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LOW MOULD & AMYLOSE DIET

Why Follow a Low Mould Diet?

This has been designed to support your body in healing from mould illness as it:

1. Prevents mycotoxins from accumulating in your body by limiting your exposure to potentially contaminated food sources.
2. Focuses on restoring nutrient deficiencies & imbalances caused by mould exposure.
3. Boosts & supports your body's immune function & ability to repair itself by minimizing inflammatory foods that suppress your immune system.
4. Reduces exposure to refined carbohydrates that feed candida and yeast.
5. This diet is low in amylose (starch) in order to reduce all the above issues as well as reduce

What Foods Should I Avoid on the Low-Mould Diet?

CIRS patients fall into several categories: Basic, Sensitive, Mast Cell Activation, Vegan, Vegetarian & everyone else. The diet is not generic. Think of this as a starting point. We strongly suggest booking in with a food coach to get access to our on line recipe data base as well as get menu planning done to take the hard work out of this for you as it can be overwhelming and difficult to follow.

AVOID

- Grains
- Sugar and all of its varieties ending in 'ose.
- Alcohol
- High mould foods such as peanuts and coffee. (You can get mould free coffee on line)- see over for complete list.
- Fruit -all fruit except those we consider vegetables.

(see over for lists)

HAVE

- Clean protein such as organic free range eggs and meats. At least 1/3 of your diet.
- Plants that are colourful and not too starch.

(see over for ideas)

HINT

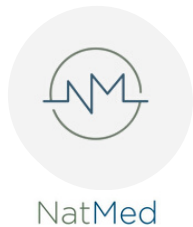
Your diet should not deviate too far from what you are doing currently - just think
+ more protein - drop the carbs and crap.

STILL HAVING DIFFICULTY?

Book in for a health coaching & menu planning session!

- Get a 14 day meal plan based on what you like to eat.
- Access a data base of compliant recipes all at your fingertips.

People with histamine issues or vegetarians & vegans ideally need coaching to facilitate commencing this program



LOW MOULD & AMYLOSE DIET

AVOIDING OTHER SOURCES OF MOULDY FOOD

If you've been suffering from the symptoms of toxic mould exposure, it's important to assess any food you're planning on using.

If you do happen to discover mould on any of your foods, immediately discard it and make sure to follow these guidelines:

- Do not sniff the item (can cause respiratory issues).
- If it's covered and unsalvageable, wrap it up in plastic and discard it.
- Thoroughly clean the area where the mouldy food was.
- Check the nearby food items to see if the mould has spread (it can spread quickly in fruits and vegetables).

WHAT HAPPENS IF I DON'T FOLLOW THE DIET?

Some people find the diet unnecessary and still get well once starting the CSM. These people are in the minority and most patients get better faster on the eating program.

Most people with CIRS suffer with a lot of nervous system instability.

Making sure that your gut and Auto Immune system are not triggered is an essential part of your success. When you eat sugar or food that can be turned into sugar via the digestive tract then there is a chance that you will further aggravate dysbiosis in the gut as well as systemic inflammation.

Most CIRS patients feel better when they follow the diet without deviating until CIRS symptoms resolve and we can finish treatment.

*Chiropractic with a Network therapist will help stabilise the vagus nerve that carries neurological information to and from the digestive tract. This can radically expedite CIRS recovery as well as reducing food reactions.

Links to more resources:

<http://natmed.com.au/vegetarian-protein-more-than-just-meat/>

More great dietary resources:

<http://natmed.com.au/resources/>

Great Articles to support you:

<http://natmed.com.au/blog/>



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Foods I Can Have!

PROTEIN & FATS

Serving size: 1 palm sized (including fingers)
portion per meal unless otherwise specified.

Choose organic where possible.

- Fish (un-crumbed and preferably poached/steamed/grilled).
Shell fish is fine if you don't have mast cell activation CIRS.
 - Poultry (chicken, quail, duck, turkey)
 - Eggs (prefer organic/free range)
- Meat. Preferably lean meat (kangaroo, veal, lamb, lean beef, goat, rabbit, biodynamic chicken liver) & preferably pasture raised organic grass fed meats.
- Nitrate free bacon (dorsogna do one available at woolworths)
 - Nuts except peanuts as these are high in mould.
This includes nut milks and cheeses.
 - Seeds: soaked chia, sesame, pumpkin, sunflower
- Legumes: If you are not vegetarian, limit these to 1/4 of your protein intake.

*Aim for 1g of protein per kg of weight
See protein chart*



OILS

All oils except peanut oil

Butter is fine - just a tablespoon a day if you tolerate it.

PLANT

Serving size: Each plate = 2/3 plant

- All plants are allowed except fruit
You can eat tomatoes, capsicum, cucumbers, pumpkin, eggplant, olives, avocados & zucchini - yes they are all actually fruit!
- coconut based foods such as yoghurt as long as they are sugar free are fine.

*Limit starchy veg to 1/4 of your total plant intake.
These include potato, pumpkin, sweet potatoe, peas, carrots*





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LOW MOULD & AMYLOSE

Menu Planning

Ever heard that the secret to success is planning and organisation? Well it's the same with food. Plan via deciding on your meals for the week. Organise by shopping. The rest is easier from there.

BREAKFAST IDEAS

- Nitrate free bacon & Eggs, spinach & tom
- Smashed avo on paleo toast
- Chia seeds pudding with coconut yoghurt
- Paleo muesli & cashew milk
- Paleo bread
- Almond meal pancakes
- Protein shake
- Frittata (these can be done in muffin trays and frozen).



LUNCH IDEAS

Left overs are best to avoid too much food prep but if this doesn't happen here are some great ideas.

- Roasted veg, Italian salad & pulled lamb.
- Chicken salad.
- Eggs and salad.

Eating out or on the road?

Get the sandwich without the bread.

Buy a pre made



DINNER IDEAS

**Cooking for one? Make sure to freeze dinners to reduce prep time.*

- Spag Bolognese with zoodles
- Roast chicken and veg
- Stir fry of any kind on cauliflower rice
- Lamb shank stew on cannellini bean mash with veggies.
- Fish with roast veg & broccoli.
- Steak and veg.



*NEED MORE IDEAS?

Book in for coaching with one of our 4th year students or new grads. Their fees are more affordable than your functional medicine practitioner & they have more tools at their finger tips because that is all they do!

Its Easy:

Step one: fill in your food diary - What you already eat.

Step two: Bring it in and our coach will help you create a two week menu plan that is easy, compliant and delicious.

> Book in at the front desk- zoom, attend or phone appointments are fine.



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If it is not on this list you can have it.

Sausages , corned beef tinned & processed meats.

Sliced cold meats. (Try to avoid all pre sliced foods if possible)

Smoked foods as these are very high in purines, amines and other by products that radically increase histamine release.

Fermented foods such as kim chi & kombucha, saurkraut, pickles

Crisps/chips, cordial/soft drinks

Crackers, rice cakes etc

Deep fried or crumbed foods- swap to almond meal batter.

Processed meats (bacon, salami, ham, polony)

Aged cheese, cream cheese, sour cream (even if you tolerate dairy)

Cow milk products (milk, cheese, yoghurt etc)

80 % of humans switch lactase off after 3 yrs of age. Mother nature switches it off at this age as it should be the approximate time of weaning. Lactase breaks down dairy. Without it you cannot break dairy down it becomes an allergen creating excess mucous leading to sinus issues and aggravating auto immune challenges.

·Sugar, honey, glucose, fructose, mannitol, sorbitol, maple syrup, molasses.

Alcohol- sorry but all alcohol will cause dysbiosis☹

Grains – rice, pasta, bread, oats, wheat, rye, buckwheat, spelt, baked product, cereals.

Legumes> 1/4 all protein: if you are vegetarian please discuss this.

Sugars

Canned and processed foods

Anything ending in “ose” e.g. fructose, sucrose, dextrose, maltose.

Alcohol. If you have a challenge with this please discuss.

*** Not more than one coffee a day ideally.**



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HIGH MOULD FOODS TO LIMIT

Alcohol including beer, wine, champagne,
spirits

Wheat, oats, barley, rice, sorghum, and rye

Peanuts, walnuts, cashews,

Hard cheeses,

Mushrooms

Apple juice, coffee and chocolate,

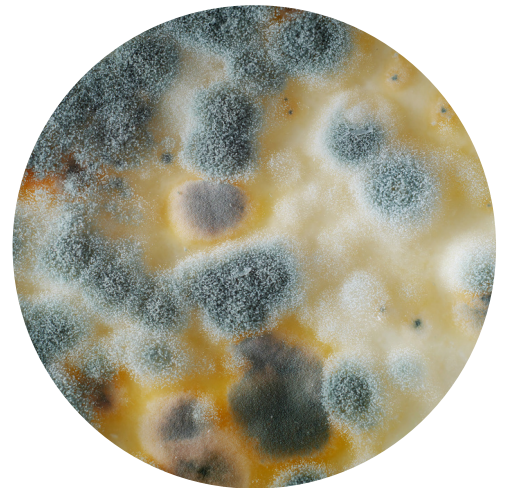
Cottonseed oil,

Cane sugar and beets

Tomatoe paste

Beans

Patients tend to best on low starch diets.
Sometimes it is necessary to follow a low mould
diet as well.
Low amylose or starch diets cut out all the grain,
alcohol and sugar above but
eating low mould cuts out coffee and nuts etc as
well.
The really important mould foods to cut out are
peanuts and fruit juices.
You may not need to cut out all foods above.
Please speak to your practitioner.





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Protein Goal

1g:kg of body weight

| Protein source | 10 gms Roughly half a palm | 20 gms Roughly a whole palm |
|-------------------------------|-------------------------------|--------------------------------|
| Protein powder/ protein shake | 1 scoop | 2 scoops |
| Eggs (free range) | 2 medium | 4 medium |
| Beef steak | 45 gms | 90 gms |
| Lamb | 45 gms | 90 gms |
| Pork/Ham | 45 gms | 90 gms |
| Bacon | 3 slices | 6 slices |
| Minced beef | 65 gms | 130 gms |
| Chicken breast | 45 gms | 90 gms |
| Chicken thigh/leg | 1 leg = 15 gms | 2 legs = 30 gms |
| Fish tinned Tuna/salmon | 45 gms | 90 gms |
| Scallops | 90 gms | 180 gms |
| Prawns (flesh) | 50 gms | 100 gms |
| Fish fillets | 50 gms | 100 gms |
| Tofu | 50 gms | 100gms |
| Tempeh | 50 gms | 100 gms |
| Cheese, Hard or Cheddar | 45 gms | 90 gms |
| Cheese, Cottage | 40 gms | 80 gms |
| Cheese, feta | 60 gms | 120 gms |
| Cheese<Ricotta | 95 gms | 190 gms |
| Yoghurt Natural, low fat | 1 cup 150 gms | 2 cups |
| Milk, Low fat | 300 mls | 600 mls |
| Almonds | 50 gms | 100 gms |
| Brazil Nuts | 70 gms | 140 gms 1 cup |
| Cashews | 60 gms | 120 gms |
| Walnuts | 70 gms | 140 gms |
| Peanut butter | 2 tbsp | 4 tbsp |
| Flax seeds | 50 gms 1/3 cup | 100 gms 2/3 |
| Sunflower seeds | 40 gms | 80 gms |
| Hummus | 1 cup | 2 cups |
| Chickpeas | 2/3 cup 100 gms | 200 gms |
| Red kidney beans | 2/3 cup 100 gms | 200 gms |
| Lentils cooked | ½ cup | 1 cup |



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Low GI/GF Food Swaps



Rice



Cauliflower
rice

Noodles
or
Spaghetti



Zucchini
noodles

Pizza
base



Cauliflower
base

Tortilla or
burger bun



lettuce cup
wrap



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Mindful Eating Matters



Being mindful is about focusing your attention and awareness on the present moment to help disconnect from unsatisfying and harmful habits/behaviours.

Tips for mindful eating

1. Set a nice place to eat and arranging food nicely on the plate. Do not eat standing or walking!
2. Being in the present (3 deep breaths) before beginning to eat
3. Eat slowly, paying attention to the **smell, taste, sound, texture** with every bite and look of the food.
4. Put utensils or food down between mouthfuls.
5. Every few minutes check in with your hunger signals
6. Stop eating just before you feel full and wait 10-20 minutes before eating more food if you are still hungry
7. Enjoy your meal. If you don't enjoy eating you will never be satisfied.

Resources

www.eatingmindfully.com

www.tcme.org

Apps: Mindful Eating, Mindful Bite, 20 minute eating, In The Moment












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Perth Guide for Food & Wellness Products

Empowering you to create health

South of the River

| Supplier | Products / Produce |
|---|--|
| Manna Wholefoods 274 South Terrace South Fremantle | <ul style="list-style-type: none">• Fresh produce• Cleaning products• Ready made organic meals• Natural skin care and cosmetics  |
| Peaches Food market 195 Hampton Rd South Fremantle | <ul style="list-style-type: none">• Fresh produce• Cleaning products• Ready made organic meals• Natural skin care and cosmetics  |
| The Storehouse 22/219 Hampton Rd South Fremantle | <ul style="list-style-type: none">• Self serve bulk dry foods• Cleaning products• Natural skin care & cosmetics  |
| Kakula's Sisters 29/31 Market St Fremantle | <ul style="list-style-type: none">• Self serve Bulk dry foods• Health foods  |
| Zero Store (inside Mother) 181A High St Fremantle | <ul style="list-style-type: none">• Zero waste plastic free store• Natural skin care & cosmetics• Bulk dry foods  |
| Northern Star 69 George St East Fremantle | <ul style="list-style-type: none">• Fresh high quality seafood and fish  |
| Fresh Provisions 258 Canning Hwy Bicton | <ul style="list-style-type: none">• Fresh produce• Health foods• Cleaning products  |
| Precious Organics 92 Bawdan St Willagee | <ul style="list-style-type: none">• Health foods• Cleaning products• Natural skin care & cosmetics  |
| The Source Bulkfoods The Park Center, 789 Albany Hwy, East Victoria Park | <ul style="list-style-type: none">• Self serve bulk foods• Cleaning products  |
| Loose Produce 171 Albany Hwy Victoria Park | <ul style="list-style-type: none">• Bulk dry foods• Health foods• Fresh Produce  |
| Gilberts Fresh Market 308 South St Hilton | <ul style="list-style-type: none">• Fresh produce• Meat & seafood• Health foods  |

Written by our in house nutritionist - Tessa Taylor. For more information or to book an appointment with one of our practitioners please head to our website at natmed.com.au













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North of the River

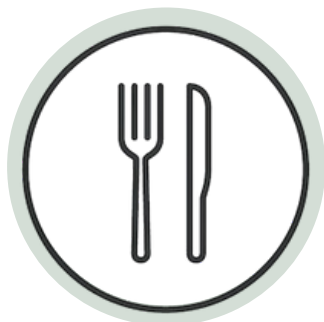
| Supplier | Products / Produce |
|---|---|
| The Source Bulkfoods Floreat Forum Shopping Center Howtree Place, Floreat | <ul style="list-style-type: none">• Self serve bulk foods• Cleaning products  |
| Dunn & Walton 8/257 Scarborough Beach Road Doubleview | <ul style="list-style-type: none">• Self serve bulk foods• Health foods• Fresh produce.• Online ordering also available.  |
| Organic on Charles 299 Charles Street North Perth | <ul style="list-style-type: none">• Fresh produce• Health foods  |
| Stirling Farmers Markets Cedric Street Stirling | <ul style="list-style-type: none">• Fresh produce• Health foods  |
| Subiaco Farmers Markets Saturday morning Subiaco primary school | <ul style="list-style-type: none">• Fresh produce  |
| Mt Claremont Farmers Markets Saturday morning 7-11am Mt Claremont Primary school Alfred Rd | <ul style="list-style-type: none">• Fresh produce  |
| The Angry Almond 71a Princess Rd Nedlands | <ul style="list-style-type: none">• Health foods• Bulk self serve dry foods  |
| The Clean food store 214A Nicholson Rd Subiaco | <ul style="list-style-type: none">• Health foods• Bulk self serve dry foods• Cleaning products  |
| Heartwood 35A Napoleon St Cottesloe | <ul style="list-style-type: none">• Natural skin care & cosmetics  |
| Boatshed Market 40 Jarrad St Cottesloe | <ul style="list-style-type: none">• Fresh produce• Health foods• Meat & fresh seafood  |



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Perth Guide for Food & Wellness Products

Empowering you to create health
Online Products & Delivery



DINNER TWIST

Wholesome and plant based boxes



THE ORGANIC COLLECTIVE

Certified organic, seasonal fruit and veg boxes delivered to your doostep



WHOLESOME HUB

Online platform to shop for organic, ethical and sustainable products



HONEST TO GOODNESS

Sydney-based online retailer, wholesaler and distributor of certified organic food & natural food products.



DANDARAGAN ORGANIC BEEF

Western Australia's leading producer of certified organic beef that is top quality, grass fed and grass finished beef without the use of hormones, antibiotics and chemicals.



THE NAKED BUTCHER

Perth Butcher selling meat free from antibiotics, pesticides, hormones and other nasties