

*Dozens of tasty, taste-bud tingling recipes
that anyone can enjoy...*

The *H. PYLORI* Diet RECIPE AND COOKBOOK



DAVE HOMPES

Author of The H. Pylori Diet

Welcome!

Hi and welcome to *The H. Pylori Diet Recipe and Cookbook!* Ever since I wrote the first edition of *The H. Pylori Diet* I dreamed of putting together a recipe book that added to the basic meal and recipe ideas in the original book - and here it is!

This book provides dozens of tasty, taste-bud tingling recipes that anyone can enjoy. It helps you seamlessly put together a weekly meal plan that adheres to all the recommendations in *The H. Pylori Diet*, in full knowledge that you are avoiding all the foods that I list as being potentially harmful to your digestive system such as gluten, vegetable oils and soy.

If you stick to the meal ideas in *The H. Pylori Diet* and add the recipes in this cookbook, your digestive symptoms will almost certainly improve, provided you also take the appropriate steps to remove *H. pylori* and make sure you don't have other "bad bugs" lurking in your digestive system.

By "bad bugs" I mean small intestinal bacterial overgrowth (SIBO), *Candida* and parasites. These bad bugs can cause similar symptoms to *H. pylori*, and may need to be dealt with. Having worked with more than two thousand people around the world, it's my experience, even when you change your diet and remove *H. pylori*, your symptoms may remain when these other bad bugs are living in your stomach or intestines.



The good news is that in most cases, following the dietary recommendations and recipes in *The H. Pylori Diet* brings enormous improvements to digestive symptoms, energy levels, mood, sleep and other areas of health.

The ability of these recipes and meal ideas to improve your health lies in the fact that they omit the majority of gut-irritating foods, the main ones being gluten, soy, vegetable oils, processed sugars, additives and in some cases, cow's milk.

For many, these foods cause *more* symptoms than the likes of *H. pylori* and other bad bugs. Unfortunately, the medical system does not deem it necessary to recommend dietary alterations when folk have digestive symptoms, despite the fact that without question, food is the number one reason for symptoms like heartburn, bloating, constipation and irritable bowel syndrome.

I'm not saying that chronic digestive infections and microbial overgrowth are innocent. We all know *H. pylori* and its friends can cause all manner of discomfort, but we can't blame the bad bugs alone for the epidemic of chronic digestive symptoms. I've seen very impressive improvements in people's health through diet changes, well before they took antibiotics or herbs to remove *H. pylori* and other microbes. Furthermore, I've consulted with hundreds of people who eradicated *H. pylori* but didn't feel any better until they stopped eating problem-causing foods.

One of the reasons the likes of gluten and other processed foods cause digestive problems is that they cause *inflammation*. Inflammation is the process that underpins pain and many other symptoms. It's inflammation that causes the symptoms you experience when you have *H. pylori*. You can hopefully see that eating food that causes inflammation might cause the same symptoms as *H. pylori*. Inflammation is the common pathway.

Systemic, or body-wide inflammation is believed to underpin virtually all disease, and often begins in the gut. Once inflammation takes hold of your stomach and intestine, it can spread to other areas in your body, much like a fire spreading round a house. In the process, your

nervous system, brain, thyroid gland, liver, kidneys, muscles, joints and any other tissue or organ can be affected.

Furthermore, once your stomach and intestine have succumbed to inflammation from food, *H. pylori* and/or other bad bugs, your ability to digest food and absorb nutrients declines. No wonder research shows that *H. pylori* causes iron, vitamin B¹² and folic acid deficiency (and probably other deficiencies that haven't yet been scientifically investigated).

The recipes in this book contain plentiful ingredients that help *reduce* digestive inflammation. Spices such as turmeric are proven to be highly anti-inflammatory, as are omega-3 fatty acids in foods such as salmon. Bone broths and collagen/gelatin provide anti-inflammatory amino acids and are incredibly healing for your digestive system and other body structures. In fact, the use of gelatin-rich recipes is one of the most powerful healing strategies I know of.

There is another reason why an anti-inflammatory diet is important. If you have read *The H. Pylori Diet* you will know that rather than being flat, the lining of your stomach and intestine and is comprised of tiny finger-like projections called *villi*. On each villi are dozens of tiny *microvilli* that are collectively known as the *brush* border. Between the villi are little valleys called *crypts*.

When your intestine is inflamed, these structures begin to alter. Villi are damaged and begin to flatten, and their microvilli can be destroyed. This reduces your ability to absorb nutrients. The crypts can deepen and allow microbes such as *H. pylori* and others to hide. When this happens, pharmaceutical antibiotics and herbs designed to fight these microbes may be ineffective because they simply can't reach the target organisms.



AUTHOR'S RECOMMENDATION:

Breakfast **Quinoa Porridge**

See page 43 for the full recipe...

When you reduce inflammation in your digestive system by removing nasty foods and consuming more anti-inflammatory ingredients, you open up the crypts and stand a much better chance of knocking out the bad bugs when you take antibiotics and/or herbs. Furthermore, you give your digestive system a chance to heal.

The length of time it takes your symptoms to melt away, and your digestive system to heal, depends on the extent of the damage in your gut the first place. The extend of your own personal damage depends on which bad bugs you have, your previous nutritional habits, food sensitivities, stress levels and the health of your friendly bacterial population.

Without knowing more about you as an individual, it's dishonest of me to make silly claims that the recipes in this book can heal you in a week or a month. What I can guarantee you is that you if you incorporate these recipes as quickly as possible *and* make every effort you can to identify and eradicate bad bugs, you should find your health improving relatively quickly.

The majority of our clients have experienced vast improvements within 60-90 days, starting from a place where they were experiencing an array of unpleasant symptoms. It is my dear and sincere hope that you, too, experience rapid improvements in your symptoms and go on to lead a healthy and fulfilled life.

It goes without saying that we are waiting to serve you in whatever capacity we can – helping you rejuvenate your health is inspiring to us. Please [contact my office](#) if you are concerned about your health and would like to take advantage of [one-to-one consultancy](#), or if you would like assistance with assessing digestive function with our range of [home laboratory testing](#).



Acknowledgements

I would like to extend my deepest gratitude to

Fay and Steve Grant

for their invaluable time and expertise in researching, compiling, preparing, tasting and photographing the recipes in this book.

Without their assistance, this book would not have come to being.

Thank you so much!

The Purpose of this Book

In writing this book I am assuming you have first read [The H. Pylori Diet](#). In that book, I share my experiences in helping countless people from around the world overcome not only *H. pylori*, but a whole range of related chronic digestive infections and symptoms. Whilst we know *H. pylori* can cause a whole range of unpleasant symptoms, it's important to realise that the very same symptoms can have different causes.

For example, *H. pylori* is associated with heartburn, acid reflux, stomach pain, bloating, belching, irritable bowels and other digestive symptoms. But these symptoms can also be caused by:

- Common foods such as gluten, cow's milk and soy
- Alcohol consumption
- Less than ideal eating habits (eating on the go and not chewing food)
- Other chronic infections such as parasites and *Candida*
- Certain medical drugs
- Hiatal hernia
- Digestive inefficiency such as low stomach acid and poor pancreas and gallbladder function

If you're diagnosed with *H. pylori*, your doctor will recommend triple therapy antibiotics, and that's all. It is expected that popping these pills will not only kill and eradicate *H. pylori*, but also miraculously remove all your symptoms.



Unfortunately, some people successfully eradicate *H. pylori* only to feel the same, or even worse. This is often because food is causing their symptoms, or they have other “bad bugs” living in their digestive system (or both).

Moreover, removing *H. pylori* doesn't undo the damage it has caused to the stomach and intestinal lining, known as the *mucosa*. Some people – perhaps even you – harbour *H. pylori* for many years before it is discovered, and the collateral damage it leaves behind can be significant.

When you remove a splinter or piece of glass from your finger, your finger doesn't automatically heal. Despite the offending item being removed, your finger still hurts like heck, remains hot, red, swollen and inflamed, scabs over, takes time to heal and may even develop a scar.

In our analogy, millions of corkscrew-shaped *H. pylori* bacteria act as the splinters or pieces of glass, in many cases leaving behind a patchwork of injuries when they are removed. Just like your finger, it can take time for the stomach and intestinal lining to heal.

Whereas the medical treatment for *H. pylori* – antibiotics – has the single focus of killing *H. pylori*, the natural approach detailed in [The H. Pylori Diet](#) and this book also help you remove other potential reasons for your symptoms and accelerate the healing of your digestive system.

Specifically, the recipes in this book are designed to:

Remove inflammation

Pain, burning and other common digestive symptoms are caused by inflammation. *H. pylori* causes inflammation, but so do other bad bugs and, importantly, a number of common foods. The recipes in this book do not contain the main inflammation-causing foods and many ingredients help to reduce digestive inflammation.

My clients have found it much easier to eliminate *H. pylori* and other “bad bugs” such as *Candida* and parasites once inflammation levels are brought down. This is an important function of *The H. Pylori Diet* and the great tasting recipes you'll learn here.

Reduce Fermentation

Candida and small intestinal bacterial overgrowth (SIBO) can cause digestive symptoms by fermenting carbohydrates. These conditions are common when *H. pylori* is present because *H. pylori* can reduce stomach acid levels by damaging stomach cells. Low stomach acid makes it easier for *Candida* and SIBO to get a foothold in your intestine. Unfortunately, many doctors recognise neither *Candida* nor SIBO.

Imagine for a moment you're fermenting foods in your small intestine. You'll most likely experience a build up of gas, leading to bloating, pain and irritable bowels. You may also develop what's called increased intra-abdominal pressure as a result of all this gas, which can lead to heartburn and acid reflux.

Foods, like wheat, barley, beans and legumes are more fermentable than others. I've tried omit these foods as much as possible, thereby reducing the potential for fermentation in your digestive system.

If you have *Candida* and/or SIBO, you may require some additional dietary changes that are not included here. Remember, these recipes accompany *The H. Pylori Diet* and are not specifically designed for anti-*Candida* or anti-SIBO use.

A Less Allergenic Eating Plan

As an individual, you can have an adverse reaction to any food, no matter how harmless it may seem. In my experience, the most frequently eaten trouble-causing foods that irritate the stomach and intestine are gluten containing grains, processed cow's milk, soy and vegetable oils.



AUTHOR'S RECOMMENDATION:

Lunch
Cod Fishcakes

See page 77 for the full recipe...

For the most part, the recipes in this book *do not* contain these trouble-causing items. Some recipes provide the option to use yoghurt and a little butter, but these items don't tend to cause too many problems for *most* people. By removing the main allergy-causing foods, you may experience improvements in your symptoms *before* you even eradicate *H. pylori*.

Heal Your Gut

As well as minimising your exposure to common food-based irritants, many of the recipes you're about to try are rich in nutrients that help to soothe your digestive system, reduce inflammation and fix your digestive lining. You will learn about collagen and gelatin, as well as a handful of healing broth recipes, all of which help to accelerate digestive healing.

Highly Nutritious

Modern diets that are high in processed foods tend to be low in nutrient content. You won't have that problem with the recipes in this book. Eating a healthy variety of recipes will ensure that your nutrient intake is optimised. As such, your energy levels, mood, sleep, skin and other areas of health should begin to improve.

Killing Helicobacter Pylori

Again, if you've read [The H. Pylori Diet](#), you'll know that I stated my belief that most people will not eradicate *H. pylori* using food alone. Whilst certain foods and herbs – including garlic, cranberry, certain



AUTHOR'S RECOMMENDATION:

Dinner **Diced Venison Stew**

See page 89 for the full recipe...

berry extracts, cabbage juice, live yoghurt, possibly coconut, broccoli sprouts and liquorice – show anti-*H. pylori* effects in lab experiments, they may not be potent enough to kill *H. pylori* in a human stomach.

Furthermore, even if these foods *can* kill *H. pylori* in the stomach, several questions still remain unanswered, namely:

- How much of each food do you need to kill *H. pylori* per serving or per day?
- Do the foods need to be eaten on their own, or can they be consumed as part of a meal?
- How frequently do these foods need to be consumed in order to have optimum effect?
- How long do these foods need to be eaten for – a week, two weeks, a month, or longer?

Alas, nobody truly knows the answers to these questions. Therefore, as stated above, the real benefits of the recipes presented here are their ability to remove other likely triggers for your symptoms, reduce inflammation in your digestive system and heal your gut lining.

I recommend you read *The H. Pylori Diet* to learn about the specific herbal protocols our clients use to remove *H. pylori*. Or consult your physician about triple therapy antibiotic treatment for *H. pylori*.





Notes About Specific Ingredients

Gluten

As you learned in *The H. Pylori Diet*, gluten can trigger a lot of inflammation in your small intestine, creating similar symptoms to *H. pylori*.

All the recipes in this book are gluten-free, so you don't need to worry about gluten causing any problems when you use them.

Soy and Soy-based Food

Many people – including some health experts – advocate the use of soy in the form of tofu, soy protein powder, vegetarian “meat” substitutes, soymilk and so on.

In my experience, soy is a major irritant to the digestive system and there is significant research indicating its possible role in several symptoms and diseases.

I don't think a tiny amount of fermented soy in the form of tempeh, natto and miso will cause you too many problems, but I recommend you steer clear of other forms. The recipes in this book are free from soy, so you can prepare them worry-free.

Cow's Milk

Cow's milk has the potential to be a really helpful, healing food or a nasty, symptom-causing food, depending upon your individual situation.

Some folk have real problems with lactose intolerance, where milk sugar can't be digested, and milk protein allergy. Others, however, feel great when they have cow's milk.

The recipes in this book are virtually cow's milk-free. You will see butter and ghee mentioned, and most people can tolerate these milk products even if they are lactose intolerant. Butter and ghee contain lots of butyric acid, which is healing to your intestine.

You'll see that some dishes in this book include yoghurt, which contains live bacteria, and ferments lactose. With its lactose removed by the bacteria, yoghurt is generally well tolerated

However, if you as an individual know for sure you have a real problem with cow's milk, it's best to avoid all cow's milk-containing foods. Simply choose the recipes that don't contain cow's milk.

Alternatively, you may like to try goat's milk products such as goat's milk, goat's butter and goat's cheese. Furthermore, sheep's milk products are available in many supermarkets, and include feta cheese, other cheeses and even sheep's yoghurt.

Not everyone can make the switch from cow's milk to other milks and milk products. Some people have trouble tolerating milk products from all animals.

Onion, Garlic, Tomato and Heartburn

These foods are known to relax the lower esophageal sphincter (LES)¹, which separates your esophagus from your stomach.

Heartburn and acid reflux can result from a weak or relaxed LES, so if you find these symptoms persisting, it's best to minimise these ingredients.

Remove onions from recipes, and remove all tomato sauce-based recipes. A few fresh tomatoes are not likely to cause too many problems.

If heartburn and reflux persist, I recommend you [contact my office](#) as these symptoms can be caused by many factors, including *Candida*,

parasites and small intestinal bacterial overgrowth, low stomach acid, stress and hiatal hernias.

I would also love you to read the book I wrote entitled [How To Beat Heartburn and GERD](#) as it explains why these symptoms develop. *H. pylori* infection is only one of more than a dozen possible causes.

Nightshades and Chronic Pain

Over the years, some of my clients have struggled with chronic pain in their muscles and joints. Arthritic pains, fibromyalgia syndrome and chronic muscle stiffness are actually quite common.

Research and clinical experience have shown that nightshade foods – tomato, potato, aubergine/egg plant, peppers, chilli, paprika and goji berries – can all exacerbate chronic pain.

It is wise to consider removing these food items completely if you experience chronic pain of any kind. Stick to recipes and meals that do not contain these foods.

Again, please [contact my office](#) for further assistance should you find it hard to adopt a nightshade-free diet on top of your gluten-free eating plan.

Eggs

Finally, I have worked with some folk who had difficulty in tolerating eggs. Egg intolerance and allergy are nowhere near as common as problems with gluten and cow's milk but now and again they do upset people's digestive system.

It may be wise to have a trial period without eggs to see if you feel better, especially if your digestion does not improve with the omission of gluten, soy, processed sugar and cow's milk. But remember that good quality eggs are highly nutritious, so only avoid them if you really have to.

¹ In England, the esophagus is spelled oesophagus, and is abbreviated to "LOS".



Notes About Specific Conditions

In my experience, *H. pylori* infections are often accompanied by other microbial invaders. *H. pylori* can reduce your stomach acid level, making it easier for other bacteria, parasites and fungi such as *Candida* to get a foothold in your intestine.

When I had *H. pylori*, I also had a parasite called *Blastocystis hominis*, as well a fungal overgrowth in the form of *Aspergillus* and *Candida*. It wasn't until I rid myself of these secondary invaders that I felt 100 percent better.

Using advanced [home stool and organic acids testing](#), I've seen more than forty (yes, 40) different bugs in people's digestive systems. These home tests reveal "bugs" that standard medical testing unfortunately tends to miss.

Microscopic parasites, worms and fungal overgrowth are common, and so is small intestinal bacterial overgrowth (SIBO). These bugs can all cause very similar symptoms to *H. pylori*.

Sometimes, you will change your diet, use the recipes in this book and eradicate *H. pylori* only to find you still feel like crap! If this happens to you, please don't worry as we have the tools to help.

It's not that *The H. pylori Diet*, recipes and supplements haven't worked, it's just that you have some other issues that need to be detected and dealt with.

I simply implore you to email my office so we can help you determine why you don't feel well if your *H. pylori* eradication does not remove your symptoms. Whizz an email across to Info@HompesMethod.com.

Small Intestinal Bacterial Overgrowth (SIBO)

Forward-thinking gastroenterologists are now acknowledging SIBO as a major cause of digestive symptoms. SIBO symptoms range from heartburn and acid reflux to bloating, irritable bowel syndrome and diarrhoea.

SIBO is also associated with a number of symptoms elsewhere in the body, including fatigue, mood and memory problems and chronic muscle and joint pain.

SIBO happens when bacteria that ought to be in your large intestine migrate to your small intestine (hence the name small intestinal bacterial overgrowth).

Invading bacteria can be undesirable species such as *Klebsiella* and *Clostridia*, or they can be friendly ones such as *Lactobacilli*. Either way, when they're in the wrong place these bacteria can cause a lot of problems.

If you have SIBO, you may benefit from making changes to your diet that are not covered in *The H. Pylori Diet* or this book. A low FODMAP diet can be very helpful as it removes fermentable carbohydrates and fibre that SIBO thrive on.

It's not easy to treat SIBO. Antibiotics such as Rifaximin work about 50% of the time. Of those 50% experience a relapse in symptoms. It's wise to work with a skilled practitioner who is versed in effective anti-SIBO and gut healing protocols if you are diagnosed with this condition.

Candida Overgrowth

Of all the microbes we see showing up in [stool and urine tests](#), *Candida* is probably the most common. We see *Candida* and other fungal overgrowth an awful lot in our clients.

Candida thrives when your immune system is run down, or when your friendly bacteria are knocked out. Eating a generally low quality diet combined with too much sugar and alcohol, antibiotics, stress

and heavy metal toxicity (especially mercury) can all trigger *Candida* overgrowth.

Symptoms can range from oral thrush (white coating on your tongue) to sore throats, heartburn, reflux, bloating, gas, diarrhoea and constipation to skin conditions, low energy, mood changes, cognitive issues, aches and pains in your body and more. Women can experience vaginal thrush, and this is often accompanied by digestive overgrowth.

H. pylori triple therapy has been shown to cause *Candida* proliferation in the stomach, as has the use of proton pump inhibitors for stomach acid suppression.

As with SIBO, if you have *Candida* overgrowth you'll need to make some additional changes to your food intake. *Candida* loves carbohydrates and sugar, which leads to many people cutting right down on sugar, grains, root vegetables and fruit.

This can be helpful, but it's wise not to starve your body of sugar because it's needed for energy production in every cell of your body. All too often I see people cut their carb and sugar intake too much, leading to low energy, cravings, mood changes, sleep problems and other symptoms.

What many people don't realise is that *Candida* has the ability to switch its nutrient preference from sugar to protein, so cutting back on sugar too much is futile because the *Candida* can survive perfectly well on protein and may even grow tiny "roots" into your intestinal lining to derive food once you remove its sugar source.

If you have *Candida*, you may benefit from making changes to your diet that are not covered in *The H. Pylori Diet* or this book. If you're confused and unsure how to proceed, we'd love to help.

Please email my office so we can help you determine whether you have *Candida* and, if so, how we can help you beat it once and for all without starving yourself in the process. Whizz an email across to Info@HompesMethod.com.

Low Stomach Acid and Digestive Enzymes

We know that *H. pylori* can damage the parietal cells in your stomach. These cells produce hydrochloric acid. The acid helps you digest protein by activating the enzyme pepsinogen into pepsin. It also “burns” potentially nasty bacteria and parasites as they come into your stomach on the food and water you consume.

Stomach acid levels drop with age. Once you reach your late thirties and into your forties, your stomach acid tends to decline. If you have *H. pylori* your decline is likely to accelerate because the bacteria can degrade your stomach lining.

Once you have removed *H. pylori* using prescription antibiotics or the natural protocol in *The H. Pylori Diet*, you may benefit from taking steps to improve your stomach acid level.

Be aware that low stomach acid itself can actually cause many of the symptoms associated with *H. pylori*. This is a complex topic that I discuss in more detail in my books [How To Beat Heartburn](#) and [How to Banish IBS](#).

Basically, low stomach acid can cause the following problems:

- Prevents you digesting food properly, leading to putrefaction in your stomach.
- Increases stomach pH (alkalinity), which prevents hormone signals from telling your pancreas and gallbladder to do their jobs.
- Relaxes your lower esophageal sphincter leading to reflux and heartburn.
- Opens you up to *Candida* overgrowth, parasites and SIBO.
- Leads to nutritional deficiencies, including iron, magnesium and vitamin B¹².

Your stomach is designed to be acidic and stomach acid is not your enemy. It is very rare for excess stomach acid to cause problems – it’s

usually a little splash of acid getting in the wrong place that causes the classic symptoms of heartburn, acid reflux and GERD. This can happen even when you have low stomach acid.

You need optimal acidity to trigger the rest of your digestive processes. Inadequate acid means your pancreas and gallbladder don’t work properly, leading to further digestive problems.

Again, you can alter your diet, remove *H. pylori* yet still not feel well if your stomach acid level remains low. It’s important to consider rehabilitating your stomach function using specific healing strategies.

The foods and recipes in this book take away a lot of strain from your digestive system and have fantastic anti-inflammatory gut healing properties. But they may not be potent enough to optimise stomach function, and you may benefit from some additional help. If you’d like assistance, please contact us at Info@HompesMethod.com.

If your symptoms don’t budge when you follow *The H. Pylori Diet* recommendations and/or meals and recipes in this book, we offer a full [case review and consultation](#) service as well as simple yet extremely powerful [home laboratory tests](#).

These services help you finally figure out the reasons why your symptoms are happening, save you time, provide direction in your treatment process and most importantly, bring you peace of mind.

Kitting Out Your Kitchen

Before we get into specific meal ideas and recipes, let's quickly look at some basics when it comes to kitting out your kitchen.

Hardware

It can be very helpful to have a good blender. My favourites include [KitchenAid®](#) and [Vitamix](#). These blenders might seem a little pricey, but it's important to have a high quality blender when you're making soups and smoothies.

Higher quality blenders have powerful motors, and won't overheat or break when you use them at high speeds for a long period of time. If you prefer a less expensive option, it's really not a problem as long as you're happy that your equipment does a good job.

You will also need a food processor or hand blender for mixing certain ingredients. A basic food processor is most certainly fine. I personally use a [Bamix](#) as it's great for making soups and pastes.

Glass storage containers are important. Few people realise that many plastic storage containers leach toxins into foods that contain fats and oils. You can get a set of excellent glass storage containers by [clicking here](#).

Glass bottles can also be used for storing things like homemade coconut milk. You can get them by [clicking here](#).

I recommend you invest in a good set of knives. Your food preparation will be much more efficient if you use high quality ones.

Finally, you'll need weighing scales for measuring out your ingredients. I use [digital kitchen scales - click here to buy in the UK, or here for US](#).



Kitchen Cupboard Essentials

Once you have all your hardware, I'd like you to make sure you know exactly where to source your key ingredients. You may be new to some of the ingredients I recommend, so please take a moment to familiarise yourself with how source them.

Coconut Oil

Great for cooking, possessing antimicrobial properties, wonderful for enhancing cellular energy production and superb for skin care, coconut oil is an important item to have in your cupboard at all times. [Click here](#) for links to buy organic unrefined coconut oil.

Collagen Hydrosylate (Hydrolysed Gelatin)

Gelatin is a wonderful source of protein that reduces inflammation and heals your digestive system. It's also fantastic for your joints, skin and hair. Hydrolysed gelatin or collagen can be readily dissolved in cold water and used in all manner of stews, casseroles and other water or sauce-based recipes. It's an essential addition to your daily eating schedule. [Click here](#) to read more about, and buy collagen hydrosylate.

Non-Hydrolysed Gelatin

Unlike hydrolysed gelatin, this product does not dissolve in cold water. However it can be used in cooking and is great for making healthy desserts. [Click here](#) to learn more about, or buy, non-hydrolysed gelatin.

Shredded Coconut

Coconut is a great whole food, containing plenty of healthy fats. Shredded coconut is excellent as an ingredient in desserts and smoothies. You can find links to buy shredded coconut [here](#).



Getting Started

Quick Recipe Contents

Four Basic Recipes

Coconut Milk	33
Coconut Butter	35
Bone Broth	37
Chicken Stock	39

Breakfast

Quinoa Porridge	43
Overnight Oats	45
Spanish Omelette	47
Gelatin Smoothie	49
Lamb Burgers	51
Chicken Mince Mushrooms	53
Omelette	55
Egg muffins	57
Yoghurt and fruit	59
Beef Mince Peppers	61

Lunch

Beetroot and Feta Soup	65
Sweet Potato and Coconut Milk Soup	66
Chicken Korma Soup	69
Steak.....	71
Cod in Parsley sauce (turn into fish pie)	73
Lamb Fajitas	74

Cod Fishcakes	77
Chicken Salad with Fig and Feta	79
Egg Pizza	81
Prawn Stir-fry	83

Dinner

Lamb Casserole	87
Diced Venison Stew	89
Coconut Fish Bake with Plaice and Sole	91
Roasted Lemon Hake	93
Chicken Masala	95
Lamb Koftas	96
Chicken and Leek Pot Pie	98
Moroccan Turkey	101
Bolognaise	103
Beef and Beetroot Curry	105

Sides

Coleslaw	109
Roasted Vegetables	111
Roasted Root Veg	113
Mashed Vegetables	115
Sweet Potato Wedges	117
Butternut Squash Sage Mash	119
Cauliflower Rice	121
Easy Tomatoes and Mozzarella	123
Sag Aloo (Spinach Potatoes).....	125

Snacks

Plantain Chips	129
Sweet Potato Chips	131
Tzatziki Dip	133
Deviled Eggs and Avocado	135
Easy Tomato Soup	137
Liver Pate	139
Beef Jerky	141
Flapjacks	143
Butternut Squash Dip	145

Desserts

Chocolate Bark	149
Grilled Peaches/Nectarines	151
Coconut Fruit Salad	153
Hibiscus Flower and Orange Jelly	155
Berry Terrine	157
Strawberry and Sharon Fruit Ice-pops	159
Cinnamon Apples	161
Coconut Butter Fruit Bars	163
Gummy Sweets	165
Easy Fruit ice cream	167



Four Basic Recipes

It's great to keep a stock of these four basic recipes because they provide the base for several of the meals and snacks you'll learn about shortly.



Coconut Milk

Ingredients

Simply use 2 cups water to every 1 cup shredded coconut (I usually mix 2 cups shredded coconut with 4 cups of filtered water).

Method

- Heat the water in a pan so it's hot but not boiling.
- In a blender or food processor, blend 4 cups of water with 2 cups shredded coconut until nice and creamy (use high power setting on your blender).
- Pour this mixture through a cheese cloth and wring until all the liquid has been squeezed out.
- Pour your milk into a glass container and store in the fridge (up to 4 days).
- The mixture will separate in the fridge as we didn't add any nasty emulsifiers so you'll need to give it a good shake before use.

If you don't have time to make your own coconut milk, I recommend you find a high quality, filler and additive-free tinned variety. Brands that do not contain thickeners, gums and other preservatives are ideal.

This recipe is great to add to dishes such as curries and soups. It's also a great base for desserts. Coconut provides short chain fatty acids that are great for fighting bad bugs in your gut. At the same time, these fatty acids provide excellent fuels for cellular energy production.



Coconut Butter

Ingredients

- 3 cups shredded coconut

Method

- Blend the shredded coconut in a food processor for up to 20 minutes or until it forms a butter like substance. That is it!
- You will need to scrape the sides of the container quite often to keep pushing the mixture down otherwise it will sit there and not be properly mixed.
- Make sure the blender is turned OFF when you do this!
- Store in an airtight glass container.



If you don't have time to make your own bone broth, I recommend you ask your local butcher, farmer's market or local farm store whether they can source a good quality broth for you. Some butchers and even some supermarkets and health food stores now sell broths and stocks.

Bone Broth

Ingredients

- 400g fresh organic bones
 - Beef, lamb, or chicken are all fine - ask your butcher for help
 - Bones and carcasses are usually very cheap!
- 2 carrots, chopped
- 2 celery sticks, chopped
- 1 onion, chopped
- 1 tablespoon cider vinegar
- Filtered water

Method

- If you are using beef or lamb bones, place them in a roasting dish and roast in the oven for 30 minutes on 200°C as this helps to bring out the flavours.
- Place all ingredients into a deep pan and cover with filtered water so nothing sticks out of the top.
- Bring to the boil and then leave to simmer on a low heat for up to 48 hours with the lid on.
- If a fatty scum appears on the top of the water, skim it off.
- The better quality the meat and bones, the less scum there will be.
- Store in an airtight glass container in the fridge for up to 4-5 days.
- Bone broth can also be frozen.



Again, if you are unable to find the time to make your own stock, try sourcing one from local suppliers or supermarkets and health food stores that sell high quality broths and stocks.

In addition to the broth recipes above, I highly recommend you look at a book called [Nourishing Broths](#) by Kaayla Daniel, PhD and Sally Fallon. It is a fascinating and excellent read. The book contains a detailed discussion on the health benefits of broths and stocks and lists dozens of excellent recipes.

Chicken Stock

Ingredients

- 2kg raw chicken carcasses:
 - Ask your butcher for help (our chicken carcasses cost less than £1)
- 2 sticks celery chopped
- 2 leeks, chopped
- 2 onions, chopped
- 2 carrots, chopped
- 3 stems fresh rosemary
- ½ bulb garlic, bashed or minced
- 4 stems fresh parsley
- Salt and pepper
- 1 tablespoon cider vinegar
- Salt and pepper to taste

Method

- Place all the ingredients in a large deep pan and cover with enough water so nothing sticks out.
- Add some salt and pepper.
- Bring to the boil and then leave to simmer with the lid on for 4 hours.
- Skim the top to remove fatty scum if needed.
- Leave to cool and place in glass container.
- Keep in fridge for up to 4 days or freeze.



Breakfast

As a society we've been conditioned to believe that breakfast is somehow different from other meals. The large food companies encourage us to eat cereals and breads, whilst drinking fruit juice and coffee. These foods are loaded with processed carbohydrate and sugar, with very little protein, healthy fats, vitamins and minerals.

At breakfast time, your body just wants nutrition. It's not interested in eating a different set of foods for breakfast, lunch and dinner. The breakfast recipes you're about to learn below provide you with a much more nutritious start to your day than you will get from eating carbohydrate-rich, commercially promoted breakfasts, yet they're still straightforward and convenient.

Quinoa Porridge

Ingredients

- 75g quinoa (red or white or mix – quinoa is a gluten-free grain)
- 180ml water in a pan.
- 100ml coconut milk (make your own using the recipe in this book)
- ½ teaspoon fresh vanilla pod seeds (optional)
- 1 teaspoon ground cinnamon (optional)

Method

- Rinse your quinoa in cold filtered water to remove the rather bitter tasting coating of saponins on the quinoa.
- Put your quinoa in a pan with the water and simmer for 10-12 minutes or until you see the little white tails on your quinoa grains.
- Drain off any liquid that hasn't evaporated and then add your coconut milk, vanilla seeds and cinnamon.
- Simmer for another 5 minutes.
- Serve with some fresh fruit.
- To add protein to this recipe, mix 1-2 tablespoons collagen hydrolysate powder (green can) in the pan of water before adding your quinoa.

Even gluten-free grains like quinoa and oats can be troublesome for some people. If your symptoms flare up when eating Quinoa Porridge or Overnight Oats, you may need to avoid these dishes until your digestion has healed.



Yoghurt may be troublesome for some people. If your symptoms flare up when you consume cow's yoghurt, try goat or sheep's products. If you still have problems, avoid it completely until your digestion has healed.

Overnight Oats

Ingredients

- 50g oats (please make sure they are definitely gluten free)
- Coconut milk (see recipe to make your own) or some plain, live yogurt
- Fruit of your choice

Method

- Place a 2cm layer of oats in a glass jar (or jam jar).
- Pour some coconut milk and/or yogurt over the top of the oats, so the oats are covered.
- Then layer some fruits on top.
- Pop another layer of oats and coconut milk on top.
- Finish by placing another layer of fruit on top.
- Place the covered jar in your fridge.
- Eat in the morning.
- All the oats will have soaked overnight and the fruit will add some sweetness.

Spanish Omelette

Ingredients

- 350g golden potato, very thinly sliced
- 1 large white onion, thinly sliced
- 8 free range organic eggs
- 2 tablespoons coconut oil
- Salt and pepper to taste



Method

- First, dry your potato by laying each slice out on a clean tea towel and patting them.
- Heat 1 tablespoon coconut oil in a frying pan on high heat.
- Add the onion and potatoes and give them a good mix around.
- Turn the heat down to low/medium.
- Place a lid on the pan and leave to cook for 20 minutes, turning occasionally to prevent sticking.
- While that's cooking, beat the eggs in a bowl and add some salt and pepper.
- When onions and potato are cooked, transfer to egg bowl and give it all a mix.
- Pop 1 tablespoon coconut oil in your pan then add your egg, potato and onion mixture.
- Leave to cook with the lid on for 20 minutes on a low heat (until the middle of the omelette is cooked through).
- Place a large plate on top of the pan and turn the pan upside down so the omelette falls out, and then place the omelette back in the pan so it's now turned over.
- Cook for a further 5 minutes on low/medium heat.
- Serve hot or cold.



Gelatin Smoothie

Ingredients

- 2-3 tablespoons collagen hydrolysate powder (green can) stirred with 4-6oz water and left to dissolve
- 10 frozen cherries
- 1 kiwi fruit
- 1/3 cucumber
- 200ml coconut milk (from the recipe in this book)

Method

- Place all your ingredients in a blender and blend until smooth.
- Try different fruits for variety, such as berries, bananas and peaches.



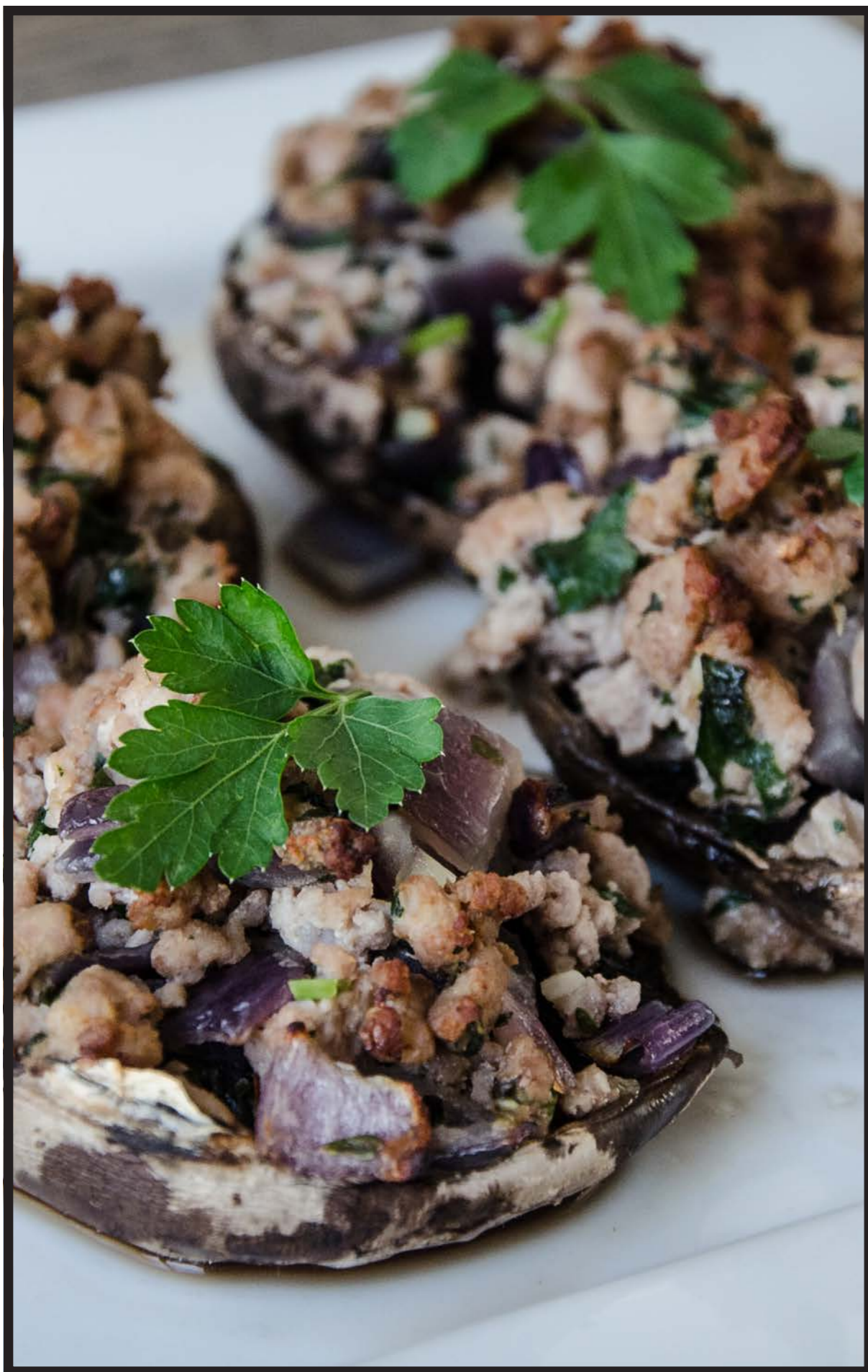
Lamb Burgers

Ingredients

- 500g minced lamb
- 1 red onion, chopped finely
- 2 garlic cloves, minced
- 1 teaspoon rosemary
- 1 tablespoon mint
- Salt and pepper

Method

- Place all ingredients into a large bowl and mix well using with your hands.
- Form the mixture into burger/patty shapes and place on a grill pan.
- Cook under a high heat grill for 10 minutes each side, or until cooked through.
- Serve with fresh tomatoes and spinach.
- Have some fruit to finish.



Chicken Mince Mushrooms

Ingredients

- 4 Large mushrooms, stems removed
- 300g chicken mince
- 1 red onion, chopped
- 1 garlic clove, minced
- Handful fresh parsley, chopped
- 2 sprigs fresh thyme, leaves only, chopped
- Salt and pepper to taste

Method

- Preheat your oven to 220°C.
- In a frying pan with a little coconut oil, add the chicken, onion, garlic, parsley and thyme and stir everything together cooking for a good 10 minutes, or until the chicken is cooked.
- Place the mushrooms in a roasting pan and evenly place the chicken mix on top of each mushroom.
- Bake on the top shelf in the oven for 10 minutes.
- Season to taste.
- Serve hot.



Omelette

Ingredients

- 3 free range organic eggs
- ¼ large white onion, thinly sliced (optional)
- ½ red pepper (optional)
- 1 tomato, chopped and diced (optional)
- Mushrooms, chopped (optional)
- 1 teaspoon organic butter

Method

- Beat / whisk your eggs.
- Add your butter and vegetables to a pan at medium heat.
- Cook for 5 minutes or until soft.
- Add your eggs to the pan and gently mix with your veggies.
- Cook for 5 minutes or until the omelette sets.
- Turn half of the omelette over onto itself and cook for a further 3 minutes, then turn over and cook the other side for a further 3-4 minutes.
- Serve and season with a little salt and pepper.

Note that you can use virtually any vegetable in your omelette – whatever suits your taste.



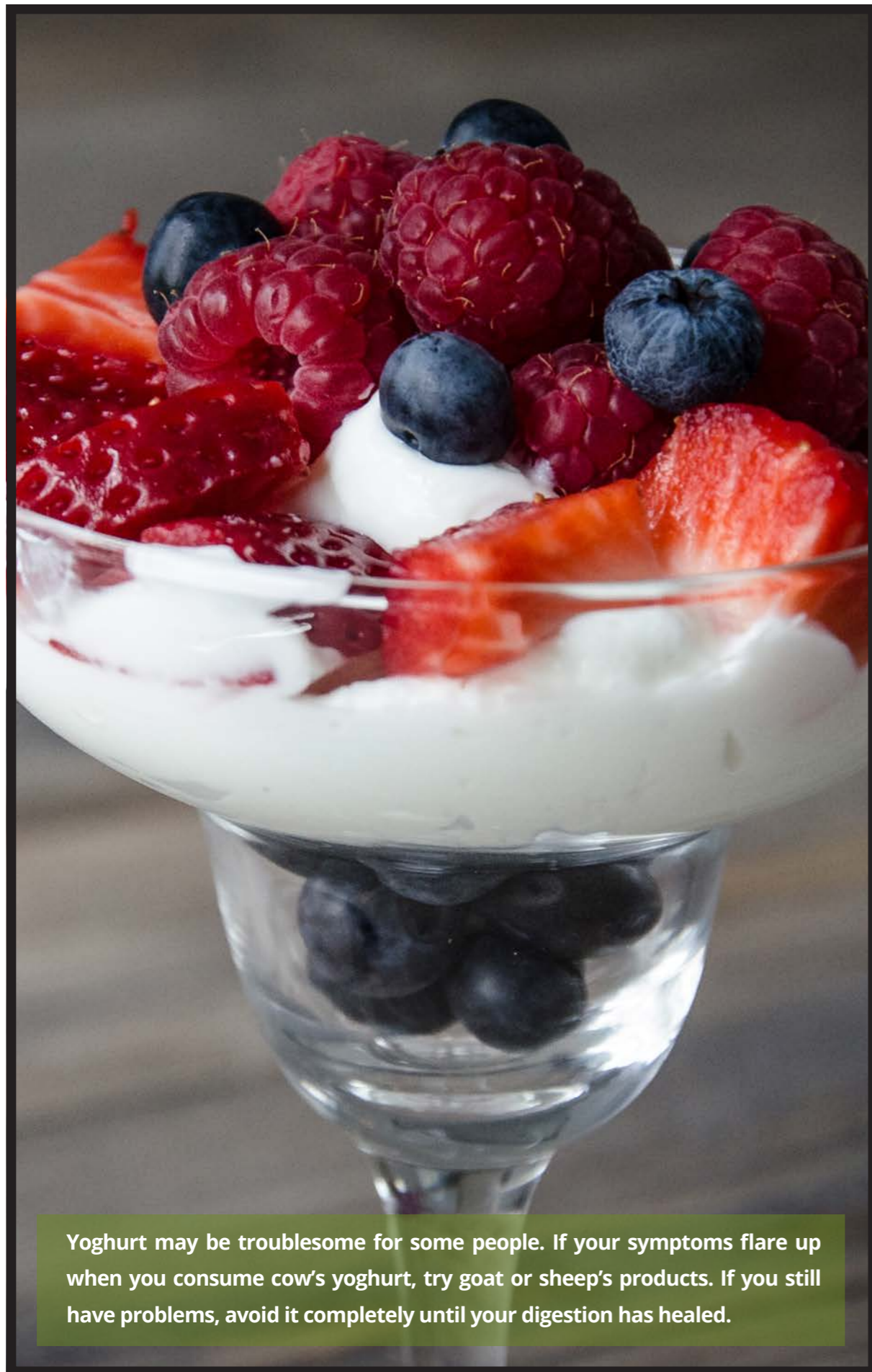
Egg Muffins

Ingredients

- 6 free-range organic eggs
- 250g cooked ground beef/lamb
- 1 red or yellow pepper finely diced
- ½ red onion finely chopped
- Salt and pepper to taste
- Coconut oil to grease the muffin tins

Method

- Preheat oven to 180°C.
- Grease muffin tins with coconut oil (this mixture should do around 8 -10 muffins).
- In a bowl, beat the eggs and then add the cooked meat, pepper and onion.
- Season to taste with salt and pepper.
- Spoon the mixture carefully into your muffin tins.
- Bake in the oven for 18-20 minutes or until a knife comes out clean.
- Serve hot or cold.



Yoghurt may be troublesome for some people. If your symptoms flare up when you consume cow's yoghurt, try goat or sheep's products. If you still have problems, avoid it completely until your digestion has healed.

Yoghurt and Fruit

Ingredients

- Full fat, "live" yoghurt (or goat/sheep milk yoghurt)
- Fruit

Method

- Pop your yoghurt and fruit into a bowl and enjoy!
- Please make sure you use high quality, plain (unsweetened) probiotic "live" yogurt. The label must say "contains active cultures" and not simply "made with active cultures".
- It's okay to add a little raw honey to your yoghurt.

Beef Mince Peppers

Ingredients

- 500g beef mince
- 1 onion, chopped
- 2 garlic cloves, minced
- 3 tomatoes, chopped
- 3 sprigs fresh thyme, leaves only, chopped
- 4 red peppers, de-seeded, chopped in half
- Salt and pepper to taste

Method

- Preheat oven to 200°C.
- In a deep frying pan, cook your beef, onion and garlic in a little coconut oil for a good 8 minutes, or until all beef has browned.
- Drain off any excess liquid.
- Add the tomatoes and thyme and cook for a further 5 minutes.
- Place the halved peppers into a roasting dish and spoon the beef mince mixture into each one until they are all full.
- Bake in the oven to 20-25 minutes.
- Season to taste. Serve hot.





Lunch

Like breakfast, we tend as a society to dogmatically and habitually eat specific foods for lunch, when in fact our bodies just want great nutrition. Sandwiches, pasta and other foods are loaded with processed grains, which nearly always contain gluten.

Having analysed thousands of client food diaries, I can say for sure that many folk are also consuming too much carbohydrate relative to protein and healthy fats and oils at lunchtime.

The lunch recipes in this book are not too difficult to prepare and lend themselves for mass production. In other words, you can make them in large batches and use them freely for several days thereafter,

thus reducing your preparation time. You'll also be able to take some of the dishes to work with you.

If you find it tough to prepare these recipes due to your other commitments, consider throwing these single food items on a plate or in your lunchbox:

- Pre-cooked cold meats
- Hard boiled eggs
- Feta and other non-cow's milk cheeses
- Salad items – tomatoes, leaves, olives, cucumber, apples, raisins, etc.
- Fruit – banana, nectarine, peaches, grapes, pears, etc.
- Gummy sweets (see dessert recipes)

Beetroot and Feta Soup

Ingredients

- 440g fresh beetroot, peeled and chopped
- 300g ripe tomatoes, chopped in halves
- 200g plum tomatoes from can
- 1 garlic clove
- 1 white onion, chopped
- 500ml chicken stock (from the recipe in this book)
- Salt and pepper to taste
- Greek feta cheese to garnish
- 2 tablespoons coconut oil



Method

- Preheat your oven to 200°C.
- Place the fresh tomatoes and garlic in a roasting tin with 1 tablespoon coconut oil
- Cook in the oven for 25 minutes.
- Heat 1 tablespoon coconut oil in a pan.
- Add your onion and cook for a few minutes until it starts to soften.
- Add the beetroot and stock and bring to the boil.
- Season with salt and pepper to taste.
- Simmer for around 10 minutes or until the beetroot is soft.
- Take your roasted tomatoes and push into your pan through a sieve (discard of seeds and skin).
- Blend all the ingredients until the mixture is smooth.
- Add further seasoning to taste (optional).
- Garnish with a sprinkling of feta cheese.
- Serve hot or cold.

If you'd like to add some protein to this meal, dissolve 1-3 tablespoons of collagen hydrosylate powder (see resources) to a glass of water. Mix it until it dissolves and add it to your soup. Don't add it directly to the soup as it will not dissolve.

Sweet Potato and Coconut Milk Soup

Ingredients

- 450g sweet potatoes, peeled and chopped into 1-2 inch lumps
- Coconut oil
- 1 onion, finely chopped
- 1 leek, finely chopped
- 1 lemon grass stalk, halved
- 1 teaspoon fresh ginger, grated (shredded)
- 2 ¼ pints chicken stock (from the recipe in this book)
- 4 teaspoons tomato puree
- 400ml coconut milk (from the recipe in this book)
- 2 tablespoons coconut butter (from the recipe in this book)
- Salt and pepper to taste



Method

- Preheat your oven to 200°C.
- Place the sweet potatoes in a roasting tin with 1 tablespoon melted coconut oil.
- Pop them in the oven for up to 30 minutes, until they have softened.
- Heat 1 tablespoon coconut oil in a pan and add the onion, leek, lemon grass and ginger and stir for 4 minutes until it softens.
- Add the stock to the pan along with the tomato puree, coconut butter and roasted potato.
- Bring to the boil and then simmer on medium heat for 5 minutes.
- Add your coconut milk and heat for 5 minutes (until hot).
- Remove the lemon grass.
- Using either a Bamix or food processor, blend all the ingredients together until smooth.
- Serve hot, and garnish with fresh coriander leaves or a drizzle of coconut milk if desired.

If you'd like to add some protein to this meal, dissolve 1-3 tablespoons of collagen hydrosylate powder to a glass of water. Mix it until it dissolves and add it to your soup. Don't add it directly to the soup as it will not dissolve.



Chicken Korma Soup

Ingredients

- ½ cooked roast chicken (meat only)
- 1 medium onion, chopped
- 3 medium leeks, chopped (ends removed)
- 1 small carrot
- 2 cloves garlic, chopped
- 600 ml chicken stock (from the recipe in this book)
- 200ml coconut milk (from the recipe in this book)
- 1 teaspoon turmeric
- 1 teaspoon sage
- 70g bought creamed coconut or homemade coconut butter (from the recipe in this book)

Method

- Pop a little coconut oil in a pan and heat.
- Add the onion, leeks, carrot and garlic to a pan and fry on med-high heat until they soften.
- Add your stock, turmeric, sage and creamed coconut/coconut butter and cook for a good 10 minutes on a simmer or until the veg is cooked through.
- Using a hand blender or food processor, blend all the ingredients together until smooth.
- Pop the mixture back into the pan.
- Add your coconut milk and chicken into pan and heat until the chick is heated through.
- Serve hot.



Steak

Ingredients

- 250g rump steak fillet

Method

- Heat a frying pan (use a tiny amount of butter or coconut oil if desired).
- Cook your steak for 6 minutes each side, which should result in the steak being “medium-done” (cook for more or less time based on your taste).
- Cooking time will vary based on the thickness of your steak.
- Serve with potato wedges (from the recipe in this book) and peas.

Cod in Parsley Sauce

Ingredients

- 400g cod fillet or similar fish
- 1 onion, chopped finely
- A handful of fresh parsley, chopped finely (feel free to substitute dry parsley)
- Coconut milk (around 400ml, see how to make your own)
- Salt and pepper

Method

- Add a little coconut oil to a pan.
- Gently fry your onion on medium heat until it's soft.
- Lay your cod fillet in the pan on a medium heat.
- Pour your coconut milk into the pan until it just about covers the fish.
- Add the parsley and salt and pepper.
- With the lid on, leave to simmer for 20 minutes or until the fish is cooked.
- Serve with green beans and/or peas.

Making this dish into a fish pie...

- Once you've cooked the recipe as above, cut into portions and place into small ovenproof dishes.
- Top with mashed potato or veg.
- Cook in the oven on 200°C for another 10-15 minutes.



Lamb Fajitas

Ingredients

- 4 boneless lamb neck fillets
- 1 red chilli thinly sliced (add more if you like it really spicy, but make sure you don't aggravate any digestive symptoms!)
- 1 teaspoon fresh rosemary leaves
- 1 onion, thinly sliced
- 2 red peppers, thinly sliced
- 4 tomatoes, chopped
- 1 avocado, seed and skin removed
- Juice of 1 lime
- 150ml soured cream
- Lettuce leaves



Method

- Slice the lamb into thin strips.
- Place in a bowl and mix with chilli and rosemary, adding salt and pepper to taste.
- Cook your onions, tomatoes and peppers in a frying pan along with some coconut oil until.
- In a separate frying pan cook your lamb mixture on high heat for 10 minutes.
- In a bowl, add the soured cream, avocado flesh and the lime juice and mix
 - If you have trouble tolerating soured cream, just leave it out.
 - You can serve the avocado and soured cream separately.
- Serve the lamb, vegetables, and lettuce onto separate plates and lay out so you can help yourself to all the different items as you choose.
- I like to use a lettuce leaf, add some lamb, cover with veg and top with avocado and soured cream.

You don't have to include soured cream in this recipe if you have difficulty tolerating cow's milk.



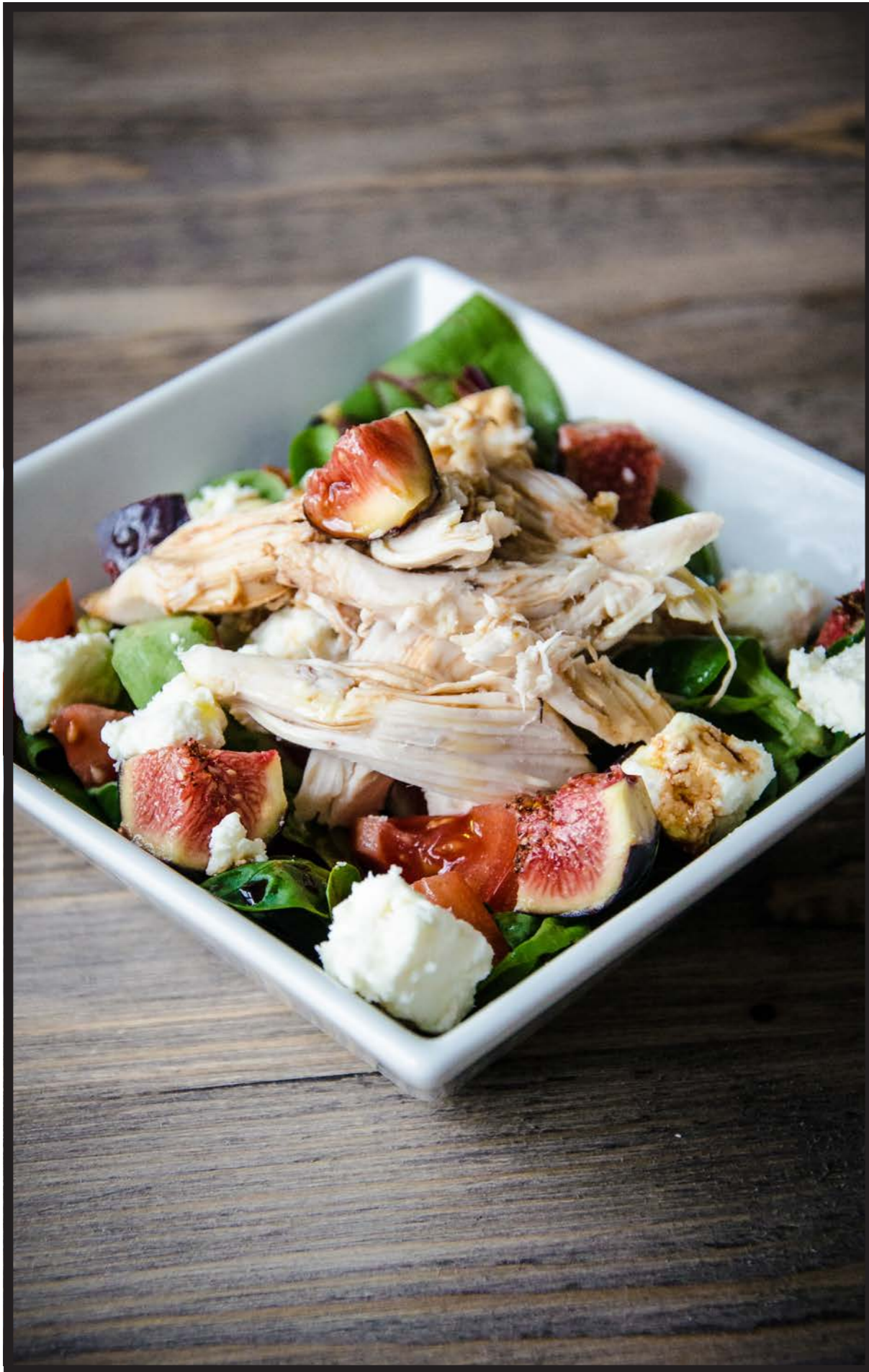
Cod Fishcakes

Ingredients

- 500g cod or other white fish
- 450g potato
- 2 tablespoons chopped fresh parsley
- 2 eggs, beaten
- Salt and pepper to taste

Method

- First, boil your potatoes until very soft; drain the liquid, then mash them!
- Preheat your oven to 200°C
- Pop your fish in a roasting dish for 10-15 minutes until cooked (the fish should still be soft).
- Remove from the oven and leave to cool.
- Discard any skin or bones.
- Put the fish, mashed potato, parsley and egg into a bowl and mix (be careful not to break up the fish too small).
- Add salt and pepper to taste.
- Create approximately 8 fish cakes - I roll the mix into a ball then flatten.
- Leave your fish cakes in the fridge to set for around one hour.
- Take a frying pan and a little coconut oil/ place the fishcakes in the pan on medium heat and cook each side for a good 8 minutes or until it turns golden brown.
- This recipe goes well with coleslaw and also with sweet potato or potato wedges.



Chicken Salad with Fig and Feta

Ingredients

- 250g cooked roast chicken meat
- Salad leaves (of your choice)
- 2 tomatoes, chopped
- $\frac{1}{3}$ cucumber, sliced
- 10 small cubes of feta cheese
- 2 figs, chopped
- Balsamic vinegar and olive oil to dress

Method

- Place some salad leaves in a bowl.
- Add your tomatoes, chopped figs and feta cheese.
- Add your chicken.
- Sprinkle with a little olive oil and balsamic vinegar.
- Toss or mix the salad, or just eat as is.
- Consider adding some chopped sweet potato, boiled eggs and other ingredients for variety.



Egg Pizza

(yes, egg pizza!)

Ingredients

- 1 teaspoon butter
- 3 eggs, beaten
- 5 cherry tomatoes, sliced in half
- 3 slices cooked chicken breast, chopped
- 6 black olives
- 1 ball buffalo Mozzarella, sliced (be careful if you have a dairy intolerance)
- Around ½ teaspoon dried basil
- Salt and pepper to taste

Method

- Place the butter in a deep frying pan on medium heat and let it melt.
- Add the eggs and basil.
- Cook until the eggs start to set at the bottom (around 3 minutes).
- Place the tomatoes, chicken, olives and Mozzarella evenly on top.
- Cover the pan and continue to cook until the eggs look cooked.
- Place the pan under a grill and cook for a further 5 minutes or until the cheese looks like it is browning.
- Season with salt and pepper to taste.
- Ideally served hot.



Prawn Stir Fry

Ingredients

- 220g large king prawns
- 1 red pepper, chopped in strips
- ½ red onion, chopped in strips
- 150g fresh spinach
- 2 garlic cloves, crushed
- Salt and pepper to taste
- 3 tablespoons tamari sauce (contains soy, so avoid if you have a soy allergy)

Method

- Heat some coconut oil in a wok or pan on high heat
- Add all ingredients except the spinach and tamari sauce.
- Stir for 4 minutes or until the onion, and peppers look cooked.
- Add the spinach and tamari and cooked until the spinach has wilted.
- Serve hot or cold.
- Note that you can use other vegetables in your stir-fry, including courgette/zucchini, broccoli, spring onion, thinly sliced carrot, mushroom and fine beans.



Dinner

Most of my clients tell me that of the main meals, they find dinner the easiest to prepare because they don't tend to have the same time constraints as they do during the day. I like to eat fish and seafood at night because the protein content of white fish is non-inflammatory when compared with red meat and poultry.

Why don't you try eating fish or seafood at night and compare your sleep and morning energy levels to those when you eat red meat or poultry. If you notice a difference either way, I recommend you

write it down and take note! Continue to test and reflect on the way you feel when you eat different foods – doing so can really help you learn about your own individual reactions to food.

I recommend you aim to eat your dinner no later than 19:30. This provides adequate time to digest your meal before you go to bed, which I suggest is 10-11pm, with 11pm being the latest. If you eat dinner too soon before bed, you may not properly digest your meal before going to bed. This may affect both your digestion and your sleep.



Lamb Casserole

Ingredients

- 2 sticks celery, chopped
- 2 onions, chopped
- 2 carrots, chopped
- 3 cloves garlic, crushed
- 3 sprigs of rosemary, leaves chopped (discard the stem)
- 500g diced lamb
- 500ml stock
- 2 heaped tablespoons tomato puree
- 1 x 400g tin organic chopped tomatoes
- Salt and pepper to taste

Method

- Place a little coconut oil in a large pan and heat at medium temperature.
- Gently fry your vegetables and rosemary for 5 minutes until they start to soften.
- Add your lamb and fry until it browns.
- Add the stock and tomato puree then bring to the boil.
- Turn down the heat and simmer for around 2.5 hours.
- You can remove the lid for the last hour to help the sauce thicken.
- Feel free to serve with some mashed potato or sweet potato.



Diced Venison Stew

Ingredients

- 800g diced venison
- Coconut oil
- 2 onions, peeled and chopped
- 3 carrots, peeled and chopped
- 2 celery sticks, chopped
- 1 swede, peeled and chopped
- ½ savoy cabbage, chopped
- 2 sprigs fresh rosemary, leaves picked off and chopped
- 6 sprigs flat leaf parsley, chopped
- 3 cloves garlic, peeled and minced
- 1 can organic chopped tomatoes
- 1 litre of stock or broth (from the recipes in this book)

Method

- Pop some coconut oil in a stew pan.
- On high heat, cook the venison for a minute until it browns.
- Add the onion, carrots and celery and cook for a few more minutes.
- Add the all other ingredients to the pan and give it a good stir.
- Once the mixture is bubbling and boiling, reduce the heat to low and simmer for a good 2.5 hours.
- You can take the lid off for the last hour to help thicken the stew.
- Season to taste.
- Serve hot and feel free to have the stew with potatoes, mash or sweet potato.

Coconut Fish Bake with Plaice and Sole

Ingredients

- 300g plaice
- 400g lemon sole
- 1 large onion, chopped
- 2 teaspoons garlic, minced
- 2 teaspoons ginger, minced
- 1 teaspoon green chilli, chopped fine
- 5 medium fresh tomatoes, chopped
- 2 courgettes, chopped



- 400ml coconut milk (from the recipe in this book)
- Large handful fresh coriander, chopped
- 2 tablespoons fresh lemon juice

Spice Mix

- 6 teaspoons ground coriander
- 2 teaspoons ground cumin
- ½ teaspoon ground black pepper
- 1½ teaspoons Himalayan sea salt
- ½ teaspoon turmeric
- ½ teaspoon ground fennel seeds

Method

- Preheat your oven to 200°C – you'll need it later.
- Add your onion, garlic, ginger and chilli to a pan, along with a little coconut oil.
- Fry gently for a few minutes.
- Add the tomatoes and mix until they turn soft.
- Add your spice mix and stir in until it forms a paste.
- Add the coconut milk, lemon juice, fresh coriander and courgettes.
- Simmer for 5 minutes.
- While it's simmering, place your fish in a roasting pan (spread a little coconut oil on the bottom of the pan to prevent your fish from sticking).
- It's great to do this in layers.
- You should have around 8 fish fillets, so lay down 4 of them initially.
- Then, pour half the vegetables and spice mix from your frying pan.
- Place the remaining fillets on top before pouring on the rest of the veg and spice mixture.
- Cook in the oven for 30 minutes or until the fish is cooked through. Serve hot.



Roasted Lemon Hake

Ingredients

- 4 hake fillets
- 2 sprigs rosemary
- 1 lemon, thinly sliced
- ¼ cup pitted black olives, cut in half

Method

- Preheat oven to 200°C.
- Melt a little coconut oil in a roasting dish.
- Place your fish in the dish and coat either side with the oil.
- Season your fish with salt and pepper.
- Lay half a rosemary sprig on top of each fish fillet
- Lay a couple of lemon slices on your fish.
- Take your olives and put them on top.
- Cook in the oven for 15 to 20 minutes or until the fish is cooked.
- Serve with potatoes, sweet potatoes, roasted veggies or salad.



Lamb Koftas

Ingredients

- 500g lamb mince
- 1 teaspoon ground cumin
- ½ teaspoon ginger
- 1 teaspoon ground coriander
- 2 teaspoon fresh coriander, chopped fine
- 2 large garlic cloves, minced
- 1 tablespoon mint (dried or fresh)
- 2 teaspoon paprika
- 1 red onion, finely chopped
- Salt and pepper

Method

- Using your hands, mix all the ingredients together in a bowl.
- Then if you have some metal skewers, place meat around the skewers to make a large fat sausage!
- If you don't have any skewers, simply roll the meat into sausage shapes.
- You should get about 5 or 6 sausages/skewers from the ingredients listed above.
- Place them on a grill pan.
- Place under the grill and cook for around 20 minutes, turning as needed until cooked through.
- The koftas go nicely with tzatziki (see the "Sides" section in this book)
- You can also serve with rice, potato wedges and/or salad.

Chicken Tikka Massala

Main Ingredients

- 8 chicken thighs (bones removed, chopped into small chunks)
- 6 tablespoon masala paste (recipe and method below)
- 2 cloves garlic, minced
- 300ml coconut milk (from recipe in this book)
- 150ml yoghurt (ideally full fat – this is optional and best avoided if you have dairy intolerance; feel free to try goat's milk yoghurt with this recipe).
- 2 handfuls shredded coconut

Masala Paste Ingredients

- 1 teaspoon cumin seeds or ground cumin
- 1 teaspoon coriander seeds or ground coriander seeds
- ½ teaspoon cayenne pepper (omit if too much spice causes digestive aggravation)
- 1 tablespoon smoked paprika
- 2 teaspoons garam masala
- 2 inch piece peeled fresh ginger
- 1½ teaspoons Himalayan sea salt
- 2 tablespoons tomato puree
- 1 fresh red chilli
- 1 small bunch fresh coriander
- 2 tablespoons shredded coconut
- A little water

Tikka Masala Paste Method

- Fry the cumin and coriander seeds in a dry frying pan for a minute.
- Grind with a mortar and pestle until you have a powder.
- Alternatively, just use powdered cumin and coriander seeds).
- Use Bamix or blender to mix the cumin and coriander with all the other ingredients.

Chicken Tikka Masala Method

- Add a little coconut oil to a deep pan and heat gently.
- Add the chicken and stir until it's cooked (it will turn white).
- Add the masala paste and stir for a few more minutes.
- Add the remaining ingredients and continue to simmer for around 25 minutes, or until the chicken is cooked.
- Serve hot with sag aloo and cauliflower rice (see recipes in "Sides" section)



Chicken and Leek Pot Pie

Ingredients

- 500g chicken, cut into small chunks (I like using boneless chicken thighs to get darker meat)
- 500g parsnip, peeled and cut into chunks
- 300g white potato, peeled and cut into chunks
- 4 leeks, trimmed and chopped
- Zest of 1 lemon
- 2 tablespoons fresh chopped flat leaf parsley
- 1 tablespoon wholegrain mustard (optional – some people have trouble with mustard)
- 200ml coconut milk (use the recipe from this book)

Method

- Preheat oven to 200°C
- Boil your parsnip and potato in water for about 15-20 minutes, or until tender.
- Drain the water away, then mash, adding a little salt and pepper.
- Set your mash aside for later.
- Fry the leeks in a pan with a little coconut oil.
- Add your chicken and fry until it whitens.
- Next, add the coconut milk, bring to the boil and turn down the heat
- Simmer for 10 minutes.

- Remove from the heat and stir in your lemon zest, parsley and mustard.
- You can either put this mixture in a roasting pan or 4 small oven dishes for separate servings.
- Spoon the mixture into your dishes and cover with your mashed potato and parsnip.
- Use a fork to spread the mash across, making sure there are no gaps at the dish edge (I like to make grooves in the mash to help it go crispy as it cooks).
- Place in your oven and bake in the oven for 25 minutes.
- Serve hot.





Moroccan Turkey

Ingredients

- 4 turkey breasts
- 1 can chopped plum tomatoes
- 1 onion, finely chopped
- 2 cups green beans, halved
- 3 garlic cloves, minced
- 1 tablespoon fresh ginger, finely chopped
- ½ teaspoon turmeric
- ½ teaspoon cinnamon
- 2 teaspoons paprika
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- ¼ teaspoon cayenne pepper
- 2 cups filtered water
- ½ cup fresh coriander, chopped
- 1 lemon, thinly sliced
- Juice from 1 lemon

Method

- Pop a little coconut oil in a large pan and heat gently.
- Add your onion, garlic and ginger so it cooks until slightly brown.
- Add your herbs and spices and stir for a further 2 minutes.
- Add all other ingredients and bring to the boil.
- Reduce the heat and simmer for 30 minutes.
- This dish goes wonderfully well with cauliflower rice.



Beef Bolognese

Ingredients

- 500g beef mince
- 1 onion, chopped
- 1 carrot, finely chopped
- 1 celery stick, finely chopped
- 3 cloves garlic, minced
- 400ml passata
- 6 tablespoons tomato puree
- 2 teaspoons basil
- 8 white mushrooms, chopped
- 1 red pepper, chopped

Method

- Pop a little coconut oil in a deep frying pan
- Fry the onion, carrot, celery and garlic for around 5 minutes.
- Add your beef mince and fry until all the beef turns brown.
- Next, add the tomato puree and passata, stirring well.
- Add your basil, mushrooms and pepper and simmer on low heat for 20 minutes.
- Season to taste with salt and pepper.
- Serve with chopped bean sprouts to substitute as spaghetti, or use some gluten-free

Beef and Beetroot Curry

Ingredients

- 500g lean beef (or stewing beef), cut into big chunks
- 2 onions, chopped
- 400ml stock
- 450g raw beetroot, stalks trimmed to 1cm
- 1 finger-length piece ginger, chopped
- 3 garlic cloves
- 1 whole red chilli, de-seeded and chopped
- Small bunch coriander, leaves and stalks chopped
- 6 cardamom pods
- 2 tablespoons tomato paste
- 2 tablespoons ground cumin
- 1 tablespoon ground coriander
- 2 teaspoons fennel seeds
- 2 teaspoons garam masala
- ¼ teaspoon ground cloves
- 2 teaspoons ground black pepper

Method

- Put your beetroot in a large pan and cover with boiling water (either boil the water in a pan, or in your kettle).
- Boil on high heat for 20 minutes or until the beetroot is tender.
- Remove from heat, rinse with cold water and leave to cool.

- Wear some rubber gloves and scrape off the beetroot skin.
- Chop the beets into large chunks.
- Set aside two thirds for later.
- Put the remaining beetroot in a food processor/blender with the ginger, garlic, chilli, coriander, cardamom, tomato paste, cumin, fennel seeds, garam masala, cloves and black pepper.
- Whizz it into to a paste and set aside.
- Fry your beef chunks and onion in a large deep frying pan with a little coconut oil and stir until the beef browns (around 5 minutes).
- Add your spice paste and cook for 5 minutes until nice and fragrant.
- Add the stock and bring to a simmer.
- Put the lid on and simmer for 2 hours.
- Season with salt to taste.
- Sprinkle with a few fresh coriander leaves.
- This dish goes nicely with sag aloo and cauliflower rice.





Sides

These sides can be made in bulk, enabling you to dip into them as an accompaniment to any main meal or snack. It's best not to eat them on their own as they tend to be carbohydrate-based with not so much protein.



Coleslaw

Ingredients

- ½ red cabbage, thinly sliced
- ½ green cabbage, thinly sliced
- 2 medium carrots, peeled and grated
- 2 apples, peeled and grated
- Zest of ½ lemon
- ¼ cup olive oil
- ¼ cup lemon juice
- 2 tablespoons balsamic vinegar
- Salt and pepper

Method

- Add all ingredients into a large bowl and mix well.
- I recommend you eat coleslaw in relatively small quantities as raw vegetables can sometimes be tough to digest.

Roasted Vegetables

Ingredients

- 2 red peppers, cored, de-seeded and chopped
- 6 tomatoes, quartered
- 2 courgettes, chopped
- 1 red onion, chopped

Method

- Preheat oven to 200°C.
- Pop a little coconut oil into a roasting dish and heat it until it melts.
- Spread the oil around the bottom of the dish.
- Take the dish out of the oven, add all your veggies and give them a good mix around.
- Season with a little salt and pepper.
- Cook in the oven for 40 minutes or until cooked to your liking.
- Serve hot or save for later.





Roasted Root Vegetables

Ingredients

- 2 parsnips, peeled and chopped into large chunks
- 4 beetroots, peeled and quartered
- ½ large butternut squash, peeled and chopped into large chunks
- ½ swede, peeled and chopped into large chunks

Method

- Preheat your oven to 200°C.
- Place a roasting dish in the oven with a little coconut oil inside and heat until oil melts.
- Take the dish out the oven and add all ingredients and give it a good mix around. Season with a little salt and pepper.
- Cook in the oven for around 40 minutes or until cooked to your liking.
- Serve hot.

Mashed Vegetables

Ingredients

- Any root vegetables of your choice: parsnips, potatoes, sweet potatoes, carrots, swede and so on, including combinations!

Method

- Peel and chop your veggies.
- Place in a pan and cover with boiled water.
- Boil the veg for a good 20 minutes or until a knife goes straight through with ease.
- Once cooked, remove from the heat and drain away the liquid.
- Mash using a veggie masher.
- Season with salt and pepper.
- You can add a little organic butter or coconut milk if you like the mash a little smoother, but I recommend you add ½-1 tablespoon at a time.





Sweet Potato Wedges

Ingredients

- 5 medium sized sweet potatoes, washed.
- Herbs and spices to taste (cayenne pepper, black pepper, etc.)

Method

- Chopped your sweet potatoes lengthways then cut into wedge pieces.
- Preheat your oven to 200°C.
- Place a roasting dish in the oven with a little coconut oil inside and heat until the oil melts.
- Remove the dish from the oven, add the wedges and mix around so they are covered in coconut oil.
- Season with a little salt and pepper, or spices of your choice.
- Place in your oven for around 45 minutes or until the veggies are cooked to your liking.
- Serve hot.



Butternut Squash Sage Mash

Ingredients:

- 3 tablespoons butter
- 10 fresh sage leaves, chopped
- 1 butternut squash, peeled, de-seeded and cut into small chunks
- Pinch of chilli flakes
- 6 tablespoons coconut milk (from the recipe in this book)
- Salt and pepper to taste

Method

- Melt the butter in a deep frying pan.
- Add sage and cook for 2 minutes.
- Add your butternut squash and chilli flakes
- Cook with the lid on for 15-20 minutes, or until the squash is tender.
- Stir occasionally to prevent sticking.
- Remove from the heat and mash everything together using a fork or masher.
- Stir in the coconut milk and mix well.
- Season to taste with salt and pepper.
- Serve hot.



Cauliflower Rice

Ingredients

- 1 whole cauliflower, grated (leaves and core removed)
- 2 teaspoons mustard seeds
- Coconut oil

Method

- Heat a little coconut oil in a deep frying pan, add the mustard seeds and fry for 2 minutes.
- Add the cauliflower and cook for 10 minutes or until soft, stirring occasionally.
- Great served with curries.

Easy Tomatoes and Mozzarella

Ingredients

- Cherry tomatoes
- A fresh ball of buffalo Mozzarella
- Fresh basil leaves
- You'll also need some wooden cocktail sticks

Method

- Chop your Mozzarella into small cubes and cut your cherry tomatoes in half (be sure to use a sharp knife).
- Place a basil leaf on a cocktail stick, then add a cube of Mozzarella
- Finally, add half a cherry tomato so the flat side is at the bottom, enabling it to stand up on its end.
- Serve chilled and keep in the fridge.
- Be careful not to stab your finger on the end of the cocktail sticks.
- This little recipe is great to have with cooked meats, or as a snack.





Sag Aloo

(Spinach Potatoes)

Ingredients

- 1 onion, finely chopped
- 3 garlic cloves, minced
- 1 tablespoon chopped fresh ginger
- 500g potato, cut into 2cm chunks
- 1 red chilli, de-seeded and finely chopped
- ½ teaspoon mustard seed
- ½ teaspoon cumin Seeds
- ½ teaspoon turmeric
- ½ teaspoon ground coriander
- Salt and pepper
- 250g fresh spinach leaves

Method

- Put a little coconut oil in a large pan and heat.
- Add your onion, garlic and ginger and gently fry for 3 minutes.
- Stir in the potatoes, chilli, spices and seasoning.
- Continue stirring for 5 minutes.
- Add a splash of water to the pan and leave covered on low-medium heat for 15 minutes, or until the potatoes are cooked (check by seeing how easily a knife cuts through - it should just slide through).
- Add your spinach and cook until it wilts (around 5 minutes).
- Remove from heat and serve.
- This dish goes really well with chicken tikka masala.



Snacks

*When snacking, it's important to combine a little protein with some carbohydrate. This will help you keep your blood sugar level stable between meals. See my ideas for combining different snack foods in *The H. Pylori Diet*. The original book also includes some additional simple snack ideas.*



Plantain Chips

Ingredients

- 2 green plantains
- 2 tablespoons melted coconut oil
- ½ teaspoon chilli powder
- ½ teaspoon ground cumin
- ⅛ teaspoon cayenne pepper
- Sea salt to taste

Method

- Remove the skin from your plantains and slice thinly (thinner = crispier!)
- Preheat oven to 200°C.
- Mix your sliced plantain in a bowl with the other ingredients.
- Place the plantain chips on a baking sheet without them overlapping.
- Pop the baking sheet on top of an oven shelf.
- Cook for around 15 minutes, turning the chips after 8 minutes.
- Keep an eye on them and make sure they don't burn.
- Store in an airtight container.
- Can be eaten hot or cold.



Sweet Potato Chips

Ingredients

- 2 medium sweet potatoes
- 1 tablespoon coconut oil
- ½ teaspoon sea salt

Method

- Slice your sweet potatoes into 1/8 inch thick slices.
- Preheat your oven to 210°C.
- Pop the sweet potato slices into a bowl and mix with the melted coconut oil until all the slices are covered.
- Place the chips individually onto a baking sheet – it's best if they don't touch.
- Bake in the oven for 25 minutes turning them around half way through cooking.
- Cook until the edges are looking crisp.
- Remove from the oven and season with salt if desired.
- Eat warm or cold.



Tzatziki Dip

Ingredients

- 150g high quality, live yoghurt (ideally full fat – it's best to avoid this recipe if you have problems with cow's milk, or use goat's milk)
- ½ cucumber (peeled, cut lengthways, de-seeded and grated)
- 3 garlic cloves, crushed
- 1 tablespoon olive oil
- 1 teaspoon lemon juice
- 1 teaspoon fresh mint, chopped
- Salt and pepper to taste

Method

- Put all ingredients into a large bowl and mix together.
- Store in the fridge in an airtight container.
- I think the tzatsiki tastes slightly better once the ingredients have combined overnight.
- Serve with raw veg sticks - carrots, celery and cucumber, for example.



Devilled Eggs and Avocado

Ingredients

- 4 large free-range organic eggs
- 1 medium avocado
- 1 teaspoon Lemon juice
- Sprinkle paprika
- Salt and Pepper to season

Method

- Hard-boil your eggs - it usually takes around 10 minutes.
- Peel the shells away once cooked and cut your eggs in half, length ways.
- Spoon out the yolks into a bowl and add the avocado and lemon juice into the same bowl.
- Mash everything in the bowl nicely together.
- Refill the eggs with the mixture.
- Season with salt and pepper and sprinkle paprika on the top.
- You can add other spices – cumin, turmeric, cayenne – to taste.



Easy Tomato Soup

Ingredients

- 4 cans chopped tomatoes
- 2 cups chicken stock (from the recipe in this book)
- 14 Fresh basil leaves
- 1 cup coconut milk (from the recipe in this book)
- 1 tablespoon butter or goat's butter
- 2 tablespoons coconut butter (optional)
- Salt and pepper to taste

Method

- Put all the ingredients in a pan and bring to the boil whilst stirring.
- Using a hand blender, mix ingredients together in the pan until smooth (you can also do this in small batches in a food processor).
- Simmer for 10 minutes.
- Season with salt and pepper to taste.
- Serve hot.



Liver Pate

Ingredients

- 450g calf liver, chopped
- ½ onion, finely chopped
- 2 large carrots, peeled and chopped
- 100g butter
- 1 long sprig fresh rosemary, leaves only
- 3 sprigs fresh thyme, leaves only

Method

- Add the butter to a deep frying pan and put on medium to high heat.
- Add your onions and carrots and cook until they soften.
- Add the liver and herbs and cook until the liver is cooked all the way through.
- Put everything in a food processor and process until smooth.
- Store in an airtight container in the fridge.
- Serve cold with vegetable sticks.



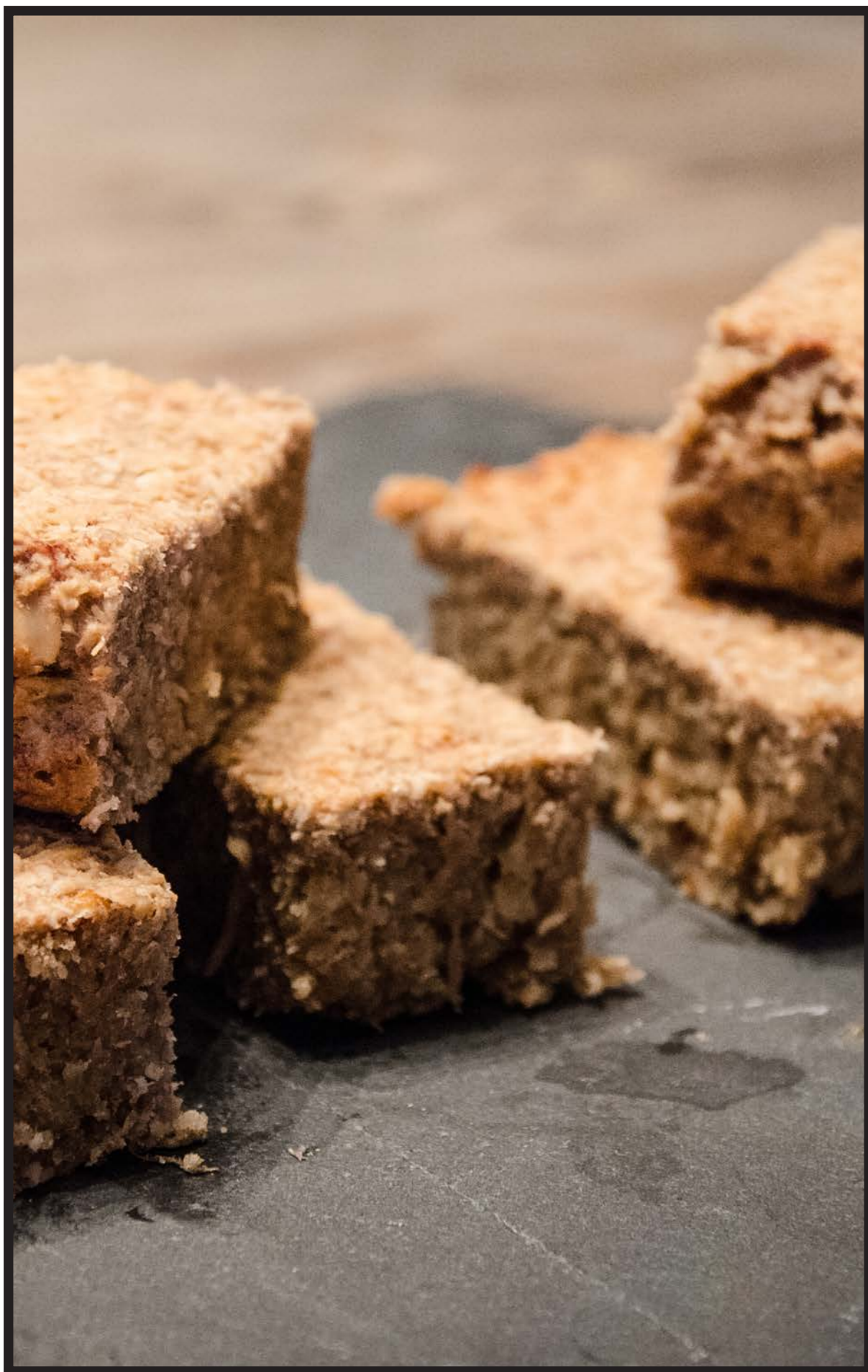
Beef Jerky

Ingredients

- 700g lean beef, fat cut off and cut into thin pieces
- 1 tablespoon ground onion powder
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 2 teaspoons mixed herbs

Method

- Mix your herbs and salt together.
- Lay your beef strips on a chopping board.
- Sprinkle with half the herb mixture and beat the meat with a mallet or rolling pin.
- Flip your meat over and repeat the process.
- Place the meat strips individually on a baking sheet.
- Place in the oven on its lowest temperature (usually 50°C).
- Let the beef dry in the oven for up to 16 hours (turn the strips half way through).
- Ovens vary in their cooking time, so keep an eye on the meat and stop cooking if it looks dry - you can open the door to check on them often as it helps let the moisture out of the oven.
- Store in an airtight container - the jerky will keep for months.



Flapjacks

Ingredients

- 300g gluten free oats (check the packet label and make sure they're gluten free!)
- 3 ripe bananas, peeled
- 80ml coconut oil, melted
- 40ml honey
- 1 teaspoon cinnamon
- 1 teaspoon ground ginger

Method

- Preheat your oven to 180°C.
- Line a small roasting dish with baking paper and warm it in the oven.
- Mash your bananas in a bowl and then mix in the oats, honey, coconut oil and spices.
- Pour the mixture into the roasting dish and spread it flat using a fork or spatula.
- Bake in the oven for 20-25 minutes or until the top of the mixture is slightly browned.
- Remove from the oven, leave to cool and then cut into rectangles.
- Store in an airtight container in your fridge.

Butternut Squash Dip

Ingredients

- 1 butternut squash, peeled and quartered lengthways
- 4 garlic cloves, unpeeled
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon pepper
- $\frac{1}{2}$ teaspoon ground nutmeg
- $\frac{1}{4}$ teaspoon cayenne pepper

Method

- Preheat your oven to 200°C.
- Add some coconut oil to a roasting dish and place in the oven for a few minutes to melt the oil.
- Place the butternut squash and garlic cloves into the dish.
- Cook in the oven for 45 minutes or until tender.
- Once cooked, put the butternut squash in a food processor with the salt and spices.
- Squeeze the soft garlic into the food processor as well, discarding the skin.
- Process/blend until smooth.
- Serve with vegetable sticks - carrot, celery and cucumber, for example.





Desserts

Believe it or not, you can create super gut-healthy desserts that tickle your taste buds and satisfy your sweet tooth. Just be careful to eat them in moderate amounts so as not to overload your digestive system after a meal!



Chocolate Bark

Ingredients

- 100g dark chocolate (70% cacao or more) broken into pieces
- ½ cup coconut oil
- 2 handfuls shredded coconut
- ½ teaspoon Himalayan sea salt

Method

- Place an empty glass dish over a pan with boiling water in.
- Add the chocolate and coconut oil and mix around until it has melted.
- Add the rest of the ingredients and give it a good mix.
- Place mixture into a dish lined with parchment paper.
- Leave to set in the fridge for 1-2 hours. Keep in the fridge.



Grilled Peaches/ Nectarines

Ingredients

- 4 peaches or nectarines
- Cinnamon
- Coconut oil

Method

- Cut the fruit in half and twist to pull apart from the large central seed (remove the seed, of course!)
- You will now have two fruit halves.
- Wipe the fruits with some melted coconut oil and sprinkle with cinnamon.
- Place them under the grill and cook for around 4 minutes per side.
- Goes fantastically well with easy fruit ice cream.



Coconut Fruit Salad

Ingredients

- 1 cup pineapple, chopped (use only the soft part of the fruit round the outside)
- 1 cup melon, chopped
- 3 apples, peeled, cored and chopped
- 2 kiwi's, peeled and chopped
- 2 tablespoons lemon juice
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg
- 2 handfuls shredded coconut
- Sprinkle of coconut flakes

Method

- Place all ingredients except the coconut flakes in a large bowl and mix well until the spices look evenly spread.
- Sprinkle with coconut flakes on top.
- Keep in the fridge.



Hibiscus Flower and Orange Jelly

Ingredients

- 3 cups filtered water
- 6 tablespoons dried hibiscus flower
- Juice from 1 orange
- 6 tablespoons Great Lakes gelatin (orange can)
- Zest from ½ orange
- 2 tablespoons honey

Method

- Heat the water in a pan until just below boiling.
- Add the hibiscus flower and orange zest and let it stew for 5 minutes until the water turns a deep red.
- Strain out the hibiscus flower and zest, keeping the water.
- Put this liquid back in the pan and on a low heat, add your orange juice, honey and gelatin.
- Keep mixing until the gelatin dissolves, which can take a short while.
- Pour the liquid through a strainer and into a jelly mould.
- Pop it the in the fridge to set for 2 hours.



Berry Terrine

Ingredients

- 150g raspberries
- 150g blackberries
- 3 cups strawberries, quartered
- 1 orange, peeled and chopped
- Hibiscus flower and orange jelly mix (before it has been set)

Method

- Line the sides of a loaf pan with a baking sheet.
- Layer your fruit in the pan: first layer raspberries, second layer blackberries finishing with the strawberries and oranges on top.
- Pour in your jelly mixture, making sure the fruit is completely covered.
- Place in the fridge for 2 hours and allow it to set.
- Try making the terrine with a range of different fruits.
- This goes great with easy fruit ice cream.

Strawberry and Sharon Fruit Ice-pops

Ingredients

- 2 Sharon fruit (persimmon), leaves and stem removed
- 6 large strawberries
- 200ml coconut milk (using the recipe in this book)
- 2 tablespoons coconut butter (using the recipe in this book, or store bought)

Method

- Place all ingredients into a food processor/blender.
- Blend until smooth.
- Place the mixture evenly into ice pop moulds.
- Leave to set in the freezer for a few hours.
- You can make the ice-pops with a range of different fruits.





Cinnamon Apples

Ingredients

- 3 apples (variety of your choice), peeled and chopped
- 1 teaspoon cinnamon
- ½ teaspoon ground nutmeg

Method

- Pop the ingredients in a pan.
- Add a splash of water and place on a low-medium heat with the lid on.
- Cook for 30 minutes, stirring occasionally.
- Serve hot or pop in the fridge for later.
- Cinnamon apples go great with easy fruit ice cream.



Coconut Butter Fruit Bars

Ingredients

- 2 cups coconut butter (recipe here)
- 2 cups fruit (I used raspberries and strawberries)
- ½ cup honey
- ½ teaspoon vanilla extract
- Raw Cacao flakes or nibs to sprinkle on top

Method

- Melt the coconut butter in a pan on a medium heat.
- Place the melted coconut butter into a food processor with your fruit, honey and vanilla extract.
- Process until smooth.
- Pour the mixture into a small roasting pan lined with baking paper
- Use a spatula or wooden spoon to smooth out the mixture.
- Sprinkle the raw cacao on top.
- Place in the fridge to set for 1 hour.
- Once set, you can cut the mixture into shapes.
- Keep in an airtight container in the fridge.



Gummy Sweets

Ingredients

- $\frac{2}{3}$ cup fresh fruit of your choice
- $\frac{3}{4}$ cup water
- $\frac{1}{3}$ cup Great Lakes non-hydrolysed gelatin (orange can)
- 2 tablespoons high quality, raw honey

Method

- Heat the water and gelatin in a small pan until the gelatin dissolves.
- Transfer this mixture into a blender/food processor and add the remaining ingredients.
- Blend until smooth.
- Pour into moulds or a dish lined with a baking sheet.
- Leave to set in the fridge for 2 hours.
- Use cookie cutters or a knife to divide the mixture into small bite-sized pieces.

Easy Fruit Ice Cream

Ingredients

- 2 peeled bananas, cut into slices and frozen
- 3 tablespoons coconut milk (from the recipe in this book)

Method

- Pop the bananas and coconut milk in a blender and blend thoroughly.
- You can let the fruit thaw slightly to make for easier blending.
- Try with a range of different frozen fruit – bananas and cherries are particular favourites of mine.





Sample Meal Plans & Shopping Lists

I hope the following meal plans and shopping lists help you pull together and organize the recipes in this book. They're not set in stone, and you may need to do a little experimentation with your shopping lists. Don't forget to include some of the simple ideas included in the original H. Pylori Diet book too.

Sample Meal Plan #1

	Day 1	Day 2	Day 3
Breakfast	Quinoa porridge	Egg muffins	Yoghurt & fruit
Lunch	Chicken Korma soup	Cod fishcakes	Egg pizza
Dinner	Roasted lemon hake & mashed veg	Lamb casserole & cauliflower rice	Beef & beetroot curry
Optional Dessert	Coconut fruit salad	Hibiscus flower jelly	Easy fruit ice cream

What to prepare:

- ✓ 300ml coconut milk
- ✓ 70g coconut butter
- ✓ 600ml chicken stock
- ✓ 900ml beef/bone broth

Not including ingredients for coconut milk, coconut butter, chicken stock and bone broth, here is your shopping list for this 3-day meal plan #1.

Note: the amount of food here will most likely last longer than 3 days.

Bag of quinoa	1 red chilli pepper	Tomato puree
12 organic eggs	Bunch fresh parsley	1 fresh vanilla pod
Live cultured yoghurt	Bunch fresh rosemary	Shredded coconut
Butter	Bunch fresh coriander	Coconut flakes
1 ball Mozzarella	1 pack strawberries	Honey
1 red pepper	1 pack raspberries	Ground cinnamon
1 red onion	1 pineapple	Nutmeg
5 onions	2 bananas	Turmeric
3 leeks	1 melon	Cumin
3 carrots	1 orange	Coriander
1 swede	3 apples	Fennel seeds
1 parsnip	2 kiwis	Mustard seeds
Bunch of celery	2 lemons	Garam masala
450g potatoes	1 whole chicken	Cloves
450g raw beetroot	250g minced beef/lamb	Basil
1 Cauliflower	500g lean beef	Cardamom pods
Cherry tomatoes	500g cod	Sage
Black olives	4 hake fillets	Hibiscus flowers
1 bulb garlic	500g diced lamb	Collagen hydrosylate powder
Fresh ginger root	1 can organic chopped tomatoes	Coconut oil

Sample Meal Plan #2

	Day 1	Day 2	Day 3
Breakfast	Lamb burgers	Overnight oats	Spanish omelette
Lunch	Sweet potato & coconut milk soup	Lamb fajitas	Chicken salad with figs and feta
Dinner	Chicken & leek pot pie	Coconut fish bake & bamboo rice	Diced venison stew
Optional Dessert	Grilled peaches	Berry terrine	Coconut butter fruit bars

What to prepare:

- ✓ 1.2 litres coconut milk
- ✓ 2 cups coconut butter
- ✓ 1.2 litres chicken stock
- ✓ 1 litre beef/lamb/bone stock

Not including ingredients for coconut milk, coconut butter, chicken stock and bone meat stock/broth, here is your shopping list for this 3-day meal plan #2.

Note: the amount of food here will most likely last longer than 3 days.

1 red onion	Bunch fresh coriander	Butter tomato puree
7 onions	Bunch fresh thyme	Coriander
5 leeks	3 packs of strawberries	Cumin
1 swede	2 pack raspberries	Turmeric
Savoy cabbage	1 pack blackberries	Fennel seeds
2 red peppers	1 pack of blueberries	Ground onion
2 courgettes / zucchini	4 peaches/nectarine	Mint mixed herbs
5 carrots	1 punnet figs	Cinnamon
4 brown mushrooms	1 lime	Vanilla extract
1 iceberg lettuce	2 lemons	Raw cacao nibs/flakes
Salad leaves	2 oranges	Dried hibiscus flowers *
11 tomatoes	500g minced lamb	Bag of gluten free oats
1 bunch celery	4 boneless lamb neck fillets	160g white rice
1 avocado	700g lean beef	Wholegrain mustard
650g golden potatoes	800g diced venison	70g bamboo shoots (can)
600g sweet potatoes	450g lamb or calf liver	Balsamic vinegar
500g parsnip	1 whole chicken	Olive oil
1 bulb garlic	300g plaice	Honey
1 lemongrass stalk	400g lemon sole	Collagen hydrosylate powder
2 inch fresh ginger	8 Free range organic eggs	Coconut oil
1 red chilli	500g boneless chicken thighs	
1 green chilli	150ml sour cream	
2 bunches fresh rosemary	Feta cheese	
1 bunch flat leaf parsley	1 can chopped tomatoes	

		* Available online

Sample Meal Plan #3

	Day 1	Day 2	Day 3
Breakfast	Omelette	Chicken Mince Mushrooms	Gelatin Smoothie
Lunch	Prawn Stir Fry	Beetroot and Feta Soup	Cod in Parsley Sauce
Dinner	Lamb Kofta with grated carrot and Tzatziki	Chicken Tikka Mas- sala and Sag Aloo	Bolognaise with Sweet Potato Wedges
Snacks	Flapjacks	Devilled Eggs	Bone Broth
Optional Dessert	Chocolate Bark	Cinnamon Apples	Gummy Sweets

What to prepare:

- ✓ 1.2 litres coconut milk
- ✓ 2 cups coconut butter
- ✓ 1.2 litres chicken stock
- ✓ 1 litre beef/lamb/bone stock

Not including ingredients for coconut milk, coconut butter, chicken stock and bone meat stock/broth, here is your shopping list for this 3-day meal plan #2.

Note: the amount of food here will most likely last longer than 3 days.

7 free range eggs Butter Feta cheese 300g liver cultured yoghurt 5 onions 3 red onions 2 bulbs garlic 3 inches fresh ginger root 2 red chillis 4 carrots 1 bunch celery 1 whole cucumber 300g tomatoes 3 red peppers 1 avocado 4 large mushrooms 8 white mushrooms 500g potato 5 medium sweet potatoes 440g fresh beetroot 400g fresh spinach 2 bunches fresh parsley Bunch fresh thyme Large bunch fresh coriander	Bunch fresh mint 1 kiwi 2 lemons 3 ripe bananas 3 apples 1 punnet strawberries 1 mango 300g chicken mince 8 boneless chicken thighs 500g lamb mince 500g beef mince 220g large king prawns 400g cod 1 bag frozen cherries 1 can plum tomatoes Tomato puree 400ml pasata Tamari sauce Cumin Ginger Coriander Mint Cinnamon Nutmeg	Ginger Mustard seeds Cumin seeds Coriander seeds Cayenne pepper Turmeric Basil Smoked paprika Garam masala Apple cider vinegar Shredded coconut Coconut flakes 300g gluten free oats Honey 100g dark chocolate Olive oil Collagen hydrosylate powder Coconut oil
--	---	---

Shopping and Food Preparation Tips

Busy, modern lifestyles are probably the number one reason why folk find it tough to implement a healthy eating plan. But implementing the recommendations in [The H. Pylori Diet](#) and enjoying the recipes in this book doesn't need to be complicated. Here are some simple tips to help you get the most out of this cookbook.

Cook in Large Batches

Go out of your way to cook *too much food!* Cooking large batches of food or meals will ensure that you have food left over for the next day, or for freezing and use at a later date.

Use Leftovers!

You'll notice that a significant number of the recipes in this book lend themselves to be prepared in excess and used as leftovers. Almost anything you cook can be stored and used to make a meal later the same day, or the next day. As mentioned above, you can also freeze the food you cook for future use if the batch is large enough.

Eat Simple, Raw Food if Rushed

Eating raw foods such as salads cuts down preparation time. Foods that can be eaten raw include vegetables such as celery, carrots, tomatoes, onion, scallion/spring onion, olives, berries, bananas and other fruit. By combining these ingredients with pre-cooked meats you can throw together a meal in 5 minutes flat! The trick is to make sure you have everything in your refrigerator.

Prepare Tomorrow's Meals Today

When you are at work and lunch comes round you might have a hard time finding good quality food on the high street. At the time of writing, I live in London and if I don't prepare my lunch the day or night before, I can struggle to find healthy options.

Most of the available options in the city canteens, stores and cafes contain processed food, bread, cheese, low quality vegetables and

are generally not particularly appetising. It is generally cheaper, less stressful and healthier to pick up your lunch from the refrigerator before you leave home rather than making it in the morning.

Again, you may use leftovers from previous meals or prepare a healthy salad that will only take around 5-10min to put together the night before.

Know Your Dinner Before You Leave The House!

If you leave your house in the morning knowing what you are having for dinner that night you will feel more relaxed about time. I recommend you:

- Cook something that is already in the refrigerator on your return (i.e. you don't need to worry about buying it that day or evening).
- Heat up leftovers.
- Pull something out of the freezer before you leave home.

Being organised and planning ahead ensures that you will not need to fall back on unhealthy convenience or junk food, microwave meals or takeaways.

Know What You're Buying

If you plan your meals ahead, you will know exactly what you need to buy when you go grocery shopping. Use the shopping lists provided a few pages back. Knowing what you're buying helps you minimize wasting food and money. I recommend you shop twice per week – once every 3-4 days.

Hire Some Help!

If you are financially able, you may like to hire someone to take away some of the stress and strain of cooking. I personally have someone help me by doing some shopping and preparing some of my meals. This enables me to get on with doing what I love, which is researching, writing and teaching people how to be healthy!



Your Eating Habits

Healing your digestive system isn't just about the foods you avoid and the ones you eat. Efficient digestive function also relies on eating your foods properly! Whilst this may sound a little patronising, it's something that tends to receive little attention.

Digestion actually begins with your senses and in your brain. When you see, smell, touch and taste food, or even when you hear it cooking, your brain sends signals to your digestive glands and organs, preparing your body to receive food.

Saliva is secreted by your parotid glands, your stomach begins to secrete acid, intrinsic factor and enzymes, your pancreas and gallbladder prepare to squirt out enzymes and bile, and blood flow is diverted into your gut to make sure energy is available for you to receive, digest and absorb your food.

Various modern eating habits can suppress digestive function. If you're stuck in some of these habits, the likelihood is that you probably won't digest your food properly irrespective of how perfect your diet is. So what are some of these habits?

Eat slowly and mindfully...

First, I recommend you go out of your way to make time to sit down and eat properly. Ask yourself whether you make time to sit down and eat, or whether you tend to eat on the hop or on the run:

- Do you multitask while eating, by continuing to work, read or watch TV?
- Do you rush around in the morning and run out of the house with a piece of toast in your mouth?

- Do you unwrap packaged food and eat it without fully savouring its touch, smell and taste?
- Do you relegate eating to where its priority falls below other activities you deem to be important?

If you do any of these things, it's worthwhile considering the impact of your habits on the health of your digestive system.

Chew your food...

Second, if you are gobbling up your food without it touching the sides, you're dumping large pieces of food into your stomach rather than a proper mixture of food and saliva.

Saliva contains enzymes that begin digesting carbohydrates and fats, but if you don't chew thoroughly the enzymes won't have a chance to do their job, thereby placing more strain on your pancreas and gallbladder later in the digestive process.

If you swallow large, un-chewed chunks of food, they dump into your stomach as solids rather than a liquid mixture. Stomach enzymes and protein-digesting enzymes don't have as much surface area to work on, which may reduce your digestive efficiency considerably, leading to any number of digestive symptoms.

I recommend you chew your food 20-30 times per mouthful in order to ensure your digestive process is optimised and to take advantage of all that great food you're now eating!

Eat at the same time each day...

I've worked with many clients whose eating patterns were all over the place. They'd eat at completely different times each day and had no consistency in eating habits at all. It's important to realise that your body loves rhythm.

Your neurological, endocrine (hormonal) detoxification and immune functions are heavily tied to natural Earth rhythms such as the light and dark cycles of day and night, and so is digestion.

If you can settle into regular eating habits in which you have your meals and snacks at *roughly* the same time each day – including weekends – you may well find that your digestive function improves significantly, and relatively quickly.

Optimise your sleep habits...

Insomnia, disrupted sleep and digestive symptoms often go hand-in-hand. Digestive symptoms such as heartburn can disrupt sleep, and poor sleep patterns can cause digestive problems. Notably, chronic sleep deprivation is associated with serious digestive diseases such as colon cancer.

If you take care to optimise your sleep habits, your 24-hour daily or circadian rhythms will most likely improve, leading to improved digestive function. I recommend you aim to go to bed between 10-11pm and rise at 6-7am, including weekends. This may take some getting used, but the rewards are well worth the effort.

Some people do very well when they have a snack before bed, whereas some don't. If you know you have a hard time with blood sugar regulation, or you consistently wake at around 1-2am, you will likely do well eating a small protein and carbohydrate snack before bed.

Eat frequently...

Many people with digestive symptoms do well when they eat smaller meals, more frequently. This brings two main benefits. First, it helps to stabilise blood sugar, and second, it reduces stress and strain from the digestive process.

Interestingly, I've observed that some people's digestive symptoms worsen when blood sugar drops too low. Low blood sugar can result from:

- Skipping meals
- Leaving long gaps between meals and snacks greater than 3 or 4 hours, depending on the person)
- Eating carbohydrate, fat and protein out of proportion for individual requirements

- Underactive thyroid
- Adrenal fatigue
- Liver issues

It's useful to know what happens when your blood sugar dips too low. Your adrenal glands are called upon to release stress hormones cortisol and adrenaline. These hormones do two things:

- First, they tell your liver to release stored up glucose (glycogen) to raise your blood sugar level.
- Second, they trigger the breakdown of muscle and gut tissue. The proteins released from your lean tissue during this process are sent to your liver to be converted into glucose (sugar) and sent out into your bloodstream.

If your blood sugar drops too low, you can feel edgy, anxious, irritable, lightheaded, and tired. As mentioned above, you might also find that your digestive symptoms worsen, which is not at all surprising when you consider that your stress hormones are initiating destruction of your gut tissue!

Blood sugar fluctuations can affect any and every function in your body. They can lead to digestive problems, headaches, mood changes, hormone imbalances, adrenal and thyroid problems, chronic inflammation, aches and pains.

From a behavioural perspective, the best way to optimise blood sugar is to focus on eating protein, carbohydrate and a little additional fat at each meal. You can achieve this by using the recipes and meal ideas in this book.

It can also be extremely helpful to eat smaller portions more frequently so your blood sugar levels don't fall too low. Of course, eating smaller portions also helps to reduce stress on your digestive system.

Uncovering Hidden Reasons Why You May Not Feel Well

As I mentioned earlier in this book, improving the quality of your diet and eating habits, and even removing *H. pylori*, may not be enough for you to overcome your symptoms. It is therefore wise to consider running tests to determine what's causing *your* individual symptoms.

To recap, the scientific literature, along with my clinical experience, shows that digestive symptoms can be the result of many factors, including:

- Foods and food sensitivities
- Poor eating habits
- *H. pylori*
- Small intestinal bacterial overgrowth (SIBO)
- *Candida* overgrowth (and other types of fungi and mould)
- Parasites such as *Giardia*, *Blastocystis hominis* and *Cryptosporidium*
- Low or imbalanced friendly bacteria levels
- Low stomach acid
- Insufficient pancreatic and gallbladder function
- Stress (in all its forms)
- Chemical imbalances such as low magnesium, low thyroid hormone levels and imbalanced neurotransmitter levels, notably serotonin

Please consider taking advantage of lab tests if you do not experience improvements by changing your diet, eating habits and eliminating *H. pylori*. You might even like to run a test sooner to make sure you do not head off in the wrong direction from the start.

As you now realize, you can have a range of symptoms but still be told you are normal by your doctor following a battery of medical tests. Blood tests, endoscopies, stool tests and others run by your doctor may not find anything out of the ordinary despite you feeling awful. In fact, there are major limitations to these tests.

This is where [functional medicine](#) can be very helpful. I hired a functional medicine doctor when I was unwell in 2007 and without him I may never have found my *H. pylori*, parasite infection and intestinal mould overgrowth.

I then studied functional medicine in depth to create my own healing and rejuvenation system, known as [The Hompes Method](#), which I now teach to doctors, osteopaths, nutritionists, chiropractors and other health professionals.

It frustrates me that more people don't know about the range of home tests that are available to help uncover the real reasons for symptom and sickness. We have run thousands of these tests with people around the world to help end their confusion and frustration.

Laboratory testing provides a more complete picture of what is going on inside your body. The results of these tests give a lot of information that would be difficult to find otherwise. The trick is to know which tests to use in your individual situation.

A number of very powerful, yet simple and convenient home laboratory tests are available to help you identify possible reasons for your digestive symptoms, as well as why you might feel tired, grumpy and achy, with bad skin and disrupted sleep patterns.

I'd like to discuss two main tests that your physician may not be familiar with. Despite being relatively new, I think these tests will become routine in the future.

Over the years, the two main tests I have found to be most helpful are a [home stool test](#) and a [urine test](#) called organic acids. Let's look at these in turn.

Please note that you can download a free e-book detailing home digestive health testing by [clicking here](#).

Comprehensive Digestive Stool Analysis (CDSA)

This test is often where you can find the underlying issues. It is a home test kit – you simply gather your own stool sample and then ship it back to the lab.

You don't need a clinic visit and the process is simple. Shipping labels are included in the kit.

This is the test I used to help me find my *H. pylori* and *Blastocystis* infections, as well as my intestinal mould overgrowth. It is the test I have run with more than two thousand clients and I can tell you with hand on heart that it's an absolute gem of a test.

A home stool test helps identify the following factors that we know cause or contribute to symptoms in your gut and even elsewhere in your body:

- ✓ *H. pylori*, including an analysis of the CagA and VacA strains, which are the ones most associated with symptoms and disease.
- ✓ Bacterial infections such as Salmonella, E. coli, Campylobacter and Clostridium difficile, which can cause bloating and irritable bowels.
- ✓ Viruses that may be causing ongoing digestive symptoms.
- ✓ Opportunistic bacteria like Yersinia, Citrobacter and Klebsiella implicated in IBS, fatigue, arthritis and autoimmune diseases.
- ✓ Candida and other fungi and mould infections that can cause virtually any digestive symptom.
- ✓ Friendly bacteria such as Lactobacillus and Bifidobacter that are needed in adequate numbers for optimal digestive health.
- ✓ Your digestive capacity – how well you're digesting food once you've eaten it.
- ✓ Your immune function – whether your immune system is under or overactive.
- ✓ Your individual reactivity against gluten – whether you have a gluten sensitivity.

Most labs run sensitivity testing on any “bad” bacteria or fungi to determine what herbs and medications will kill them. This is important because antibiotic resistance is becoming a major problem. For example, you may be aware that many *H. pylori* strains are resistant to the antibiotic Clarithromycin, which is frequently used in *H. pylori* triple therapy.

Stool tests often measure inflammatory chemicals such as calprotectin, lactoferrin and eosinophil protein X, and/or lysozyme levels. When these chemicals are detected in higher than normal amounts, we know there is a strong inflammatory response in the digestive system, which is usually caused by foods or infections.

An elevation in lactoferrin can help to distinguish between irritable bowels and the more serious inflammatory bowel diseases like ulcerative colitis and Crohn’s disease.

A good stool test also sheds light on whether you are digesting proteins, fats and carbohydrates effectively, thereby giving indications about your stomach acid level and pancreatic function.

Currently there is no standardization of stool testing in the health industry, so specific types of testing vary from lab to lab:

- ✓ Some labs examine stool samples under the microscope and try to find bacteria and parasites.
- ✓ Some labs grow stool sample cultures in lab dishes to see which organisms grow over time.
- ✓ Some use a combination of these methods.
- ✓ Other labs use sophisticated DNA detection to find bad bugs.

We have had great success using all these methods, though for ease and convenience we prefer the DNA detection methods. The DNA stool test we use with our clients consistently detects a greater range of “bad bugs”, including the most detailed *H. pylori* analysis currently available, whilst reporting antibiotic sensitivity, inflammation, immune, gluten sensitivity and digestive markers.

All our lab tests come complete with a personalised case review and results interpretation consultation to ensure you know precisely what the test is telling you and what the results mean.

You can read more about the specific test we currently use by clicking the link below:

www.h-pylori-symptoms.com/h-pylori-testing

You might also like to download my FREE mini e-book on digestive health testing:

www.digestivetests.com

The Organic Acids Test

Organic acid testing provides a window into how well your metabolism is working using nothing more than a morning urine sample. For such a simple test, you receive more than 45 different test markers, making it a very advanced and useful test.

Organic acids are chemicals formed by your own metabolism, by food digestion and by the metabolic activity of gut bacteria and yeast.

These chemicals in your urine can give profound information about how well your digestive system is working including information on:

- ✓ Protein digestion
- ✓ Small intestinal bacterial overgrowth (SIBO)
- ✓ Specific bacteria - particularly *Clostridia* species
- ✓ Certain parasite infections such as *Giardia*
- ✓ *Candida* overgrowth

Organic acids also provide abundant information about nutritional factors, including:

- ✓ Fatty acid metabolism
- ✓ Carbohydrate metabolism
- ✓ Insulin resistance
- ✓ Cellular energy production

- ✓ B-complex sufficiency
- ✓ Methylation capacity (B₁₂ and folate)
- ✓ Neurotransmitter metabolism
- ✓ Inflammation
- ✓ Oxidative damage
- ✓ Liver function
- ✓ Detoxification

In some cases, a stool test may not detect *Candida*, but you may see elevations in *Candida* chemicals in the urine. Furthermore, a stool test can't detect SIBO, but the urine test can.

Professional test interpretation

All our lab tests come complete with a personalised case review and results interpretation consultation to ensure you know precisely what the test is telling you and what the results mean.

You can read more about organic acids testing by clicking the link below:

www.h-pylori-symptoms.com/organic-acids-test

You might also like to download my FREE mini e-book on digestive health testing:

www.digestivetests.com

Personalised Consultations

If you are feeling a little overwhelmed by the information in this book, or in *The H. Pylori Diet*, please don't worry - we're waiting with open arms to help you! We are able to offer phone, Skype and in-person consultations to help you de-mystify why you're not feeling well.

Why Invest in a Consultation?

- ✓ We help you cut through the confusion of conflicting information on the Internet and get to the core of why you don't feel well

and how to regain your vitality.

- ✓ We provide honest, unbiased one-to-one advice.
- ✓ A consultation can accelerate progress so that you regain your wellbeing faster.
- ✓ You'll save money by using methods and products that are time-tested and clinically proven to work over and over again.
- ✓ You feel supported won't be ignored and left to figure it all out for yourself.

What Exactly Do You Get?

- ✓ We analyse your comprehensive health history forms prior to your consultation.
- ✓ You receive a 60min consultation.
- ✓ You receive specific recommendations that you can get started on right away.
- ✓ The recommendations may relate to diet changes, "lifestyle tweaks", supplements or lab testing.
- ✓ We email these recommendations within 48 hours of your call.
- ✓ Additional support can most certainly be provided upon request.

Are Consultations Available Where You Live?

- ✓ We can run consultations with you anywhere in the world and currently work with clients in the UK, Europe, US, Canada, Caribbean, Middle East, Australia, and New Zealand.

How Do You Get Started?

If you would like some personalised assistance, simply click here, or email Info@HompesMethod.com.

Additional Resources

I truly hope you have enjoyed this recipe and cookbook. If so, you may also find some of my other titles insightful and helpful.

[The H. Pylori Diet](#) (232 pages)

- ✓ What is *H. pylori*?
- ✓ What symptoms can it cause?
- ✓ How to test for *H. pylori*
- ✓ Why medical treatments might not work
- ✓ Specific foods to avoid when you have *H. pylori*
- ✓ Supermarket foods and herbs that inhibit and fight *H. pylori*
- ✓ Specific supplements that fight *H. pylori*
- ✓ Proven supplement protocols to beat *H. pylori*
- ✓ Supplement protocols to beat *Candida*
- ✓ How to make sure *H. pylori* has gone
- ✓ How to stop it coming back

[H. Pylori: From Heartburn To Heart Attacks](#) (248 pages)

- ✓ Why the current heart disease model is dangerously
- ✓ More than 60 studies linking *H. pylori* to high blood pressure, insulin resistance, and other risk factors
- ✓ How *H. pylori* contributes to heart disease risk factors such as C-reactive protein, fibrinogen and homocysteine

- ✓ Meta-analysis studies showing that *H. pylori* can increase your risk for heart disease, heart attack and angina occurrence
- ✓ The heart disease risk factors your doctor won't tell you about
- ✓ Why cholesterol levels alone cannot tell you your heart disease risk
- ✓ Why statin drugs are dangerous and don't actually reduce heart attack risk in most people
- ✓ How heavy metals like mercury and cadmium may cause heart disease
- ✓ Why vitamin C deficiency might be the number one heart disease risk factor
- ✓ How to change your diet to make it more heart-healthy
- ✓ Specific supplement protocols to vastly reduce your heart disease risk

[What Your Doctor May Not Tell You About Parasites](#) (194 pages)

- ✓ What parasites are
- ✓ Why the medical system ignores parasites
- ✓ How parasites get into your body
- ✓ How they cause symptoms in your digestive system
- ✓ How they cause symptoms round your body
- ✓ How to test for parasites
- ✓ Foods to avoid when you have parasites
- ✓ Proven supplement protocols to beat *H. pylori*
- ✓ Supplement protocols to beat *Candida*
- ✓ How to protect yourself against these "bad bugs" causing future problems

Resources – Hardware and Food

The list below will hopefully be of assistance if you're looking to acquire any of the kitchen equipment, less common foods such as gelatin, and other resources mentioned in this book.

Vitamix food mixers:

[Click here to buy in the UK](#) | [Click here to buy in the US](#)

KitchenAid:

[Click here to buy in the UK](#) | [Click here to buy in the US](#)

Bamix Hand Blenders:

[Click here to buy in the UK](#) | [Click here to buy in the US](#)

Glass Bottles for Storing Coconut Milk:

[Click here to buy in the UK](#)

Glass Tupperware:

[Click here to buy in the UK](#) | [Click here to buy in the US](#)

Coconut Oil:

[Click here to buy in the UK](#) | [Click here to buy in the US](#)

You can also try your local health food store or supermarket as coconut oil is now widely available in many countries.

Beef Collagen Hydrolysate (GREEN can - dissolve in cold water):

[Click here to buy in the UK](#) | [Click here to buy in the US](#)

Beef Gelatin for use in Cooking (ORANGE can - for use in cooking):

[Click here to buy in the UK](#) | [Click here to buy in the US](#)

Shredded Coconut:

[Click here to buy in the UK](#) | [Click here to buy in the US](#)

You can also try your local health food store or supermarket as shredded coconut is now widely available in many countries.

Resources – Other Cookbooks

Here are some excellent recipe and cookbooks I have personally used to help create a varied and exciting diet for myself.

Nourishing Traditions: The Cookbook That Challenges Politically Correct Nutrition and the Diet Dictocrats - Sally Fallon

Click here to buy in the UK | Click here to buy in the US

Nourishing Broth: An Old-Fashioned Remedy for the Modern World – Sally Fallon & Kaayla T. Daniel

Click here to buy in the UK | Click here to buy in the US

Gut and Psychology Syndrome: Natural Treatment for Autism, ADD/ADHD, Dyslexia, Dyspraxia, Depression, Schizophrenia – Dr. Natasha Campbell-McBride

Click here to buy in the UK | Click here to buy in the US

How Can We Improve?

We're not perfect!

I'm always striving to improve my products and services, and I'd love to hear from you if you have any ideas or suggestions that might help!

You might call it "actively seeking criticism". ☺

If you have any suggestions that may help improve this book, or how we can better serve you, please do not hesitate to send an email to Info@HompesMethod.com