

The Dove Clinic for Integrated Medicine

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What about diet following FMT?

Highly processed diets consisting largely of carbohydrates, high sugar and low fat diets are not a good idea. By removing excess carbohydrates from our diet and including healthy amounts of good fats like Coconut Oil, top quality grass-fed meats preferably not red meats, fish, plenty of green vegetables, overall health will improve, and this method is anti-inflammatory and will assist in resolving many gut issues.

We recommend the following book:

The Diet Myth by Tim Spector. *Orion Publishing, ISBN: 9781780229003*

Take the 50 foods challenge

We have made out a simple grid which you can make out yourself at home, of 50 squares, write one food in each square as you consume it in a week. In other words, you try to fill all 50 squares in a week. Include salt, pepper, seasonings, spices and herbs and see if you can complete the grid. Diverse diets encourage a wide range of microflora, which is what we need for good health. Please remember that having Pizza one day, bread the next and a pie the next means you have had wheat on all three days, and therefore you can't enter that on three separate squares.

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