



NATUROPATHIC TREATMENT MODALITIES

NUTRITION

Hypoallergenic Diet

Purpose: To identify foods that may be causing some or all of your symptoms. During the elimination period, foods that commonly cause symptoms are completely eliminated from the diet for two to three weeks. After your symptoms improve, foods are added back one at a time to determine which foods provoke symptoms.

Foods you may eat:

Cereals:	Hot: cream of rice Dry: puffed rice, puffed millet
Grains:	Rice: white, brown, basmati, jasmine, rice pasta (Pastariso), plain rice cakes plain mochi (found in the freezer section), rice bread (check labels) Millet, Quinoa, Amaranth, Teff
Flours:	Rice, Millet, Quinoa, Amaranth, Teff, Bean flours
Fruit:	Pears (peeled), canned pears in water
Protein:	Lamb Beans/legumes: all except broad beans (fava), peanuts and tempeh - Check all labels of canned beans, dips and soups Vegetables: Beans (French, string), Brussels sprouts, Cabbage, Celery, Chives, Lettuce, Leeks, Parsley, Mung bean, Sprouts, Shallots, Garlic a very small serving of carrot, turnip, parsnip, sweet potato, beet, asparagus or pumpkin may be eaten every other day
Nuts:	Cashews and cashew butter
Oils/fats:	Sunflower, safflower, soy or canola oil without antioxidants
Sweeteners:	Maple syrup (pure), brown rice syrup
Beverages:	Water (plain, mineral or sparkling), Soy milk and Rice milk (plain or vanilla - no barley malt or corn syrup added), Pear nectar (can of pears blended)
Condiments:	Salt, fresh parsley, chives, garlic, vanilla (pure), cream of tartar, baking powder (without cornstarch)

Read labels!

"Flour usually means wheat, "vegetable oil" may mean corn oil, casein and whey are dairy products.

Hypoallergenic Diet Guidelines

1. Use only those foods allowed.
 2. Do not use any food not listed (unless checked with nutritionist or ND)
 3. Avoid any non-essential medication. (Consult with your primary care provider if uncertain.)
- ALL ASPIRIN CONTAINING DRUGS SHOULD BE AVOIDED.



4. Keep a detailed record of:
 - a. Symptoms - type and duration, physical and behavioral
 - b. Challenges and medications taken

5. Withdrawal symptoms may occur during the first week on the diet. Some or all of your symptoms may increase temporarily, but these usually subside within 10 days. The following may help you feel better:
 - a. Buffered Vitamin C
 - b. Bath with Epsom salts or baking soda
 - c. Naps
 - d. Mild exercise such as walking

6. The hypoallergenic diet may be followed for 2-4 weeks. When symptoms have settled down and you have had 5 good days in a row, you are ready to challenge.

**If no improvement occurs in 4 weeks, then the food substances were probably not the cause of your problem and you can gradually return to a normal diet.

Meal Planning

Breakfast Ideas:

- Mochi with cashew butter and a pear
- Rice Toast with cashew butter and a pear
- Rice cereal with soy or rice milk
- Millet with rice milk
- Silken Tofu shake with pear and maple syrup
- Rice pudding with soy milk and maple syrup

Lunch and Dinner Ideas:

- Lamb, rice and green beans
- Lentil soup and rice crackers
- Cabbage soup and rice bread toast
- Beans and rice, with a lettuce salad
- Rice cakes with cashew butter and celery sticks
- Sautéed Tofu with green beans and Brussels sprouts
- Lamb, cabbage and rice soup
- Lettuce salad with cashews, celery, shallots and mung bean sprouts
- Rice pasta with parsley and green beans
- Bean soup and rice cakes
- Split pea soup and rice bread toast

**HELPFUL HINTS:

- Eat as much as you want.
- Add cold pressed oil to vegetables and rice for flavor and calories.
- Add a small amount of grated carrots to salads and soups for flavor and color.
- Read a good book (Not a cookbook).



Hypoallergenic Diet Recipes

Tofu Scramble

- 1 Tbs safflower oil
- 1/2 cup chopped leeks
- 2 shallots
- 1/2 cup celery, chopped
- 1 clove garlic, minced
- 1 Tbs chives, chopped finely
- 1/2 cup cabbage, chopped
- 1 pound regular tofu, drained and crumbled

Heat oil in a large, nonstick skillet over medium heat. Sauté leeks and shallots for about 5 minutes until leeks are soft. Add celery and cook 3 to 5 minutes longer. Add garlic, chives and cabbage and sauté for 5 minutes more. Transfer vegetables into a bowl and set aside. Return skillet to low heat and sauté tofu for 1 to 2 minutes. Add vegetables to tofu and scramble well. Cook just until vegetables are heated through.

Hearty Morning Cereal

- 1/2 cup amaranth
- 1/2 cup millet
- 1/2 cup teff
- 1/4 cup cashews

Lightly toast all of the above ingredients in an un-greased skillet until a nutty aroma is apparent. Grind all ingredients in a coffee grinder or blender until fine. Cook 1/3 cup of the ground cereal with 1 cup rice milk over medium heat until thick. Stir frequently to avoid burning.

Amaranth Breakfast Cereal

- 1 cup Amaranth
- 2 cups water
- 1 pear, peeled and chopped

In a small sauce pan, bring the amaranth, water and pear to a boil. Lower heat to simmer, and cook for 20-30 minutes, or until all water has been absorbed. Garnish cereal with maple syrup, vanilla or rice milk.

Minestra

- 1 head cabbage chopped
- 3-4 cloves garlic
- 2 Tbs sunflower oil
- 16 oz can white beans, drained

In a large pot, steam cabbage with a small amount of water, cook until soft, remove cooked cabbage from pot and add oil and garlic. Sauté garlic for 2-3 minutes. Add the cabbage back to the pot with enough water to cover the cabbage by 1 inch, add beans to cabbage and let cook for 30 minutes on low heat, add salt to taste.



Tofu Sauce

(Can be used on pasta or vegetables and rice)

- 1 package silken tofu, firm
- 2 cloves garlic
- 1 bunch parsley
- 2 Tbs cashew butter
- 2 Tbs oil
- 2-3 Tbs water

Place all ingredients in a food processor and process until creamy. Pour mixture into a small saucepan and cook on low or medium heat for 5-10 minutes. Serve with steamed vegetables, pasta or rice.

Nutty Drizzle

(Serve over grain, vegetables or pasta)

- 1/4 cup cashew butter
- 2 tsp. maple syrup
- 1/3 cup water
- Salt to taste

Place all ingredients in a small saucepan on low heat. Stir with a whisk until mixture is smooth and warm. Serve over your favorite grain, vegetables or pasta.

Quinoa Pilaf

- 1 cup Quinoa
- 1/2 cup red lentils
- 1/4 cup chopped parsley
- 3 cups water
- Pinch of salt

Combine all ingredients in a medium saucepan on high heat. When quinoa comes to a boil, lower heat to simmer and cook for 20 minutes. Fluff with a fork. Option: This mixture can be eaten warm as is or cold as a salad with added chopped vegetables.

Lentil Stew (6 servings)

- 1 lamb leg bone or 4 oz lamb blade steak, trimmed of fat and chopped (optional)
- 2 tsp. canola oil
- 1.2 green cabbage, chopped
- 6 cloves garlic, coarsely chopped
- 2 cups lentils, washed and checked for stones
- 1 Tbs salt
- Chopped parsley

Heat canola oil in large sauce pan over medium-high heat. Add lamb bone or steak (optional). Sauté until brown on all sides. Add cabbage and garlic. Sauté until soft and just beginning to brown. Add lentils and water. Bring to a boil. Turn heat to low and simmer with a lid on until lentils and lamb are very tender, 1-2 hours. After cooking, season with salt to taste and parsley.



Falafel

3-4 cups cooked garbanzo beans
5 cloves minced garlic
1 cup parsley
2-3 Tbs safflower oil
3-4 Tbs water
1 tsp cashew butter
Salt, to taste
Garbanzo bean flour

Mix all ingredients in food processor except the flour. When smooth, add flour until a thick batter/thin dough consistency is reached. Fry in oil in skillet until browned/crisp on both sides, top with tofu dressing.

Black bean Garlic Stir Fry

4 cloves garlic, minced
Chopped vegetables (cabbage, scallions, leeks, celery, green beans)
1 package tofu
Chives and parsley, to taste 2 cups
cooked black beans
4 cups cooked rice

Sauté garlic in a wok or large skillet. Add chopped vegetables and sauté until soft, add tofu, chives and parsley and black beans and cook until heated thoroughly. Serve over rice.

Bean Dip

2 shallots
1/2 cup chopped leeks
2 cloves garlic, minced
16 oz cooked beans (garbonzo, black, kidney or white)
1 Tbs cashew butter
3 Tbs chopped fresh parsley
1 Tbs oil

In a small skillet, heat oil on medium heat. Add leeks, shallots and garlic. Sauté for 5-10 minutes or until leeks are soft. While vegetables cook, add remaining ingredients to a food processor. When vegetables are cooked, add to bean mixture in food processor. Process until all ingredients are well mixed and texture is creamy. Allow to cool before eating.

Split Peas and Rice

4 Tbs oil
1 leek chopped
1 clove garlic minced
2 tsp. chopped chives
2 tsp. chopped parsley
2 cups brown rice
1 cup yellow split peas
6 cups water

In a large heavy pot, heat 3 Tbs oil and sauté leeks, garlic, chives and parsley until leeks are tender. Stir in rice and cook for 5 minutes or until rice begins to turn white. Add water and bring to a boil. Reduce heat and cook covered for 20 minutes. Sauté yellow split peas in 1 Tbs oil. Add split peas to the cooking rice and cook 30 minutes more.



Bean Salad

2 cups cooked beans (lentils, black, kidney, chick peas)
1/2 cup celery, chopped
1/2 cup parsley, chopped
2 shallots chopped
2 cloves garlic, minced
1-2 Tbs oil

Combine the beans and chopped vegetables in a large bowl and toss until well mixed. Add oil and salt to taste and mix until beans and vegetables are evenly coated.

Rice Pasta and Vegetables

1 package rice pasta cooked according to package directions
2 leeks, chopped
3 shallots, chopped
2-3 cloves of garlic, minced
2 Tbs fresh parsley, chopped
2 Tbs fresh chives, chopped or 2 tsp. dried
2 Tbs safflower oil

Heat oil in a skillet over medium-heat; add leeks, shallots and garlic and sauté for 5-7 minutes until leeks are soft. Add fresh parsley and chives and cook 1 minute longer. Remove vegetables from heat. Add rice pasta to vegetables, mix well, and add salt to taste.

Rice Salad

4 cups cooked brown rice
1 cup celery
2 Tbs fresh chives
1 cup chopped red cabbage
1 cup chopped parsley
1/3 cup cashews
2 Tbs oil

Toss brown rice with chopped vegetables and cashew nuts until evenly mixed. Add oil and salt to taste.

Optional: add 1/2 cup to 1 cup canned beans or lentils.

Rice Pudding

(This recipe can be made with cooked leftover rice or uncooked rice.)

1 cup cooked rice
1 Tbs Maple syrup
1 cup rice milk
1 tsp. vanilla

Place cooked rice in a pan with the rice milk. Heat on medium heat until most or all of the rice milk has been absorbed. Remove pan from heat and add maple syrup and vanilla. If the consistency is too hard, add more rice milk and return to stove. To make this recipe with uncooked rice, add 1 cup uncooked rice with 2 cups rice milk and 1 cup water. Cook like ordinary rice. When rice is cooked, add maple syrup and vanilla.



Pear Crisp

1 cup flour (rice, amaranth, millet)
2 Tbs water
1/2 tsp. sea salt
2 Tbs maple syrup or brown rice syrup
1/4 cup oil
2 tsp. vanilla
1/4 maple syrup
5 cups peeled and sliced pears
1/3 cup chopped cashew

Preheat oven to 350 degrees F.

Mix flour and salt in bowl. Add oil and sweetener; mix well. Stir in nuts and set aside. In a small bowl, combine water, syrup and vanilla; set aside.

Slice fruit and place in a lightly oiled pie pan or a by 8 inch baking dish. Pour liquid mixture over the fruit and toss gently. Spoon the flour-nut mixture evenly over the top of the fruit.

Cover and bake 45 minutes.

Uncover and bake 15 minutes more to crisp the topping.

Brown-Rice Crispy Treats

1 tsp. sunflower oil
Optional addition: 1/2 cup cashews
1 cup brown rice syrup
2 tbs cashew butter
2 tsp. vanilla extract
6 cups dry natural brown-rice crispy cereal (or puffed rice: puffed millet 3 cups each)

Put oil into a large pot and heat. Add rice syrup and cashew butter; stir and heat until bubbles form. Turn off heat and add vanilla extract.

Add cereal and mix well with a spatula. Stir in cashews (optional) and mix lightly Press into a 9 by 13 inch pan. With slightly wet hands, press mixture flat.

Let mixture set to room temperature. Slice and serve. Makes 24 squares.