

AUTOIMMUNITY

IS FOOD MAKING YOU SICK?

BY LAURA FISHER

NUTRITIONAL THERAPIST





Contents

— INTRODUCTION	3
— MY STORY	4
— THE PROBLEM	5
— THE SOLUTION	7
— GLUTEN	8
— DAIRY	10
— SUGAR	12
— CONCLUSION	14
— RECIPIES	16
— RESOURCES	47
— EXAMPLE FOOD & SYMPTOM DIARY	48
— REFERENCES	50
— CONTACT	53

— INTRODUCTION —

Autoimmunity effects approximately 22% of the population.

It is also slightly more common in women than in men. Autoimmune conditions are the third leading cause of death in the western world, surpassed only by cancer and heart disease.

Over 100 diseases are now classed as being on the autoimmune spectrum, with another 40 conditions suspected.

Mainstream medical advice manages symptoms with medications which decrease the immune response. While useful for some, these drugs don't address the root cause of autoimmunity: the inflammation damaging the body.

It takes on average 17 years for the latest scientific knowledge to filter down into mainstream medicine. This glacial pace of adoption, combined with the fact that nutrition isn't part of conventional medical training, means that your doctor may not be providing you with the latest advice. I'm not here to replace your doctor – just to try to plug that specialist knowledge gap.

— MY STORY —



I am a Registered Nutritional Therapist DiplON, mBANT, CNHC. I spent three years studying Functional Medicine at The Institute for Optimum Nutrition in London. I'm also a Mum with Ménière's disease.

Originally from Newcastle, I now live in Hertfordshire with my husband and young daughter. After working in advertising for 14 years, I became interested in nutrition after experiencing digestive issues, and decided to pursue a nutrition qualification.

While working in advertising I began suffering from the symptoms later diagnosed as Ménières. When my Ménières symptoms were at their worst, vertigo made me scared to go out, afraid to go on holiday, and anxious to look after my daughter alone. I couldn't drive, avoided busy places and had to step back from my busy corporate career, spending most of my time lying on the floor in the bathroom. I was desperate for silence from the constant tinnitus and terrified the fluctuating hearing loss would become permanent deafness. I was

depressed, I couldn't think straight, I could barely string a sentence together and I felt intense fatigue whenever I tried to do anything. It felt like my life was over.

Using my training as a Nutritional Therapist, and based on the latest research suggesting that Ménière's is a form of autoimmune disease, I made a number of dietary changes that helped me to identify the underlying causes of my symptoms, and ultimately to control them. By listening to what my body was telling me after eating different foods, I learned to support my immune system back to health.

Whilst I have not cured my Ménière's, I am now happily symptom-free, and am on a mission to help others support their health naturally.

Inflammation.

What is a autoimmunity?

An autoimmune disease is where the body mounts an inflammatory attack against a foreign invader - usually a food, virus or toxin. Then the antibodies dispatched to destroy it also attack the harmless cells of the body causing damage and increased fluid.

In simple terms, your immune system is attacking your nervous system. Your genetic weaknesses determine which part of the body the immune system will attack. For example, the thyroid in Hashimoto's, the joints in Rheumatoid Arthritis, the gut in Coeliac disease, the myelin in Multiple Sclerosis and the ear in Ménière's.

Autoimmune diseases are western diseases, meaning they stem from the western diet and lifestyle, which is inflammatory. Three foods commonly trigger this mechanism: gluten, dairy and sugar.

THE WESTERN DIET

The modern western diet predominantly comes from processed or pre-packaged foods. Ultra-processed food now makes up half of all UK family's food purchases. Processed food became the norm in the 50s, selling convenience to housewives across the western world.

The processing and refining these foods have gone through depletes them of nutrients. Fibre and fat are replaced with cheap sugar, gluten, salt and artificial ingredients, to extend shelf life and make them chemically irresistible and moreish. They are no longer food, but 'food like' products.

However this comes at a cost. Devoid of nutrition, and fibre processed foods do not satiate the appetite. Manufacturers don't want them too - they want us to keep eating. Our bodies don't recognize them as food so they find them hard to digest. Natural foods give our bodies the perfect balance of nutrients, fibre, vitamins, anti-oxidants, protein, fat and carbs. This is what our bodies recognize as food. Nature knows best, after all. But instead processed foods fill our bodies with large amounts of salt, chemicals, gluten and sugar.

This is why processed foods are now known to increase inflammation in the body, unbalance blood sugar, disrupt gut bacteria, which helps

— THE PROBLEM —

control the immune system and cause leaky gut. Leaky gut is when holes appear between the cells of the gut wall, allowing undigested food, toxins and microbes into the body via the bloodstream. Leaky gut is the gateway to autoimmune conditions and it must be present for an autoimmune condition to develop. This is because a permeable gut leaks foreign substances into the blood stream, triggering an immune attack. The rise in autoimmune conditions, such as Rheumatoid Arthritis, has been linked with the rise in processed food (and the decrease in the health of our gut flora).

Food companies would have us believe that the only way to cook quickly is with something from a packet, jar or ready meal. But this is rubbish! It takes seconds to scramble an egg, and a few minutes to cook a piece of salmon or chicken or steam some veg. We're being duped into eating hyper processed food which is devoid of nutrition and it's ruining our health. We have put our health in the hands of the food giants, who only care about profit.

Our bodies are no different to our cars. If you want them to run well, they need premium fuel. Processed food may seem cheaper, but the savings we make on our groceries, only cost us our health in the long run.

The other downside of processed foods is that they displace natural, healthier food from our diets. Processed foods also blunt our tastebuds so we no longer find whole foods delicious. Berries should taste like a delicious treat! But when we're used to sugary bread and chocolate bars, fruit tastes bland by comparison. Even bread and cooked chicken contain sugar these days!

1. ‘Anti-Inflammatory diet

Humankind historically consumed 80,000 edible plants. Today a mere 15 different species provide 90% of our calories. Is it any wonder that we’re all becoming sick?

Natural, unprocessed, whole foods increase gut bacteria, which rebalance the immune system, reduce inflammation and lead to good health. Whereas processed foods (AKA The Modern Western Diet) destroys the microbiome, which unbalances the immune system, increasing inflammation and leading to poor health.

Simply put, processed foods are inflammatory. Unprocessed whole foods are anti-inflammatory!

But what exactly are whole foods? Whole foods are foods in their natural state, without an ingredients list on the packet. Whole foods are also naturally low in sodium. Some examples of whole foods are broccoli, blueberries, chicken and fish – these foods haven’t been made in a factory. For example, a piece of fish as opposed to a fish finger, or a baked potato instead of a packet of instant mashed potato.

Great anti-inflammatory foods are fruit and veg, legumes, nuts and seeds, herbs, dark chocolate, olive oil, fish and poultry.

“Eat foods made by plants, not in a plant” – Michael Pollen

RECOMMENDATION: UNPROCESS YOUR DIET

- Choose organic, locally sourced food where possible
- Cook from scratch at least 80% of the time
- Check labels - avoid anything with five ingredients or more
- Eat five different coloured vegetables every day (a ‘rainbow of veg’). Fruit and vegetables are high in antioxidants and polyphenols (nutrients that reduce inflammation)
- Eat healthy fats. Oily fish, avocados, olives, olive oil, nuts and seeds are naturally anti-inflammatory
- Unprocessed food is naturally low in gluten, sugar, dairy, salt, sugar and chemicals.



— GLUTEN —

Gluten is the protein in wheat, barley and rye, commonly found in flour, bread, pasta and most processed foods.

Gluten is hard to digest, meaning that many people are sensitive to it. This sensitivity to gluten is believed to trigger inflammation. Gluten has been found to cause leaky gut in everyone exposed to it. Leaky gut heals in healthy individuals, but over time some lose this ability, thus leading to autoimmune conditions. As a leaky gut is the gateway to autoimmune diseases.

In 2015 the Journal of Gastroenterology found that gluten sensitivity is one of the main cause of autoimmune diseases. It found that a high proportion of people with autoimmune disease are sensitive to gluten.

The Clinical and Experimental Rheumatology Journal found evidence that gluten antibodies can attack non-intestinal tissues, leading to autoimmune conditions, in patients without Coeliac disease. In 2009 Endocrinology Nature Reviews also showed that antibodies to gluten can attack the thyroid. In fact 43% of Hashimoto's sufferers have been found to have a sensitivity to gluten. The latest research now links gluten with nearly every autoimmune condition.

In 2012 the Clinical Journal of Endocrinology and Metabolism found that Hashimoto's patients could reduce their thyroxine, with their doctors permission, by 49% by eliminating gluten from their diet. In 2009 clinical remission from Multiple Sclerosis was observed following a gluten free diet by the Spanish Journal of Neurology. Since then many non Coeliac autoimmune diseases including Alopecia, Irritable Bowel Disease, Ulcerative Colitis, Crohn's and Type 1 Diabetes have all been shown to improve on a gluten free diet.

Unfortunately people who have a sensitivity to gluten, but don't know it yet, are 10 times more likely to develop other autoimmune conditions, as the inflammatory triggers are left unchecked. This explains why many people suffer from multiple autoimmune conditions.

Autoimmune symptoms may indeed be the only symptoms that manifest from a gluten sensitivity. This means you may not have digestive issues which are commonly associated with gluten sensitivity, such as bloating, gas, constipation or diarrhea. Gluten sensitivity can also cause brain fog, fatigue, poor memory, joint pain, headaches, anxiety and ear infections (especially in children).

RECOMMENDATION: ELIMINATE GLUTEN FOR THREE WEEKS

Eliminate gluten from your diet for 3 weeks - This is the best way to see if gluten is an issue for you. Then reintroduce gluten and see how you feel. If you feel worse you'll know that gluten is causing inflammation in your body and you should avoid it from now on.

I believe everyone with an autoimmune condition should rule out gluten sensitivity before taking more drastic measures.

NB: Gluten must be consumed for 6 weeks prior to a Coeliac test, so make sure to get tested for Coeliac before removing gluten for good.

GLUTEN FREE ALTERNATIVES

- Go for foods which are naturally gluten free (meat, fish, fruit & veg, brown rice, buckwheat, nuts & seeds, quinoa, gluten free oats and cakes, sweet potatoes, rice cakes, noodles and wraps, buckwheat bread, pasta and crackers).
- Try to avoid the gluten free aisle as these foods tend to be highly processed and full of sugar and other inflammatory nasties.
- For baking use almond flour, coconut flour, buckwheat flour, chickpea flour (gram flour).
- Eat more veg - it's anti-inflammatory! Fill half your plate with a rainbow of veg.
- Biona Organic Free From Millet bread is delicious and minimally processed.



— DAIRY —

The protein in cow's milk is eight times the size of protein in human breast milk, so many people find it hard to digest.

As with gluten, this means that dairy can lead to inflammation and inflammatory conditions. In 2014 the Allergy and Asthma Review found that dairy can be an inflammatory trigger for autoimmune conditions. Dairy intolerance has been linked to many autoimmune conditions such as Hashimoto's, Lupus, Diabetes, Sjogren's, Irritable Bowel Disease, Ulcerative Colitis, Crohn's, Ménière's and MS.

In 2007 the Journal of Clinical and Experimental Immunology found that 50% of people who react to gluten also react to dairy. Dairy removal for 5 weeks has also been shown to improve symptoms in Sjogren's, IBD, UC, Crohn's and Ménière's.

Other signs that you may have a sensitivity to dairy are IBS, joint pain, headaches, migraine, acne, congestion, sinusitis, postnasal drip, ear infections, bloating and gas. Dairy containing foods (cheese, milk or ice cream) are often used as comfort foods, which can lead to sensitivities – it's often the foods to which we are most frequently exposed that we develop sensitivities to.

RECOMMENDATION: ELIMINATE DAIRY FOR THREE WEEKS

Eliminate dairy for three weeks then reintroduce it, noting any symptoms as described above. Both gluten and dairy can be removed at the same time, but make sure to reintroduce them at least three days apart so that it's obvious which food caused symptoms..

DAIRY ALTERNATIVES

- Switch cow's milk to hemp, rice, almond or coconut milk.
- Switch yoghurt or ice cream to coconut, cashew or GM-free soy.
- Replace butter with olive oil, coconut oil or ghee for cooking (ghee is usually safe as the undigestible proteins have been removed).
- Eat plenty of greens such as broccoli and kale, as well as nuts and seeds. Calcium is far more abundant in these anti-inflammatory foods than in dairy, contrary to popular belief.
- Sheep and goat's milk may be better tolerated and less inflammatory than cow's milk in some people.



— SUGAR —

Refined sugar is one of the most inflammatory foods we can eat.

Eight times more addictive than cocaine, it sends your blood sugar flying up, only to come crashing back down again, like a kind of blood sugar rollercoaster. The hunger and shakiness that follow make us reach for yet more sugar, which sets the rollercoaster in motion again. High blood sugar stimulates the release of inflammatory molecules and disrupts the immune system. Simply put, excess sugar causes inflammation.

In 2012 the BMC Immunology Journal found that excess blood sugar disrupts the immune system's ability to function correctly in autoimmune diseases. In particular, sugar has been found to increase the risk of autoimmune conditions such as Rheumatoid Arthritis, Multiple Sclerosis, Alzheimers, Crohn's, Ulcerative Colitis, Alopecia, SLE Lupus, Vitiligo and of course Type 2 Diabetes. Excess sugar also triggers leaky gut and damages the delicate microbial balance, which in turn damages the immune system.

You'll know if you have problems with blood sugar as you'll crave sweet or carby foods, have energy slumps after eating, may have acne or spots and may also have fat around your middle, as excess sugar is converted to tummy fat.

RECOMMENDATION: REDUCE SUGAR

- Gradually reduce refined sugar (chocolate, cakes, cereal etc) to an occasional treat.
- Check ingredients lists for hidden sugar. Manufacturers hide sugar by using many different names. Google search '61 names for sugar' for a comprehensive list.
- Reduce refined carbohydrates (cereal, bread & pasta) to a quarter of your plate. All carbohydrates are converted to sugar by the body. In fact, a slice of wholemeal bread spikes blood sugar more than a Snickers bar!
- Eat a palm sized portion of protein (meat, fish, nuts, seeds, yoghurt, pulses etc) at every meal or snack, as protein helps stabilize blood sugar.
- Eat every four hours as going longer without food will cause your blood sugar to fall and could trigger an attack.

LOW SUGAR ALTERNATIVES

- Switch to 70% dark chocolate. Place a small square under your tongue and let it melt to get a big chocolate hit without the blood sugar rollercoaster
- Switch your toast or cereal to scrambled eggs or an omelette
- Keep a bag of almonds and an apple in your bag for a blood sugar friendly snack
- Avoid artificial sweeteners as these also spike blood sugar



Start a food diary

It would be far too much to expect anyone to remove all three foods at once.

Life with an autoimmune condition is overwhelming enough! Keeping a food and symptom diary can help you see triggers and help you work out what to focus on first. You may need to do it for a few weeks to notice a pattern. See the appendix for a food diary template.

Use your food diary to make a note of the following, including other common triggers so that foods are not unfairly blamed:

- Food eaten and the time of day
- Symptoms rated out of ten - Mark anything you consistently experience (e.g. joint pain), so it's easy to see a change. Also note subtler symptoms such as headaches, brain fog, anxiety, joint pain etc as they could also be signs inflammation has increased in your body.
- Other triggers e.g. poor sleep; stressful events; your period; dehydration, extreme exercise.

LISTEN TO YOUR BODY

The benefit of keeping a food and symptom diary is that it allows you to learn how the foods you eat (and your stress levels and sleep patterns) affect your symptoms. I call this learning to listen to your body.

Autoimmunity is really just a collection of signals that your body has an underlying issue. Learning to listen to your body is the first step in healing your condition. When you listen to your body it helps you find the root cause of your symptoms. As a Nutritional Therapist we're trained to try to identify this root cause. If you can find the root cause of the inflammation damaging your body, you can hopefully get to the bottom of your symptoms.

CONCLUSION

Sugar, gluten and dairy are the most common foods to set up the inflammation which leads to autoimmune disease in susceptible individuals. Foods we are sensitive too trigger inflammation, the gateway to autoimmune disease.

Everyone is different. For some going gluten free alone may help, for others they may need to also exclude dairy and sugar. But for some they may need to eliminate a second phase of foods for a short while to completely combat their inflammation. Ideally I like to remove as little as possible to make it easier for people. For more information about these foods get in touch.

The science is clear: once inflammation is reduced by removing inflammatory foods, you can stop and eventually reverse the damage of most autoimmune diseases, if you catch them early before permanent damage has been done. Unfortunately, if you don't tackle the root cause the unchecked inflammation may also lead to further autoimmune conditions. That's why uncovering your own root cause is so important.

If an elimination diet seems too hard for you, there are tests a Nutritional Therapist can do to see if your immune system is reacting to food. Consult your Nutritional Therapist for more information.

On the next few pages are some recipes which I've chosen to show that cooking from scratch can be super quick, easy, delicious and nutritious! Even on a busy week with a little organization at the weekend you can make sure you eat well every day.

Anti-Inflammatory Recipes

Anti-Inflammatory Smoothie



Anti-Inflammatory Smoothie

This smoothie is packed with anti-inflammatory antioxidants and is one of the quickest, healthy breakfasts!

You can vary the fruit and vegetables. Try raspberries, pears, nectarines or an orange instead of the berries. Use any type of greens - chard, pak choy, kale, dandelion greens, spinach or fresh nettles.

Most supermarkets sell frozen banana and berries especially for smoothies to make life easier. Great for breakfast or can be made in advance for a snack or breakfast at work. Play around and see which combinations you most enjoy.

INGREDIENTS

SERVES 1

- *1 cup frozen fruit*
(Frozen blueberries / raspberries / pineapple / strawberries etc)
- *Half a banana*
- *15 grams hemp protein powder / tablespoon nut butter / handful walnuts / almonds*
- *Half cup coconut milk or almond milk*
- *1 cup greens*
(e.g. kale/ spinach/ cucumber/celery / rocket)
- *Teaspoon coconut oil - optional*
- *Flavorings - mint / ginger/ cinnamon / raw cocoa /lemon / honey / maple syrup*

METHOD

Blast all the ingredients in a blender or Nutribullet until smooth.

‘Get your greens’ Omelette



‘Get your greens’ Omelette

You may well be thinking “I have no time to cook eggs in the morning!”
But making an omelette takes only a few minutes and will keep you full until lunch.

Its also anti-inflammatory and dairy an gluten free unlike a bowl of cereal, or piece of toast.
An egg breakfast has also been shown to reduce calories consumption over the course of the day, when compared to cereal or toast.

INGREDIENTS

SERVES 1

- *Fresh or dried herbs basil, parsley, chives, thyme, rosemary or oregano*
- *Handful of greens
baby spinach, kale, rocket or avocado*
- *2-3 eggs
depending on how hungry you are*
- *Salt and pepper (if using)*
- *Coconut oil, olive oil or ghee for frying
(I like Fushi ghee or Vita Coco coconut oil)*
- *Optional Filling - Pine nuts, chopped avocado, chopped tomatoes, feta cheese or ham*

METHOD

Put the greens, eggs, herbs and seasoning into a food processor, or into a bowl and blitz with a stab blender until smooth. Put a frying pan on a medium heat. Add the oil, making sure the oil covers the pan before pouring in the egg mixture.

Tilt the pan until the mixture fills the pan in a circle. With a spatula pull the edges of the omelette into the centre so the liquid egg fills the gap to cook all the egg. When there's only a small amount of liquid egg left, flip the omelette in half and then serve. The omelette will continue to cook on the plate.

Alternatively, rather than blitzing the greens with the egg, you can stuff your omelette instead. Add your filling before folding the omelette in half. Pine nuts, chopped tomatoes, fresh herbs, greens, feta, or ham are all delicious inside an omelette.

Overnight Oats



Overnight Oats

Because these are made the night before they are perfect for busy mornings and also portable for taking into work. They could also be made in a tupperware.

INGREDIENTS

SERVES 1

- *Half a banana, mashed*
- *60g gluten free oats*
- *1 tablespoon chia seeds or 1 tablespoon peanut butter*
- *170ml unsweetened almond milk*
- *3 tablespoons frozen raspberries or blueberries*
- *Flavorings - Few drops vanilla extract or a teaspoon of cocoa & a dash of honey*

METHOD

Mash the banana in a bowl. Then add to a glass Kilner jar with a lid. Add the oats, the almond milk, cinnamon, seeds and fruit on top and stir. Add the lid and then pop into the fridge overnight. By morning these will be perfect to grab for a super quick, filling and anti-inflammatory breakfast.

Sweet Potato Chips



Sweet Potato Chips

Sweet potatoes are high in anti-inflammatory antioxidants, fibre and immune boosting vitamins B6 and Vit C.

Despite their sweet flavour they also help stabilise blood sugar, unlike white potatoes. They also taste fantastic, especially when paired with this paprika mayo.

INGREDIENTS

- | | |
|---|--|
| • <i>1 sweet potato per person</i> | FOR THE MAYO: |
| • <i>Gluten free coconut aminos / tamari soy</i>
<i>(I use Clearspring Tamari Soy)</i> | • <i>Sugar Free Mayonnaise</i>
<i>(I love Delouis mayo)</i> |
| • <i>Tablespoon of avocado oil / melted</i>
<i>coconut oil / olive oil</i> | • <i>Teaspoon of smoked paprika</i> |
-

METHOD

Cut the sweet potato into slices to create chunky chips. I like to leave the skin on as it's quicker and it tastes delicious. Place chips in a bowl and drizzle with the oil and tamari soy. You can also sprinkle paprika onto the chips if you want them a little spicy. Bake in the oven for 20-30 minutes turning once at 200C/180F until slightly browned on the edges.

To make the paprika mayo combine the mayonnaise with a sprinkle of smoked paprika.

Steamed Veg 'Made Sexy'



Steamed Veg ‘Made Sexy’

Steamed veggies are quick, nutritious and delicious. Perfect for a rushed weekday evening.

Steaming also preserves the nutrients of the vegetables, as nutrients aren’t lost in the water. Pair 2-3 different coloured veg with some protein (fish, chicken, eggs, lamb, pork or steak) and a side of brown rice, quinoa or sweet potato chips.

TIMES

Kale, Chopped Aubergine
10 mins

Sugar snap peas
3 mins

Broccoli & cauliflower florets
7 mins

Sliced carrots, turnips, butternut squash
8-20 mins

Cabbage
5-8 mins

Broad beans, Spinach
3-4min

Radicchio
5mins

Sliced Courgette
2-5 mins

Green beans, Pak choy
5 mins

Asparagus
3-4 mins

METHOD

Fill a saucepan with some water and sit a steamer basket on top. Add a lid and bring the water to the boil. Once the water is boiling add your veg and steam for the below times. Be careful not to over steam, as they are far better al dente rather than mushy. Frozen vegetables will need slightly longer.

GARLIC AND CHILLI SEXY DRESSING

For the sexy sauce cook 1 clove of crushed garlic, some chilli flakes and olive oil for a few minutes in a small pan. Then drizzle over the veg. This is delicious on broccoli, pak choy or spinach. Other flavours to add after steaming

OTHER FLAVOURS TO ADD AFTER STEAMING:

- Extra virgin olive oil, salt and pepper (if using) works well on all veg
- Fresh herbs (parsley, thyme or dill), olive oil, Salt and pepper (if using) works well on all veg
 - Lemon zest and olive oil is lovely on kale, beans and squash
- Tamari soy and sesame oil (and chilli flakes for a kick) great for asian style veg such as aubergine, pak choy, courgette

FLAVOURS TO ADD TO YOUR STEAMING BASKET:

- Garlic - add to the steamer for kale, spinach or leafy greens
- Ginger - add to the steamer for root veg or broccoli

Fermented Veg



TOP TIPS

- Make sure your hands, utensils, jars, bottles etc are cleaned well with hot soapy water
- Rinse well – use distilled vinegar to remove any detergent residue
- Use plastic utensils, not metal

Fermented Veg

Cultured and fermented vegetables are a great source of beneficial bacteria. Eating a spoonful of fermented foods daily helps beneficial bacteria thrive in the gut.

This in turn improves our overall health by improving our immune system, weight loss and even reducing heart disease, depression and certain cancers.

This recipe comes courtesy of the fermented foods guru Wendy Hills, The Nutritious Fig.

INGREDIENTS

- *Kilner style glass jar*
- *Your choice of organic vegetables*
(carrots, cauliflower, green beans, garlic, beetroot, fennel, onion, garlic or cherry tomatoes all work well – or a mixture)
- *Salt*
Himalayan pink salt or sea salt
- *Water*
filtered water is preferred, free of chlorine and fluoride
- *Choice of flavourings*
garlic, ginger, dill, basil, bay leaf, thyme, peppercorns, turmeric etc
- *Optional – 1 x probiotic supplement*

METHOD

Wash your vegetables well, then prepare your vegetables – peel, chop, slice or grate as required. Mix the salt and water to make a 2% brine solution which will fill your jar. Eg.

100ml water + 2g salt | 500ml water + 10g salt | 1ltr water + 20g salt

Add your flavourings to the bottom of the jar + the contents of a probiotic supplement (if using). Fill the jar to the shoulder with vegetables, leaving approximately 1 inch at the top.

Pour in enough brine to cover the vegetables by 1inch. Weigh down the vegetables with a small ramekin or a cabbage leaf. Secure the lid and place the jar on a plate or tupperware container to catch any liquid which may escape from the jar.

Check regularly that the vegetables are still submerged under water and top up with 2% brine if necessary.

Leave on your kitchen counter to ferment, out of direct sunlight. The fermentation depends on the temperature, after the first 7-10 days try the vegetables and once they have reached the desired flavour you can store in the fridge. Eat and enjoy!

You should notice bubbles forming in the jar; this is a normal part of the fermentation process and is a good sign. You should notice a slight sulphur, sour, vinegary smell – this is normal. But if your vegetables smell rotten or spoiled, or if you notice any mould growing you need to dispose of the ferment – preferably into your compost bin !

‘Protein + Veg + Healthy fat’ Salad



‘Protein + Veg + Healthy fat’ Salad

A quick salad thrown into a bowl or tupperware makes an easy, healthy, portable lunch.

Just follow this simple formula to make sure it’s well balanced, filling and nutritious. You’ll need a palm sized portion of protein, half a plate of different coloured veg and a thumb sized of portion healthy fat. Every salad needs:- Protein + Veg + Healthy fat

Choose your ingredients from the table below. Combine all the ingredients in a bowl. The drizzle with a little extra virgin olive oil, aged balsamic vinegar (I love Belazu). Salt and pepper if using. Also apple cider vinegar and lemon juice work well with olive oil.

Alternatively if you’re eating your salad later make a jar of dressing to toss the salad in just before eating. If using a shop bought dressing make sure it’s olive oil based and free of sugar.

PROTEIN +	VEG +	HEALTHY FAT
Cooked chicken (check for sugar if buying precooked)	Mixed salad, Rocket, iceberg, Cos, watercress, lollo rosso, romaine, red chard, radicchio, endive	Avocado** - a must in most salads in my opinion!
Tin of Tuna	Greens - spinach, kale, cabbage, broccoli, baby spinach	Pumpkin seeds
Smoked or tinned mackerel	Artichokes from a jar	Sunflower seeds
Feta cheese	Chopped red onion, Spring onion, shallot	Nuts toasted (walnuts or almonds)
Halloumi (sheep or goat, not cows)	Fresh herbs - parsley, parsley, basil, mint, dill Dried herbs - oregano, chilli flakes	Olives
Beef strips	Sprouted seeds / pulses	Slivered almonds
Boiled eggs	Sundried Tomatoes or cherry tomatoes	Anchovies
Smoked Salmon	Marinated or raw peppers	Toasted pine nuts
Prawns	Sweetcorn, asparagus, mushrooms, asparagus	Olive oil based dressing (with no sugar)
Goats cheese	Jalapeno’s, sliced chilli	
Puy lentils	Capers or capers berries (especially good with fish)	
Chickpeas	Cucumber, celery, radish	
Anchovies	Grated carrot, grated courgette, grated beetroot	
Mixed tinned beans	Sugar snaps, peas, green beans	
Ham (check for sugar and chemical sounding ingredients)	Fennel finely chopped raw or roasted	
Leftover roast meat	Quinoa or cold black or brown rice	
	Chopped apple, papaya, mango, fig, peach, blueberries	
	Leftover veggies - roasted squash, beets, carrot, sweet potato, beets etc	
	Fermented veg - kimchi, sauerkraut or your own	

Anti-Inflammatory Avocado Salad



Anti-Inflammatory Avocado Salad Dressing

The ingredients in this dressing mean it is full of anti-inflammatory goodness.

Apple cider vinegar, turmeric and ginger can all help support your immune system. Whereas the healthy fats in avocado and olive oil are great at reducing inflammation.

INGREDIENTS

- *Half avocado*
- *Juice of 1 orange or lemon*
- *1 Garlic clove peeled and crushed*
- *1 Teaspoon honey or maple syrup*
- *1 Tablespoon ground turmeric, add more or less to taste*
- *3 Tablespoons extra virgin olive oil*
- *Salt and pepper - optional*

METHOD

Blast all the ingredients in a blender until smooth. Store in the fridge in a glass jar for up to a week.

Dukkah Boiled Eggs



Dukkah Boiled Eggs

Boiled eggs are the best portable snack or breakfast and also work great in salads.

High in protein, quick to make and cheap. This recipe takes the humble boiled egg up a notch or two.

INGREDIENTS

SERVES 1

- *2 Boiled eggs*
- *2 tablespoons of dukkah (I like Waitrose own brand)*
- *Olive oil*

METHOD

Fill a saucepan with cold water and add 2 eggs at room temperature. Add a lid and bring to the boil for 14 minutes, 12 minutes if you prefer a runny yolk. Once boiled drain and add cold water to the pan to cool the egg. Leave for 5 minute submerged in cold water before peeling.

Fill a small bowl with the dukkah. Drizzle the egg with olive oil and then cover with the dukkah. Serve with chargrilled radicchio, mashed avocado or veg of your choice.

Boiled eggs keep in the fridge for up to 5 days so these can be boiled ahead at the weekend if you're pushed for time. A boiled egg also makes an convenient on-the-go high protein breakfast.

Slow Cooker Beef Curry



Slow Cooker Beef Curry

Nothing beats walking in from a busy day, to the smell of a hot meal cooked and waiting for you.

I like to put my slow cooker on in the morning before work. If I'm pushed for time I prepare the pot the night before and leave it in the fridge overnight. This can also be cooked overnight, or in the oven.

INGREDIENTS

SERVES 4

- 800g organic stewing steak
- 2x 400g coconut milk
- 250ml chicken or beef stock
- 1 large onion, chopped finely
- 40g spinach
- Half a squash or 3 sweet potatoes cut into 1 inch chunks
- 10 cherry tomatoes
- 1 tablespoon of thai red curry paste
 - Authentic Thai brands are sugar free and made with natural ingredients, but always check the label

METHOD

Put all the ingredients, apart from the spinach into your slow cooker and mix well. Add the lid and turn the slow cooker to high for 5 hours. Alternatively to low for 6-8 hours, or overnight. Just before eating stir the spinach through the curry.

Alternatively you can cook this in the oven for 3 hours at 150C / 300F. This is so easy I often make double and freeze half.

Salmon Teriyaki



Salmon Teriyaki

A quick yet delicious supper. This is also delicious cold, so make extra for lunch.

INGREDIENTS

SERVES 2

- *2 organic / wild Salmon fillets*
- *Lemon juice*
- *2 teaspoons Honey / Maple syrup*
- *Tamari Soy sauce (naturally gluten free)
- I use Clearspring*
- *Tin foil / Baking paper*

METHOD

Turn your oven to 200C. In a container with a lid mix the juice of half a lemon with a teaspoon of honey and the soy sauce until combined. Add the salmon fillets to the marinade and coat and leave for minimum 15 minutes - to a few hours.

Line 2 squares of tinfoil with 2 squares of baking paper, place the salmon inside and wrap to form a parcel. Bake in the oven for 12 minutes until just cooked through.

Serve with steamed veg and sweet potato chips or brown rice.

Balsamic Chicken



Balsamic Chicken

Despite what you may think frying in coconut oil is a very healthy way to cook.

Coconut oil has anti-inflammatory, anti-microbial and anti-bacterial properties, unlike refined vegetable oils which are highly inflammatory. It is a healthy source of saturated fat which can be helpful for weight loss. It is also stable at high temperatures.

INGREDIENTS

SERVES 1

- *1 portion of chicken breast*
- *Pinch of salt and pepper - if using*
- *Half a tablespoon of aged balsamic vinegar (I love Belazu)*
- *Half a tablespoon of ghee or coconut oil (phase 3 only)*
- *Half teaspoon dried oregano, rosemary or other herb*
- *Splash of Olive oil*

METHOD

Preheat a griddle pan or grill to a medium heat. Place a chicken breast on a chopping board with its thickest side facing you. Cut down the length of the thick side of the breast, without cutting through to the other side, so that it flattens out into a butterfly shape (see picture). The chicken should now be 1/4-1/2 inch thick at most. Marinade the chicken in oregano and balsamic, salt and pepper if using for at least 5 minutes but no more than an hour.

Brush the griddle pan with the ghee or coconut oil. Then cook the chicken for 4 to 5 minutes per side, depending on the thickness of the chicken. When the sides of the chicken turn white its time to turn it over. Allow to sit 5 minutes before slicing. This is also delicious cold the next day for breakfast, or in a salad for lunch.

Chocolate Protein Balls



Chocolate Protein Balls

These high protein snacks are easy to make and delicious.

The nuts mean they're packed full of protein and essential fats to keep you full, stabilise blood sugar and reduce inflammation. Raw cacao is also high in antioxidants which can also help reduce inflammation.

INGREDIENTS

- *2 tablespoons of sugar free peanut butter*
(I like Meridian as it is salt and sugar free)
- *1.5 teaspoons of raw cacao or
cocoa powder*
- *2 tablespoons of chopped walnuts*
- *1.5 tablespoons of desiccated coconut*
- *1 teaspoon of honey*

METHOD

To make 5 protein balls combine the peanut butter, chopped walnuts, cocoa and honey in a bowl and divide into 5 balls.

Next, sprinkle the desiccated coconut onto a plate and roll each ball in the coconut. These are best kept in the fridge until you want to eat them. You can add a little more or less honey to taste.

Apple and Almond Butter



Apple and Almond Butter

For a delicious, quick and healthy snack use slices of apple instead of crackers.

Almond butter, peanut butter and cheese are great sources of protein, so this snack will keep you full, without sending your blood sugar crazy.


Other good portable snacks are a handful of walnuts or almonds and an apple. It's a great idea to carry a bag of nuts in your bag for a snack attack.

INGREDIENTS

- *One apple*
- *Almond butter, peanut butter (ideally sugar free) or a slice of cheese*

METHOD

Cut an apple across ways into rounds and top each slice with a dollop of almond butter, (sugar free) peanut butter or even a slice of cheese if you're eating dairy.



— DESSERT —

Photo by Jerry Kieseletter on Unsplash

Piece of Fruit

Reducing sugar means your taste buds become re-educated, so you find fruit tastes as sweet as it is meant too.

A great desert is some blueberries, strawberries, raspberries, pear, an apple, pear, nectarine, orange, or kiwi. These fruits are crammed full of anti-inflammatory antioxidants and are low GI, so they won't spike blood sugar too much.



Dark Chocolate

Another great sweet treat is a piece of 70% dark chocolate.

Put a square under your tongue until it melts for a chocolate hit that will not spike your blood sugar.

— RESOURCES —

INGREDIENTS AND SUPPLIERS

www.ocado.com
www.coyo.co.uk
<http://uk.bouncefoods.com/>
findabutcher.co.uk
localfoods.org.uk
lfm.org.uk
www.abelandcole.co.uk
tiana-coconut.com
planetorganic.com
goodnessdirect.co.uk
www.amazon.co.uk
<http://www.meridianfoods.co.uk>
www.pipandnut.com
www.wholefoodsmarket.co.uk
www.planetorganic.com
www.hollandandbarrett.com
www.oddbox.co.uk
www.primalpantry.com
<http://www.paleofoodscompany.com/>
<http://www.biona.co.uk> - bread
www.vitacoco.com/uk
www.bobsredmilluk.com
www.fushi.co.uk - ghee
<http://www.lauriesfoods.co.uk>

FURTHER INFO

www.menieres.org.uk
<https://www.aarda.org/diseaselist/>
www.theglutensummit.com
www.theDr.com
www.laurafishernutriton.com
Laura Fisher - Autoimmune Health - Facebook page
Fermented Foods with the Nutritious Fig' - Facebook page

RECIPE BLOGS

www.deliciouslyella.com
www.nomnompaleo.com
www.thepaleomom.com
www.paleomom.com
www.littlebitesofbeauty.com
www.elanaspantry.com

BOOKS / FURTHER READING

Mind Over Medicine - Lissa Rankin
50 Ways to Sooth Yourself Without Food - Dr Susan Albers
The Art of Extreme Self Care - Cheryl Richardson
Grain brain - David Perlmutter
Wheat belly - Dr William Davis
In Defence of Food - Michael Pollen
Why Isn't My Brain Working - Datis Kharzazian

Example Food & Symptom Diary

DATE	FOOD	DRINKS	TIME	OTHER TRIGGERS <small>(Poor sleep, stressful event, change in weather, period etc)</small>	SYMPTOM (/10)
Eg. Saturday 1st June	Cornflakes with milk	Cup of decaf coffee	7 am	5 hours sleep worried about the exam tomorrow	
	Sandwich with cheese	Pumpkin seeds	3 pm		Tinnitus increased to 9/10
	Mars bar and a packet of crisps	Glass of water	4 pm		
	Pasta		8 pm		Nausea
	Ice cream		11 pm		Vertigo attack 2am - 8am

Blank Food & Symptom Diary

DATE	FOOD	DRINKS	TIME	OTHER TRIGGERS <small>(Poor sleep, stressful event, change in weather, period etc)</small>	SYMPTOM (/10)

— REFERENCES —

The American Autoimmune Related Diseases Association: <https://www.aarda.org/diseaseinfo/menieres-disease/>

Arbuckle M. Development of autoantibodies before the clinical onset of systemic lupus erythematosus. *New England Journal of Medicine*. 2003 Oct 16;349(16):1526-33.

Bellioni-Businco et al. Allergenicity of Goats Milk in Children with Cow's Milk Allergy. *Journal of Allergy and Clinical Immunology* 103, no 6. (Jun 1999): 1191-94.

Bibbo S. Is there a role for gut microbiota in type 1 diabetes pathogenesis? *Annals of Medicine*. 2017 Feb;49(1):11-22. doi: 10.1080/07853890.2016.1222449. Epub 2016 Nov 29.

Bokulich N. A bitter aftertaste: unintended effects of artificial sweeteners on the gut microbiome. *Cellular Metabolism*. 2014 Nov 4;20(5):701-703

Campbell. Autoimmunity and the gut. *Autoimmune disease*. 2014: 152428

Carroccio A et al. High Proportions of People with Non-Celiac Wheat sensitivity Have Autoimmune disease or Antinuclear Antibodies. *American Journal of Gastroenterology* 149, no 3 (Sep 2015): 596-603

Carraccio A et al. Non-Celiac Wheat Sensitivity Diagnosed by Double Blind Placebo-Controlled Challenge: Exploring a New Clinical Entity. *American Journal of Gastroenterology* 107, no 12 (Dec 2012): 1898-906.

Cheng J, Peng G. Preliminary clinical study on the correlation between allergic rhinitis and food factors. *Lin Chuang Er Bi Yan Hou Ke Za Zhi*. 2002 Aug;16(8):393-4, 396.

Davidson I. Antibodies to maize in patients with Crohn's disease, ulcerative colitis and coeliac disease. *Clinical Experimental Immunology*. 1979 Jan; 35(1):147-8

Darlington L. Placebo-controlled, blind study of dietary manipulation therapy in rheumatoid arthritis. *Lancet*. 1986 Feb 1;1(8475):236-8.

Daulatzai M. Non Celiac Gluten Sensitivity Triggers Gut Dysbiosis, Neuroinflammation, Gut/Brain Axis Dysfunction. *CNS & Neurological Disorders Drug Targets*. 2015;14(1):110-31.

Duntas L. Does celiac disease trigger autoimmune thyroiditis? *Nature Reviews Endocrinology*. 2009 Apr;5(4):190-1

Eisenmann. Gliadin IgG antibodies and circulating immune complexes. *Scandinavian Journal of Gastroenterology*. 2009;44(2):168-71. doi: 10.1080/00365520802449328.

Fasano A. Physiological, pathological, and therapeutic implications of zonulin-mediated intestinal barrier modulation: living life on the edge of the wall. *American Journal of Pathology*. 2008;173(5): 1243-1252.

Fasano A. Zonulin, regulation of tight junctions, and autoimmune diseases. *Annals of the New York Academy of Sciences*. 2012 Jul: 1258(1):25-33

Feuerstein J. Reversal of premature ovarian failure in a patient with Sjögren syndrome using an elimination diet protocol. *Journal of Alternative and Complementary Medicine*. 2010 Jul;16(7):807-9. doi: 10.1089/acm. 2010.0022.

— REFERENCES —

Frey J. Is there sugar in the Alzheimer's disease. *Ann Biol Clin (Paris)*. 2001 May-Jun;59(3):253-7.

Finkel A, Yerry J, Mann J. Dietary Considerations in Migraine Management. Does a consistent diet improve migraine? *Current Pain and Headache Reports* 17. no 11 (Nov 2013): 373. doi:1007/s11916-0130373-4

Gonzalez Y. High glucose concentrations induce TNF- α production through the down-regulation of CD33 in primary human monocytes. *BMC Immunology*. 2012 Apr 14;13:19. doi: 10.1186/1471-2172-13-19.

Green P. Mechanisms underlying celiac disease and its neurologic manifestations. *Cellular and Molecular Life Science*. Apr;62(7-8):791-9

Hollon J, Puppa E, Greenwald B, Goldberg B, Guerrerio A, Fasano A. Effect of gliadin on permeability of intestinal biopsy explants from celiac disease patients and patients with non-celiac gluten sensitivity. 2015 *Nutrients*

Hadjivassiliou M, Boscolo S, Davies-Jones G, Grunewald R, Not T, Sanders D, Simpson J, Tongiorgi E, Williamson C, Woodroffe N. The humoral response in the gut pathogenesis of gluten ataxi. *Neurology*. 2002 Apr 23;58(8):1221-6

Hadjivassiliou M, Sanders D, Grunewald R, Woodroffe N, Boscolo S, Aeschlimann D. Gluten sensitivity: from gut to brain. *Lancet Neurology*. 2010 Mar;9(3):318-30.

Hadjivassiliou M, Sanders D, Grunewald R, Woodroffe N, Boscolo S, Aeschlimann D. Gluten sensitivity: from gut to brain. *Lancet Neurology*. 2010 Mar;9(3):318-30.

Helms S. Celiac disease and gluten-associated diseases. *Alternative Medicine Review*. 2005 Sep; 10(3): 172-92

Hernandez-Lahoz. Sustained clinical remission in a patient with remittent-recurrent Multiple Sclerosis and celiac disease seen on a gluten-free diet over 6 years. *Neurologia, Barcelons, Spain*. 24(3):213-5 · May 2009.

Hernandez L, Green P. Extraintestinal manifestations of celiac disease. *Current Gastroenterology Reports* 2006 Oct;8(5):383-9.

Infantino M, Meacci F, Grossi V, Macchia D, Manfredi M. Anti-gliadin antibodies in non celiac gluten sensitivity. *Minerva Gastroenterologica e Dietologica*. 2017 Mar;63(1):1-4.

Isasi C. Non-celiac gluten sensitivity and rheumatic diseases. *Reumatologia Clinica*. 016 Jan-Feb;12(1): 4-10. doi: 10.1016/j.reuma.2015.03.001. Epub 2015 May 5.

Jericho H. Extraintestinal Manifestations of Celiac Disease: Effectiveness of the Gluten-Free Diet. *Journal of Pediatric Gastroenterology and Nutrition*. 2017 Jul;65(1):75-79. doi: 10.1097/MPG.0000000000001420.

Konijeti, Kim. Efficacy of the Autoimmune Protocol Diet for Inflammatory Bowel Disease. *Inflammatory Bowel Disease*. 2017 Nov; 23(11): 2054–2060.

— REFERENCES —

- Kristjansson G, Venge P. Mucosal reactivity to cow's milk protein in coeliac disease. *Clinical Experimental Immunology*. 2007 Mar; 147(3):449-55
- Krysiak R. The Effect of Gluten-Free Diet on Thyroid Autoimmunity in Drug-Naïve Women with Hashimoto's Thyroiditis: A Pilot Study. *Experimental and Clinical Endocrinology and Diabetes*. 2018 Jul 30. doi: 10.1055/a-0653-7108
- Lauret E. Celiac disease and Autoimmune-associated conditions. *Biomedicine Res International*. 2013; 2013: 127589.
- Lerner A, Shoenfeld Y, Matthias T. Adverse effects of gluten ingestion and advantages of gluten withdrawal in nonceliac autoimmune disease. *Nutrition Reviews*. 2017 Dec 1;75(12):1046-1058.
- Liontiris M. A concise review of Hashimoto thyroiditis (HT) and the importance of iodine, selenium, vitamin D and gluten on the autoimmunity and dietary management of HT patients. Points that need more investigation. *Hellenic Journal of Nuclear Medicine*. 2017 Jan-Apr;20(1):51-56. doi: 10.1967/s002449910507. Epub 2017 Mar 20.
- Manzel A, Muller D. Role of "Western diet" in Inflammatory Autoimmune diseases. *Current Allergy and Asthma Reports*. 2014 Jan; 14(1):404
- Riccio. Nutrition facts in Multiple Sclerosis. *ASN Neuro*. 2015 Feb 18;7(1). pii: 1759091414568185. doi: 10.1177/1759091414568185. Print 2015 Jan-Feb.
- Rodrigo L, Hernandez-Lahoz C. Prevalence of celiac disease in multiple sclerosis. *BMC Neurology*. 2011 Mar 7; 11:31
- Ruuskanen A. Positive serum antigliadin antibodies without celiac disease in the elderly population: does it matter? *Scandinavian Journal of Gastroenterology*. 2010 Oct;45(10):1197-202. doi: 10.3109/00365521.2010.496491.
- Saturni L. The gluten-free diet: safety and nutritional quality. *Nutrients*, 2010;2:16-34.
- Skoczynska. The role of diet in rheumatoid arthritis. *Reumatologia* 56(4):259-267.
- Shor D, Barzilai O. Gluten sensitivity in multiple sclerosis: experimental myth or clinical truth? *Annals of the New York Academy of Sciences*. 2009 Sep;1173:343-9.
- Van Heel D., West J, Recent Advances in Coeliac Disease, *Gut* 2006;55:1037–1046
- Virili C. Atypical celiac disease as cause of increased need for thyroxine: a systemic review. *Journal of Clinical Endocrine Metabolism*. 2012 Mar;97(3):E419-22
- Visser J, Rozing J, Sapone A, Lammers K, Fasano A. Tight junctions, intestinal permeability, and autoimmunity: celiac disease and type 1 diabetes paradigms. *Annals of the New York Academy of Sciences*. 2009 May;1165:195-205.
- Vojdani. A potential link between environmental triggers and autoimmunity. *Autoimmune Disease*. 2014: 437231.
- Wu S, Hui J. Treat your bug right. *Frontiers in Physiology*. 2011;2, article 9



— CONTACT —

Laura is a Registered Nutritional Therapist DiplON MBANT CNHC and runs a nutritional therapy clinic focusing on Autoimmunity including Ménière's disease. She offers complimentary support which works alongside conventional medicine.

For a free 20 minute consultation or for more information, recipes, food plans, testing or with any questions do get in touch by visiting her website.

It would be my pleasure to help you try to uncover the root cause of your own Ménière's.

Laura x

www.laurafishernutrition.com

Laura Fisher - Autoimmune Health - Facebook Page

DISCLAIMER:

The information presented here does not represent the treatment of any condition but describes nutritional support for patients. It does not replace any medical treatment, and can be implemented alongside it. Always consult a medical professional before changing your diet.