

The Low Sulfur Protocol: A Clinician's Guide

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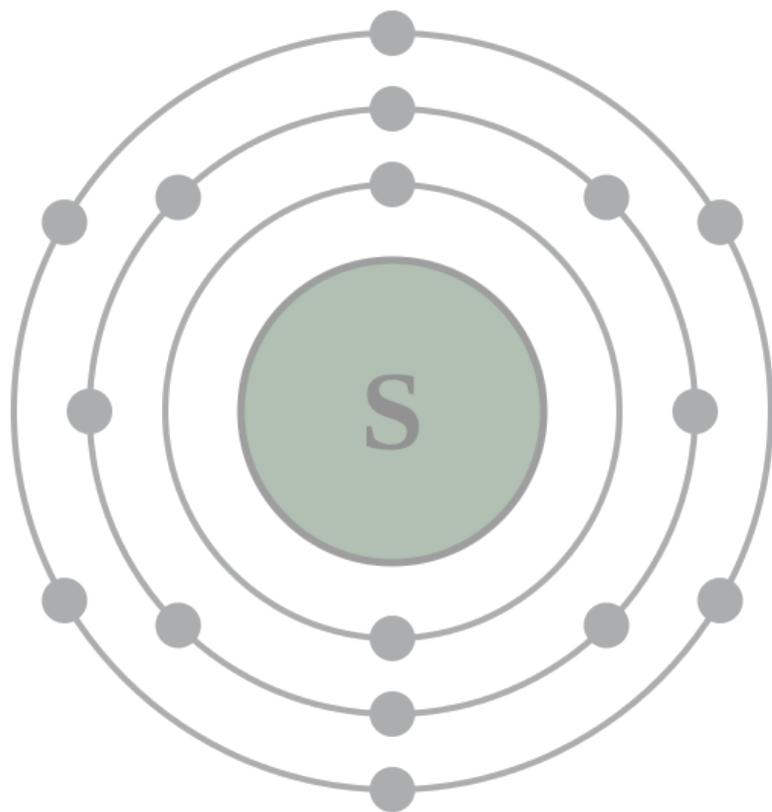
The Low Sulfur Protocol: A Clinician's Guide

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Introduction

Sulfur: A blessing and a curse

Sulfur is a blessing in that it is absolutely essential for a wide range of functions in your body. Without access to adequate sulfur, your body couldn't detoxify dangerous chemicals and hormones, it couldn't quench free radicals to prevent DNA damage, and it couldn't even build the muscles and other tissues that make up your physical being.

But sulfur is also, for some people, a curse. Sulfur metabolism can get “clogged up.” What causes the clogging? In short, it is life in the modern world. Much like a tragic hero in mythology, sulfur's greatest asset is also its tragic flaw. Chapter one will explain these two faces of sulfur in greater depth.

Once you understand how sulfur can get clogged, you'll need to know what you can do to get it working again. Chapter two will focus on the basics, a simple set of home therapies and daily nutrients you should be utilizing as you do the low sulfur diet we describe. The nutrients and therapies combined with the low sulfur diet described in Chapter three is what we collectively refer to as our Low Sulfur Protocol (LSP).

The nutrients and therapies without the low sulfur diet are very unlikely to have much impact at all on how you feel. On the other hand, the low sulfur diet without the nutrients and therapies might get you some short-term relief, but that relief is unlikely to be sustained once the low sulfur diet is stopped. They all need to be done together, and ideally under the direction of a health care practitioner who can advise you along the way by: keeping you accountable, tracking your successes, and helping you develop a long term plan to follow after completion of the LSP.

Chapter I

The Two Faces of Sulfur

Before we get into the “how,” you need to understand the “why.”

First, point over somewhere to your left. That sulfur over there is involved in detoxification. It is absolutely critical to a process called, oddly enough, sulfation. This happens mainly in your liver. Various toxic molecules that arrive at your liver need to be made less toxic and able to be excreted in your urine. One very ingenious way your body does this is by attaching a sulfate molecule to the toxic substance.

Also over there to the left are the sulfur molecules that detoxify in other ways. Lipoic acid, for instance, is an antioxidant that also binds to heavy metals such as mercury and aluminum. Thus bound, the metals can be excreted without doing damage to the body. The Godfather of antioxidants is called glutathione, often abbreviated GSH because it has a **G**lutamine molecule and a **S**ulfur molecule with an attached **H**ydrogen. The epic ability of GSH to clean up free radicals and to bind toxic metals depends on that sulfur molecule built into it.



Lipoic Acid
Source: commons.wikimedia.org

Now, point over somewhere to your right. That sulfur over there is not involved in detoxification. That sulfur is the foundation for building your ligaments, tendons, cartilage, and other connective tissue. It is also packaged as sulfate. This sulfate is a crucial character in this story. In one form or another, sulfated molecules stand like Christmas trees covering virtually every cell and surface in your body. These sulfated molecules line your vessels and saturate your mucus membranes.

A final role for sulfur (at least for our purposes) is its role in building proteins. For instance, your blood has lots of a protein called albumin in it. Albumin binds to an enormous number of vitamins, minerals, hormones and other substances, which is how those substances get carried around the body. How does albumin bind things so well? It contains lots of an amino acid called cysteine, and cysteine has sulfur in it. You should be getting an important theme: sulfur binds.

So now, what do you suppose happens when the sulfur over there to your right, which is supposed to be building your tendons and lining your vessels and sitting on your cell surfaces, comes into contact with heavy metals or a toxic chemical that passes through? Here's what happens: even though that sulfur isn't supposed to be involved in detoxification, it still binds that toxic substance, and that causes problems. In the very sophisticated language we use, it “clogs up” sulfur and impairs its ability to do what it needs to do.

The most important consequence of clogging up sulfur metabolism, for our purposes, is that it causes the body to create a “work around.” In other words, the body has to figure

out a way to get the sulfate that it needs. Unfortunately, it can do that through the overgrowth of a type of bacteria in the gut called sulfur-fixing bacteria (SFB). When you eat sulfur foods, these SFB can convert the sulfur into two substances: sulfite and hydrogen sulfide. This is where the symptoms start.

Sulfite (SO₃)

Most people are familiar with sulfites as the stuff added to wine. Many don't realize it is also used as an organic pesticide. Many foods, even those labeled as organic, have considerable sulfite residue. But our exposure to sulfites isn't just through their addition to food. SFB can make sulfite from dietary sulfur. Once this sulfite has been generated it most commonly gets turned into hydrogen sulfide.

Hydrogen Sulfide (H₂S)

There is a great deal that could be written about H₂S and its impact on the body. For now, here's what is important:

H₂S is a gas. This gas, when produced in excess, can irritate the lining of the digestive tract. It can also diffuse into the blood and travel throughout the body. At low levels, this is fine and even necessary. When those levels get even just a little too high, though, symptoms arise. So why would our bodies allow this to happen? It's because H₂S can be converted into sulfate within virtually every cell of the body. In this way, H₂S supplies the sulfate that isn't getting produced in the "normal" way.

H₂S is the primary culprit behind the symptoms associated with sulfur metabolism problems. While it is there to do an important job - fulfill the need for sulfate - it causes lots of symptoms in the process. The point of the LSP is to fix the underlying issue so that there is no need for those SFB to generate excessive H₂S.

Given how widespread sulfur is in the body, whether in the form of proteins, antioxidants, sulfated molecules, or other compounds, the symptoms can be all over the place. They can be acute or chronic, minor, or major. Here's a brief survey of the conditions we've seen improve and even resolve with the LSP:

Most common:

- Skin rashes/hives/acne
- Hot flashes (menopausal especially, but others also)
- Brain fog
- Headaches
- Fatigue
- Irritable bowel/ulcerative colitis/Crohn's disease
- Constipation or diarrhea
- Reflux

Less common, but still prevalent:

- Joint pain
- Anxiety/OCD
- High blood pressure
- Rapid heart rate
- Obesity
- Panic attacks
- Feeling of a "bubble" in digestive tract

We can hear it now: “But will it help my asthma [or migraines or menstrual cramps or anything else not on this list]?”

Yes, allergies and asthma and lots of other symptoms and conditions have responded to the LSP. The changes that any given person will see tend to be similar to the changes others have seen, but we continued to be surprised every week by reports of new quirky conditions that resolve for certain individuals.

The Sulfur Dump: When it gets worse before it gets better

We don't know what else to call it. It only happens with about 30% of the people we do the LSP with, but when it happens, they let us know about it.

The sulfur dump is what we call the worsening of symptoms that can happen within the first 2-4 days of starting the LSP. It isn't uncommon for people to have skin eruptions like dermatitis, acne, or hives. Often there is some extra brain fog or insomnia. Hot flashes, especially at night, can be much worse. Maybe there are some extra digestive issues, too. Just stay with the program! It will pass!

Those going through the sulfur dump are likely in for a very pleasant surprise when it ends. Not only do these symptoms resolve, but we are often told by patients that they feel better energy, more emotional stability, sharper thinking and clearer skin than they have in many years!

Chapter 2

Home Therapies and Nutrients

In addition to these supplements, we strongly recommend some other detoxification therapies to facilitate sulfur excretion and to help replenish the body's important supply of sulfate.

Saunas

Sweat is a great way to get out lots of other toxic substances that bind sulfur in the body. Studies have shown that sweat is the preferred route out of the body for many heavy metals and other environmental pollutants. There are two general types of sauna: heat and infrared.

Heat saunas are fine if they are the only option. Sweat itself is detoxifying, and heat saunas accomplish this. It is important to stay hydrated and not to sweat into depletion. We generally recommend patients work up to 20 minutes of sweating at a time. Important: be sure to wipe sweat off before it dries, else you will reabsorb the toxic stuff that you sweat out.

Infrared (IR) saunas will not only make you sweat, but they have an additional benefit for your body. IR energy will - very literally - recharge the "battery" that you carry around with you in the form of structured water in and around all of your cells.

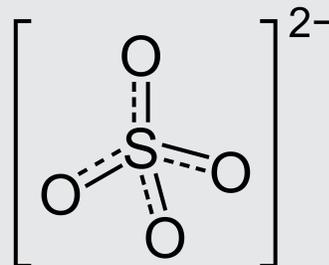
Your Personal Water Battery

We think of water in cells as the liquid-y kind that comes out of the tap. Cells, then, seem like little water balloons with stuff floating in them.

Actually, water in our bodies is mostly much more organized than that. It stacks itself into a layer of structured water that sits like a blanket on the surface of all cells, and even extends to the cell interior. This structured water has some very important properties. It regulates the passage of nutrients into and out of cells, it keeps cells communicating with each other, and it protects cells from infections. And the ability to create this structured water is dependent upon - you guess it - sulfur!

It is sulfur, in the form of sulfate (pictured at right), that provides the negative charge needed for water to stack itself up on the surface of cells and membranes.

A very important feature of this layer of water is that it has a negative charge relative to the unstructured water adjacent to it, which is positively charged. When positive and negative charges are separated, that creates a battery. This battery provides energy that our cells can and do use. The thicker the structured layer, the stronger the battery. How can we thicken that structured layer? You guessed it: exposure to infrared energy.



Epsom salt (ES) baths

ES is pure magnesium sulfate. Studies have shown that when you soak in ES, both the magnesium and the sulfate levels in your blood will increase. In fact, the more ES baths you do, the more sulfate levels will increase until you have filled your body's storage for the sulfate. We recommend working up to 4 cups of ES in a warm/hot bath, dissolved, then soak for at least 20 minutes. It's a relaxing way to end the day, and the magnesium is one of the best sleep aids around. Rinse with a shower when the bath is over to get the salt residue off your skin.

It is a very rare bird indeed who will react to the sulfate in ES. It's rare because the sulfate is bypassing your digestive tract, thus not being turned into sulfite or hydrogen sulfide. If you find that an ES bath makes you groggy or lightheaded, that is likely because your body needs lots of magnesium, and you got a good dose of it with the bath. If you have any kind of skin rash or dermatitis as a result of the bath, that is likely a true allergic reaction to sulfate. In that case, don't do any more of them.

If you just don't feel well after the ES bath with 4 cups, cut back the "dose" to perhaps 1/2 cup to start. Use that for a while, then gradually increase the amount over time as your body grows accustomed.

Coffee Enemas

This one gets more scowls than any other recommendation we make. It also results in more appreciative patients than almost any other therapy we recommend. Enemas are a great way to clean out the lower bowel. When coffee is added to the enema it becomes a powerful immune stimulant, bile flush and detoxifying therapy. A few coffee enemas each week just might make you an advocate, too. See Appendix A for instructions on how to do this simple home therapy.

We strongly encourage you to purchase a probiotic that you will add to the enema solution. Either use one recommended by your health care practitioner, or purchase a refrigerated product from a health food store. Ideally it contains *Lactobacillus* and *Bifidobacteria* strains, to the tune of at least 5 billion organisms per capsule. Take one each day, with food, and also open one capsule and mix into the enema solution once it has been brought down to temperature (again, see Appendix A for details).

Nutrients

The thing to remember is this: Sulfur comes into your body, it needs to get processed into useful forms, and the excess needs to get out. The crucial step here is converting dietary sulfur, in its various forms, into sulfate. Other vital uses include getting the sulfur incorporated into proteins, using it to build glutathione, and creating the connective tissue that holds us together.

Along the way to getting all this done, though, there are lots of opportunities for dietary sulfur to get either sidetracked or bogged down. When it gets sidetracked, it ends up as hydrogen sulfide or sulfite. When it gets bogged down, the sulfur gets "reduced" by bad bugs in your gut, which produces, well, more hydrogen sulfide.

The nutrients that will help sulfur move in the directions it needs to move are these, in

order of importance:

Molybdenum (Mo) - This is a trace mineral. We just need a smidgeon of it every day, because it is only used by a few processes in the body. One of those processes is turning sulfite (bad, causes lots of problems) into sulfate (good, needed for lots of things). If there isn't enough Mo around, then the enzyme making this conversion slows down, leading to excess sulfite. No one wants that. We have tried many brands of supplemental Mo, and we have found one in particular works far better than any others we have tried with patients. It is called Mo Zyme Forte made by Biotics. It comes in a food-based tablet, and we highly recommend these tablets be chewed up before swallowing rather than swallowing them whole. It tastes a bit "earthy" due to the sprouted lentil base, but it is certainly tolerable. We generally recommend 1 tablet chewed up morning and evening with food.



Vitamin B12 - This has to be in the form called hydroxycobalamin. This is a good one to start as soon as possible, and continue throughout the LSP and a few weeks beyond. If you have a health care practitioner who can give you injections of this during the process, all the better. This form of B12 lowers the level of hydrogen sulfide in the blood, and can help with the sulfur dump (see the box in chapter one).

Butyrate - Butyrate is one of the most underrated nutrients there is. It is fantastic at reducing inflammation in the gut, repairing the gut lining, and even regulating the genes that prevent cancer. We dose this up to about 3 grams twice daily with food.

Capsaicin - This is an extract of cayenne pepper. There is a lot of research on its ability to block pain in the body, and part of this effect is likely due to its ability to block hydrogen sulfide from binding to cells. As you now know, hydrogen sulfide is a byproduct of sulfur metabolism, and many of sulfur's symptoms are due to this gas. It either irritates the tissue where it is produced (mostly in the gut, causing irritation), or it diffuses into your blood. From there it goes to the brain, causing brain fog, anxiety, and other symptoms. We use a tincture by Herb Pharm, which is sold in many health food stores, and we recommend 1-2 droppers in water or other liquid up to 4x daily. It can make your mouth and throat quite hot on contact, so *do not* squirt it directly into your mouth.



Activated charcoal - This can help to bind up hydrogen sulfide in your gut to prevent it from being absorbed. It can also significantly help with symptoms of gas, bloating and "bubble" sensations that people can report. There are medicinal forms of activated charcoal that we have people purchase, our favorite is made from coconut husks.

Thiamine (Vitamin B1) - Thiamine is a B vitamin that has sulfur in it. It might seem counterintuitive to have people take a vitamin with sulfur in it during a low sulfur protocol. The issue is that some people have such messed up sulfur metabolism that they don't make adequate amounts of this vitamin in their gut. Typically healthy bacteria product this vitamin and supply it for the body. Unhealthy guts don't do this as much. And on top of this, thiamine is inactivated by - drum role please - sulfites!

Deficiencies are associated with some loss of motor coordination, tingling in hands and feet, and even mental confusion. We often saw one or more of these symptoms in patients with other classic sulfur symptoms, so we've been supplementing many patients as part of the protocol, 200mg twice daily with food.

Korean Red Ginseng - There are many kinds of ginseng out there. This is one of them, and it is the one kind that will address sulfur issues on two important fronts. First, it will slow down the enzyme that can lead to toxic sulfur compounds in the body. Second, it has been shown to lower levels of hydrogen sulfide in the blood. This supplement is most indicated in those who have fatigue as a significant aspect of their symptoms. We dose this at 400mg twice daily.

Probiotic - We strongly encourage you to purchase a probiotic. Either use one recommended by your health care practitioner, or purchase a refrigerated product from a health food store. The one we use with our patients is MegaSporeBiotic by Microbiome Labs. In fact it is the only probiotic we've used with patients that has sometimes brought about dramatic changes in digestive health and function in a fairly short time. It is only available through a licensed health care practitioner. You can contact our clinic if you would like more information. Otherwise, we recommend you purchase a refrigerated, non-dairy based probiotic from a health food store that contains at least *Lactobacillus* and *Bifidobacteria* strains, to the tune of at least 5 billion organisms per capsule. Take one each day, with food.



There are other supplements that can be helpful, but they address more specific kinds of symptoms and conditions that can arise after chronic sulfur toxicity. Sulfur problems can lead to digestive problems, for example, which then lead to more sulfur issues and more digestive problems. The LSP can bring dramatic relief to many people with irritable bowel, ulcerative colitis, Crohn's disease and other digestive problems. But the LSP alone won't correct the imbalances, it just gives much-needed relief for many people. This is where it is important to be working with a health care provider with experience in the use of therapeutic diets and rebuilding digestive health.

With all that said, it is time to get to the core of this program, the diet. Let us warn you again: there is a lot of contradictory information out there about what is/is not included on a low sulfur diet. We aren't trying to settle that controversy, nor are we intending to add to it. This is a program that Maria put together for Dr. Nigh's patients. It has been used, at some time or another, by virtually every patient we've seen over the past several years. And most importantly, it works. We have seen results from it over and over.

So now you understand how sulfur gets clogged, and some therapies to facilitate the unclogging. The central piece, though, is the diet, which reduces the inflow of sulfur so that the rest of the LSP can clear out the toxic byproducts.

Chapter 3

The Low Sulfur Diet and Reintroductions

As we stated in chapter one, sulfur is an essential element for life; without it we could not survive. It is important to remember this because, unlike many therapeutic diets, this is not an elimination but a reduction for a short period of time to test how your body is able to utilize and process sulfur to its benefit. Low sulfur diets simply reduce the amount of certain vegetables, protein, dairy products, sodas, and sulfite-containing alcoholic beverages including wine and beer.

All foods and supplements containing high levels of sulfur are strictly avoided to allow the effect of the last ingestion to wear off. The negative effects of sulfur occur over a 4-7 day period after the last sulfur ingestion, which means you will need to exclude all sulfur foods and sulfur containing supplements for at least one week to clear any build up from the body. We generally keep people on the strict avoidance diet for 2 weeks before introductions. Your practitioner will help you determine how long to remain on the diet and what supplementation protocol will support your efforts.

A few general guidelines:

Meat protein contains various levels of sulfur because of its cysteine and methionine content. For this reason, the low sulfur protocol is vegetarian. We know that many people worry (almost always unnecessarily) about not getting enough protein. No one is going to end up wasting away by eating vegetarian for a few weeks, and the fact is we would all likely be in better health if we did so periodically. The recipes in this guide will keep you supplied with plenty of protein for the duration.

Individualized modifications are not possible with a general guideline document such as this. You should work with a practitioner experienced with sulfur metabolism and symptoms for specific changes to your protocol. Some general guidelines are appropriate for all, though. For example, all dairy products have sulfur, so choose dairy alternatives such as almond milk, hemp milk, and rice milk.

Soy products contain sulfur, so you will need to avoid them. Grass-fed butter or ghee may be used during the diet.

Eggs are a concentrated source of sulfur and must be avoided, both whites and yolks.

Most fruits are low in sulfur with the exception of pineapple and papaya, which you will avoid throughout the diet. Dried fruit should be avoided. To ensure the lowest sulfur levels in fruit, choose fresh raw fruits.

A note about common sense: The following recipes contain a variety of ingredients from the “approved” list. However, if you know that you are allergic or have a reaction to one or more of any ingredients listed in a recipe, substitute them with something that you tolerate. For example, if you are allergic to dairy and a recipe lists “grass-fed butter,” use coconut oil or avocado oil instead. BE SMART! You are your own best advocate and only you know what ingredients you can and cannot have.

Make sure all food choices are organically grown and GMO free.

Important Information about Reintroductions: The Point of This Whole Process

Rather than putting the reintroduction information at the very end of the book, we're putting it before the actual diet information. This is because we want you to go into the diet already having a clear understanding of how you are going to *end* the diet protocol. The introductions are, after all, where the real gold is in terms of getting the important information about your body's response to sulfur. Read this through now, then come back and read it again at the end of the 2-week LSP.

If you are working with a practitioner who has experience or specific training on this protocol, you will possibly be given a reintroduction schedule that is different from the one we are giving here. We can only give a general order. It will work fine for the large majority of individuals, and in fact is the one that we use most often with our patients.

You will be introducing 6 primary dietary sulfur sources, possibly followed by a set of sulfur-containing supplements. Each food needs to be introduced in an isolated manner, so your reaction to each source is clear.

You should introduce each food on the list below every other day. On the introduction day, which most commonly happens on *day 15 after starting the LSP*, you start your dietary exposures. For example on your first introduction day you should consume some garlic at breakfast, then again at lunch. Don't overload yourself with it, just use a standard amount. Perhaps add some garlic powder to your breakfast food. For lunch, maybe add some crushed garlic to a vegetable stir fry. Then, exclude garlic from your diet after lunch and for the rest of that day *and the next day*.

If you experience symptoms after the breakfast introduction, you obviously don't need to introduce it again for lunch. You got your answer. You react to garlic and need to keep it out of your diet indefinitely. If you reacted to garlic, you have to wait until that reaction symptom is completely gone before introducing onion, even if that takes more than 2 days. Otherwise, you might not see the onion reaction.

Continue through the introductions in that way. Once you've gotten through the last one you can start bringing in the other sulfur-containing foods you've eliminated. You don't have to stagger every one of those introductions. However, if you typically eat lots of one of those foods, we recommend that you introduce it after coffee, and do it in the same controlled way.

OK, here is the introduction schedule:

- 1) Garlic
- 2) Onion
- 3) Egg
- 4) Kale
- 5) Cabbage
- 6) Broccoli
- 7) Coffee
- 8) Wine (optional, of course)
- 9) Beer (optional; gluten free)

Obviously if you don't drink wine or beer or coffee, or if you simply never eat kale or another food on the list, you don't need to introduce it. Also, you probably don't want to introduce wine or beer at breakfast or lunch. Have them in a typical amount with dinner

and pay attention to how you sleep and whether you have any temperature changes (e.g. hot flashes or sweats) during the night.

For some people, the reaction to one or more of these foods can be dramatic and quite surprising. For other people, they notice nothing at all with any of the introductions. These latter types are the people who are just annoyed with us that we put them through this process. The bummer about sulfur issues is that you can't know if you have them until you just do this process and find out.

If people are reactive to some sulfur foods, the question we most commonly get asked is, "How long will I have to avoid that food?" And the annoyingly predictable answer is, it varies. Typically, with supporting nutrients and moderation of intake, people can reintroduce the symptomatic foods within a few months and do fine. However, we have a few patients who simply can't tolerate even small exposures to the offending food(s) without a dramatic return of their symptoms.

We have only seen a few patients who react to every form of sulfur. Most patients have big reactions to one or two foods on the above list, and do fine with the others.

Foods, Drinks, and Supplements to Avoid

Vegetables to avoid:

Arugula	Asparagus
Bok Choy	Bean Sprouts
Brussels sprouts	Broccoli
Cauliflower	Cabbage
Daikon radish	Collard greens/ Mustard Greens
Green beans	Garlic
Kale	Horseradish, wasabi
Onion	Leek
Radish	Peas
Sunchoke	Rutabaga
Scallion (green onion)	Swiss Chard
Sauerkraut	Shallots
Spinach	Split peas
Turnip	Soy beans
Truffle	Watercress

Fruits to avoid:

Papaya	Pineapple
Grapes (they are sprayed with sulfur)	Dried fruits (usually sulfured)
Dried coconut	Trail mixes, snack bars with fruit

Dairy & Dairy Alternatives to avoid:

Milk – cow, sheep, goat	Cottage Cheese
Cheese - all	Soy Products
Coconut Milk from the carton	Eggs - chicken and duck
Low Fat/Non Fat Yogurt	Whey

Legumes - avoid all:

Bean curd/tofu milk	Bean sprouts – all kinds
Beans – all kinds	Lentils – all types
Miso soup	Tofu/Tempeh

Herbs, Spices and Additives to avoid:

Curry	Chives
Garlic	Horseradish
Turmeric	Yeast extract

Grains & Miscellaneous sources:

Commercially baked goods that use eggs and dairy	Wheat (all kinds), buckwheat, wheat germ, amaranth, quinoa
Chocolate/carob/cacao/cocoa	Coffee - both caffeinated and decaf
Peanuts, sesame seeds	Pickles, relishes, olives in brine
Wine - both red and white	Instant tea, canned tea
Beer - lagers, pilsners, stouts, Ambers, IPAs	Frozen potatoes & French fries (preserved w/sulfites)
Vinegar: Balsamic, red wine, white	Lemon and lime juice concentrates

The following supplements should be avoided unless approved of by your practitioner:

- ALA (Alpha Lipoic Acid)
- Bromelain and papain
- Chlorella
- Cysteine
- Dairy source acidophilus
- DMSO
- Extracts of the high sulphur foods (ie: Cruciferous Sprouts Extract)
- Glutathione
- NAC
- Milk Thistle
- MSM
- Methionine (converts to cysteine)
- Turmeric and curcumin (raises blood sulfur levels)

Approved Foods List

Vegetables allowed:

All winter squashes - Acorn, Delicata, Butternut, etc.	Artichokes and hearts
Avocado	Bamboo shoots
Beets - red and yellow (fresh only)	Bell peppers
Carrots	Celery
Corn (organic only)	Cucumber
Lettuces - Romaine, Green & Red Leaf, Iceberg, etc.	Eggplant
Pumpkin	Mushrooms – white button only
Olives in oil (w/o spices)	Parsnips
Summer squash – green and yellow	Potatoes – sweet and yams only
Tomato	Water Chestnuts

Fruits Allowed: (no canned or processed fruit)

Banana	Berries - blueberries, raspberries, strawberries
Cantaloupe	Casaba melon
Dates	Figs
Grapefruit	Guava
Honeydew melon	Kiwi
Lemon	Lime
Mango	Pear
Pomegranate	Watermelon

Approved Foods List (Continued)

Herbs and Spices to use generously:

Anise	Caraway
Bay leaves	Basil
Cardamom	Cinnamon
Cumin	Ginger root
Marjoram	Nutmeg
Parsley	Rosemary
Oregano	Sage
Thyme	Pepper - black & white
Chili peppers - fresh and dried	Lemongrass
Lavender	Dill
Mint	Cilantro

Miscellaneous allowed items:

Almond, Hemp and Rice milk	Butter & Ghee
Honey	All nuts except peanuts
Pure maple syrup	All nut butters except tahini and peanut
Flax and chia seeds	Sunflower and pumpkin seeds
Rice protein powder, collagen peptides	Unsulphured Dried Fruits
White Rice - Organic Basmati, jasmine	Vinegar - apple cider vinegar only
Polenta - organic, Non-GMO	Sprouted Corn Tortillas
Gluten Free Oats or Steel Cut	Home made bone broth
Gluten Free bread - no bean flour	Gluten free rice crackers
Pine nuts	Organic corn, beet or parsnip chips

Remember to watch out for any store bought condiments or preparations that contain garlic powder, onion powder, MSG or other flavorings not allowed on the low sulfur protocol. Most commercially made salad dressings and sauces contain these additives—it is better to make your own, or simply use oil and apple cider vinegar or fresh squeezed lemon juice for your dressing (once again, remember that lemon juice concentrates are loaded with sulfites).

Some great ideas for quick and easy snacks:

- Hard Bite Beet or Parsnip Chips (Found at New Seasons' Chip Aisle)
- Rice crackers with almond butter
- GF Toast with butter and avocado slices - sprinkle with sea salt
- Cucumber chips with cilantro chutney
- Broth with roasted squash and mushrooms
- Marinated artichoke hearts and olives
- A handful of cashews and almonds
- Coconut chips (unsulfited only!)
- Celery sticks with nut butter

Recipes

The recipes provided have been modified from various sources and are intended to be a helpful guide rather than a strict adherence. Any recipe can be modified to suit individual tastes, so feel free to experiment!

Cooking should be fun and a positive attitude goes a long way to helping you on a healing journey. If there are ingredients you don't prefer just make substitutions for flavors and vegetables with other items that you choose. If your practitioner has recommended that you follow a vegetarian diet for a short time then you may easily leave the meat out of many of the recipes.

Protein supplementation during the diet is fine as long as you choose a plant based protein powder (no whey or egg protein), or you may use Collagen Peptides by Vital Proteins to ensure you are getting enough protein in your diet during the restricted period.

Make sure to follow the approved foods list (with the exception of any items you might be sensitive or allergic to) and you'll be fine.



Recipe List

Breakfast and Breads

Granola
Squash Porridge
Grain-Free Hot “Cereal” Corn Meal Waffles Pumpkin Waffles
Sweet Potato Biscuits Skillet Corn Bread - Vegan
Buttery Hemp Seed and Zucchini Flat Bread Resistant Starch Rice
Rice Bowl with Avocado Blue Avocado Smoothie

Main Meals

Butternut Squash Soup
Classic Pumpkin Soup with Pumpkin Seeds Acorn Squash with Coconut Butter
Almond Meal Ravioli
“Duck Duck” Sweet Potatoes Red & Blue Roasted Potatoes Creamed Corn
Baked Beets Candied Carrots Vegetable Hash
Rice with Squash and Chutney Summer Squash Salad
Savory Spaghetti Squash
Salad with Roasted Zucchini and Hazelnuts Squash Salad Vinaigrette
Greek Salad with Olive Oil Dressing Zucchini “noodles”

Sauces

Chimichurri
Harissa Pesto
Hollandaise

Snacks & Treats

Coconut Cream Melts
Almond Butter Cups
Blueberry Crumble

BREAKFAST & BREADS

GRANOLA

Ingredients:

- 2 cups raw, unsalted sunflower seeds
- 2 cups raw, unsalted pumpkin seeds
- 1 cup slivered almonds
- 1 cup chia seeds
- 1/4 cup of powdered Maca root
- 3/4 cup of dried currants (unsulfured)
- 2/3 cup of melted coconut oil
- 1/4 cup of maple syrup or honey
- 1 tablespoon of cinnamon
- 1/2 teaspoon of sea salt

Instructions:

Preheat oven to 350F

- Line a baking sheet with parchment paper. In a large bowl add the seeds, almonds, chia, maca root and currants. Mix together until uniformly distributed.
- In a small bowl mix together the melted coconut oil, sweetener, spices and salt. Pour the small bowl of liquid over the seed/nut mixture and mix well.
- Spread the mixture onto the lined baking sheet and bake for 10 minutes. Remove the baking sheet from the oven and toss well. Spread the mixture onto the baking sheet evenly again. Place the baking sheet back into the oven, and toss the mixture again at 10-15 minute intervals, making sure that it doesn't burn. This is very important!
- Bake for a total of 35-40 minutes. Cool for about 30 minutes. Enjoy on its own or top with berries and a non-dairy milk of your choice.

SQUASH PORRIDGE

(serves 4-6)

Ingredients:

- 2 cups roasted winter squash or pumpkin
- 1 cup nut milk
- 1 cup tapioca starch
- 1 teaspoon organic vanilla

Instructions:

- Preheat the oven to 350F
- Cut the squash in half. Place the squash halves cut side down on a parchment lined baking sheet. Bake for about 1 hour or until tender to the touch.
- Heat the nut milk at a low temperature on the stovetop stirring in the tapioca starch to create a thicker consistency. Add the sweeteners and/or spices to the liquid as it is heating.
- Allow the squash to sit until it is still warm but cool enough to touch without burning yourself. Scoop out the seeds and discard, then scoop out the squash, mashing it slightly.

Pour the prepared nut milk over the mashed squash.

Add desired toppings. Sweeteners and Topping ideas:

- Sliced strawberries or other berries
- Shredded coconut, toasted Cinnamon
- Grade B Maple Syrup drizzled
- Evaporated coconut palm sugar, sprinkled

GRAIN-FREE HOT “CEREAL”

Ingredients:

- 2 tablespoons macadamia nut butter (or nut butter of your choice)
- 1/4 cup shredded dried coconut - unsulfured
- 1/8 cup chia seeds
- 6 tablespoons warm nut milk
- 1/4 teaspoon vanilla extract
- 1/4 teaspoon cinnamon (optional)
- 1 teaspoon grade B maple syrup

Instructions:

- Combine all ingredients in a small mixing bowl. Transfer to a non-stick Green Pan, and heat at a low temperature to avoid scorching. Serve with warm hemp or nut milk and 1/4 cup blueberries.

CORN MEAL WAFFLES

Ingredients:

- 1 package Pamela's GF Cornbread mix
- 2 teaspoon sea salt
- 2 scoops collagen peptides
- 1/4 cup coconut oil (liquid)
- 1/4 cup apple sauce or mashed banana
- 1 teaspoon vanilla
- 1 cup hemp milk

Instructions:

- Preheat waffle iron. Open cornbread mix and put into medium sized mixing bowl. Add collagen peptides, salt
- and combine. In a separate bowl - mix together all wet ingredients.
- Pour wet mixture into dry and mix well. If batter seems too thick, thin it with a little bit of water.
- Spoon batter onto hot waffle iron and allow to cook through—most irons have an indicator light for when the waffle is finished but check on it to make sure it does not get too brown.
- Options to add to your batter: roasted and diced poblano peppers or jalapeno peppers, substitute banana or apple with pumpkin or sweet potato.

PUMPKIN WAFFLES

Ingredients:

- 1/4 cup canned pumpkin
- 1/4 cup almond butter (or nut butter of your choice)
- 1 teaspoon pure vanilla extract
- 1 cup nut milk
- 1/4 cup melted coconut oil or grass-fed butter
- 1 cup almond meal or GF flour blend
- 1/2 cup ground chia seeds
- 1/2 teaspoon pumpkin pie spice
- 1/2 teaspoon cinnamon
- 1/4 teaspoon baking soda
- 1 teaspoon salt

Variations:

Substitute apple sauce for pumpkin.
Substitute spices with 1 T evaporated coconut palm sugar
Substitute Pamela's GF corn bread mix for almond meal or GF flour (this substitution is very good if you add in some jalapeño peppers for a savory dinner waffle!)

Instructions:

- Whisk the first five ingredients together in a mixing bowl.
- With a mesh strainer, sift the dry ingredients into the wet ingredients.

- Mix well to combine. If batter is too thick, add water to thin. Waffle batter is often much thicker than pancake batter - you may drop spoonfuls onto your waffle iron.
-
- Serve with grass fed butter and a drizzle of grade B maple syrup, or a sprinkle of evaporated coconut palm sugar.

SWEET POTATO BISCUITS

Ingredients:

- 1.5 cups GF flour blend like Pamela's, P&G, or Bob's Red Mill
- 1/4 cup tapioca flour
- 1/4 teaspoon xanthan gum or guar gum
- 1/4 cup evaporated coconut palm sugar
- 2 tablespoons aluminum-free baking powder
- 1 teaspoon salt
- 1/2 teaspoon baking soda
- 8 tablespoons grass-fed butter, ghee or coconut oil
- 1/2 cup hemp milk (cold)
- Squeeze juice from 1/2 lemon (cold)
- 1 cup sweet potato puree (cold)

Instructions:

Preheat the oven to 400F

- Mix dry ingredients together in a large bowl.
- Mix cold hemp milk and lemon juice then put it back in the fridge until needed.
- In small pieces or increments, add the very cold butter or fat to the dry ingredients and mix together with a fork or pastry blender. I use 2 knives making cross hatches through the fat to mix it in with the flour until it begins to form small pieces about the size of peas.
- Add half the milk mixture and the cup of sweet potato puree to the flour. Stir everything together with a large spoon, adding more milk mixture as you go, until all ingredients are fully incorporated. Pull the dough together with your hands forming it into a ball. Avoid over-handling the dough.
- Transfer the dough to a lightly floured pastry mat. Press the ball down into a disk and place a piece of parchment or plastic wrap over top. Using a second pastry mat, press it out to about 1/2 inch thick. Remove the parchment and cut the dough into 2 inch rounds with a biscuit cutter.
- Pull the dough scraps together and repeat.
- Place the rounds onto a parchment lined cookie sheet and bake about 15-18 minutes until they just begin to brown. Serve warm with ghee and honey.

SKILLET CORNBREAD

Dry Ingredients:

- 1 cup organic corn meal
- 3/4 cup sorghum flour
- 1/4 cup tapioca starch
- 1/4 teaspoon xanthan or guar gum (Bob's Red Mill - organic)
- 1/4 cup evaporated coconut sugar
- 1 tablespoon aluminum free baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt

Wet Ingredients:

- 1/3 cup coconut oil, ghee or grass-fed butter
- 1 cup hemp, rice, or other milk substitute
- 1 teaspoon apple cider vinegar
- 1 cup Vegan Creamed Corn (p. 36)
- Egg replacer for two eggs

Instructions:

- Preheat oven to 375 degrees.
- Mix the egg replacer (4 tablespoons warm water and 3 teaspoons Ener-G Egg Replacer) until there are no white lumps or residue. Put aside.
- Mix dry ingredients in a large mixing bowl. Mix milk alternative and cider vinegar.
- Add rice milk/vinegar, oil, and then the egg replacer to the dry ingredients. Mix well. Add the Vegan Creamed Corn and stir until incorporated.
- Grease a baking pan (a medium cast iron skillet or 8" x 8" baking dish) with coconut oil.
- Pour mix in pan and bake for 20-25 min or until a toothpick inserted in the center comes out clean.

BUTTERY HEMP SEED AND ZUCCHINI FLAT BREAD

(Makes about 16 slices)

Ingredients:

Dry ingredients:

- 2 cups whole chia seeds
- 1/2 cup hemp seeds, ground
- 1 teaspoon freshly ground black pepper
- 1 teaspoon Himalayan pink salt

Wet ingredients:

- 2 cups (9 oz / 250 g) shredded zucchini
- 1 cup water
- 1/2 cup melted grass-fed butter / coconut oil

Topping:

- 2 Tablespoons hemp seeds
- 1 Tablespoons pumpkin seeds
- 1/2 Tablespoons sunflower seeds

Instructions:

- Preheat oven to 350 degrees (F). Grease the pan with oil. I used Red Palm oil.
- In the food processor, fitted with the “S” blade, pulse together the chia seeds, ground hemp, pepper, and salt.
- Add the zucchini, water and butter to the food processor bowl and process until everything mixes together. Pour the dough onto a greased baking sheet and spread to 1/2” thickness. I used a damp hand to spread the batter. Make sure it is evenly spread out so the edges don’t overcook.
- Sprinkle the hemp and other seeds on top.
- Place in the oven and bake for 50 minutes, or until done. Press in the center for doneness, if it leaves an indentation, it isn’t done just yet.
- Enjoy warm. Store left-overs in an airtight container in the fridge for up to 5 days (give or take). The last batch I made, I left uncovered on the kitchen counter for 2 days and it didn’t dry out or spoil.

(Recipe from Every Little Bite Counts)

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RESISTANT STARCH RICE

Ingredients:

- 2 Cups Organic Basmati or Jasmine Rice
- 3 Cups Filtered water
- 1 Tablespoon organic coconut oil, grass-fed butter, or ghee

Instructions:

- Place rice, water and fat in a saucepan and bring to a boil. Reduce heat to lowest temp, cover with lid and simmer until rice is cooked to tender. There will be small indentations in the surface of the rice indicating it is done cooking.
- When finished cooking, fluff the rice and leave uncovered allowing the steam to continue to escape until the rice has reached room temperature.
- Transfer the cooled rice to refrigerator dish and place in refrigerator for a minimum of 12 hours*. After this time your rice is ready to be used in recipes.

* This cooling process will alter the structure of the starch into a fibrous starch which is now resistant to digestion in the stomach and small intestine, allowing passage directly to the colon where it is a prebiotic, feeding the good bugs that reside in the large intestine. The glycemic load is reduced dramatically while the fiber content is increased thereby increasing satiety while lessening blood sugar response.

BLUE AVOCADO SMOOTHIE

Ingredients:

2 scoops protein powder
1/2 an avocado
1/2 cup blueberries
1 cup nut milk
Splash water
1 cup ice
1 teaspoon Grade B maple syrup or stevia

Instructions:

Place all ingredients in blender and blend until smooth. Top with a sprig of mint for color!

MEATLESS DISHES

BUTTERNUT SQUASH SOUP

Ingredients:

- 1 butternut squash, cubed or 2 to 3 cups pre-cubed fresh or frozen squash
- 6 tablespoons bacon fat, coconut oil, or ghee
- 1 teaspoon sage
- 1 teaspoon sea salt
- Pepper to taste
- 16 ounces bone broth or organic chicken stock (about two cups)
- 2 tablespoons coconut milk, full fat (use organic unsulfured)
- 2 tablespoons water
- 8 to 12 fresh sage leaves

Instructions:

- Preheat the oven to 400°F.
- Peel and chop the butternut squash if not purchased already peeled and cubed. Toss the squash in 2 tablespoons of melted fat of your choice and the sea salt/sage herb blend in a roasting dish and bake for about 40 minutes or until fork tender
- While the squash is roasting, use a large pot to blend together the chicken broth, coconut milk, and water. Add the roasted squash, and stir together.
- After the soup has cooled a bit, pour it into a blender and blend until smooth. Or use a handheld immersion blender and blend in the pot.
- Use a small frying pan or cast iron skillet to fry the sage in 1 to 2 tablespoons of butter or ghee until it looks bubbly and just crispy to the touch. Garnish each bowl of soup with a couple of sage leaves.

PUMPKIN SOUP

Ingredients:

- 1 sugar pumpkin or 3 pounds kabocha or butternut squash—peeled, seeded, and cut into 1-inch pieces
- 5 tablespoons ghee (or coconut oil)
- kosher salt and black pepper
- 4 to 6 cups vegetable or chicken broth
- Paprika and roasted pumpkin seeds, for serving

Instructions:

- Heat oven to 400° F. On a parchment lined baking sheet, toss the pumpkin with 3 tablespoons of the ghee, ½ teaspoon salt, and ¼ teaspoon pepper. Roast, tossing once, until tender, 20 to 25 minutes.
- Meanwhile, heat the remaining 2 tablespoons of ghee or coconut oil in a large saucepan over medium-high heat. Add the roasted pumpkin, 4 cups of the broth, and ½ teaspoon salt and bring to a boil; reduce heat and simmer for 5 minutes.
- In a blender, working in batches, puree the soup until smooth, adjusting the consistency with the remaining broth as necessary. (Alternatively, use a handheld immersion blender in the saucepan.) Sprinkle with the paprika and roasted pumpkin seeds, if desired.

ROASTED PUMPKIN SEEDS

Ingredients:

- 2 cups fresh pumpkin seeds (from 2 medium pumpkins), rinsed and patted dry
- 2 tablespoons grass-fed butter or ghee, melted
- 2 tablespoons evaporated coconut sugar
- 1 teaspoon kosher salt
- ¼ teaspoon ground cinnamon

Instructions:

- Heat oven to 300° F. Spread the seeds on a parchment lined baking sheet and bake until dry throughout, 50 to 60 minutes.
- Increase oven temperature to 350° F.
- In a large bowl, toss the seeds with the butter, sugar, salt, and cinnamon.
- Return the seeds to the baking sheet and toast, tossing occasionally, until golden brown, 10 to 15 minutes.

ACORN SQUASH WITH COCONUT BUTTER

Ingredients:

- 1 acorn squash
- 1 1/4 tablespoon coconut butter or coconut cream concentrate
- 1 - 2 teaspoons cinnamon
- 1/4 teaspoon sea salt
- 2 tablespoons dried currants, optional
- 2 tablespoons sliced almonds or chopped walnuts, optional

Instructions:

- Preheat oven to 350 F.
- Slice the squash down the middle lengthwise, and place it face down in an oven-safe baking dish. Bake for 35 to
- 45 minutes or until fork tender and the edges begin to brown.
- When the squash is cut, remove it from the oven. While it's still warm, fill the center sections with even amounts of the coconut butter. Sprinkle with cinnamon and a pinch of sea salt. Top the squash with any other ingredients you like—raisins, currants, almonds, walnuts, or other nuts. Serve warm.

ALMOND MEAL RAVIOLI

Ingredients:

- 1/4 cup grated non-dairy cheese
- 1 cup chopped romaine leaves
- 1 teaspoon salt
- freshly ground pepper
- 1/2 acorn squash, seeds discarded and cut into 1/2-inch slices
- 1/4 Teaspoon ground nutmeg
- 2 Tablespoon grass-fed butter or ghee
- 8 sage leaves
- 1 1/2 cups vegetable or chicken broth
- 16 almond meal gnocchi

Instructions:

- Heat oven to 400°
- Toss squash with 1 tablespoon of the grass-fed butter or ghee and 1/2 teaspoon salt and a few grinds of black pepper. Place the squash on a parchment lined baking sheet and roast until just tender, turning once or twice. Roast for about 40 minutes. Set aside.
- In a small bowl, combine the non-dairy cheese, chopped romaine, remaining salt, and

pepper and mix well. In another bowl, lightly mash the squash, add the nutmeg. Mix together.

- In a skillet, over medium heat, heat the butter. Add the sage and cook until fragrant, about 1 minute. Add the broth, simmer 5 minutes, and set aside.
- Place almond meal gnocchi between 2 sheets of parchment paper and then place between two cutting boards. Press down firmly to flatten the pasta into rounds. (I stand on the boards to get them very flat!. Peel off top layer of parchment paper.
- Divide the cheese and romaine mixture among 8 of the flattened gnocchi, placing a dollop in the center of each. Fold them in half diagonally, pinching edges to close, or flatten edges with a fork. Repeat with the squash mixture and the remaining 8 gnocchi.
- Place the 16 raviolis in a roasting pan and spoon the broth over them. Cover and heat in the oven until warmed through, approx. 20 minutes. I like to then “brown” my raviolis slightly by placing them in a pan over medium heat in a tablespoon of ghee.

“DUCK DUCK” SWEET POTATOES

Try cooking with other fats for flavor adventure. Duck fat can be purchased at most specialty markets.

Ingredients:

- Two large sweet potatoes
- 1 teaspoon duck or bacon fat (or coconut oil)
- 1/2 teaspoon cinnamon
- 1/2 teaspoons sea salt
- 1/4 teaspoon white pepper

Instructions:

- Preheat oven to 375°F.
- Peel the sweet potatoes, and chop them into 1-inch pieces. In a medium sized mixing bowl toss the sweet potato pieces with your choice of fat or coconut oil, coating them evenly.
- Sprinkle with the sea salt, cinnamon and pepper and toss again to spread the spices evenly. Place the potatoes evenly on a baking sheet lined with parchment paper and bake for approximately 30 minutes or until the potatoes are brown and fork tender.
- After the diet these potatoes can be baked with a duck egg on top and then covered in the Hollandaise sauce recipe on p. 56 for a real treat!

YELLOW AND ORANGE ROASTED POTATOES

Ingredients:

- 1 large yellow sweet potato, scrubbed and peeled
- 1 large orange yam, scrubbed and peeled
- 2 teaspoons almond flour or rice flour
- 1/4 teaspoon dried thyme
- 1/4 teaspoon dried sage
- 1/4 teaspoon dried rosemary (I crush mine up in the palm of my hand before adding)
- 1/4 teaspoon dried oregano
- salt and pepper

Instructions:

- Preheat oven to 400 F. Cut potatoes into equal sized pieces.
- In a mixing bowl, toss the potatoes with 1 1/2 teaspoons liquid coconut oil. Sprinkle and toss to coat with remaining ingredients
- Place the potatoes in a cast iron frying pan or roasting pan and roast in the oven for about 20-25 minutes until fork tender.

VEGAN CREAMED CORN

Ingredients:

- 12 ounces frozen organic corn (or 1 1/2 cups raw fresh organic corn kernels)
- 1 tablespoon coconut oil, ghee or grass-fed butter
- 2 tablespoons organic yellow cornmeal (fine)
- 1/2 cup hemp milk
- 1/2 cup rice milk
- 1 roasted Poblano pepper - chopped in small pieces
- Salt and pepper

Instructions:

- Slice Poblano pepper lengthwise and discard seeds. On a parchment lined baking sheet place pepper with skin side up. Roast at 400F until skin begins to brown. Wrap in wet paper towel and let cool. Skin will peel off easily. Chop into small pieces. In a large skillet heat the oil over medium high heat. Add the corn and 1 teaspoon salt, cooking about 5 minutes, stirring frequently until the corn is no longer frozen and is warm.
- Mix the hemp and rice milks together.
- Sprinkle the corn meal over the corn kernels and stir in.
- Add the milk mixture and cook until the corn is soft and the mixture had been reduced and appears creamy — approx. 5 minutes.
- Mix in chopped, roasted poblano pepper. Season with salt and pepper to taste.

This may be eaten as is or used in making the corn bread recipe on p. 29.

BAKED BEETS

Ingredients:

- 2 large purple or golden beets, fresh
- 1 tablespoon chopped parsley or oregano, fresh or dried
- 1 mandarin orange
- 2 tablespoons coconut oil or butter
- Sea salt and pepper to taste

Instructions:

- Preheat oven to 375° f.
- Peel the beets with a vegetable peeler, and chop them into 1 inch cubes. Peel the mandarin orange and pull the segments apart cutting into half inch pieces if necessary. Top the beets with herbs and oranges. Drizzle with melted coconut oil or butter and toss to combine. Spread evenly in an oven safe baking dish and bake for 30 to 40 minutes or until the beets are fork tender.

CANDIED CARROTS (use for dessert!)

Ingredients:

- 8 large carrots, peeled and chopped into 1/2 inch pieces (I love to use the multi-colored heirloom carrots for this - they add a variety of color and flavor!)
- 4 dates, pitted and chopped
- 2 tablespoons butter or coconut oil
- Sea salt to taste

- **Instructions:**

- Preheat oven to 375° F
- Place the carrots and dates into an oven safe dish and top with the melted butter or coconut oil. Toss to coat, and sprinkle with the salt to taste.

Bake for approximately 20 to 30 minutes or until the carrots are fork tender.

VEGETABLE HASH

Ingredients:

- 3 tablespoons coconut oil
- 2 medium sized sweet potatoes, washed and sliced into quarter rounds
- 2 large carrots, washed and sliced into rounds
- 1 red pepper, washed, seeded and diced roughly
- 1 green pepper, washed, seeded and diced roughly
- 1 can of sliced water chestnuts
- ½ teaspoon celery seeds
- ½ teaspoon crushed dry rosemary
- 1 teaspoon coconut aminos
- Salt and pepper to taste

Instructions:

- Preheat the oven to 400°F
- Add the coconut oil to a Dutch oven or heavy skillet over medium heat.
- Add the vegetables in the order listed. Add more oil if needed for even cooking but be careful not to add too much or you will have mushy hash. :(
- Add the spices, coconut aminos, salt & pepper and mix thoroughly.
- Place the pan into the oven and cook for 10-15 minutes to add richness to the taste of the hash.

RICE WITH SQUASH AND CHUTNEY

Ingredients:

- 2 tablespoons coconut oil, grass-fed butter or ghee
- 1 butternut squash—peeled, seeded, and diced (4 to 5 cups)
- 1 tablespoon cumin powder
- Sea salt
- 2 cups vegetable or chicken broth
- ½ cup coconut milk (organic, unsulfured)
- 2 cups resistant starch basmati rice
- ½ cup slivered almonds
- ½ cup prepared chutney (read labels carefully for garlic and onion - better to make your own. I add roasted peppers to unsweetened marmalade along with cumin and coriander, salt and pepper to make my own.... easy and mostly homemade.)

Instructions:

- Heat the oil in a large skillet over medium heat. Add the squash, cumin powder, and 1 ½ teaspoons salt, stirring to coat evenly. Add the broth and bring to a boil.
- Reduce heat to medium-low and simmer until the squash is cooked through and most of the liquid has evaporated, 15 to 20 minutes.

- Stir in the coconut milk and cook, uncovered, over medium-high heat until the sauce has thickened, 3 to 5 minutes.
- When ready to serve, place $\frac{3}{4}$ cup of gently warmed rice on each plate. Top with the squash mixture. Garnish with the slivered almonds and your choice of chutney.

SUMMER SQUASH (ZUCCHINI) SALAD

Ingredients:

- 4 to 6 zucchini/yellow squash
- 1 cup cherry tomatoes, sliced in half
- $\frac{1}{4}$ cup basil, thinly sliced
- $\frac{1}{4}$ cup extra virgin olive oil
- Sea salt and pepper to taste

Instructions:

- Chop the ends off of the zucchini, and peel down to the center seedy sections with a vegetable peeler to make fettuccine like noodles. You may also use a spiraler to make twisty noodles.
- Combine the cherry tomatoes, basil, and olive oil with sea salt and pepper in a medium-sized mixing bowl. Toss the squash with the tomato mixture, place onto a flat dish or into a bowl to serve.

SAVORY SPAGHETTI SQUASH

Ingredients:

- 1 spaghetti squash, halved lengthwise and seeded
- 3 tablespoons coconut oil, grass-fed butter or ghee
- $\frac{1}{4}$ cup slivered almonds
- 2 tablespoons fresh lime juice
- 1 tablespoon honey
- $\frac{1}{2}$ teaspoon ground cumin
- Salt and pepper

Instructions:

- Heat oven to 400° F.
- Place the squash on a parchment lined baking sheet, drizzle the cut sides with 1 tablespoon of the oil, and turn cut-side down. Roast until tender, 40 to 50 minutes.
- Meanwhile, spread the almonds on a second parchment lined baking sheet and toast in oven, tossing occasionally, until golden brown, 6 to 8 minutes.
- In a medium bowl, stir together the lime juice, honey, cumin, the remaining 2 tablespoons of oil, 1 teaspoon salt, and $\frac{1}{4}$ teaspoon pepper.
- With a fork, gently scrape the strands of squash flesh into the bowl and toss with the lime juice mixture. Sprinkle with the almonds. Place in a baking dish and bake for 20 minutes at 350F until edges begin to brown.

SALAD WITH ROASTED ZUCCHINI AND HAZELNUTS

Ingredients:

- 2 to 4 green and yellow zucchini, cut into 1-inch pieces
- 5 Tablespoons coconut oil, grass-fed butter or ghee
- Salt and pepper
- 1/2 cup hazelnuts
- 1 tablespoon apple cider vinegar
- 1/2 teaspoon ground mustard
- 6 cups mixed greens (about 4 1/2 ounces)
- 4 oz non-dairy cheese, grated (1 cup)

Instructions:

- Heat oven to 400° F.
- Place zucchini pieces on a piece of paper towel and sprinkle liberally with salt. Allow the squash to “sweat,” removing excess water before roasting. Dab with a paper towel to remove excess water and salt. This will make the squash less mushy and hold up better under roasting.
- On a parchment lined baking sheet, toss the squash with 2 tablespoons of the oil or fat, and 1/4 teaspoon pepper. Roast, tossing once, until golden brown and tender, 30 to 35 minutes. Let cool slightly.
- Spread the hazelnuts on a second parchment lined baking sheet and toast in the oven, tossing occasionally, until fragrant, 10 to 12 minutes. Let cool slightly, then rub in a clean dish towel to remove the skin. Chop into larger pieces.
- In a large bowl, whisk together the vinegar, mustard, the remaining 3 tablespoons of oil, and 1/4 teaspoon each salt and pepper. Add the squash, hazelnuts, greens, and toss to combine. Sprinkle with non-dairy cheese.

GREEK SALAD WITH AVOCADO DRESSING

Ingredients:

- 4 cups Romaine lettuce, chopped
- 1/2 cup cucumber slices
- 1/2 cup cherry tomatoes, halved
- 1/4 cup pitted kalamata olives, halved
- 2 tablespoons capers (optional)

Ingredients for dressing:

- 1 avocado - peeled with pit removed
- 3 tablespoons extra virgin olive oil
- 1 teaspoon fresh or dried oregano
- Sea salt and pepper to taste



Instructions:

- Place the romaine lettuce and top it with the cucumbers, cherry tomatoes, kalamata olives, and capers. In a blender combine dressing ingredients and blend till creamy. Drizzle the salad with the dressing.

HOW TO MAKE ZUCCHINI NOODLES

- 2 to 3 medium zucchini
- Salt
- Wash and cut the ends off of your zucchini. Peel off outer skin using a paring knife or vegetable peeler. Make noodles using a spiralizer (can be purchased at any kitchen store.) Or, if you are just trying this recipe out you may use a large cheese grater or mandolin to make long “strips” of noodles.
- Spread the noodles out on a cookie sheet lined with paper towels and cover in salt to make the zucchini “sweat.” This is an important step in the process because if you do not remove the excess water from the zucchini it will not hold the noodle shape and will become too soft when cooking. Let the noodles sit with the salt for at least 30 minutes, rinse thoroughly and pat dry.
- You may now cook the noodles in grass-fed butter, ghee, coconut oil, duck fat or your favorite cooking fat, over medium-high heat, just enough to soften them. Be careful not to overcook them or they will not have a good noodle texture!
- Use as a spaghetti noodle and top with marinara, garlic-free pesto, alfredo cream sauce or just some grass-fed butter and freshly chopped herbs.

SAUCES AND DIPS

CHIMICHURRI SAUCE

Ingredients:

- 3 cups flat-leaf parsley leaves (from about 3 bunches), very finely chopped
- 2 Jalapeño peppers, lightly roasted and very finely chopped
- 2 teaspoons finely chopped fresh oregano leaves 1/4 cup apple cider vinegar
- 2 teaspoons kosher or sea salt
- 1 teaspoon freshly ground black pepper
- 1/4 teaspoon dried red pepper flakes (optional)
- 3/4 cup extra-virgin olive oil

- In a medium-size airtight container, stir together the parsley, jalapeno, oregano, vinegar, salt, the black pepper, the bay leaf and red pepper flakes.
- Stir in the olive oil, cover and refrigerate the chimichurri sauce overnight. Excellent with grilled steaks or fish.

HARISSA (RED PEPPER) SAUCE

Ingredients:

- 2 whole roasted red peppers, seeds removed
- 2 dried ancho chilies
- 1 dried chile de arbol
- 2 chipotle chiles in adobo sauce (Read the label to make sure it's gluten and soy-free. Many brands are not!)
- 1 cup boiling water
- Juice of half a lemon
- Salt, to taste
- 2 tablespoons olive oil

Instructions:

- Place the dried chiles in a heatproof bowl and pour the boiling water over top the chiles. Let sit for 20 to 30 minutes until the chiles are softened. Reserve chile water.
- Once chiles are softened, cut the tops off and remove the seeds. Add to the bowl of a food processor or blender, along with the chipotle chiles in adobo and lemon juice. Use gloves to do this!
- Purée, slowly pouring in the olive oil to thicken the sauce. If desired add 1-2 tablespoons of the reserved chile water to thin the sauce a bit (I did not do this). Season to taste with salt and extra lemon juice.

The Harissa will keep refrigerated for a few weeks.

BASIL PESTO

Ingredients:

- 2 cups basil leaves, washed
- 1/2 cup of Extra Virgin Olive Oil
- 3 tablespoons pine nuts
- 1/4 teaspoon salt
- 1/4 cup grated dairy-free cheese.

Instructions:

- Measure Pine Nuts into a small pan and toast over medium heat until nuts have browned slightly. These nuts are oily and can burn very quickly so keep your eye on them stirring frequently.
 - In your food processor or blender, place the 2 packed cups of basil, 1/2 cup of olive oil, salt and pine nuts. Blend until all ingredients have melded.
 - Transfer to a serving dish and stir in the grated non-dairy cheese. (You may leave this out if you prefer.. This sauce is delicious with the almond meal noodles, spaghetti squash, or just as a dip with fresh carrot and celery sticks.
-

FAKE HOLLANDAISE SAUCE - FOR REAL

Ingredients:

- 2 tablespoons coconut oil (liquid version works best)
- 3 tablespoons rice flour
- 1½ teaspoons cider vinegar
- 1 teaspoon grated lemon zest
- 1 pinch ground chile or paprika
- 1 ¼ cup rice milk - cold

Instructions:

- In a saucepan, no heat, add the oil, flour, white wine vinegar, lemon zest and chile powder. Stir until smooth.
- Whisk in approximately ¾ cup of the cold rice milk, adding it slowly to keep a consistent texture. Place the saucepan over medium or medium high heat and bring to a simmer.
- Keep whisking until the sauce begins to thicken. Once the sauce begins to thicken, add the remaining ½ cup milk and continue to whisk.
- Turn the heat to low. Continue to whisk for about 7-10 minutes. If the sauce gets too thick, add more (cold) milk and whisk until smooth.



TREATS

COCONUT CREAM CANDIES

Ingredients for base:

- 1/2 cup coconut oil
- 1/2 cup coconut cream

For orange cream flavor add:

- One half teaspoon pure vanilla extract
- Zest of one orange
- 2 teaspoons pure grade B maple syrup

For mint flavor add:

- 2 teaspoons fresh mint, Chopped
- 2 teaspoons mint extract oil
- 2 teaspoons pure grade B maple syrup

Instructions:

- Combine the base ingredients with either flavor ingredients in a small mixing bowl and blend until smooth.
- Place small paper liners in a 24 count mini muffin pan - spoon the mixture evenly into each section.
- Place the pan in the refrigerator or freezer to set, and serve cold.

NUT BUTTER CUPS

Ingredients for filling:

- 3 tablespoons almond butter or other nut butter
- 1 tablespoon coconut oil
- 1 teaspoon grade B maple syrup
- Pinch of sea salt

Ingredients for shell:

- 6 tablespoons coconut oil, melted
- 6 tablespoons coconut butter or coconut cream concentrate, softened
- 2 teaspoon grade B maple syrup
- 1/2 teaspoon vanilla extract
- Vanilla “flecks” from one half of a vanilla bean pod (open pod and scrape out using a butter knife)
- 1 tablespoon shredded dried coconut (sulfite free)

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Instructions:

- In a mixing bowl whisk together all of the ingredients for the shells.
- Place small paper liners in a 24 count mini muffin pan - spoon an 1 teaspoon of shell mixture into each of the muffin cups. Place the tray in the refrigerator or freezer to set. Next, place the filling mixture into a quart sized plastic bag or a pastry bag. Snip a tiny corner off of the bag with scissors.
- Take the shells from the refrigerator or freezer, and pipe a small amount about one half teaspoon of the filling into the center of each shell, leaving some of the edge of visible. Once all of the shells have been filled, add the remaining shell mixture until the filling is covered. Place the tray back in the refrigerator or freezer to set, and serve cold or at room temperature.

You may make this recipe using dark chocolate shells by simply adding 1/2 cup unsweetened cocoa powder to your shell mixture. You may also add a pinch of cinnamon to add to the flavor of the shell.

BLUEBERRY CRUMBLE

Ingredients:

- 2 pints fresh organic blueberries
- Juice of one lemon
- 1 cup almond meal
- 1/4 cup chopped macadamia nuts
- 1/4 cup melted butter or coconut oil
- 2 tablespoons grade B maple syrup
- 1/4 teaspoon cinnamon
- Two pinches of sea salt

Instructions:

- Preheat oven to 375°F
- Place the blueberries in a 9 x 9 baking dish - squeeze the juice from half of the lemon over them. Toss slightly to coat the blueberries.
- In a mixing bowl, combine the almond meal, macadamia nuts, melted butter, remaining lemon juice, maple syrup, cinnamon, and salt. Crumble together using your fingers.
- Spread the nut topping evenly over the blueberries, and bake 30 or 40 minutes until the fruit is bubbly and the topping golden brown.

Appendix A: Coffee Enema

Supplies you need:

- Ground organic coffee, light roast. While not essential, we recommend you purchase ground coffee that is roasted specifically for use in coffee enemas. Visit <http://sawilson.com>
- Enema kit - You can purchase one of these at any pharmacy. If you have any inclination to do these more than a few rounds, we highly recommend that you purchase a metal container and non-PVC tubing. For example: <http://tinyurl.com/nmfjwcm>. The hot coffee could cause some plastic to leach into the enema solution, which is the opposite of detoxifying.
- A pot that holds 2-3 cups of water and a stove to heat it on
- A cooking thermometer, ideally digital to give an instant reading
- Ice
- A lube or oil with nothing artificial added. Organic coconut oil is best.
- Eco-friendly bathroom cleaner in a spray bottle
- Liquid soap (we suggest Dr. Bronner's)
- Isothiocyanate solution (optional; available from Immersion Health)

Additional supplies we recommend:

- A probiotic capsule - Mix it into the coffee solution once it has been cooled.
- Homeopathic isothiocyanate solution - You can only get this through immersionhealthpdx.com. We have it formulated specifically for our patients. Call our clinic and we can ship it to you. It is a 4oz bottle with a dropper dispenser in it.
- A relaxing book.

The process:

Add 2 tablespoons of ground organic coffee to 2-3 cups of filtered or spring water and bring that to a boil on the stovetop (start with 2 cups; work up to 3 over time). Once boiling, cover and reduce to a simmer. Allow to simmer for 10-15 minutes.

While that is brewing, attach the tubing to the enema bucket, then thread the clamp onto the tubing. *Be sure the clamp gets closed* so that liquid doesn't flow through the tube as soon as

you add it to the enema bucket. Finally, attach the short (~4") nozzle to the end of the tube that has the clamp. The clamp on the tube and the nozzle will look something like the pictures to the right.



After simmering the coffee for 15 minutes, turn off the heat. Pour the coffee solution into the enema bucket. If you do this very slowly, the coffee grounds settle to the bottom of the pot used to boil and you don't have to use any kind of strainer.

Now you should have close to 2 cups of coffee in the enema bucket.

The temperature of this coffee should now be somewhere around 140-160F if you test it. Add ice cubes in order to bring the temperature down to 100-102F. As a general rule, 1 ice cube (depending on the size, of course) will drop the temperature about 4-6 degrees. Err on the side of using too few to start with. If the solution gets too cold, it's tedious to heat it up again.

Initially, add maybe 5 cubes, swirl around and check the temp. You'll get a sense of how many more cubes you'll need to add.

Once you are at 100-102F, add 1 capsule of probiotic powder and 2 droppers of the isothiocyanate solution if you have that. The isothiocyanate solution is to facilitate liver detoxification and clearing of the portal vein.

Bathrooms are the obvious choice for location. Put an old towel down, one you don't mind having coffee stains on (it happens). The first and very crucial thing to do is hold the bucket in one hand. The nozzle should be held in the sink for this. Unclamp the clamp and allow coffee to flow through the tubing until it first comes out of the nozzle and into the sink. Immediately re-clamp it so you don't lose too much coffee. This gets the air out. If you still see some bubbles or air pockets in the tubing, it isn't a big deal, you just don't want it full of air.

As soon as coffee starts coming out the nozzle, reclamp the tube. Now everything is ready. The enema bucket should sit perhaps on a sink counter or somewhere about 18-24" above your head when you are lying down.

Next, apply a small amount of the lube or coconut oil to the length of the nozzle.

Inserting the nozzle is the most squeamish part for most people, but it's easy. There are a few methods:

Kneel down on one knee. Reach through your legs to insert the nozzle gently into your bum. It should insert to about 4 inches, which is the length of the nozzle itself. Once

inserted you can carefully turn yourself around so you can lie down, face up, on the towel. Be mindful of the tube so you don't pull accidentally pull the bucket off the counter.

Once lying on your back, reach down and again unclamp the clamp. Keep your fingers on the clamp in case it gets uncomfortable as it infuses into your bowel. If so, you can temporarily re-clamp until the discomfort passes.

Another option is to lie down on your back first, then insert the nozzle while lying down. This requires more of a stretch for some people. Just experiment. You can't mess up too much, and keep your hand close to the clamp so you can stop the flow anytime you need. You will get a few towels stained, but after doing this even 2 or 3 times you will find your method and it will be easy peasy.

Once the coffee is infused into your bowel, just relax. We recommend that you keep the nozzle inserted throughout the duration of the process (10-15 minutes) with the clamp open. That allows some pressure to be released. And there will be pressure.

While you are retaining the coffee in your bowel, which is ideally 10-15 minutes, you will likely have waves of urges to expel the coffee. These urges can be pretty, well, strong. This is normal and in fact it helps tone your pelvic floor to resist these urges as best you can. Another benefit is that it strengthens a part of your nervous system that helps you relax, digest and rest, called the vagus nerve. In other words, resist the urge as much as you can because it's good for you. The urge will pass after some time, usually 15 seconds or so. And the urge can be intense, to be sure. If you find that you just can't hold it, it's a good indication that you need the practice. But if you can't, then you can't.

The expel

Either after 10-15 minutes, or if you simply cannot resist the urge to expel anymore, it is time to let it go. Keep in mind that you should let the peak of an urge to pass before you try to stand up, else you will likely have a mess to deal with. Before standing up, reach down and clamp the clamp on the tubing. Remove the nozzle either before or after standing up, whichever is more comfortable. Once standing, place the nozzle in the sink and open the clamp so it can drain. Sit on the toilet, relax (don't push) and let it go.

It is important to know that the coffee generally comes out in waves. The first wave is the biggest, but if you stay on the toilet for another 5-10 minutes some additional coffee will come out, sometimes quite a bit. You can gently massage your belly, in big circles right to left across the top of your abdomen, down the left side, and left to right across the bottom, then up the right side. This moves the coffee along toward the exit.

Don't strain or push too much during this time, just let it make its way out on its own.

The clean-up

The toilet bowl is likely a mess at this point. Flush, then use toilet paper to wipe the seat and rim of the bowl as a first pass.

Next drain whatever is left in the enema bucket/tubing into the toilet. In the sink, remove the tubing from the bucket, then remove the clamp and nozzle from the tubing. Put just a bit of the liquid soap into the nozzle, and also some on the outside. Wash it off, squeeze it and roll it in your fingers to scrub the inside, then run hot water over and through it to rinse. Rinse the clamp.

Curl the tubing into the basin of the sink. Run hot water through it to flush it out. Cup your hand around the faucet while holding the tubing in your hand so that it forces water through the tube. Then pour some liquid soap into one end. You can soap your fingers as well, then start at one end of the nozzle. Pinch the tubing and slide your fingers along the length of the tubing, squeezing that soap along the length. Then run hot water through the tubing for 10 seconds or so to flush it out.

Next, add a squirt of the liquid soap to the enema bucket. Run hot water into it. Swirl it, wash down the insides with your hand or a cloth all the way up to the rim. Rinse. Now it's ready to put away for the next time.

Spray down the toilet seat, rim and bowl with a natural bathroom cleaner, and wipe down with paper towels.

Pour a small amount of hydrogen peroxide or eco-friendly drain cleaner down the sink to wash the pipes.

From start to finish, this takes about 1 hour. A shower, as you might expect, is your next best move. This can make for a very relaxing morning routine, and you can get some focused reading time in as well.

If you make the coffee on the stovetop at night before bed, in the morning all you need to do to use it is heat it up in the morning, then add the probiotic and isothiocyanates. This will save you significant time, reducing the total time to 40-45 minutes.