



The Body ReNEWS

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We will be closed Monday, September 3rd for Labor Day.

Spry Gum and Mints—Great Taste and Good for Your Teeth

Why Use Xylitol Gum?

Many studies have shown the benefits of chewing gum sweetened with Xylitol after meals and snacks. Xylitol is a polyol or sugar alcohol that makes an excellent sweetener, as it has many of the same properties as table sugar (sucrose). However, xylitol gum and mints have some added benefits.

Not only does they have fewer calories and less effect on blood sugar than sucrose, but xylitol gum and mints have the added benefit of inhibiting the creation of acid in the mouth. This minimizes the damage done to your teeth, as well as allowing your teeth to heal at a faster rate. Xylitol has a low glycemic index of 7, compared to sugar's level of 83.

It is recommended that you chew a piece of xylitol gum

after every meal or snack for maximum benefit to your teeth as it may reduce the risk of tooth decay.

Products sweetened with xylitol create an unwelcome environment for bacteria; they simply cannot stick to teeth in a xylitol-rich environment.

Many sugar-free gums on the market contain harmful artificial sweeteners, such as sucralose. Spry gum and mints not only contain all-natural ingredients, but have the added oral benefits.

The SparX candy that we have also contains the xylitol. These candies are also made of all-natural ingredients. The candy comes in fruit, citrus, and berry flavors.

The Spry gum comes in blister packs of 10 pieces that regu-

larly sell for \$1.00, tubes of 30 pieces regularly priced at \$2.75, and jars of 100 pieces regularly priced at \$9.00. The gum comes in the following flavors: fresh fruit, peppermint, cinnamon, spearmint, and green tea.

The Spry mints come in tubes of 45 pieces regularly priced at \$2.40, and jars of 240 pieces regularly priced at \$9.75.

During the month of August, all Spry gum, mints, and SparX candy will be 10% off the regular price. Stock up now and save!



Dairy-Free, Gluten-Free Chocolate Truffle Pie

Pie Crust:

- 1/4 c almond flour
- 1/2 c plus 2 Tbsp coconut flour
- 1/4 tsp salt
- 1/4 tsp baking soda
- 1 tsp cinnamon
- 1/4 c expeller-pressed coconut oil, softened
- 1/4 cup honey
- 1 egg
- 1 tsp vanilla

Mix the dry ingredients in a medium mixing bowl. In a separate small bowl, whisk together the wet ingredients. Pour the wet ingredients into the dry and mix until combined. Using your fingers, press the dough evenly into the bottom and up the sides of a 9-inch pie or tart pan. Bake for 15 minutes for a pie (7 min for a tart) if you will not be baking your filling. Cool completely, then add filling.

Pie Filling:

- 1/2 cup water
- 1/2 cup honey
- 1/3 to 1/2 cup cocoa (to taste)
- 1/8 to 1/4 tsp salt (to taste)
- 1/2 c expeller-pressed coconut oil
- 2 medium avocados
- 1 tsp vanilla extract
- 1 9-inch crust

Bring water and honey to a boil; add cocoa and salt. Stir until smooth. Put the avocado pulp, coconut oil, and vanilla in a blender/food processor and blend. Add the honey/cocoa mixture and blend until smooth. Pour into the pie crust. Chill for 4 hours or until firm. Let stand at room temperature for 10-30 minutes before serving.

For those who don't like pie, the filling can be served in custard cups or eaten as a custard or pudding.

Recipe submitted by: Karen Copeland



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