

The Dove Clinic for Integrated Medicine

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Dietary Recommendations and Supplements

The most effective diet is to go back to our Paleolithic ancestors, pre-agricultural. This is called Paleolithic Diet and there are many versions of that, you can always Google that and see what may suit you.

We recommend the following basic guidelines:

- Eat Gluten Free, but don't be over obsessive with Gluten Free substitute foods as these are high in glucose-forming starches anyway, i.e. Gluten Free Bread and so on.
- Reduce processed foods and packaged goods.
- Reduce glucose and sugars.
- Eat a large variety of vegetables: try and eat many of them raw and finely grated.
- Increase the intake of good oils like grass-fed Butter and Ghee, Coconut Oil, Olive Oil.
- Eat full fat, sugar free foods for enjoyment, and these beneficial fats will automatically reduce the amount eaten and also the amount of sugar eaten.
- Increase consumption of fermented foods such as Sauerkraut, Kimchi, Kombucha, Keffir and so on.
- Sprouted seeds and beans are a good source of essential vitamins and enzymes. These can be grown in any kitchen.

A wide variety of foods eaten is important to maintain the diversity of the gut bacteria.

Eat organic foods and do not overclean them. Bacteria naturally found on the surface of root vegetables, fruits and leafy vegetables are beneficial, but absence of pesticides is important. Therefore try and eat organic where possible. Remember that organic, dirty foods would be the stuff of our ancient ancestors' diets. However, it must be good quality 'dirt' from rich, organic soils.

Supplements

We recommend Prebiotics such as Bimuno, which is a fructo-oligosaccharide. We can supply this.

Probiotics can also be taken to support the new microbiome, and we will be able to supply Symprove.

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