



NATMED INTEGRATED MEDICINE

HEALTHY EATING BASICS



FOOD AS MEDICINE

If you or your child suffers with the following symptoms, then cutting out starch, gluten and sugar will help.

- Bloating and gas
- Constipation
- Allergies such as asthma, hay fever, hives
- Sinusitis, hay fever, ENT infections
- Immune challenges
- Allergies
- Mesenteric adenitis/gut pain
- Reflux and heart burn
- Microbial overgrowth of the gut
- Thrush oral or elsewhere
- Mood disorders such as depression, anxiety, insomnia and/or night terrors
- Developmental and neurological challenges including but not limited to Autism, ADHD, Aspergers, Tics, and Epilepsy
- Weight gain and bloating



GUIDELINES

YES FOODS

Please note, this advice is not personalised. Please ignore those foods that you can not eat due to allergies. It does not include every food, so if the food does not specifically appear on the **no list**, you can eat it.

There is no limit on how much you eat, however, you **must eat a minimum of 1g of protein per kg of weight.**

WHY?

Protein will provide energy that can be stored as glycogen in the liver and this will slowly drip feed into the blood stream as the liver turns the glycogen into sugar. This action will provide you with enough energy throughout the day, reducing your need to snack whilst keeping your brain functioning. It will also correct any hypoglycaemia or "hangries".

For a list of proteins by gram please **go here**.

PROTEINS

Meat, chicken, fish, nuts, seeds, eggs, dairy: Limit cow derived dairy and opt for goat and sheep dairy; coconut yoghurts and ice-creams. We all do better without dairy as very rarely do we have an operational lactase enzyme to break it down. Most people deactivate the lactase enzyme (this is a gene) once we cease breastfeeding, which means that dairy will make us congested when we eat it; causing a runny nose and can lead to recurrent respiratory infections..

Legumes: Not more than 1/4 of total proteins and not if suffering gut bloat symptoms or allergies.

Nuts: These can be problematic for digestion. Instead, make nuts into pastes and flour (for example, chestnut and almond). As well as 'activating' via pre-soaking nuts to make them more digestible.

Seeds: Including quinoa, however, this is a high starch seed so no more than 1/4 of your plate. Also include chia which makes for a delicious dessert when prepared with coconut milk. Coconut milk products are very high in fat so make sure you take some digestive bitters prior to consuming.

PLANT

Cruciferous veg: Aim for one cup daily. If you have difficulties digesting, simply blend once steamed or cooked before eating. For children, blended veggies can be disguised in meat balls, sauces and hamburger-like preparations. Experiment if you have a texture sensitive little one and make sure they are involved in the process as their relationship with food is a key driver for these individuals.

All vegetables except those you react to (high oxalates, nightshades and salicylates can all cause challenges if gut immunity is compromised). No more than 1/4 of total veg to be starch-based (carrot, potato, peas, corn, sweet potato, pumpkin and turnip).

Fruit: Including blueberries, lemon and lime. Allow for approximately a dozen blueberries (preferably organic) per day - delicious with coconut yoghurt on almond meal pancakes as a treat. Add lemon or lime juice for sauces and/or drinks.

All herbs, spices and condiments are fine except for those with undesirable additives and preservatives. Refer to our **Additives to Avoid** list to learn more.

NO FOODS

Fruit: While fruit is undoubtedly beneficial, the overconsumption of starch in our diets can lead to issues. Starch in fruit can feed methane-producing bacteria in our gut, which can act as a pathogen, causing inflammation and discomfort. Fructose, found in fruit and fruit-based beverages like wine, champagne, and fruit juice, is a favored food for yeast such as candida. Genetic testing often reveals an up-regulated FUT 2 gene, responsible for oligosaccharide production in the gut, resulting in our bodies producing their own prebiotic food supply.

However, combining fruit with other starches like alcohol, bread, or baked goods can push us into an over-fermentation problem, leading to gut issues. Dried fruit, in particular, can be harmful to gut health and is best reserved for situations like long camping trips where it serves as a survival pack.

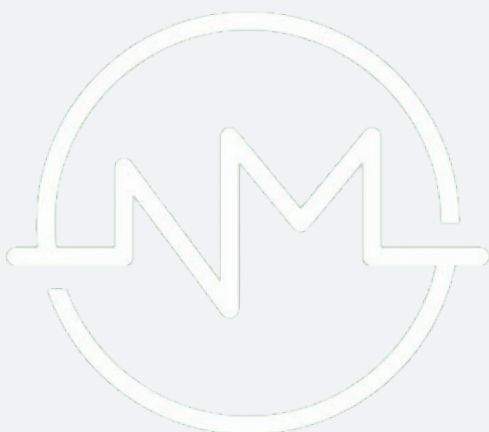
Get your fibre from vegetables.



Grain: This includes all grain and the list includes but is not limited to bread, rice pasta, flour or baked goods containing grain flour. Alternatives include almond meal or a small amount of legume flour.

Sugars: These include glucose, sucrose or anything ending in -ose, as well as honey.

SUPPLEMENTING TO SUPORT COMBUSTION/DIGESTION



- **Herbal bitters with digestive carminatives:** They improve hydrochloric acid production and fat absorption.
- **Globe artichoke:** fantastic for bile production if you are on statin drugs such as cholestyramine that chelate bile, or if you have had your gall bladder removed.
- **Apple cider vinegar:** great at stimulating bitter receptors and this bile and hydrochloric acid production.
- **Digestive enzymes:** to help predigest food. If you see food in your stool then you need to chew more.
- **Slippery elm:** Encourages good bacteria in the gut.
- **Glutamine:** Helps glue gap junctions and heal leaky gut.

VAGAL TONE: REST & DIGEST

When you're stressed, your body sends neurological signals through the vagus nerve to your gut, causing that uneasy feeling in the pit of your stomach. This sensation often arises when you're extremely stressed about an upcoming event.

In the background, a subtler but essential process is always happening. Many of us forget how to shift back into a rest-digest state, where the parasympathetic system dominates over the fight-or-flight response. This balances state allows us to efficiently digest and extract nutrients from our food.

If you experience issues like palpitations, constipation, mast cell over-activity, histamine responses to foods, anxiety, reflux, nausea, or vertigo, it's likely that you have low vagal tone.

The vagus nerve plays a significant role in innervating the digestive tract. Having a well-regulated vagal tone helps food move smoothly through our system and improves our tolerance to certain foods. Sometimes, the body perceives food as "dangerous" due to feeling unsafe in the environment. By toning the vagus nerve, you can dramatically enhance your tolerance to foods and the efficiency of the migrating motor complex that moves food through your system.

WHAT HAPPENS IN FIGHT OR FLIGHT?

When the body enters the "fight or flight" mode, some crucial digestive processes are affected. Firstly, hydrochloric acid production in the stomach decreases, leading to the weakening of the Houston valve, which, in turn, can cause acid reflux.

Secondly, the release of digestive enzymes, responsible for breaking down food, is reduced. As a result, undigested food can undergo fermentation, leading to discomfort and digestive issues.

Thirdly, bile production is also reduced, which can result in chronic constipation, particularly when it comes to the breakdown of fats.

All of these combined factors contribute to poor food breakdown, excessive fermentation, and an imbalanced gut microbiome, which can lead to a range of digestive problems such as irritable bowel syndrome (IBS), diarrhoea, food intolerances, and constipation.

To learn how to activate your vagal tone, **watch this video**.

MIGRATING MOTOR COMPLEX

The migrating motor complex (MMC) serves the role of housekeeper of the small intestine by propelling undigested food residue and sloughed enterocytes. The MMC consists of four phases with a total duration of 84-112 minutes. Rhythmic contractions as slow-wave frequency transit food through the digestive tract. When reflux or gall bladder reflux is present, the migrating motor complex will need attention via vagal tone exercises or correction with a chiropractor.



WILL I LOSE TOO MUCH WEIGHT ON THIS PROTOCOL OR WILL MY CHILD FAIL TO THRIVE?

Our genetic makeup is adapted for a paleo diet, which means that when we consume sufficient protein, our bodies thrive without depleting essential fat stores necessary for hormone health and growth. At NatMed, we utilise a BIA (Bioelectrical Impedance Analysis) to assess fat-to-muscle and fluid ratios in adults, providing valuable insights into their body composition. Additionally, for children, establishing baseline height and weight measurements proves to be a useful tool.

When we consume protein, it is not directly utilised by our cells but processed by the liver as glycogen, a form of stored sugar. The liver releases glycogen when energy is required, preventing obesity or insulin-related issues.

In contrast, when we consume grain or flour products, the energy comes in the form of carbohydrates. These carbohydrates are broken down into molecules during digestion and released into the bloodstream as COOH or glucose. In response, the pancreas releases insulin to facilitate the transportation of glucose to our cells. Cell receptors act as "trucks" for insulin, delivering sugar. If the cell doesn't need energy, the "truck" redirects excess sugar to the liver, leading to fat accumulation.

IS NOT EATING CARBOHYDRATES IN THE FORM OF GRAIN OR SUGARS DANGEROUS FOR ME OR MY CHILD?

If you follow the 1/3 : 2/3 principle, then you and your child will be getting adequate complex carbohydrates from plant food.

IS PROTEIN ACIDIC?

Yes it is - and it is the most difficult to digest next to fat. However, if you follow the 1/3 : 2/3 protocol then your daily diet will be alkaline as plants are alkalising. If you are suffering with a lot of gurgling tummy noise and pain after food, then you may need to improve digestion.

THE DIGESTIVE TRACT EXPLAINED

Our digestive tract functions like a combustion engine, utilising 80% of the energy we consume for food processing. Efficient chewing is crucial to avoid gut pain caused by fermentation.

Stomach: The stomach uses hydrochloric acid (HCL) to eliminate microbes and breaks down food into a soup-like consistency. Reflux may occur due to insufficient HCL production caused by zinc deficiency.

Small Intestine and Pancreas: The small intestine receives food, and the pancreas releases enzymes (lipase, protease, amylase) to break down fats, proteins and carbohydrates. Enzyme deficiency, often seen in stressed individuals and those with low zinc levels, can be addressed with short-term enzyme use and testing.

Gall Bladder and Emulsification of Fats: The gall bladder releases bile salts to emulsify fats, aiding nutrient absorption for essential bodily functions.

Large Intestine and Nutrient Absorption: The large intestine absorbs micronutrients through delicate villi, which may become inflamed in certain bowel conditions, leading to malabsorption and irritable bowel symptoms.

Dysbiosis and Gut bacteria Imbalances: Imbalances in gut bacteria can cause constipation or diarrhoea. Building up the mucosa with supplements like slippery elm and glutamine, along with essential nutrients like B6, can be beneficial.

Additionally, **stool testing** can analyse enzymes, hydrochloric acid, good and bad bacteria, mucosa integrity and other important markers. Please enquire with your naturopath or ask our reception team to email you some sample reports and costs.

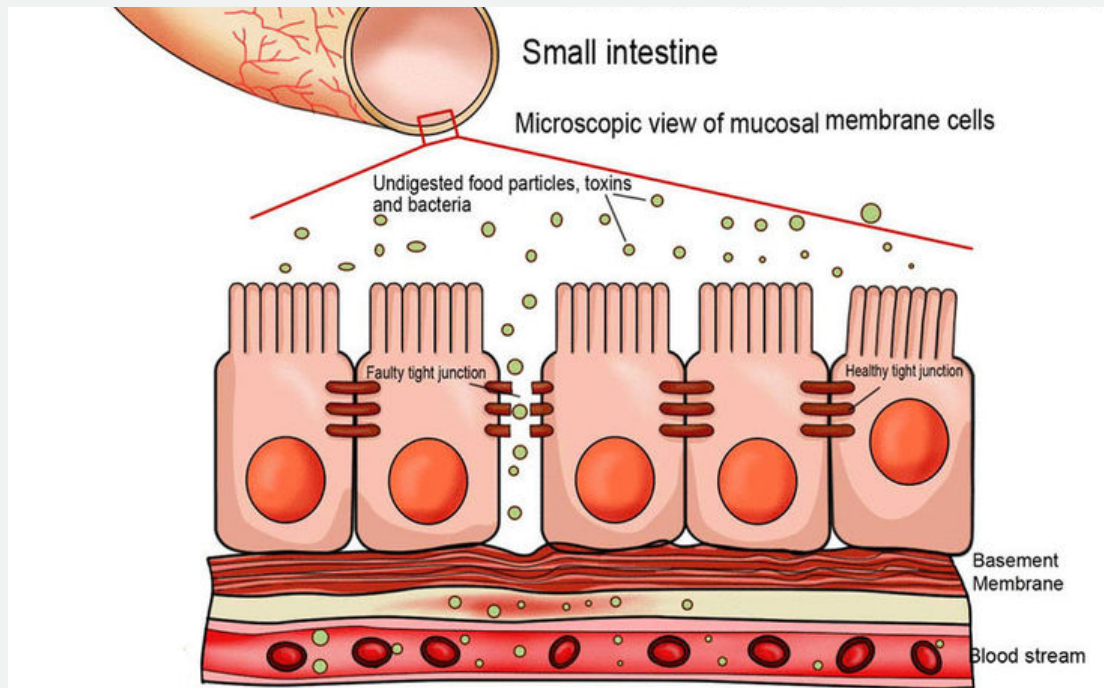
WANT MORE INFORMATION?

Check out these resources:

[Immunology in the Gut Mucosa \(YouTube video\)](#)

[Leaky Gut \(NatMed article\)](#)

LEAKY GUT SYNDROME



The image above illustrates the erosion of 'gap junctions' in the gut lining, that allow for undigested food particles and bacteria to enter the blood stream.

Leaky gut commonly occurs due to gluten consumption. Baker's flour, derived from genetically modified dwarf wheat, increases zonulin production. Zonulin is a compound that protects wheat from pests by breaking down the exoskeletons of attacking bugs. Shellac, a substance made from insect skeletons, has similar properties. This means that something powerful enough to dissolve bugs or nail polish ends up in your gut when we consume gluten.

Maintaining a healthy intestinal barrier is crucial for overall human health and to prevent the onset of allergies. For further information, you can listen to this great explainer:

[How to Tell if You Have a Leaky Gut \(YouTube video\).](#)

ORGANIC: DOES IT MATTER?

If someone were observing Earth from another planet, they might be astonished to witness a population that heavily contaminates its food with harmful substances and feeds it to their children. The connection between pesticide-laden foods and numerous chronic illnesses, especially in children, is well-established. Opting for organic produce matters significantly. Among the various vegetables, cruciferous ones like broccoli, cauliflower, cabbage, and kale are particularly crucial to consume organically. Supporting local farmers is an excellent way to obtain such produce.

Regarding fish, there are considerable challenges, Fish often carry a multitude of toxins, including phthalates from plastics present in the ocean. Opting for line-caught wild fish from our north-western waters in Australia can be a safer choice. Snap frozen in salt water is more fresh than unfrozen.

MEAL PLANNING

Each plate aim for 1/3 protein and 2/3 plant-based.
Body weight (kg) = same per gram of protein per day.

Below are some ideas. The trick is to make food fun and focus on all the delicious foods you can have.

If you have a complex diet with a lot of restrictions, please book in with our Health Coach to get a tailored meal plan created with a variety of recipes that are compliant to your individual needs.

Plan your food menu using the below table as a guide.

Always plan protein first! 1 g of protein per 1 kg of body weight. For example, 70kg body weight will require 70g of protein (pre-cooked weight). Visit our website for further information on **Diet Resources** and explore the **Protein Chart**.

Tip: Embrace unconventional thinking. If you have a little carnivore in your household, chops can be a nutritious and satisfying breakfast option for them. Make your life easier and save time by batch cooking dishes like meatballs, stir-fries, and curries. Additionally, consider slow-cooking your protein, whether it's pulled pork or beef, or preparing chicken and vegetables in the slow cooker. These methods can provide delicious and convenient meal options for you and your family.



EXAMPLE MEAL PLANS

Breakfast	Lunch	Dinner	Snacks
Almond meal pancakes	Meat balls with some chopped veg. soy cheese sticks	Baked cauliflower with lamb chops	Coconut yoghurt - mix in cacao serve with some berries
Lamb chops	Chicken nuggets	Chicken nuggets (use thigh meat) basted in almond meal or a gluten-free flour	Seaweed chips from Chinese supermarket.
Scrambled egg whites	Chicken and salad	Spag bog on zoodle pasta	Nut butter cashew or almond or a mix in celery
Fried egg with bacon (try to get nitrate free. E.g. Dorsogna)	Mince meat patties (grate broccoli or veg into them) - serve with a sauce: either a mayo or tomato sauce	Slow cooked beef brisket	Almond meal pancakes
Scrambled egg with avo	Spag bog with zoodles	Turkey or chicken mince meat balls (grate broccoli or veg into them) - serve with a sauce: either a mayo or tomato sauce	
Almond meal pancakes	Chicken meat balls	Slow cooked beef brisket with veggies	
Paleo bread (see below) toast with avocado and or vegemite	Turkey meat balls (grate broccoli or veg into them) - serve with a sauce: either a mayo or tomato sauce	Zoodle pasta with spag bog (grate broccoli into it)	



EXAMPLE MEAL PLANS

Breakfast	Lunch	Dinner	Snacks
Soaked paleo muesli		Baked cauliflower with lamb chops	Coconut yoghurt - mix in cacao
Leftovers	Leftovers	Chicken nuggets basted in almond meal and fried	Seaweed chips from Chinese supermarket.
Chia seed pudding	Chicken and salad	Fish fingers same as above	Nut butter - cashew or almond or a mix in celery
Fried egg with spinach or seaweed	Ham and salad	Mince meat patties (grate broccoli or veg into them) - serve with a sauce: either a mayo or tomato sauce	Almond meal pancakes
Scrambled egg with avo	Spag bog with zoodles	Turkey or chicken mince meat balls (grate broccoli or veg into them) - serve with a sauce: either a mayo or tomato sauce	
Almond meal pancakes		Slow cooked beef brisket with veggies	
Paleo bread toast with avocado and or vegemite		Zoodle pasta with spag bog (grate broccoli into it)	

FLOUR ALTERNATIVES

Almond meal: No limit as long as you can tolerate.

Legume flour and pasta: Limit to no more than 1/4 of your plate. Do not use if over-fermenting symptoms or gut pain.

Coconut flour: No limit if tolerated.

Tapioca from cassava: Limit to no more than 1/4 of your plate. Do not use if over-fermenting symptoms or gut pain.

POTATO ALTERNATIVES

Cannellini mash: Strain beans and place in pan with a splash of olive oil and a squeeze of lemon juice. Then mash. Option to add roast garlic cloves and any spice. Use instead of mash potato.

ALMOND MEAL BATTER

A great way to add crunch! Mix almond meal with a whisked egg and use to batter chicken, fish or tuna patties.

BAKED CAULIFLOWER

Can be used as a base for curry or any saucy food like spaghetti bolognese.

1. Get one whole organic cauliflower with leaves on
2. Boil a saucepan half-filled with water
3. Put the cauliflower in to boil for 10 mins
4. Take the cauliflower out and drain
5. Place the cauliflower in an oiled baking tray
6. Lather in olive oil and season with salt and pepper
7. Bake on high for an hour - turn after 30 mins for even cooking
8. Remove and prepare as desired

TUNA PATTY

Tuna with grated veg and potato or sweet potato. Make into a patty and then fry.



ADDITIONAL RECIPES

Mexican Bowl

Chickpea Burgers

Almond Meal Pancakes

Paleo Loaf

GENERAL FOOD TIPS

Eat organic wax-free apples (source from local grocer)

Try adding [Kerrygold grass-fed butter](#) to your diet to increase butyric acid

Leave skin on chicken if you can find it (great source of glycine)

Grate some beetroot on your salad, add some dark purple olives

Add broccoli sprouts to your salad (incredibly nutrient-dense and anti-inflammatory)

Add sunflower seeds (Vitamin E) and pepitas (zinc) where you can

Try sautéing green leafy vegetables for one of your meals - pairs well with eggs. Think
rainbow chard, mustard greens, kale

Stir fry's are a great way to integrate Bok Choy, ginger, bamboo sprout and mung beans

Suppliers: Visit NatMed Food Guide

Fish: Visit Northern Star

Providers of wild caught, Coral Bay fish. Purchase bulk and throw in freezer for a quick feed when you haven't prepared anything.

Organic veg: Visit UrbanList Perth

A list of the best Farmer's Markets in Perth. Or search the internet for your closest provider or delivery service.

RESEARCH

Children with allergies on the rise:

The number of children with a food allergy or food-related immune disorder has increased in the last 10 years. A study of more than 2,000 Melbourne infants (the Healthnuts study) found that more than 10% of 1 year olds have a food allergy. Common food allergies, such as egg and milk allergies, which were previous limited to early childhood, are becoming increasingly persistent (Osbourne et al., 2011).

[Read the study.](#)

Pesticides and chronic disease:

There is a huge link between pesticide consumption and chronic disease.
Please avoid juicing unless using organic produce.

[Read the study.](#)