetic markers sit on top of the genome and are able to be switched on or off by environmental influences, including but not restricted to; diet, pollution, nutrient deficiency, prenatal nutritional status and stress.

The most significant outcome of this study is that your lifestyle choices and lifestyle circumstances may indeed influence your health and longevity, but they also impact on the offspring. This research helps us to understand why we are witnessing a dramatic increase in children's neurological health problems in the 21st century.

Testing for 21st Century ills:

At the time that a disease is diagnosed and therefore 'named', the condition has already caused significant pathological changes sometimes by months and even years. Yet most people wait for a diagnosis before making lifestyle changes that would certainly be a positive all-round.

There is a saying that 'naming a disease does not cure a disease'; this is both intriguing and encouraging.

It was only one generation ago that disease and 'ageing' were believed to be inevitable and 'bad luck' if it occurred early in life. Right or wrong we now understand that disease is not random and that certain living conditions and lifestyle practices have a higher risk associated to them. And we also understand that 21st Century diseases are not the acute infectious diseases of one generation ago..



Continued...

What characterizes 21st Century diseases are the chronic nature and the involvement of many organ systems all at once. The most common symptoms of multi-system chronic illness are: Fatigue, listlessness, muscle and joint pain, obesity, depression, dyspepsia, dyslipidemia (errors in cholesterol profile), high blood pressure, mood swings, allergies and frequent infections.

New and old testing parameters are being examined to improve the recognition of a disease process, rather than waiting for end-pathology diagnosis. Examples of important tests are: Ferritin, homocysteine, Apo B: Apo A1, red cell arachidonic acid: EPA ratio, Vitamin D, calprotectin, uric acid, organic acids, secretory IgA, post prandial insulin, Methyl cofactors, Cytokine panels.

The Lymphatic System & Lymphedema

By Louise Norman

Louise Norman, masseur, myotherapist recently undertook specialists' training with the exclusive Vodder School of Manual Lymph Drainage in Western Australia and successfully passed all examinations in the Basic Body and Therapy I component.

Lymphedema is an abnormal build up of fluid that causes swelling, most often in the arms or legs. The condition develops when lymph vessels or lymph nodes are missing, impaired, damaged, or removed.



There are two types of lymphedema: primary and secondary. Secondary lymph oedema occurs as a result of a blockage or interruption that alters the flow of lymph through the lymphatic system and can develop from an infection, malignancy, surgery, scar tissue formation, trauma, deep vein thrombosis (blood clot in a vein), radiation, or other cancer treatment.

The beneficial effects of Manual Lymph Drainage (MLD) are numerous and this manual application assists the body in removing excess fluid and proteins that it cannot remove due to changes in the system. Without the assistance of manual drainage the accumulated fluid will stay and cause pain, discomfort, and swellings, and may cause infection in the area.

Symptoms of Lymphedema:

- Swelling in the arms, hands, fingers, shoulders, chest, or legs.
- The swelling may occur for the first time after a traumatic event (such as bruises, cuts, sunburn, and sports injuries),
- After an infection in the part of the body that was treated for cancer,
- After an extended (more than three hours) airplane trip (due to the sudden change in cabin pressure).
- A "full" or heavy sensation in the arms or legs.
- Skin tightness.
- Decreased flexibility in the hand, wrist, or ankle.
- Difficulty fitting into clothing in one specific area.
- Tight-fitting bracelet, watch, or ring that wasn't tight before.

Digital Infrared Thermal Imaging

We are very fortunate to have Julia Miles from Border Thermal Imaging provide to the patients of Salus and the wider community Digital Infrared Thermal Imaging (DITI). On the Salus website we have a very informative and descriptive article that we encourage you to access to become familiar with this increasingly respected and validated screening tool. Also take the time to visit Julia's website www.borderthermalimaging.com.au.

The purpose of this non-invasive thermal imaging is to detect tissue changes at the very onset of disease processes, and to detect changes to tissue generally, thus providing preventative screening and time to address corrective or treatment strategies.

One of the most common breast conditions for women is fibrocystic breast disease (lumpy, painful breasts) which can fluctuate under hormonal, lifestyle and dietary influences. Fibrocystic breast disease is indicative of compromised metabolic activity in the body. Which simply means that a woman with this condition needs to address lifestyle factors to improve the body's detoxification pathways, particularly those involving the liver and lymphatic systems.

DITI as a breast health screening tool, provides women, both young and older, the opportunity to learn more about what can be done to protect the breast in an world environment which increasingly poses a risk to women's breast health.

Men also utilize DITI as both a preventative screening assessment for cardiovascular and circulatory concerns. In this instance thermal imaging will show where inflammatory conditions are located and how wide spread they are within these systems. This is beneficial, alerting a person to the need to have further tests and to begin lifestyle changes to reduce and minimize risk outcomes.

DITI does not compete with other screening tools, it is both prevention and a monitoring tool to determine whether lifestyle and corrective measures have been successful in reducing risk.

The main objective of DITI is to firstly establish the 'normal' thermal pattern or baseline for a patient, which is achieved through two consecutive scans taken 3 months apart. This then provides the patient and the practitioner an accurate benchmark for future monitoring. DITI is valuable thereafter for monitoring for change over time.

Julia Miles is a qualified clinical thermographer who utilizes the clinical, technical support and interpretation services of Meditherm Inc, which is a world wide support system for thermographers.

Julia has kept the following fee schedule as affordable as possible, as currently there are no Medicare or Private Health Insurance rebates available.

Breast	Total	\$220
• Includes Initial and 3 month follow-up scan		
Half Body (Head to Groin)	Total	\$480
• Initial scan		\$280
• 3 month follow-up		\$200
Full Body (Head to Toe)	Total	\$560
• Initial scan		\$360
• 3 month follow-up		\$200

Osteopathy

That Pain in My Back!

The spine is an intricate structure made up of bones, muscles, and other tissues. The lumbar spine (low back) is composed of 5 lumbar vertebrae which connect the upper spine to the pelvis. Strong ligaments connecting your vertebrae keep the spinal column in position and muscles help to provide extra support and stability for the spine as well as producing movement.

Each vertebrae moves with the vertebrae above and below it at the facet joint, which determines the type of movement available in the different parts of the spine. Between the bodies of the vertebrae are the inter-vertebral discs that act as shock absorbers for the spine.



There are many causes of low back pain. It can occur after the lifting or bending movements we perform while working around the house or in the garden, or following trauma such as falls. Similarly, sports injuries or the poor posture we often develop sitting for prolonged periods in the car or at work can cause strain or injury to the ligaments, muscles, joints or discs in the lower back.

Symptoms vary depending on the origin of the problem and can be experienced as

- a general ache
- a sharp, shooting or stabbing pain
- tingling or pins and needles
- a pain which spreads into the buttocks or legs
- limited flexibility, or an inability to stand straight

Some acute pain episodes can become more serious if left untreated, so if in doubt, have your spine assessed. Osteopaths regularly consult with people suffering from low back pain.

Treatment may vary depending on the cause of pain and what other regions of the body may be impacting on the painful lower back, however, treatment will usually involve a combination of:

- soft tissue massage
- stretching
- manipulation and
- gentle joint mobilisation.



The aim is to improve general function of the body by releasing muscle tension and increasing joint range of motion and circulation, yet emphasis is also placed on education, and developing solutions for management or prevention of such recurring health problems.

Written by Dr. Caitlin Boswell

Hypoglycemia, a Pathway to Diabetes

It is not always realized that Diabetes is a chronic health condition that begins years before being diagnosed. Type 2 Diabetes is characterized by a high level of glucose which is unable to be removed from the blood due to the insufficient release of insulin and complicated by cell membrane resistance to the uptake of glucose itself; the latter issue is called Insulin Resistance. Both Diabetes and Insulin Resistance occur over many years due to constant challenges to the blood sugar regulating systems.

Low blood sugar or hypoglycemia is a very common problem in the western world because our choices of foods have become overly processed and refined. Initially in any first stages of illness, there is over activity in the regulatory systems, and in hypoglycemia the over activity results in too much insulin being released from the pancreas in response to persistently high blood glucose levels.

The high blood glucose levels are a direct result of dietary choices. The pancreas begins its decline by firstly becoming overactive; it takes the job of removing the glucose from the blood very seriously and in its overactive state overdoes the task of eliminating glucose from the blood. This is too drastic a response and now the condition of very low blood sugar/hypoglycemia makes a person feel very unwell and typically craving sugar or equally some type of stimulant.

The 4 cardinal symptoms of hypoglycemia are:

- Depression/moodiness
- Tiredness
- Memory impairment or poor concentration
- History of sugar addiction

The dominate features are:

Tiredness, dizziness, unusual nervousness and irritability, headaches, oxygen hunger, yawning, sensitivity to the environment and to other people, heart palpitations, sweating, flushing, strong cravings for sugar and food, falling asleep suddenly through the day, and 'spaced out'.

The brain which is only 2% of body weight requires 40-50% of the available glucose in the body. Therefore any fluctuations in blood glucose levels has dire consequences and the brain which controls our feelings, alertness, thinking, mood, and personality will be affected by unstable blood glucose levels. This is why hypoglycemia, hyperglycemia and the ranges in between can be mistaken and misdiagnosed for psychiatric conditions.

This is an increasing concern for children, whose diet has altered dramatically over one generation, therefore assessing for blood sugar problems would be prudent in all matters of children's health concerns.

Fructose

Fructose mal-absorption and fructose intolerance appear to be on the rise and seem to be a new condition, with a hydrogen breath test able to assist in the diagnosis.

When people are advised to drastically reduce the intake of fruits and vegetables to alleviate the gastro-intestinal pain, bloating and bowel problems associated with the condition it questions their sensibility, is this the right thing to do?

Continued....

Fructose was added to processed foods in the early 1960's as an economic and sweeter version of sucrose and glucose. Fructose was largely derived from corn and became known as high fructose corn syrup, (HFCS).

Initially it was endorsed because as a sweetener it had a low glycemic index because its breakdown didn't directly involve the glucose/insulin regulatory system and it was considered a better sugar type therefore for people with diabetes.

Fructose is indeed metabolized solely by the Liver and its enzyme systems. What soon became evident was that the metabolism of fructose by the liver had its own very big problems, but by then the industry was 'addicted' to its use, a cheap and sweet sweetener.

In brief fructose negatively alters the way the liver processes carbohydrates and fats, and increases the production of bad types of fats, called triglycerides, LDL's and the worst one of all, VLDL.

Fructose consumption is strongly linked to diseases of the modern world, obesity, high cholesterols, high triglycerides, high uric acid, and insulin resistance, fatty liver and liver disease.

In summary to improve this condition one must firstly and totally remove all processed and refined foods sweetened with fructose. Then review the condition to assess the next step.



Written by Heyltje Vaneveld

Comprehensive Medicine Reviews with Pharmacist Gerald Quigley

Gerald Quigley brings to Salus a unique blend of skills with well over 30 years working as a community Pharmacist, and presently is completing a Masters in Herbal Medicine.

Patients consult Gerald to discuss the viability of taking prescribed pharmaceutical medicines with self-administered or recommended complementary medicines.

Gerald has the skill and expertise to assess the complete schedule of all medicines, and the focus of his assessment is to ensure that the use of both types of medicines is safe, beneficial and poses no risk. The assessment report is both educational to the patient and is welcomed as a reference guide to associated practitioners involved in the patient's care.

Gerald believes that the use of herbal and complementary medicines is of benefit to the individual taking pharmaceutical drugs commonly prescribed for long-term illness conditions. He will also discuss and will prescribe nutrients to offset nutritional deficiencies caused by the long-term use of pharmaceuticals.

Gerald is a regular and popular presenter on 3AW693 Melbourne discussing health issues, and he actively encourages his listeners to take the initiative in their health management.

Introducing Ana Lamaro Psychotherapist & Classical Homoeopath

Prac Dip Ac, Dip Hom, B.H.Sc, Grad Dip, Clin Ac,

Masters Psychotherapy and Counselling

Ana is a member of the Australian Homoeopathic Association (AHA), Australian Traditional Medicine Society (ATMS), and is registered with the Australian Register of Homoeopaths, (AROH).

Ana is a psychotherapist and classical homoeopath whose initial training and qualifications were in Naturopathy and Acupuncture. She continued her studies and trained as a Homoeopath, furthering this with additional qualifications in classical homoeopathy. In 2009 Ana completed a Masters in Psychotherapy and Counselling.

Ana utilizes homoeopathy's unique capacity to simultaneously address the physical and psychological aspects of a person's condition. Her clinical training in psychotherapy has added greater depth to her homoeopathic case analysis and enriched Ana's therapeutic work with her clients over a 25 year span.

Ana treats all conditions because she treats the whole person, and therefore does not treat a disease per se, but rather the person who has the condition. This type of approach considers the personality, lifestyle, hereditary or constitutional factors, as well as characteristics of the disease itself. Because all people are unique, medicine choices are selected on individual characteristics plus the presenting circumstances of the condition.

Over the last 25 years Ana has provided quality health care to people from all age groups, from the very young to the elderly. This has given Ana the opportunity to gain considerable experience and to treat people across a complex range of physical, psychological and emotional/spiritual complaints.

Homoeopathy, an enduring system of healing

Homoeopathy is a complete system of medicine developed over 200 years ago by a German physician and chemist, Dr. Samuel Hahnemann. Homoeopathy is a form of natural medicine which utilizes minute and diluted doses of extracts derived from nature, including plant and mineral compounds.

All medicines are prepared according to strict guidelines set out in international pharmacopoeias, and under the strict control of the Therapeutic Goods Administration, (TGA)

The very well-known and familiar principle that underpins homoeopathy is that of, Like cures like. This is based on an observed law of nature, endorsed by Hippocrates, the Father of Medicine, and the ancient healer, Paracelsus, that substances that produce illness or symptoms in healthy people can be used to treat similar symptoms in a sick person, if given or administered in a reduced and 'potentised' dose.

Homoeopathy is popular worldwide, recognized by the World Health Organization as a valid form of healthcare, and is practiced extensively in both European countries and India. In India there are 10,000 doctors who use this type of treatment.

Continued...

Homoeopathic treatment asserts to strengthen a person's health, acting as a catalyst, stimulating and directing the body's ability to heal itself, whilst also resolving the underlying susceptibility to disease. In this sense Homoeopathy addresses the complexity of the person, which includes the physical and the mental spheres.

Homoeopathic treatment is gentle, yet aims to stimulate a shift in condition and is popular with the very young and old, not to mention our animal friends and pets. This type of medicine is routinely given with conventional drug therapies, without adverse side effects, and all professional homoeopaths are registered with the Australian Register of Homoeopaths, (AROH).

Introducing Dr Barry Rogers

Psychologist

MAPS Ph.D. (Psych.), B.Ed. studies (Psych.), B.Ed.(Hons), D. Theol., M.A. (Hons), Cert. Business (Frontline Mngmt.), Dip. Civil Eng.

Dr. Barry Rogers has a Doctorate in Health & Developmental Psychology from La Trobe University. He is registered with the Psychologists Registration Board of Victoria and is a full member of the Australian Psychological Society (MAPS).

He has extensive experience in both private practice and the educational sectors, with consultancy positions, and lecturing posts in academic and university settings.

Barry draws on Cognitive-Behavioural and Solution-Focused therapy, Mindfulness practice; Positive Psychology; Acceptance & Commitment Therapy; Interpersonal & Family Therapy; and narrative and attachment therapy, as therapeutic avenues for his clients.

Barry's contribution to clients' wellbeing includes his extensive experience in working sensitively and caringly with adults, adolescents, and children from a wide range of work/study contexts and cultural backgrounds.

We are privileged to have his services, and encourage our community of patients at Salus to utilize Barry's experience for the following concerns:

- Depression, anxiety and associated behaviours,
- Adjustment disorders and coping issues,
- Loss, grief and bereavement issues,
- Partnership/marriage and relationship issues,
- Family functioning and blending/stepfamily concerns,
- Workplace conflict/stress;
- Post-trauma issues/PTSD
- Spiritual and faith issues
- Bullying & harassment in schools and workplaces
- Self-esteem/identity issues
- Eating disorders
- Anxious and depressive behaviours (Grades 3 – Year 12)
- Psychological assessment for adults and students

Dr Barry Rogers has both day and evening sessions available, to make an appointment please contact reception.



Traditional Chinese Medicine

Liver-Qi Stagnation a common pattern of disharmony according to Chinese Medicine

According to Traditional Chinese Medicine (TCM) philosophy, the Liver is responsible for the smooth flow of Qi (energy) throughout the body. One of the most common imbalances treated by TCM Practitioners is Liver Qi Stagnation (that is, the blockage of the flow of energy). Anger, irritability, and frustration are all signs that our Qi is not flowing smoothly.

Other signs and symptoms of Liver Qi Stagnation are:

- Headaches and Migraines
- Neck and shoulder tension
- Mood swings, irritability and inappropriate anger
- PMS with irritability or swollen breasts
- Irregular or painful periods
- Pain under the ribs
- Flatulence and burping after eating
- Bitter taste in the mouth or poor appetite
- Stomach ache that worsens with anger and improves after massage
- Constipation

Liver Qi stagnation is compounded by a poor diet, typically:

- Spicy foods
- Coffee
- Alcohol
- Sugar
- Red meat
- Processed foods
- Greasy, fatty foods



Foods that support the Liver are:

- Lemon juice in water on waking
- Miso soup
- Plums, grapefruit, sour fruit
- Black sesame seeds
- Tahini
- Peppermint and lemon tea
- Rosemary, oregano and basil
- Garlic, turmeric, mustard seed, caraway seeds and saffron
- Squash, sweet potato
- Red and black dates



If you believe that you are experiencing symptoms of Liver Qi Stagnation, three important treatments for this condition are: exercise, acupuncture and herbal medicine. Exercise is very effective at moving the Qi to prevent blockages, as well as to release the build up of emotions. Both acupuncture and herbs are indispensable tools for a TCM practitioner in treating and preventing Liver-Qi stagnation. *Written by Mandi Azoulay*

Introducing Dietitians

Cherie Gwozdziwski

BAppSc (FoodSc&Nutr) - Qualified Nutritionist, Masters of Dietetics, DAA

Tarryn Thornton

BAppSc (FoodSc&Nutr) - Qualified Nutritionist, Masters of Dietetics, DAA

Cherie Gwozdziwski and Tarryn Thornton each completed a Bachelor of Applied Science: Food Science and Nutrition at Deakin University. Cherie and Tarryn are fully Qualified Nutritionists. After several years working in varied roles, including corporate onsite health assessments, they each chose to further their studies and successfully completed their Masters of Dietetics.

Both Tarryn and Cherie are current members of the Dietitians Association of Australia (DAA) and are also members of the Sports Dietitians of Australia. Cherie and Tarryn have also completed Certificate III & IV in Fitness (Personal Training) and are both very keen sports women with a special interest in sport fitness and nutrition. They both share a passion in nutrition and fitness and we anticipate a strong interest in the services they will offer to Salus.

Tarryn and Cherie are well qualified, experienced and bring with them a passion to provide Salus clientele specialist nutrition education, and support to clients who require dietary management to improve their conditions. Tarryn and Cherie both receive referrals from General Practitioners and therefore patients are eligible for Medicare rebates upon referral.

Recipe—Sandy's Zippi Slice

Serves 6

Recipe for a quick lunch loaded with fibre and tastes delicious

From Val Allen's Very Wellness cookbook

Ingredients

5 Eggs

1 cup soy cheese, silken tofu or grated low fat mozzarella

1 tsp flaxseed oil or olive oil

2 tbsp lemon juice

210grams (7 oz) of canned salmon, drained and skin removed

3 cups zucchini, grated

1/2 cup carrot, grated

1/2 cup spring onion, finely sliced

2 cups broccoli, steamed and chopped

2 tbsp psyllium husks or brown rice bread crumbs

A pinch of sea salt

Options

Any 6-cup vegetable combination that has been grated and cooked

Add herbs to taste

Extra soy cheese or grated mozzarella can be sprinkled on top

Tuna, turkey or chicken mince or one cup cooked chick peas or soy beans may be substituted for salmon.

Method

Preheat oven to 180 degrees Celsius or 350 degrees Fahrenheit

Place the first 5 ingredients in a bowl and mix until well combined. Add remaining ingredients and mix well. Pour into a pie or quiche dish which has been thinly coated with olive oil. Sprinkle with bread crumbs and optional cheese. Bake for 35 minutes. Cut into slices.

Serve and Enjoy!