

Anti-Microbial low ferment diet

YES, FOODS (think of all the yummy options)

Milk: Rice & almond or cashew super market is fine: look for sugar free such as pure harvest. It's easy to make also: Yoghurt: Sheep and goat yoghurt. Available at IGA: Cow dairy is fine if you don't react to it or suffer with hay fever, sinusitis or general dairy reactivity such as mucous discharge.
Almond milk for baking not coconut milk: normal dairy milk is also fine if you are not suffering with a lot of mucous discharge
Cheese (goat, real goat feta and sheep cheese (pecorino) There is a great Bulgarian sheep cheese available at Woolworths that is pesticide free and inexpensive. Cow cheese is acceptable if you are not suffering with a lot of mucous discharge.
Fish (uncrumbed and preferably poached or steamed. (a great way to steam fish is to place it in a Chinese bamboo steamer and steam on banana leaf/both available at the Asian shops). You can get all the implements cheaply at the Asian stores. You may want it grilled also which is fine. Curries make a great use of cheap fish cuts. Shell fish as long as no known allergy.
Chicken, Quail, Duck, Turkey
Lean Meat (In order of preference: kangaroo, veal, lamb, lean beef, goat, rabbit)
Veg: All vegetables except starchy corn, carrots, sweet potato, potato, pumpkin and peas in large amounts. Up to half a handful a day cooked should be fine but see how your body feels afterwards. Pref organic. See our shopping guide http://natmed.com.au/resources/
Eggs (organic & free range) note the rules have changed so you now need organic & free range.
Tea & Coffee: max one cup a day. As much of the following as you like: Green and herbal tea.
Olive Oil extra virgin or sesame oil: up to 3 tablespoons daily for cooking or dressing. Do not use coconut oil despite its low smoking temp it may raise cholesterol due to the amount of saturated fat. No coconut oil if cholesterol high
Herbs, spices and flavourings: Sea salt, Black Pepper, all herbs and spices except Chilli & sauerkraut (these can come back in once symptoms are alleviated but if you notice reactions then please stop. Olives, pickled onions and homemade sugar free sauces made with foods on the yes list are also fine.
Nuts: Usually nuts are fine but must be soaked if you are having bloat. 8-10 per day of Each: Almonds, brazil nuts, cashews, Water chestnuts in can.
Seeds: Soaked chia seeds or tahini paste made from sesame seeds: pumpkin, sesame, sunflower seeds are all fine. To soak, cover in water or almond milk and leave in fridge overnight.
Almond meal is a great alternative for baking.

IF YOU HAVE DIVERTICULITIS YOU MUST STOP ALL SEEDS

NO FOODS (think of all the alternatives)

Grain: flour, oats, cereal, bread, pasta, white rice, baked products such as cakes, muffins biscuits: See paleogrubs.com for grain free options. There are also a variety of ways to make gluten free crackers if you follow the links below.
Sugar: When looking for packet foods such as almond milk, look to the floor! All the high sugar is at eye level in shopping isles.
No Alcohol and No low carb Beer. If you must have it, then vodka and soda without sugary lime but fresh lime
Cordial, Soft drinks or diet drinks. Full of phosphorous that erodes your bones and sugar.
Coffee of the instant variety. It is dehydrated with dry cleaning chemicals that increase cancer risk.
Chips, crisps, Doritos, popcorn and twisties etc. (alternative: kale chips or veggie sticks with dip)
Crackers, crisp breads, rice cakes, rice crackers: (alternative: kale chips or veggie sticks with dip)
Deep fried or crumbed foods:
Anything that ends in "ose", such as fructose, sucrose, dextrose, maltose. Syrup and in particular, high fructose corn syrup. Sugar. Read labels please and look for hidden sugar in all consumed products.
Legumes (mung bean, lentil, tofu, chick peas)
Processed meat such as bacon, salami, ham & polony. A little nitrate free ham and bacon is usually fine.
Fruit, dried or ordinary. Fructose is candida's favourite energy supply. We know it sounds strange as we are taught that fruit is good for us however for now we need to stay off it until die off has been achieved.
No Chilli, curry or hot spicy foods and no fermented foods such as pickles and sauerkraut.
Vegetable Juice as too high in sugar but speak to your practitioner as this may be fine for you.

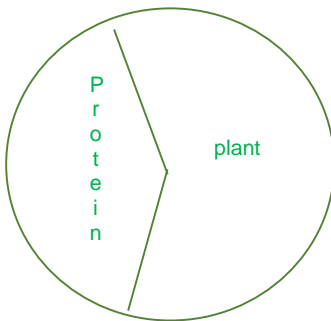
Anti-Microbial low ferment diet

These web sites are great resources: Not all recipes will be congruent with your plan, however there are a multitude of great ideas on these sites from chia seed pancakes to paleo bread.

- <http://paleogrubs.com/>
- <http://www.taste.com.au/search-recipes/?q=low+carb>
- <http://autoimmune-paleo.com/>



Your plate: 1/3 -2/3 Planning Tip: 1. choose your protein:1 g protein per kg1kg body weight



A typical meal plan for a 70kg person

*Breakfast: scramble eggs with three whole eggs and 4 egg whites and spinach. = 18g

*Lunch: Chicken (100g) and salad = 20 g protein

*Dinner: Poached fish (150g per serve) and vegetables =30g protein

Total for day = 70 g protein = 1/3 protein: 2/3 plant per plate
(plant is alkaline so this diet is mostly alkaline despite being high in protein)

Protein builds muscle, protecting bone density and delivering important amino acids such as Tyrosine for thyroid health. Muscle is 5 x more metabolically active than fat.

Colourful plants on your plate = ^ nutrition



Where to shop, more on dairy & gluten & how to detox your life
<http://natmed.com.au/resources/>

Call us or email if you need more info: 08 93391999: info@natmed.com.au