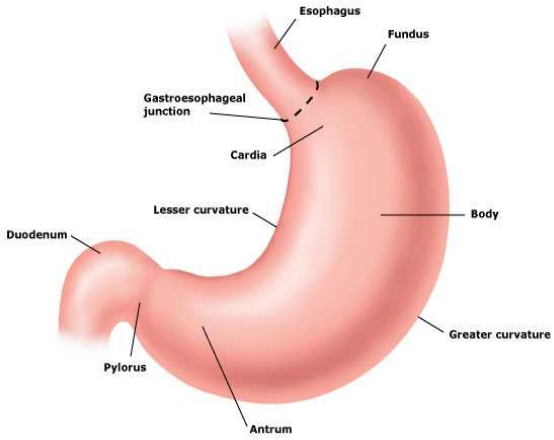
STOMACH ULCERS: Duodenal and Gastric

A Peptic ulcer is a break in the inner lining of the stomach and it is the breakdown in the integrity of the lining of our gastro system that causes most ulcers. This is a major problem in North America.

DUODENAL ulcer is in the first part of the small intestine, whereas the gastric ulcer is in the stomach lining. GASTRIC ulcers and Duodenal ulcer often come under the category of Peptic ulcer disease (PUD) and is described as a lesion in the mucosal lining of the digestive tract, typically in the stomach as gastric ulcer or duodenum (1st part of the intestines) as Duodenal ulcers. These are caused by the digestive action of pepsin (a digestive enzyme) and stomach acid.

Pathology is given that gastric ulcers may be acute or chronic and 85% of the chronic ulcers are found in the lesser curvature of the stomach; 10% are in the antrum, 2% in the pyloric canal and 5% in the fundus.



Many cases are linked to a spiral-shaped bacterium called H. PYLORI that thrives in the acidic environment of the stomach. The incidence of peptic ulcers occurring in the duodenum (the initial tract of the small intestine) is four times higher than those arising in the stomach.

The lesion usually develops in the lining of the stomach but can also incur in the upper part of the intestine. Pain is felt in the area between chest and belly button. Pain can last for a few minutes to several hours.

Dr. Michael T. Murray advises that the two highest over the counter drugs used for acidity and ulcers is Tagamet and Zantac. Pantaloc is also hugely prescribed. They have a combined sale of over 4 billion dollars worldwide. These drugs work very well, but there can be a relapse because the drugs have failed to fix the underlying problem. Calcium carbonate antacids as in Tums or Alka-2, produce a 'rebound' effect on the gastric acid secretion and may cause kidney stones. The sodium bicarbonate antacids of Rolaids, Alka-Seltzer, BromoSeltzer etc. tend to cause systemic alkalosis and interfere with heart and kidney function. Most often used are aluminum-magnesium compounds of Maalox, Mylanta, D-Gel etc. which may cause calcium and phosphorus depletion as well as possible aluminum toxicity or accumulation of aluminum in the brain.

Most Common Symptoms of Gastric and Duodenal Ulcers:

- **Vomiting tendencies**
- **Nausea**
- **Heartburn – may even happen in the middle of the night**
- **Indigestion**
- **Pain**
- **Belching, Burping**
- **Weight Loss**
- **Bloating**
- **Heartburn**
- **Pain in the upper and middle portions of the stomach after a meal and at night**
- **Blood in the stool**
- **Bleeding in the gastrointestinal region**
- **Nausea**
- **Loss of Appetite**
- **Pain when eating high fat food**
- **Pain when stomach is empty**
- **Pain in stomach that may feel like burning**

Causes of Gastric Ulcers:

- **excess of acid production in the stomach and damage to the protective barrier inside the stomach. Certain things that can trigger excess acid production or can cause damage to the protective lining of the stomach are:**
  Emotional stress
  Foods (spices, pungent foods, etc)
  Overuse of certain drugs, especially NSAIDs (Non-steroidal anti-inflammatory drugs)
  Infections (H-Pylori)
- **Taking NSAIDS**
  Hereditary, especially in blood group "O"
  Smoking
- **Alcohol**
- **Eating refined foods**
- **Lack of any of: Vit. E, B12. B6, C, Folic acid**
- **Hypercalcemia**

Causes of Duodenal Ulcers

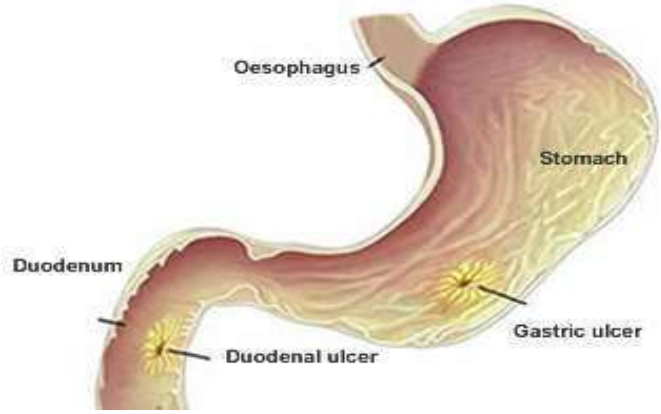
- **Endocrine organ dysfunction causing over producing of gastrin by pancreatic tumour "Zollinger Ellison Syndrome". Cushing syndrome causes ulcers because of excessive steroid secretion. Parathyroid tumour cause ulcer because of hyper calcaemia.**
- **Chronic liver disease**
- **Secretion of hydrochloric acid by stomach is usually twice the normal level**
- **Emotional factors eg. anxiety, depression, stress**
- **Irregular diet, spicy food, excessive drinking of tea**
- **Smoking, drinking alcohol**
- **Bacteria infection such as Helicobacter Pylori**
- **Excessive use of non steroidal anti-inflammatory drugs**
- **Food allergies**
- **Drinking too much alcohol**

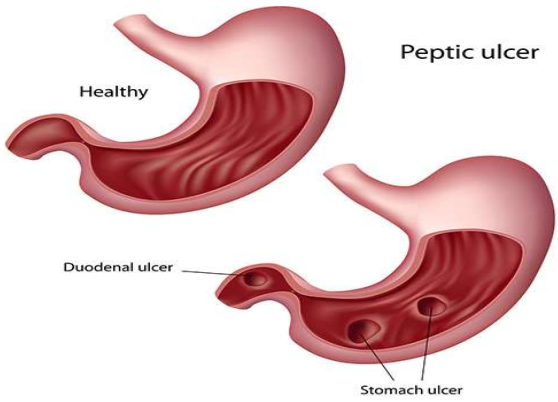
- **Lack of any of Vit. E, B12, B6, C, Folic acid**
- **Radiation therapy**
- **Burns**
- **Physical injury**
- **Sleepless nights**
- **Overtension**
- **Drinking milk – higher the milk consumption, the greater the incidence of ulcers**
- **Coffee**
- **Pollution**
- **Overuse of painkillers eg. Aspirin or nonsteroidal anti-inflammatories eg. Ibuprofen, advil, motrin or naproxyn.**

Peptic Ulcers include Gastric Ulcers and Duodenal Ulcers. All ulcers have upper burning abdominal pain; heartburn, bloating or belching, often nausea, often fatty food intolerance. What's the difference between a chronic (long term) duodenal and gastric Ulcer? (Yes, you can have both at the same time, it is called gastroduodenal ulcer) The following are not hard and fast rules but give you some indication of difference in symptoms.

Peptic Ulcer

Gastric Ulcer	Duodenal Ulcer
Ulcer located on inside of stomach	Ulcer located in first part of small intestines
Happens more in middle age	Happens usually in young adults
More common in males	Common in both sexes
Felt right after eating	Felt a few hours after eating
Person can look thin	Person can look obese
Pain in mid epigastrium slightly	Pain in transpyloric plane to the left
Taking food aggravates pain	Taking food relieves pain
Pain not felt at night	Pain felt at night
Vomiting common after food	Vomiting rare unless ploricstenosis
Spicy food bothers	Any food that doesn't initiate pain





The most obvious symptom is that a gastric ulcer discomfort is felt usually immediately after eating whereas the duodenal ulcer is felt a few hours after eating. Duodenal ulcers have pain

in the upper abdomen which is relieved by eating. If it increases after eating, it may be because of gastric ulcer.

HEALING TIME

Expect at least 1-2 months of a strict regime in order to heal the ulcerated tissue.

DIET

IRRITANTS TO AVOID:

Coffee	**Very salty foods**	**Aspirin**	**Spicy foods**
Black pepper	**Cow's Milk**	**Sugar**	**Black tea**
Alcohol	**Tobacco**	**Soft drinks**	**Over eating**
Chocolate	**Processed foods**	**Fizzy drinks**	**Deep fried foods**
Salsa	**Ice cream**	**Commercial Salad Dressings**	

Acid foods eg. Tomatoes, citrus fruit.

BEST FOODS TO ENJOY (avoid those that bother you):

High fibre foods	**Bland foods**	**Avocados**	**Millet**
Rice	**Bananas**	**Buckwheat**	**Oats/Oatmeal**
Cabbage (& juice)	**Potatoes**	**Carrots**	**Apples**
Berries	**Soybeans**	**Legumes**	**Red grapes**
Kale	**Broccoli**	**Green tea**	**cottage cheese**
Squash or yams	**Small frequent meals**	**Garlic/onions**	**Asparagus**
Honey	**Manuka Honey**	**Camomile tea**	**Buckwheat pancakes**
Rices	**Gluten free bread**	**Split pea soup**	**Sweet potato**
Almond butter	**Barley**	**Legumes (lentils, dried beans, peas)**	

Chlorophyll (green juices and foods)

BEST SNACKS AND DESSERTS YOU CAN EAT:

Air popped popcorn. Can also make popcorn balls with honey.
Oven baked potato chips, lightly salted
Gluten free pumpkin pie, sweetened with honey
Oatmeal cookies, sweetened with honey
Walkers Fine Oat Crackers (plain ones are made without wheat)
Rice crackers
Toppings for crackers: chopped avocado, almond butter, mild cheese, plain hummus, butter, honey.

- **If raw vegetables bother the digestion, steam or boil them in a little water until soft.**
- **Soup of bone broth with cabbage and carrots.**
- **Drinking Aloe Vera Juice throughout the day helps some people, others find it objectionable.**
- **If you have bleeding ulcers you may have to resort to baby foods.**
- **The BRAT diet may be followed for a few days in an acute situation: Bananas, Rice, Applesauce, Toast.**

- **Once you have an ulcer, you need to avoid alcohol until it is healed. Once you can drink alcohol again without distress, limit yourself to one glass of red wine a day for women (two glasses for men). Red wine helps keep E coli, Salmonella, Listeria and H Pylori at bay. The best wines are Merlot, Cabernet, or Zinfandel. Best country for wines: Portugal, Spain, France.**
- **Honey is a great wound healer but sugar actually aggravates ulcers. If you can get Manuka Honey at a health store, it is known to have antimicrobial effects against H. pylori bacteria that is often found in ulcerative states. Taking 1 tsp a day of Manuka Honey will help healing and have an effect on H. pylori if it is present. Do all other cooking and sweetening with honey (use stevia if you are diabetic).**
- **Prebiotics: Prebiotics are natural, non-digestible food ingredients linked to promoting the growth of helpful bacteria in the gut. Basically, prebiotics lay the groundwork so probiotics can do their thing. However, in fact, prebiotics themselves may improve gastrointestinal health as well as calcium absorption. Two examples of prebiotics include fructo-oligosaccharides (FOS) and galacto-oligosaccharides (GOS). These two prebiotics are commonly found in bananas, onions, garlic, leeks, asparagus, artichokes, soybeans, and whole wheat foods. Once prebiotics have prepped the gut for a grand probiotic introduction, this "good" bacteria may boost immunity and overall health**
- **Soil based probiotic (eg. Sauerkraut, kombuchu, miso, kimchi, cultured vegetables, coconut kefir, tempeh, soy beverages, raw coconut yogurt). It is good to combine the prebiotic foods with the probiotic foods at the same meal.**
- **Bananas – the sitoindosides in dried, unripe bananas increase mucus in the digestive tract, giving a protective coating to help stomach ulcers heal. Best is to get banana powder for this.**
- **Good hygiene can help reduce the risk for peptic ulcer disease caused by Helicobacter pylori infection. Washing the hands thoroughly with warm soapy water after using the restroom and before eating and avoiding sharing eating utensils and drinking glasses also can reduce the spread of bacteria that can cause PUD.**
- **Drink BONE BROTH. Contains amino acids proline and glutamine that can help heal the stomach lining. Drink 1 cup 2-3 times daily. Can add a little chicken and chopped cabbage to the bone broth or just have plain. If you use the powdered type from the health food store, may want to add a pinch of seasalt for flavouring. It is a lot of work to make it yourself, but you can just buy the beef bone broth and use a teaspoon or so in a cup of very hot water. Or you can use it as a base for your soup.**
- **Best Steamed vegetables: carrots, asparagus, cabbage, potatoes.**
- **Drink water throughout the day. To every litre of water add 1 tsp of our intestinal formula, or just plain powdered marshmallow root which will help heal and soothe, as well as hydrate.**
- **Use plain oils for salad dressing eg. Olive oil, flaxseed oil, avocado oil. Season with dillweed, oregano, cilantro or other favourite herbs.**
- **Eat clean foods without sauces and syrups. Chicken and fish can be plain broiled or baked or steamed. Season with herbs instead of spices; herbs are kind to the stomach, whereas spices can aggravate.**

DAILY SPECIFIC SUPPLEMENTS THAT CAN HELP (in addition to regular good nutritional supplementation):

- **25,000 IU Vitamin A (inhibits formation of stress ulcers, helps maintain integrity of mucosa)**
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- **400 IU Vitamin E (inhibits formation of stress ulcers, helps maintain integrity of mucosa)**
- **1000 mg Ester C (for tissue repair, antibacterial, antiviral)**
- **500 mg Bioflavonoids (reduces production of histamine which can form ulcers)**
- **25 mg Zinc (increases mucin production, protects against ulcer formation)**
- **Evening Primrose Oil or Flax Seed Oil**
- **1 Reversatrol 2-3 times a day. Helps control H Pylori bacteria.**
- **Saccharomyces boulardii Forte – a special probiotic can be used if you have ulcers. It helps prohibit h. pylori.**
- **WEEKLY: 1-2 caps Oil of Oregano, or 5 drops on back of tongue, followed by swig of water to gargle and then swallow.**
- **Zinc Carnosine**
- **Deglycerized licorice**
- **Chlorophyll supplementation**
- **Whatever you are low in: Vitamins E, B12, B 6, C, Folic acid**

BOTANNICAL (protects the stomach lining from acids):

- **Cabbage juice: This is the best home remedy! Drink 1 litre per day in divided doses for peptic ulcers. Cabbage juice increases the amount of protective substances that line the intestine. Eat raw cabbage also if you can. If you can't stand to drink cabbage juice, blend it with banana, honey, and other foods to hide the taste. Or make into a soup or salad.**
- **Some people take 1 Tbsp apple cider vinegar in 1/2 glass of water about 15 minutes before a meal to help the ulceration. This especially helps if you have low stomach acid and don't have difficulty eating acid foods like fruit.**
- **Potato juice. Similar to cabbage juice. Fresh Potato juice mixed with 1/2 water**
- **Not everything works for everybody, but aloe vera has worked for many, and chlorophyll has also worked for many. Aloe Vera Juice and Papaya juice together in equal parts seems to be a favourite.**
- **1 tsp cayenne 3 times a day in caps or in water.**
- **De-glycyrrhizinated licorice (2-4 380 mg tablets between or 20 minutes before meals. Dosage should be continued for 8-16 weeks depending on response. Instead of blocking stomach acid, deglycyrrhizinated licorice stimulates the body's natural defense mechanisms that protect against ulcer formation.**
- **Slippery Elm lozenges soothe the lining of the gastro tract. Lozenges can be obtained or you can drink 1 tsp slippery elm powder in 1 cup warm water 3 times a day for one week.**
- **Marshmallow root is similar to slippery elm. Demulcent, soothing.**
- **Royal Jelly**
- **Honey is a good antibacterial agent and carminative (soothing to the gut). Honey can kill harmful bacteria, helps cleanse bowel. 2 tsp daily in the morning on empty stomach.**
- **Manuka Honey is a special honey that comes from Australia. Take 1 teaspoon two or three times a day has been shown to help ulcers. It is believed to kill off H.Pylori bacteria. H. Pylori bacteria is an opportunistic bacteria that worms its way into crevasses in the lining of the stomach, ulcerating the tissue. Natural traditional medicine believes that the original condition is created by stressful conditions of either mental and emotional problems, or poor diet that has damaged the tissue, allowing the micro-organism to gain entry into the organism.**

- **Fenugreek. Boil 1 tsp fenugreek seeds in 2 cups water. Strain and drink it after adding a little honey. Fenugreek leaves can be eaten, and also made into a tea.**
- **Mastic gum (from sap of the tree that grows in the Mediterranean). You will usually see this in all natural remedies for gastritis and stomach ulcers. Helps get rid H. pylori.**
- **Bananas wipes out acidity of gastric juices; helps reduce inflammation and strengthens stomach lining. Eat 2-3 a day will inhibit growth of H. Pylori. Can use in shakes.**
- **Cabbage and Carrots. Cabbage helps produce an amino acid that stimulates blood flow to the stomach lining to help strengthen the lining. Raw cabbage juice is very beneficial.**
- **Chamomile Tea**
- **Ginger root. Make tea of the sliced root, add honey.**
- **Coconut milk and coconut water. Kills bacteria that causes ulcers. Drink few cups a day. Can also eat the tender coconut.**
- **Pumpkins and pumpkin seeds. Seeds are used to remove worms from digestive tract. Stimulates kidneys, helps with water retention. Pumpkin juice on empty stomach. Pumpkin pie is a nice dessert. Many make pumpkin soup.**
- **Other herbs: essiac combination, comfrey, camomile, fennel**
- **Best home remedy is drinking cabbage juice. Next best is potato juice. You will need a juicer (or use a blender and strain the pieces out)**
- **Probiotics acidolphilus has helped many people. Take 2 capsules in the morning and two capsules in the evening.**
- **If you can get Deglycyrrhized licorice root, as capsule, it can help protect the stomach lining.**
- **Be very careful of the diet, nothing that will antagonize the ulcer (fried foods, coffee, tea, alcohol, chocolate, citrus fruit, tomatoes).**

OTHER:

- **Identify and eliminate or reduce all factors implicated in the development of peptic ulcers: food allergies, cigarette smoking, street drugs esp. aspirin and non-steroidal analgesics, other prescription drugs are often at the bottom of the problem.**
- **Incorporate effective stress reduction plan, once done, supplement diet with those nutrients that heal and prevent ulcer recurrences (Vit. A, E and Zinc)**
- **Must have creative outlet: dancing, painting, writing**

WARNINGS:

- **Aspirin is a gastric irritant, damaging the lining of the stomach. Worsened with smoking.**
- **Antacids should not be used for peptic ulcers. The calcium carbonate antacids (tums, Alka-2 etc) produce a rebound effect on gastric acid secretion, may cause kidney stones. Sodium bicarbonate antacids (Rolaids, AlkaSeltzer, Bromoseltzer) have a tendency to induce systemic alkalosis and interfere with heart and kidney function.**
- **Antacids that are aluminum-magnesium compounds (Maalox, Mylanta, Digel) may cause calcium and phophorus depletion as well as possibly causing aluminum toxicity or accumulation of aluminum in the brain.**
- **Non-steroidal anti-inflammatory drugs used for arthritis and other types of inflammation have been implicated as potential sources of severe stomach problems.**

HERBAL FORMULAS:

EASY HERBAL FORMULA TO MAKE:

1 ½ parts Marshmallow root powder
½ part Slippery Elm root powder
¼ part Fenugreek powder
¼ part Burdock root powder
Mix together and take 1 teaspoon in ½ cup warm water several times a day. Or you can add 1 tsp to a litre of your drinking water and drink throughout the day as you wish.

USING HOMEOPATHY FOR ULCERS

- **Arsenicum album is indicated in individuals who are meticulous to a fault, chilly, restless, and obsessed about their health. Their ulcer symptoms are worse from stress and anxiety, often smell or sight of food makes symptoms worse. The pain may be described as a burning sensation, better from warm food and drinks and sitting up.**
- **Kali bichromicum for when the individual also feels as if the entire digestive process has stopped and feels worse immediately after eating. Sometimes peptic ulcers may cause the food in your stomach to sit like a heavy load immediately after meals. This can make you very uncomfortable and unable to do any other form of work. This is often times accompanied by a low appetite. Useful for people who like to go into great detail with everything. They also seem to look at the world in "black and white" and have high moral values, referring often to duty and rules. Sharp, knife-like pains that radiate to the loin, with a sensation of a specific sore spot in the stomach, may accompany their ulcer.**
- **Mercurius corrosivus suits anxiety-prone, restless individuals who may develop delirium and stupor during illness. These people may feel detached or disconnected from others. Often indicated in chronic, long-standing ulcers with severe pain and sometimes with bleeding, it may be chosen to address ulcers that have gone untreated or have been inappropriately treated.**
- **Mercurius solubilis is for people who pine for solidity and harmony. The ulcer may give stabbing pain. People who need this remedy are chilly, but also sensitive to heat; they may have weak digestion, with continued hunger. There may be a continued urging or a "never-get-done" feeling on defacating.**
- **Natrum phosphoricum is for individuals who find it difficult to delegate; they are friendly and caring, but highly self-reliant. They may find it difficult to speak about their problems. Effective in ulcers with sour burping and vomiting.**
- **Nux Vomica – If you have peptic ulcers and even eating the slightest amount of food causes pain, then Nux vomica may be a good option and thus be prescribed by your doctor. Another indication in such cases is where the abdominal region is very sensitive and you may feel pain even with the slightest touch. Nux Vomica is also very effective if your peptic ulcer symptoms tend to get worse after the consumption of tea, coffee, spicy foods or alcoholic beverages. Nux Vomica is for workaholic people who drive themselves crazy with stress and dietetic excess. They are known as go-getters who thrive on challenges – most often entrepreneurs or managers. With the ulcer, they may have abdominal bloating and flatulence. Dietetic overindulgence triggers emotional stress and sleeplessness, often leading to peptic ulcers when the body can no longer cope with the individual's hectic lifestyle. May be most effective when taken in the evening.**

- **Phosphorus – If you exhibit typical symptoms of peptic ulcer such as sour belching and a burning sensation in the stomach after eating, Phosphorus could well be the panacea. Constitutionally, phosphorus is for people who love being the center of attention. These people are oversensitive, artistic, expressive, and affectionate, and give more than they can manage. Their desire for attention can make them dependent on others. Their ulcers tend to be accompanied by flatulence or a distended, bloated feeling in the abdomen, with cramping pain. They feel better from cold food and drink, although they may vomit once it warms up in the stomach.**
- **Robinia is a homeopathic antacid. Addresses peptic ulcers with hyperacidity. Person might have frontal headache accompanied by sour belching and greenish vomiting.**
- **Argentum Nitricum – Sharp burning pains from peptic ulcers that radiate to different areas of the abdomen. The pain is akin to the feeling of gnawing inside the stomach. Other symptoms such as vomiting, belching and nausea may also be present.**
- **Lycopodium Clavatum – If you have burning pain in your stomach along with the bloating of your abdomen. Other indications for this medication are when ingestion of warm water helps relieve pain. If consuming certain vegetables such as cabbage and beans worsen the situation, then Lycopodium could be the best medication in such a case. Also if burning pain after dinner.**
- **Carbo-vegetabilis – Think of bloating, gas in the stomach with belching. Effective when treating peptic ulcers which are accompanied by heartburn and acidity as well as sour belching. The pain from the ulcers may extend from the stomach all the way to the back. Other indications wherein Carbo-Veg may be effective is where the stomach area becomes very sensitive to touch and even small amounts of food may suddenly cause the symptoms to deteriorate.**
- **Hydrastis Canadensis – Stomach or abdominal pain accompanied by weight loss is one of the major indications where this medication may be prescribed. Person may become emaciated and have sharp cutting pains in the stomach.**
- **Graphites – This medication is extremely useful where along with the ulcer pain, you may end up vomiting your food immediately after a meal. A sensation which is painful and constricted may be present in your stomach. Eating usually lessens the pain. Also use if you suffer from excessive belching.**
- **Sulphuric acid if burning pain after drinking alcohol.**
- **Pulsatilla – indicated for someone with the changeable, emotionally demanding attitude typical of the remedy. Their indigestion comes on straight after a meal too, and they are upset by a lot of foods, especially rich sauces cooked with cream and butter, pastries and pork. They are thirstless, which is a useful prescribing feature.**
  Pulsatilla helps relieve gastric discomfort caused by eating too much fatty food, cakes and ice cream, with bloating, belching and slow digestion.

RECIPES

BREAKFAST CREPE

Make a thin pancake batter: 1 egg scrambled with 1 Tbsp flour. Thin with water if you wish to make a runny pancake consistency. Cook the thin pancake, will be about 10" across in fry pan.
Put on plate, fill with cottage cheese and chopped banana.
Roll up the crepe and top with pure maple syrup or honey.

SMOOTHIE

½ banana
1 tsp intestinal healing powder (from clinic)
1 tsp Manuka honey or regular honey
½ cup apple juice or 1 tsp apple cider vinegar
¼ cup rice milk or unsweetened almond milk
1 tsp Vita Lf or other green powder mixture
Optional: 1 raw egg
Blend all together.

TURMERIC LATTE (2 servings)

1 can (15oz) coconut milk
1 cup unsweetened almond milk
1 tsp ground turmeric
½ tsp pure vanilla extract
1 Tbsp honey or pure maple syrup
¼ tsp ground cinnamon
Pinch ground nutmeg
Pinch Cardamom powder
Optional: ¼ tsp coconut oil
Optional: Pinch black pepper if it doesn't bother your stomach.
Put all ingredients into a pot and whisk as you bring to a boil. Reduce heat to low, simmer for a few minutes, stirring occasionally. Pour into mugs and sprinkle with a little cinnamon.

POTATO-ONION-CABBAGE SOUP FOR ULCERS

1 large potato
¼ head of cabbage
1 stalk celery
1 large onion, peeled
1-2 cloves garlic
1 tsp flavouring such as powdered rosemary, dillweed.
1 litre of chicken broth(can get at stores in tetrapaks), or water
Optional: 1 tsp bone broth powder

Chop the vegetables and boil in enough water to cover. Add salt to taste. When vegetables are soft, blend if you want a nice smooth soup, or eat the veggies in their chopped softened state.
If you want to add a little water. If you want to thicken it, use oatmeal as a thickener.

CARROT GINGER SOUP

1 lb carrots, cut into chunks

1/3 cup chopped celery
1 Tbsp finely chopped ginger
1 1/2 cup vegetable broth or water
2/3 cup organic coconut milk
2 Tbsp maple syrup or honey
pinch cinnamon
sea salt to taste
Optional: Any of: ½ cup chopped onions, 1-2 garlic cloves minced, 1 cup chopped sweet potato
In large saucepan sauté vegetables ginger in a little bit of water at low heat. When soft, add vegetable broth, coconut milk, sweetener.
Let cook until reduced to two-thirds. Put in blender and blend thoroughly until smooth.
Put back in saucepan, add rest of ingredients. Season with salt.
When serving you can garnish with a few drops of flaxseed oil and/or chopped dillweed if you wish.

CURRIED SPINACH & COCONUT SOUP

1 frozen box of spinach or use fresh spinach if available
1 large potato, chopped
1 can coconut cream
3 cups water
1 Tbsp lemon juice
1 tsp curry powder
¼ tsp turmeric powder
½ tsp honey
Heat all ingredients (except lemon juice and coconut milk) in a pot, and bring to a boil. Cover and simmer 30 minutes.
Blend until smooth using a blender.
Return to a pan, stir in lemon juice and coconut milk and heat through.

OATMEAL VEGETABLE SOUP *The oatmeal gives the soup a creamy texture.*

1 large zucchini sliced
2 stalks chopped celery with leaves
2-4 carrots sliced
1 large potato diced
1/2 cup oatmeal
6 cups bone broth, or vegetable stock or water
1/2 cup cilantro chopped
Bring carrots, celery, potato and zucchini to a boil. Cover, lower heat and simmer 30 minutes.
Add stock and cilantro and bring to a boil.
Sprinkle in the oatmeal. Cover the pot and simmer until the soup is thick and creamy.

Lettuce Cups (if you can eat raw veggies)

We use either swiss chard leaves or lettuce leaves to be the actual wrap.

- **Asparagus spears**
- **Julienned red pepper**
- **Sliced mushrooms**
- **Sliced cucumbers**
- **Bean sprouts**
- **Dried shiitake mushrooms, soaked until soft, then slivered**

- **Slices of avocado (optional)**
- **Chopped cilantro and dill weed**
- **Homemade mayonnaise dressing**
- **Sea salt and pepper**

Just fold into a little packet or roll into a tube, and eat.

Here's another mixture to try:

Soak 1/2 cup chopped raw cashews in 1 tablespoon organic dark sesame oil and 1/2 teaspoon sea salt. Set aside.
Use 6 large lettuce or chard leaves.
<u>Almond butter mixture:</u>

1 cup raw almond butter
1/4 cup maple syrup
1/2 cup lemon juice
2 tablespoons chopped ginger
1/4 tsp cayenne powder
1 1/2 tablespoons Tamari or Bragg Liquid Soy or alternative
Puree and set aside.

<u>Filling:</u>

2 cups bean sprouts
Handful each of chopped cilantro and basil leaves
1/2 handful chopped mint leaves
1 large carrot slivered into matchstick size pieces
1 large ripe mango, peeled, cut into thin strips
1/2 head cabbage, shredded (red or green or both) mixed with above almond butter mixture.

<u>Dipping Sauce: (or use non acid salad dressing or tzikiki dip)</u>

2 Tbsp minced fresh ginger
1/4 cup hot water
1/2 cup raw almond butter
2 Tbsp Bragg or alternative soy sauce
Pinch sea salt

For variation in the sauce, blend in some fresh apricot or plum puree.

Arrange a few tablespoons of cabbage (mixed with the almond butter) across the bottom 1/3 of the leaf, leaving about an inch clear at the bottom. Sprinkle some of the chopped cashews over the cabbage.
Then lay a few sticks of carrot, then mango, then finally a few sprouts on top. Add a few leaves of cilantro, basil and mint.
Fold the bottom leaf up over the filling keeping it tight and tuck the leaf under the ingredients, roll forward, placing the roll seam side down on the serving dish. Repeat until all used up.
Serve with the Dipping sauce or a salad dressing.

Tzatziki Sauce – uses yogurt if you can eat it without pain

1/2 English cucumber, peeled and shredded
16 oz (2 cups) Cold plain Greek yogurt
2 cloves garlic, pressed
1/3 cup chopped dill, fresh or frozen
1 1/2 Tbsp freshly squeezed lemon juice (Juice of 1/2 lemon; please squeeze a real lemon)
1/2 tsp salt, or to taste
Combine all, taste to adjust flavours.

PLAIN NOODLES

Boil up rice noodles in water, drain and toss with butter or oil, salt. Eat warm.

PASTA SALAD

Cook up rice noodles, drain. Toss with oil.
Add chopped veggies of your choice and any chopped herbs you wish like dillweed, mint, cilantro, basil. You can also add or use cooked veggies in the salad, your choice (eg. Asparagus, sweet potato, regular potato, carrot)
Season with sea salt. Can season with pesto if you like. Sprinkle parmesan cheese on top if you can eat cheese.
If you want to give it an oriental flair, add 1 tsp of the dark sesame oil and 1 tsp dried ginger to the noodles when you toss them with the oil.

QUINOA SALAD

1 cup quinoa cooked in 1 3/4 cup water for 15 minutes.
1/2 cup diced cucumber
1/2 cup chopped cilantro
1/3 cup cooked peas or beans
2 Tbsp organic olive oil
1 Tbsp sesame oil
1 Tbsp honey
Salt
Mix all together.

ALMOND JELLO PUDDING

1 liter of Almond Milk, unsweetened
2 Tbsp honey or to taste
5 drops Pure Almond Extract
2-3 packets Knox gelatin
Put almond milk, almond extract and honey together in pot, sprinkle gelatin on top. Warm up to almost boiling, stir to integrate. Pour into pan or bowl(s) and cool in refrigerator for several hours. Once you are healed enough to take slight acidity, can add a little chopped sugar free canned fruit such as peaches or pears when eating this. You can get canned fruit that is fruit juice sweetened in all the supermarkets.

RICE PUDDING

3 cups cooked rice
1 cup raisins
2 cups soy or rice milk or coconut milk
1/2 tsp sea salt
3/4 cup honey or maple syrup
1 tsp cinnamon or ½ tsp pure vanilla extract or ¼ tsp ground cardamon depending on the flavour you enjoy
Optional: ¼ cup chopped dates, ½ cup raisins
Mix all together. Bake in casserole at 350oF for about 50 minutes or till toothpick or knife comes out clean when inserted into the center of the pudding.

TAPIOCA PUDDING

4 cups soy or rice milk
1/3 cup tapioca
1 Tbsp honey
Bring all to a boil, cover and simmer about 2 hours.

Remove from heat, add 1/2 tsp pure vanilla extract. Serve warm.

POPCORN BALLS

Air pop a bowl of popcorn
Cook honey in a pot until it gets to the syrupy stage (you can tell by drizzling the honey into a cup of cold water and when it gells, it is tacky enough to use).
Spread the popcorn on a large cookie sheet. Drizzle the hot honey over the popcorn. Let cool for a few minutes, then with buttered hands, scoop up a handful of honeyed popcorn and form into a firm ball. Continue forming balls and when done refrigerate them.

ALMOND FLOUR BISCUITS

1 cup almond flour
1/4 tsp sea salt
1 tsp aluminum free baking powder
4 egg whites
2 TBS chilled butter (cut into pieces)
OPTIONS: add 1 tsp of garlic or dill or your favourite flavour.

Preheat oven to 400^{O}F.
Grease a cookie sheet or muffin pan with. Whip egg whites until very fluffy. In a separate medium bowl, mix the baking powder into the almond flour. Then cut in the butter and salt (if the butter isn't chilled, the biscuits don't turn out). Gently fold in the dry mixture into the whites. Dollop the dough onto the cookie sheet (or muffin tin) and bake for 11-15 minutes. Makes 8 servings.