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GUT!



A Guide
To Repairing The
Gut Lining.

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The Digester's Dilemma



This book is not designed to and does not provide medical advice or professional diagnosis. The information provided here is for informational purposes only. For any medical needs you may have, please see a qualified practitioner.

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Understanding Leaky Gut

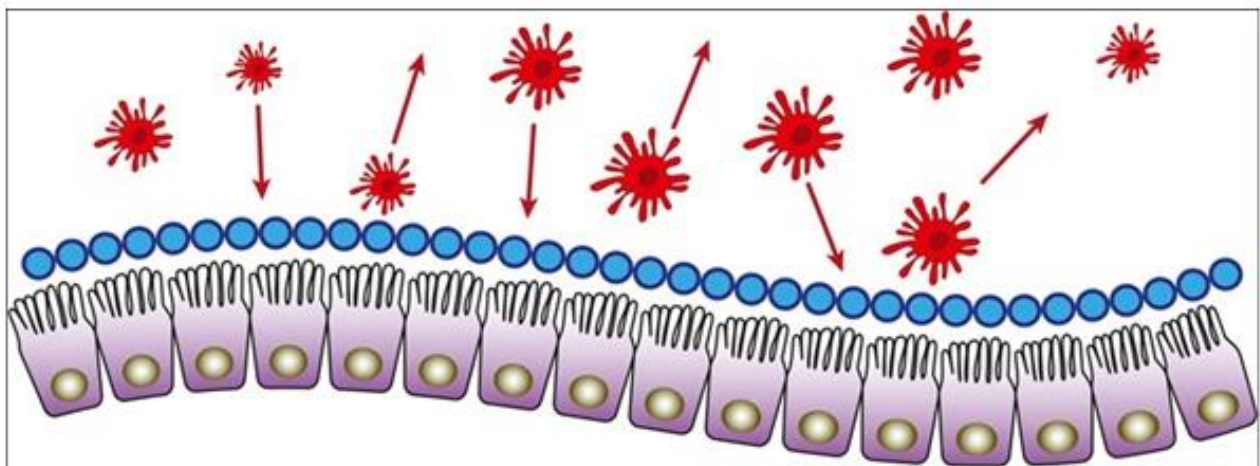
The key to understanding what is meant by “leaky gut” requires some knowledge of our gastro intestinal system (GI tract). The “tube” that is our GI tract is technically considered to be outside of our body. Materials such as foods, pathogens, drugs or anything we ingest are processed by our digestive and intestinal system so we can absorb our nutrients and be protected from anything that is harmful before it “enters” the body, which technically means it will enter the bloodstream. Once inside the bloodstream, substances are considered inside the body.

To protect ourselves, we have a complicated set of enzymes, cells, good bacteria and hormones as part of our intestinal wall lining that are designed to protect us and only allow what we need into the body and keep elements like bad bacteria, viruses or yeast out.

The issue for leaky gut involves the cells that make of the intestinal wall lining. In between each cell are tight gap junctions that prevent anything but nutrients or other elements that are supposed to enter the body from getting in. However, if the junctions become loose or “open”, this causes a condition known as intestinal permeability or if we go by its euphemistic name - leaky gut.

Is it easy to open up the gap junctions? We are actually born with leaky gut. This is how the mother’s antibodies are passed onto the newborn baby in the first three months of life. Breast milk contains the mother’s antibodies but these are large molecules, too large to enter the bloodstream through the pathway that vitamins or other nutrients, which are small molecules, enter. After the three month period and once the baby has had time to build up its good bacteria in the gut, the gap junctions close. The good bacteria are responsible for closing the gap junctions and keeping them closed for the rest of our lives.

As seen from the diagram, the blue dots represent the good bacteria; they line the intestine like soldiers guarding a fort. The good bacteria or intestinal microflora, as it is also known, are responsible for many elements of our health and well-being. They help us successfully digest food and absorb nutrients as well as prevent food sensitivities and allergies. They work directly with our immune system and protect us from bad bacteria, fungi



and viruses. They also keep naturally occurring yeast molecules in check so they do not cause us any issues. As long as a negative element cannot get out of our gut lining, they cannot lock onto receptors sites and release toxins into the blood stream. And as long as there is no leaky gut present, they cannot enter the bloodstream and cause an infection inside the body. Our beneficial bacteria play many roles and a lack of these microorganisms is connected to every health condition from intestinal issues such as colitis, IBS and Crohn's, to conditions inside the body such as allergies, heart disease, diabetes, cancer, depression, dementia, osteoporosis and arthritis. So if we have enough good bacteria, we function well. How much is enough? Eighty-five percent of the microbes in our body should be good bacteria. Anything less than that, symptoms will start to develop leading to the rise of various conditions.

How do we lose good bacteria?

Antibiotics

This is the number one reason because unfortunately, it kills off the bad bacteria but also the good as well. By depleting some of the beneficial bacteria, it makes it easier for harmful bacteria to proliferate after the antibiotics are finished.

Stress

Stress is a major component of all health conditions. It has an effect on the entire of the gastro intestinal system and can interfere with levels of good bacteria.

Drugs

NSAIDs (non-steroidal anti-inflammatory drugs, such as naproxen or anaprox), aspirin, and ibuprofen can damage to the intestinal wall lining. The good bacteria colonize by locking on to receptor sites in the intestinal wall lining. If these are damaged, it cannot reproduce and maintain its numbers.

Corticosteroids and other steroid hormones can affect the intestinal wall lining, as well alcohol and recreational drug use.

Chemicals

Xenoestrogens such as Bisphenol A (BPA) in plastics, herbicides such as glyphosate (Round-Up) and other chemicals found in food and the environment can also play a role in disrupting the function of the good bacteria or interfere with the process of maintaining its numbers.

Diet

The quality of the diet also plays a role in the balance of good bacteria to bad. The standard western world diet of high fat, high refined sugar and high protein lowers helpful bacteria levels and promotes harmful bacteria growth. Eating more whole foods and plenty of fermented foods (which are loaded with good bacteria and prebiotic foods that support the growth of beneficial bacteria) does the opposite.

Stomach Acid

Too little stomach acid can cause problems in the intestines because the first stages of digestion have not been completed fully and the food is not as broken down as it should be before it enters the final stage, where the intestinal enzymes secreted by the pancreas and the good bacteria finish the job. This means the intestine will have to work harder to complete the digestive process and it will take longer, causing more issues for the intestinal system.

What causes low stomach acid? Stress, insufficient chewing, liquids with meals and eating too much in one sitting can all impact acid levels. In the case of stress, the body can shut down the production of acid. In the case of drinking with meals or eating too much in one sitting, there is not enough acid to digest the amount consumed. As for chewing, it is needed as part of the signalling system to let the stomach know the food is coming and to start pumping the acid.

What is Candidiasis?

This is a euphemistic term, also known as Candida, used to describe a further complication of dysbiosis. In the early stages of dysbiosis, the harmful bacteria have larger numbers than the good bacteria. However, as the dysbiosis progresses, naturally occurring yeast can grow in numbers as there is insufficient good bacteria to keep it in check. Once yeast is present in large numbers and the cells have access to the gut lining, because there is not enough beneficial bacteria to fight it off, they can attach to receptor cells and produce toxins that can enter the bloodstream. This can cause a host of symptoms, such as headaches, brain fog, shakes and tremors, fatigue and weakness, skin problems, inflammation or aches and pains. Candidiasis is often present in those with leaky gut.

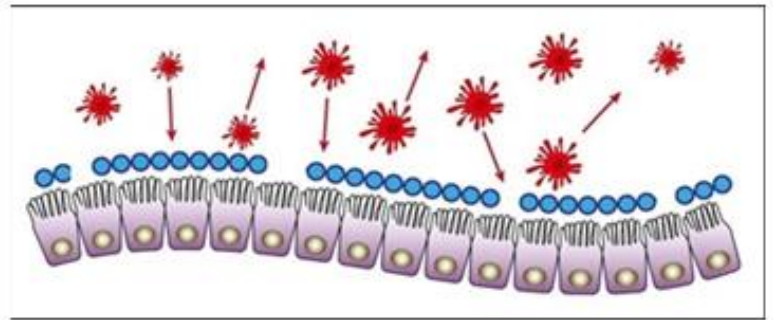
Residential and Transient Bacteria:

Residential bacteria is the bacteria that we develop in our bodies but the time we are two years of age. It is the bacteria that we must have sufficient numbers of in order to be healthy. Transient bacteria are the strains found in probiotic supplements and fermented foods. They help us while they are present in our body and can perform a lot of the same functions as the residential bacteria but they do not colonize or stay in the body. Ideally, the residential levels are restored but if need be and the probiotics and/or fermented foods are working, then these

can be used indefinitely. When we speak of dysbiosis, we are referring to a lack of residential bacteria and when this occurs, it is possible for the viruses, yeast, toxins and undigested food particles to have access to the gut lining and cause damage.

What are Prebiotics?

They are a type of carbohydrate found in foods that feed the residential bacteria and help them grow. There are two types of prebiotics. Resistant starch, found in grains, tubers, legumes, nuts and seeds, are a non-digestible type of starch that feeds the good bacteria allowing it to ferment and provide us with beneficial short chain fatty acids, which in turn promotes healthy colon and supports numerous functions in the body. Oligosaccharides, found in fruits, vegetables and some tubers, are smaller molecules that feed the good bacteria in both the small intestine and the colon. Low-carbohydrate diets are to be avoided for proper gut health.

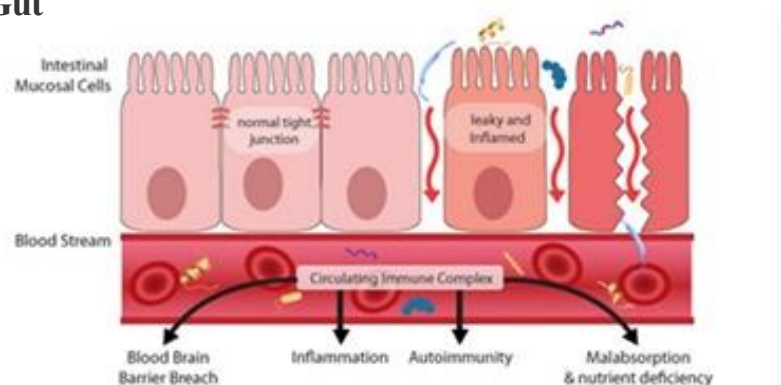


The Importance of Enzymes and Nutrients

Enzymes act as catalysts for digestion, metabolism, nutrient absorption and every other function in the body. They are found in every cell of the body. They are made from amino acids and minerals and in order to have sufficient enzymes production, protein must be digested properly. Different enzymes operate at a different pH. Stomach enzymes need an acidic pH whereas pancreatic and the intestinal enzymes need an alkaline or basic pH. Acidic materials (our food mixed with hydrochloric acid) that pass from the stomach into the intestines require bicarbonate from the pancreas to neutralize the mixture so that alkaline enzymes in the intestines will be able to function. Too much stress on the pancreas, whether from eating too much or from regulating blood sugar, a major function of the pancreas, can interfere with the environment of the intestines and impeded proper digestion if sufficient bicarbonate is not released.

Food Sensitivity, Food Allergy and Leaky Gut

Both are often present in the cases of leaky gut. A food sensitivity is a reaction in the gastrointestinal system related to lack of good bacteria and eating a food too often. A food allergy is a reaction to a food by the immune system, which



forms antibodies to the food when it is consumed. Once there are enough antibodies to a food, an allergic reaction can occur. Some food allergy antibodies are IgE, meaning they can occur from chemicals in the food engaging with the intestinal wall lining to cause a reaction to the chemical just inside the bloodstream and release a lot of inflammatory products in the GI tract. Leaky gut does not need to be present for this reaction - however, it only occurs when there is a lack of helpful bacteria. The other type of food allergy is based on IgG antibodies. Both leaky gut and lack of good bacteria are factors. In this scenario, insufficient digestion of protein allows for partial protein molecules to enter the bloodstream through the leaky gut and the immune system reacts to it, mistaking it for bad bacteria or a virus, as these are made of protein. In doing so, they create IgG antibodies to that food. Under normal circumstances, protein molecules are broken down into single amino acids as part of proper protein digestion. Only a single amino acid is small enough to enter the bloodstream through the normal pathway that our nutrients take to enter the body. The immune system recognizes a single amino acid as safe and does not attack. However, a partial protein molecule is seen as foreign and dangerous. This could not occur if a leaky gut was not present or if the protein had been properly digested and broken down into single amino acids. In the case of both IgE and IgG allergies, the good bacteria play a role. As far as the immune system is concerned, with the exception of the beneficial bacteria, everything, including every food, is foreign. It is up to the good bacteria to give all substances that are safe for the body “immune tolerance” so the immune system will recognize it as safe. So if there is insufficient good bacteria, then some foods or substances may not receive immune tolerance and therefore an allergy may develop.

The good bacteria also produce some enzymes that aid in protein digestion as well as the digestion of carbohydrates and fats, and absorption of all nutrients. So along with stomach acid issues, or pancreatic issues as the pancreas also secretes protease enzymes for protein digestion, the good bacteria play a role in ensuring the protein molecules are broken down into single amino acids.

And finally, since it is the job of the helpful bacteria to keep the gut lining closed, there would be no leaky gut and no IgG antibodies being formed to partial protein molecules, if there are sufficient good bacteria.

Who should go on a leaky gut protocol?

Since this is a long term protocol and a person may be on it for a couple of years, it is for those with serious debilitating conditions such as an active autoimmune disease or perhaps ulcerative colitis or Crohn's disease. The leaky gut protocol should be considered after other, simpler interventions have failed. Also a leaky gut protocol is best implemented with the help of knowledgeable health care practitioners to ensure it is done correctly.

Simple Steps First

Start with the steps to good digestion:

Take probiotics (30-50 billion CFU or more) and digestive enzymes

Take glutamine or an intestinal gut health product to help soothe and heal the lining Try
a short term Candidiasis (2-3 months) protocol

If none of these actions help or help enough to arrest the condition, then a leaky gut protocol may be needed.

The protocol

Step 1: Start with a food journal. Write down everything that is consumed for a 5 day period(include at least one day when not working and are relaxed). Make note of any moodiness or physical symptom reactions, positive or negative, that occur and the times it occurred. Use this to see if any food or circumstance during the day is contributing to symptoms or issues. Be as neutral, unbiased and observant as possible. Do not make any presumptions about any food or circumstance. Let this be a great exercise for learning.

Step 2: Remove all the top allergen foods such as wheat and other gluten grains, dairy, eggs, corn, nuts, seeds, chocolate and soy. Also consider removing any foods that may have showed as an issue in the food journal.

Step 3: Continue taking probiotics, enzymes and the gut health supplement and add other supplements as needed.

It is important to develop a plan that is liveable as this protocol will need to be followed for quite some time.

Eliminating Foods

First, the food is not the cause of the allergy or sensitivity, so don't blame the food or listen to anyone who tries to demonize the good. An issue with a food is the result of a malfunction of the body, in particular, a lack of good bacteria. Once you have an issue with the food, removal of the food may be necessary in order to calm the inflammation and create a better environment for healing. In a perfect world, once the protocol is successful, there would be no issue with any food any more. However, the world is not perfect and damage done to a body is not easily repaired. Some



people may get their ability to digest all foods back and some may not, there are other factors involved such as stress, lifestyle, diet and genetics. Hopefully, for the most part, digestion will be problem free and even if there a couple of foods that still cannot be digested, at least the health of the person is better and they have more knowledge of their body and what it needs to function.

What is wrong with blaming the food? When people blame the food and simply remove it from their diet, they miss the fact that there is a major underlying problem that is the true cause of the issue, namely lack of good bacteria. Since lack of the beneficial bacteria is now connected to every health condition, when only the food is removed, the person is vulnerable to developing more serious issues later in life because the underlying cause, the true cause, was not addressed. By working to restore gut health and the proper levels of good bacteria, the person will have a much better long term prognosis for being healthy. So don't blame the food and keep the focus where it belongs.

Now, the good news is that if you have a food sensitivity or allergy (as long as it is not one that causes an anaphylactic reaction), it makes a great test to see how things are progressing. Since a leaky gut protocol is long, every few months try a food that caused a noticeable symptom and see if it is gone or at least lessened. This will show that progress is occurring.

Is Gluten Bad?

Short answer: no. It is just a type of protein that is found in certain grains. When there is a lack of good bacteria, a person may have trouble digesting it as there are enzymes involved with the good bacteria which are essential to digesting gluten. Also, when dysbiosis is present and the good bacteria is not protecting the gut lining sufficiently, gluten, as well as many other types of molecules, can play a role in damaging the gut lining and set off inflammation in the body. Why one person has an issue with gluten and another might have an issue with dairy or oranges or celery is still a mystery, but the cause is dysbiosis. Remember, don't blame the food. Issue with dairy and wheat are more prevalent because we consume these foods so much more often than any other.

Which Grains Contain gluten? Wheat, spelt, kamut, triticale, oats (if not milled in a gluten-free facility), barley and rye.

Gluten-Free Grains: Rice, corn, buckwheat, teff and sorghum. Quinoa, millet and amaranth are technically not grains but people consume them in the same style of dishes and are gluten free as well.

Other gluten-free foods: Legume flours such as soy, chickpea, lentil, fava bean, potato, arrowroot, tapioca, coconut, ground almonds, ground hazelnut, and hemp.

These gluten-free flours do not substitute 1 for 1 with wheat flour or other gluten-containing flours. Some experimentation is needed. Mixing gluten-free flours together gets better results. Legume flour with gluten-free

grain flour is a good combination.

Xanthan gum is often added to recipes, especially when trying to make bread, to help with the role that gluten plays in bread-making. However, be careful as xanthan gum is a laxative and could be a problem for those with bowel issues.

Avoid commercial gluten-free products as they are usually full of refined starches, sugar, chemicals and gums and this will not help create the proper healing environment for the gut.

Read the ingredient labels and look for products that have some or all whole grains and natural ingredients, if you are unable to make your own gluten-free foods.



Egg Substitutes

Please note: If you do not eat a lot of eggs, then you may not have an issue with them and you may continue to eat them as long as it is not every day.

Look for egg replacement powder in the health food or grocery store. It can be substituted in baking and some puddings or fillings quite successfully. They usually contain baking powder, some starches like potato or tapioca, and gums. 1 teaspoon powder plus 2 tablespoon water equals 1 egg.

Other Egg Substitutes:

1 1/2 teaspoon ground chia and 2 tablespoon water

1 tablespoon ground flax and 2 tablespoons water

Both of these are excellent sources of fiber and essential fatty acids. The carbohydrates in both chia and flax contain prebiotics that help feed the good bacteria.

Sugar Substitutes

Since white sugar has been stripped of all the amazing vitamins, minerals and phytonutrients that are found in sugar cane, it needs to be avoided. Instead choose one of the following healthier, low-glycemic alternatives: Sucanat (the natural sugar cane) pure honey, pure maple



syrup, coconut sweetener, palm sugar, brown rice syrup, agave nectar syrup or yacon syrup. Another acceptable substitute is fruit juice concentrate which can be found in some health food and grocery stores. Stevia is another substitute for sugar, but does not perform like sugar and in general is only helpful in sweetening something that is a liquid, like tea.

Best Salt Choice

Avoid iodized table salt and opt for sea salt. Ideally it is pink or grey, indicating it is less processed and therefore more natural than the commonly available white commercial sea salt. The best option is pink Himalayan sea salt which is only 87% sodium (compared to 99% for other sea salts) and has many different trace minerals.

Fats and Oils

Avoid hydrogenated and partially hydrogenated fats. Also be sure to purchase pure, unrefined and cold pressed oils. Oils are prone to rancidity so the fresher, the better. The refinement process can improve shelf life by removing volatile compounds that make cold-pressed oils go rancid faster; however, the commercial refinement process involves the use of hexane, a toxic chemical whose residues have been found in refined oil samples. Refinement using the water-aqueous solution methods will not have any hexane. Rancid oil, which can occur when oils are exposed to oxygen over time, can irritate the intestinal tract and cause unpleasant symptoms, so be sure to avoid them.

Saturated fat such as coconut oil is the least prone to rancidity. Monounsaturated fats such as those found in olive oil are a little more prone to rancidity and the polyunsaturated fats found in flax and sunflower oil being the most prone.



For high heat cooking, use grapeseed, peanut, coconut or palm oil, rice bran oil, or natural lard. Make sure to avoid the commercial type lard that has been partially hydrogenated.

For low-Medium heat cooking, any of the above oils but also olive oil, avocado oil, butter, and high-oleic sunflower oil are all acceptable choices.

What is high-oleic sunflower oil? It is the oil produced from sunflowers grown in more tropical areas and has more oleic acid than sunflowers grown in colder climates. This makes it less prone to rancidity than low-oleic sunflower oil.

For low heat cooking, use sunflower or safflower oil.

In regards to canola oil: Only use organic canola oil to avoid GMO canola. Be aware that organic canola has a very strong taste.

Avoid using flax, hemp and chia oil for stove top frying or cooking, although it is safe to use them in baked items as they are protected by the antioxidants in the other ingredients such as the eggs or butter.

Leaky Gut Protocol

Foods to Avoid:

Avoid any food or substance known to be an allergen. The most common allergens are dairy (fermented dairy may be an exception if tolerated), gluten (found in wheat, rye, barley, spelt, kamut and oats milled in facilities with gluten flours), eggs, nuts, sea foods, corn, soy and citrus. The food journal will help identify other foods that may be an issue, so examine eating patterns to help identify. Check ingredient labels for hidden sources of a potential sensitivity or allergen.

Limit red meats, alcohol, refined sugars and refined or processed foods. A glass of wine (with no added sulfites) or unpasteurized beer is acceptable.

Avoid high fat foods and excess calories that impede digestion.

Avoid over the counter drugs such as aspirin, ibuprofen and acetaminophen (Tylenol), anti-histamines and antacids.

Avoid foods with high chemical contents pesticides as much as possible.

Food to Add:

The goal is to eat foods that are as close to natural, preferably organic, and as free as possible of chemicals and refinement.

All fruits (unless there is an allergy or sensitivity)

All vegetables (unless there is an allergy or sensitivity)

Be sure to pick fruits and vegetables at their peak.

Ask the produce manager at your local grocery store for tips on picking the best produce.

Gluten free grains such as brown rice, teff, corn (non-GMO), quinoa, millet, amaranth, and buckwheat.



All legumes and lentils (unless there is an allergy or sensitivity) Nuts

and seeds (unless there is an allergy or sensitivity)

Essential fatty acids from cold water fish such as salmon, tuna, herring, sardines, anchovies, nuts and seed, especially chia and flax. Egg yolks and butter are also good sources of essential fatty acids especially if the butter is from grass-fed cows. These may be okay for some people as usually a sensitivity or an allergy is to the protein or the lactose and not the fat. Butter has a residual amount of protein and lactose, so if tolerated it can be use or try ghee, which is butter with the milk residue removed. Flax, chia and hemp are also good essential fatty acid sources but they need vitamins and minerals as co-factors so be sure to consume these with a meal that has fruits or vegetables or take a multi vitamin /mineral supplement.

Drink plenty of clean water such as spring water or carbon filtered water. Do not consumer distilled or reverse osmosis water (unless it has been re-mineralized).

Beverages: Water, herbal teas, green tea, kombucha, fresh fruit or vegetable juices or smoothies. Milk alternatives such as almond or coconut milk can be used.

Remember to rotate all food to lessen the chances of developing new sensitivities or possible new allergies.

For Gut Health:

Fermented foods such as sauerkraut, miso, tempeh, kombucha, kefir, yogurt, kimchi, beet kvass, cultured vegetables, wine, apple cider vinegar, aged balsamic vinegar and unpasteurized beer all promote good gut health.

Prebiotic foods: Grains, legumes, lentils, tubers such as potatoes and sweet potatoes, nuts and seeds to promote the growth of residential bacteria and produce beneficial short chain fatty acids to help the health of the intestines; fruits and vegetables, such as berries, citrus, bananas, cabbage, broccoli, kale, asparagus, carrots and tomatoes for oligosaccharides (also to feed our good bacteria). Jerusalem artichokes, chicory, garlic and onions are all exceptional prebiotics. Algae such as spirulina and chlorella also contain prebiotics.

If fermented dairy is being allowed (because it is tolerated), it will provide GOS, another valuable prebiotic especially good for the intestines and the brain.

Glutamine-rich food: Bone broths, animal protein, fermented dairy (if tolerated), algae such as spirulina and chlorella, cabbages, beets, spinach , parsley, Swiss chard and many



other vegetables all contain glutamic acid which converts to glutamine in the intestines with the help of the good bacteria. Fermenting these foods can help convert the glutamic acid ahead of time or take these foods with a probiotic as the lack of residential bacteria is an underlying cause of the problems with the intestines.

Supplements:

Digestive Enzymes: plant or pancreatic based products. For those with low stomach acid, the digestive enzyme product should contain betaine hydrochloride. Betaine HCl is known to create a warming sensation in the stomach as an indicator of sufficient level of supplementation.

High Dose Probiotics, especially one with prebiotics such as FOS, GOS or IMO. If antibiotics are needed for any reason during this protocol, it is important to be taking probiotics at the same time to minimize the damage the antibiotics can do.

- A gut health product that contain glutamine helps with repair
- A high quality multi vitamin/mineral with B Vitamins aids overall function of the body, especially the GI tract

Other supplements that may be helpful:

- Vitamin C supplement (1000 mg) can aid colon function
- Calcium/Magnesium (2:1 ratio) help regulate muscles in the GI tract
- MSM (1000 - 3000 mg) to calm inflammation in the intestines and provides the body with the mineral

sulfur needed for a number of functions within the body and intestines. Sulfur deficiency is linked to dysbiosis.

- Marshmallow acts as a mucilage to help soothe inflammation and coat the intestinal wall lining to protect it
- Slippery elm acts in a similar manner to marshmallow and is helpful for diarrhea
- Aloe vera is an anti-microbial that helps to heal the gut lining and can also help promote good bacteria levels
- Psyllium seed and husk can be used if there is not enough fiber in the diet and it is also a prebiotic

Follow the instructions on a bottle or consult with a health practitioner.

If Candidiasis is present, this protocol can easily be added to help with yeast overgrowth by adding an antimicrobial such as oil of oregano, olive leaf extract or grapefruit seed extract. Caprylic acid or a caprylic acid complex is a good anti-fungal that can inhibit yeast in the intestines. Some parasite cleanses include ingredients that deal with the yeast as well and can help with parasites at the same time, should that be a factor.

3 Day Sample Menu Plan

30 minutes before breakfast:

Juice of half a lemon with warm water - add fresh ginger for extra zing and flavour. Lime juice can also be used or apple cider vinegar.

Day 1

Breakfast:

Brown Rice Crispies with coconut or almond milk

1 banana

1 tsp raw honey or maple syrup

Lunch:

Mixed Greens Salad with romaine lettuce leaves, shredded carrots, green onions, spinach leaves, cooked chickpeas and balsamic vinaigrette dressing

Grilled Chicken Breast

Dinner:

Roasted Vegetables

Poached Salmon Steak with Kimchi

Snacks:

Fresh Vegetables such as carrot, celery, zucchini with Avocado Dip

Mixed berries



Day 2

Breakfast:

Baked Frittata with Roasted Broccoli, Potatoes and Onions

1 orange



Lunch:

Tuna pasta salad with Olives and Black beans

Dinner:

Roasted Chicken with either chicken breast, thighs or drumstick (all with skin on)

Brush with 1 tbsp. olive oil mixed with 1 small clove garlic and 1/2 tsp dried oregano or sage

Steamed broccoli, cauliflower, carrots and onions, steamed together. Mix in olive oil and a ½ cup sauerkraut (lemon juice will also work) served on a bed of salad greens. Season with sea salt and pepper to taste

Snacks:

Chocolate Almond Bean Cake

Trail mix

Day 3**Breakfast:**

Yogurt (or coconut yogurt) with mixed berries topped with gluten-free granola

Lunch:

Chicken Vegetable Soup

With brown rice pasta

Dinner:

Sweet potato chili with green salad

Snacks:

Kombucha Apple Smoothie

Gluten-free crackers with hummus

Recipes**Balsamic Vinaigrette Dressing**

3 tbsp olive oil

1 tbsp. aged balsamic vinegar*

1 tsp mustard

2 tbsp fresh dill or 2 tsp dried dill

Sea salt and pepper to taste



Mix all the ingredients together and season to taste

*Aged balsamic vinegar will be at least two years old and be a true fermented food. Some cheaper balsamic vinegar are often nothing more than white vinegar with balsamic “flavor”.

Avocado Dip

1 ripe avocado

¼-½ cup kefir

2 tsp raw honey

1-2 medium garlic, cloves, peeled and chopped

Sea salt and pepper to taste

Mix all the ingredients together and season to taste. If kefir is not tolerate, then use 1 tbsp apple cider vinegar with 2 tbsp olive oil

Roasted Vegetables

½ small butternut squash, peeled, sliced

2 parsnips, sliced

½ large red onion, sliced

½ large red pepper, sliced

1 clove garlic, chopped

5 cups baby spinach leaves

2 tbsp cashews, roasted

3 tbsp olive oil

1 tsp dried oregano

Sea salt and pepper to taste

Preheat oven to 400° F. Place the squash, parsnips, onion, red pepper, garlic and oregano in a baking dish. Add 2 tbsp of the olive oil and toss to coat. Spread evenly over the bottom of the dish. Bake 30 to 40 minutes or until vegetables are soft, stirring occasionally. Spoon into a large bowl. Add spinach, sundried tomatoes, balsamic vinegar and the rest of the olive oil. Toss and season with sea salt and pepper to taste. Sprinkle with nuts. Serve.

Baked Frittata with Roasted Red Peppers, Potatoes and Onions

Serves 4

2 tbsp. olive oil

4 small Yukon gold potatoes

4 tbsp white onions, diced

1 roasted red pepper, diced (fresh red pepper can also be used) 1

cup broccoli, cut into small pieces

½ cup aged, raw milk cheddar or dairy-free cheddar cheese, shredded 8

eggs or egg replacer powder*

2 tbsp water

2 tsp fresh thyme or 1 tsp dried

½-¾ tsp sea salt

Black pepper to taste

Pre-heat the oven to 400° F. Grease a 9-inch round glass pie plate or casserole dish, at least 1-2 inches in height.

Wash the potatoes but do not peel. Cut the potatoes into small 1-inch wedge pieces and place in the dish with the onions and olive oil. Put in the oven and bake for 20 minutes. Add the red pepper and zucchini and stir so it is covered in oil. Put the dish back into the oven and bake another 10 minutes. Remove from the oven. Meanwhile, mix the eggs, water, dairy-free cheese, thyme, sea salt and pepper together. Once vegetables are cooked, turn oven down to 350 degrees. Stir the vegetables and pour the egg mixture over them. Place the dish in the oven and bake for 20-30 minutes or until the egg mixture is set. Remove from the oven and serve.

Note: As an option, use leftover potatoes and vegetables from the night before. Any type of cooked potato from mashed to scallop can be used and the same is true for the vegetables.

*To replace the eggs, use 1 package firm non-GMO tofu (14oz.), ¼ cup unsweetened coconut or almond milk, 4 tbsp arrowroot or non-GMO cornstarch, 2 tbsp nutritional yeast, ¼ tsp paprika, 1 tsp Dijon mustard and ½ tsp turmeric mixed together.

Sweet Potato Chili

1-2 tbsp olive oil or rice bran oil

1 medium onion, chopped into small pieces

3 cloves garlic, chopped

1 ½ tbsp chili powder

2 tsp fresh thyme (or 1 tsp dried)
3 tsp fresh oregano (or 1 tsp dried)
3 tsp fresh basil (or 1 tsp dried)
3-4 cups peeled sweet potatoes, chopped into cubes*
1 can Great Northern Beans, rinsed and drained**
1 can adzuki beans, rinsed and drained**
1 tbsp apple cider vinegar
1 tbsp sucanat
3 cups vegetable or chicken broth
1 cup corn, frozen
1 red pepper, seeded and cut into 1/2 inch pieces
1 zucchini
Salt and pepper to taste

Optional: 1 jalapeño pepper, chopped into fine pieces. Add at the same time as the chili powder.

Option 2: Add 225g or ½ pound lean ground beef or chicken. Add when cooking the onions.

Sauté the onion in oil over low to medium heat until soft. Add the garlic and stir in. Add the chili powder and herbs and mix everything together. Add the sweet potato and the beans and stir so they are coated with the chili mixture. Continue to cook over low heat, stirring frequently, for about 1 minute. Add the apple cider vinegar, sucanat and broth. Bring to a boil and add the red pepper and corn. Cover and let simmer for half an hour. Cut the zucchini in half lengthwise and cut each of the halves into quarter inch slices and add to the chili. Simmer for 15 minutes more and serve.

*To substitute tomatoes for sweet potatoes, use 1 28oz. can of salt-free diced tomatoes or 4 cups chopped ripe, fresh tomatoes.

**1 14oz. or 390 mL can of cooked beans equals about 2 cups. Any legume can be used in this recipe. Garbanzo beans(chickpeas) can easily substitute for the Great Northern beans and kidney beans can be used instead of the adzuki beans.

Kombucha Apple Smoothie

1 cup kombucha fermented with chia or 3/4 cup kombucha and 1 tbsp. chia 1
apple, cored but not peeled, cut into pieces
½ cup wild blueberry, frozen

2 tsp maple syrup

¼ tsp cinnamon

Place all the ingredients in a blender and blend. Adjust liquid as needed. Pour into a tall glass and serve.

Tuna Salad with Black Beans

1 6oz. or 170g can solid albacore tuna, drained and rinsed

1 cup cooked black beans, drained and rinsed

¼ cup black olives, pitted and chopped

2 tbsp red onions, chopped

2 tablespoons fresh cilantro, chopped

2 tbsp olive oil

Juice of 1 lime (2 tbsp)

¼ tsp chili powder

¼ tsp cumin

1/8 Cayenne pepper

Sea salt and pepper to taste

Place the tuna, black beans, olives and onions together in a bowl. Mix the olive oil, lime juice and herbs together.

Pour onto other ingredients and mix. Season with sea salt and pepper to taste.

Chicken Vegetable Soup

Serves 4

3 cups raw chicken breast pieces

1-2 tbsp olive oil

4 cups chicken bone broth

1 cup onions, chopped

2 cloves garlic, chopped

1 tbsp basil

½ tsp ginger

¼ tsp cayenne

2 Yukon gold potatoes, washed and cut into chunks

2-3 carrots, washed

2 Jerusalem artichokes

1 tbsp fresh parsley, chopped

1 small zucchini, sliced

1cup broccoli, chopped

½ cup frozen peas

Sea salt and pepper to taste

2 cups brown rice pasta such as elbow noodles or fusilli

Sauté onions in the olive oil until slightly translucent. Add the chicken and garlic and lightly brown the chicken. Add the broth and bring to a boil. Add the potatoes and simmer for 10 minutes. Add the rest of the ingredients and simmer for another 10 minutes until the vegetables are soft. Season with sea salt and pepper to taste. While the soup is cooking, cook the pasta by following the directions on the package. Rinse after draining. Divide the pasta evenly into four bowls and ladle the soup on top. Serve.

Hummus

1 can cooked chickpeas (garbanzo beans), salt free, drained and rinsed

¼ cup tahini

1-2 tbsp apple cider vinegar or lemon juice

1 clove garlic, crushed

2 tbsp olive oil

Sea salt and pepper to taste

1 tsp parsley

Purée all the ingredients in a blender until smooth. Transfer to a container with a lid and store in the refrigerator until ready to use. Keeps for one week.

Chocolate Almond Bean Cake

6 eggs, separated or egg replacer powder that is suitable for replacing egg whites 1

cup sucanat, coconut sweetener or organic sugar

½ cup cooked pureed dates

1¼ cup almonds, finely ground and toasted

2oz. unsweetened chocolate

½ tsp vanilla

¼ tsp. salt

1 cup cooked navy beans

¼ cup water

Whip egg whites and salt until stiff peaks form. Add sugar and date honey and beat until glossy. Purée beans, egg yolk and water. Add to egg white mixture with almonds, chocolate and vanilla and mix on low speed. Grease a bundt pan and pour in batter. Bake at 350° F for 40-50 minutes. When ready to serve, slice the cake and place on a plate. Drizzle each slice with chocolate.

Glaze:

1 cup semi-sweet chocolate

1/3 cup coconut or almond milk

Place the chocolate in a bowl. Heat the milk and pour onto the chocolate. Let it melt the chocolate and then stir until smooth.

