MCD Conquering Crohn's Disease

Eat and Be Pain Free.

BY DR. MICHAEL

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The information in this eBook is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice.

It is intended as a sharing of knowledge and information from the research and experience of Dr. Michael and his community.

Dr. Michael encourages you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

ABOUT DR. MICHAEL

I was diagnosed with Crohn's disease when I was 12 years old. At that time no one knew what it was, what it would do to me or whether I would just get better. My parents had no idea as the doctor who diagnosed me could not tell them anything anyway. The doctors told me I could eat whatever I wanted.

My parents and the doctors were scared; I was scared. I wondered how this would affect my life. Would I still be able to be active in my life or would I become a sick person on the sidelines feeling isolated from the world, stuck inside, not participating in the things that I loved. I wondered if I would miss out on having a girlfriend, going to uni and having all the things I dreamt of before I got sick.

Well, let me tell you, all those things have happened to me over time. I have felt alone; isolated from the world and my friends. I have had three major operations and taken countless medications. I even nearly died in the hospital twice after complications of my surgery when I developed a major infection. I have experienced enormous pain and bloating.

I have not been able to do the things that I wanted to do. I have sat on the sidelines and watched others have the fun and seen my self-confidence slowly fade. But let me give you the good news; that is not the case now.

I have spent years studying the way to a fantastic and healthy life, even if you have Crohn's disease. I have traveled the world and spent hundreds of thousands of dollars finding a solution. I want to now share this with you so you can have a life truly worth living.

I am now a Chiropractor; and have three beautiful children. I am living the life I always wanted. I surf every day; I travel to out-of-the-way places chasing waves and having the most wonderful experiences. I am very involved in my children's lives and have energy to burn to participate fully in every aspect of my life.

I want to help you make sure that you can have the life that you want and deserve. I want you to experience all that life offers. You need to have energy to burn, to feel you fit in; you should be able to look the way you want and achieve the things you want to achieve. I also want your life to be free of worry, not knowing when you might be sick or for how long the flare will up last. You will be able to do all this and more by following the steps that I show you.

So, my following guide is meant to be used as a "how-to." You will need to read it and identify the parts that are helpful to you and make notes of the ideas, skills and techniques that will be useful to you as someone who suffers with Crohn's disease.

Achieving the life that you want with Crohn's disease is possible, but you will have to continue learning. It is like riding a bike. When you first learned, you could not do it properly, but did you get discouraged and stop riding a bike? No. you kept practicing, and that is what this guide is designed to allow you to do.

Success with Crohn's disease is achieved by practicing. At first, it will not make sense, and then when you start to adopt these principles it may seem that it is not making any difference. But you keep at it and eventually you can ride your bike wherever you want.

So, take this guide and use it as a workbook. Come back to it often. Reread the parts that you want to learn and integrate. But most importantly, don't stop reading until you are doing it.

Many people read something and say, "Oh yeah, I got that," but usually, they haven't really learned what they needed to learn. Please, for the sake of your health, don't make this mistake. Keep re-reading it and practicing the skills and using it until it requires no thought at all to make it happen.

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INTRODUCTION

If you suffer from Crohn's disease you are going to be amazed at how great you will feel after completing this program. You are going to feel so much better and you will be able to actually eat food and not get any symptoms, e.g., no bloating, no diarrhea and no pain.

After completing this you will be able to enjoy social situations where food is involved and not feel stressed about going to someone's house for dinner or going on holidays. Food won't be such a big thing in your life. You won't feel that by having to think about your diet that you are missing out on certain aspects of your life. This feeling of missing out can have a bigger impact on your health then you may realize.

You would normally believe that because you suffer from Crohn's disease, eating tasty, nutritious food and feeling good at the same time is not possible. You are not alone. Believe it or not even I thought that. I also thought that I had to eat food that was boring and tasteless to keep my stomach free from pain.

Well I hope you are excited because you are about to feel so much better while enjoying a wide variety of delicious and nutritious food. This 4-day program will show you that it is possible to eat most or all the foods you currently love and still feel great. You can eat spicy foods without feeling like a fire-breathing dragon. You can eat fruit without getting wind or flying to the bathroom afterwards. You can eat enough to be content and full without having a rock in your stomach. You can enjoy delicious meals without having to take a nap when you're done. And eventually you can look forward to getting rid of all of your Crohn's symptoms ***"for good."***

CHAPTER

1 HOW FOOD AFFECTS CROHN'S DISEASE

There is an undeniable relationship between diet and Crohn's disease. For people diagnosed with Crohn's, it is important to understand that no food will cause inflammation or active disease or lead to remission. However, most people living with Crohn's disease have found that modifying their diet can certainly make the symptoms of the condition much, much better. And really, that makes perfect sense. We all know that when we eat healthy, wholesome food, we feel better overall.

Until Now

I would guess that until now you believed that you could eat anything that you felt like and it would have no effect on your Crohn's disease. You would have thought this as your doctor would have told you that you could eat "whatever you want" as diet plays no part in helping someone with Crohn's disease. My doctor told me the exact same thing. So, I spent quite a lot of my early years with Crohn's eating whatever I wanted. I felt bad about that though, as I knew that certain foods made my symptoms worse and yet I continued to eat them. The thing I wanted as a teenager was to bulk up and be muscular, so the food choices that I made were designed to keep my weight up. These foods did little but make the symptoms I was experiencing worse. The bloating, the pain and diarrhea didn't go away. In fact, it continued to get worse. I took lots of different kinds of medications. Some were very dangerous to my health as they had such serious side effects. I was continually stressed about food. I didn't want to go out and socialize with other people; even my own family, as I knew I would end up sick by what I ate.

I know you are probably experiencing the same thing right now. In fact, these symptoms affect every aspect of your life. You can't experience all that life offers, your work life, family life and your social life are all impacted as you never know when you are going to experience an attack.

The Help

This program will teach you what foods to eat so that you don't experience symptoms. It will teach you that you aren't missing out on anything by having Crohn's disease. As your symptoms disappear you can start to enjoy life, and experience fun and laughter. You will be able to improve your relationships as you can associate with others in a food situation, in fact, in any situation. Your life will feel like it is moving forward as your symptoms disappear. This 4-day program will have you on the path to improving your health, as well as your life.

CHAPTER

2 TURNING IT AROUND

Though what you eat won't cause or prevent Crohn's disease, food—and in particular nutrition—plays an important role in managing the condition. Nutrition has a profound impact on your body's immune system— the right food can boost your ability to fight infections, heal wounds, and help your body avoid the pitfalls of everyday life.

What did it for me?

My big hospital stay turned my life around. I was stuck in bed for 4 months after developing an infection after massive bowel surgery (I have been left with 90cm of small bowel). I was in intensive care for 1 month then 3 months in a ward and it certainly gave me plenty of time to think about my life and look outside the box. I was able to explore other options; to think about what was causing my disease to become worse. I was prodded and poked and had my weight drop to 49 kg (I was 49 kg and had been 85 kg when I was 18). I was being fed by a tube plus being injected with 8 different antibiotics (all at the same time). I had two drainage tubes coming out of me emptying junk at an alarming rate. How much lower could I go? My wife was told twice that maybe I wouldn't make it through the night.

However, I was able to meet different people during this time and they, in turn, had a big impact on life. They opened my eyes to what heals your body. They opened my eyes to other possibilities. It set my wife and I on an incredible journey to find out what would get me through this and help me to lead a normal and healthy life. This is what I now want to share with you in this guide.

So, What Did I Do?

After my hospital stay, I spent the next few years traveling to all corners of the world searching for answers. The people that I met when I was in the hospital opened my eyes to other possibilities and, in turn, I went searching for the truth. I spent time in the bush eating only raw food, bathing in a river and cleaning my teeth with a stick. I ate goat intestines, which my wife bravely cleaned out and cooked for me. I went to India for four months and immersed myself in their ways. I also spent time in Thailand at a Health Retreat and in America receiving ground breaking Chiropractic Care. I was trained at a gym by a former Mr. Universe. As I said, I did everything that I could, and more.

The Answer

Now as you can imagine, I found out what made my symptoms go away. It involved the physical, the emotional, and the intellectual. Some of these changes were easier and quicker to implement than others. However, what I am going to share with you in this guide is the easiest thing for you to change. It involves looking at what you eat. When I learned the right way to eat for Crohn's disease my life changed completely. I have been following this path for 10 years and to this day I have been symptom and medication free.

What I am about to guide you through is a "4-Day Program" designed to change your way of eating. This is the method I use that changed my life. I call it The *MCD Protocol*. This program has not only helped me, but it has helped people all over the world end their agony forever, no matter how bad their problem is or how long they have suffered!

Nothing Crazy

Before you start freaking out and thinking, "What is he going to get me to eat?" I can make a guarantee to you that there are no goat's intestines in this program. I won't be making you eat any strange foods and you won't need to eliminate whole food groups from your meals or eat only "light," "low fat," or "no carb," foods. The best part about this way of eating is that you can eat most of the foods that you love. I also won't be selling you any shakes, powdered drinks or packaged foods

CHAPTER

3 WHAT TO EXPECT

Since you are going to be changing the way that you eat over the next four days you are going to be noticing some amazing changes in your body. These changes are happening because you are eating in a way that helps your body digest your food more easily. I have included some of the changes you may notice from as quickly as the first day:

1. You will have more energy and won't feel like curling up and sleeping simply because you have eaten a meal.
2. You will no longer experience cramps, gas, flatulence, bloating, heartburn, acid-reflux symptoms, belching, sour burps, diarrhea or constipation.
3. You will not feel as if you are starving, as your body is able to absorb nutrients more easily.
4. You will not feel like you are missing out. You will be able to eat a lot of food and also a lot of different foods.

HOW CAN I HELP MYSELF

Make eating a top priority — and eat well when you feel well. In a sense, you must treat eating as if it were your job and find the right foods you can tolerate to ensure your body receives the nutrition it needs (and deserves!) to stay healthy.

Other Changes you will Experience

Depending on your situation, here are even more changes you could see in the next four days:

- Decreased allergy symptoms
- Nasal or chest congestion will disappear
- Reduced number of skin breakouts or rashers
- A lessening in the frequency or severity of migraines if you currently experience them

CHAPTER

4 WHAT ELSE?

Once you are on your way to having better health from following my 4-Day Program you are going to notice many improvements not only to your overall health, but also your life.

You are going to quickly experience:

- Feeling better physically, so you'll be happier emotionally as there will be less stress associated with eating and food
- Having more energy to go about your daily life as you will be spending less energy on digesting food and more energy on having fun again
- Being able to concentrate better as the brain fog associated with Crohn's disease will disappear
- Better sleep as you will go to bed pain free
- More energy, endurance and strength during a work-out. Because exercise is so important for Crohn's disease sufferers, this is an important improvement and will be discussed in another guide
- Eliminating the embarrassment that comes with "attacks" of intestinal symptoms in public which makes the stress of living with Crohn's disease start to disappear
- Better smelling breath

I bet you can't believe all the benefits that you are going to experience from following my program. You are also probably trying to understand how no one has told you this before. Most professionals you see are not trained in prevention, but rather in the treatment of symptoms, and that is where the problems lie. They don't look at the cause of the problem, but rather just the symptom on the surface. That is why my program will assist you. I have discovered what causes our problems and how to make them go away.

8 STEPS TO MAKE YOUR SYMPTOMS DISAPPEAR

As well as following the Eating Plan that I have provided in my 4-Day Program there are several other things to remember to make sure your health improves. Some of these steps are not food related but are quick and simple remedies to help your symptoms disappear.

1. Love your Food: Eat slowly at every meal, as rushing to eat is a surefire way to cause over eating and therefore cause your symptoms to increase. It takes about 20 minutes for your brain to register that you are full. So how do you make sure you eat slowly? You need to chew your food slowly and savour the experience. It would be beneficial to remember to chew at least 20 times for each mouthful. This will make sure that you eat at a slow enough pace to keep your symptoms from returning. Your food will also be starting to be digested, which makes it easier later. It also gets the digestive juices flowing which helps with the process of digesting your food in order to be pain free.

2. Make sure you don't eat anything listed in my plan that you know you are allergic to, or foods that cause a problem with your health. There are plenty of other foods that can be substituted. You must therefore go through my food list provided and cross the foods out that you know, for you, are unsuitable. This list will be your new food list and must always be used when planning your meals. If you come across a recipe that contains something you cannot eat, then you can substitute that ingredient for something else.

3. Sip [not skull] plenty of water during the day, make sure you are drinking water at room temperature or drink the water slightly warm. You can add lemon to it to improve the taste if you desire. People who suffer from Crohn's pose a real risk of becoming dehydrated; you may even want to use electrolyte-replacement beverages as they can often help. Also remember to drink enough water before, during, and after activity. Staying ahead of dehydration is critical. So, to make sure you are getting enough drink water following this plan:

   [a] Have a glass of water at your bedside so that you can drink water during the night if you wake up.

   [b] On rising, drink a glass of warm water with lemon in it. This starts the digestive juices flowing and can also assist in going to the toilet if that is a problem for you. The lemon also adds flavor to enable you to drink the required amount of water.

   [c] Aim to drink 1 litre of water by lunchtime (sitting the water bottle at your work station and sipping from it continuously will help).

   [d] Continue to sip on the water after lunch and aim to drink another litre by dinner time.

   [e] Once you are home, continue to sip water and aim to drink another litre by bedtime.

4. Make sure you eat small meals frequently. Skipping meals and eating large amounts of food in one sitting (especially at the end of the day) can wreak havoc on your digestive tract. Instead, fuel your body consistently throughout the day — every few hours — with small, healthy meals and snacks. This eating approach will help maintain your energy level, fight fatigue, and lessen the chance for bloating, gas, and belly distention.

   A plan to follow would be to eat at 7 a.m., then 10 a.m., then 1 p.m., then 4 p.m. and then 7 p.m. Of course, adjust these times if you wake up earlier or later, to fit in with your work schedule. HOWEVER, remember to eat regularly.

   Also make sure what you eat at 8 p.m. is only a very light snack! Do not go to bed on a full stomach. This will not help with digesting your food.

5. Exercise regularly; however, there are a few considerations for people living with Crohn's disease: Never exercise during a flare-up; this can cause you to become physically drained and prolong your episode. If you're constantly trying to gain weight, avoid high-intensity aerobic exercise, since it burns so many calories. Light or brisk walking is perfectly fine, and light strength training can help you maintain and build muscle mass; however, always make sure you're eating enough to cover the extra calories burned through activity and that you are consuming enough fluids to avoid being dehydrated.
6. Invest in a good heat pack. A wheat bag is a great investment, as it can help alleviate any pain that you might be suffering. It only takes four minutes in the microwave and you feel relief instantly.
7. Have regular massages, as they will help relieve any symptoms you might be experiencing. They will assist with keeping things moving in your body and will help to rid your body of any build up caused by inflammation. It is also great for stress relief and that is something that us sufferers of Crohn's disease need. I would recommend once a week for a massage.
8. Enjoy regular outings in nature. Take a walk in the fresh air, whether it is in the country or by the sea. It is important to make time to breathe and experience nature. This helps to relax your mind and your body, which also helps you digest food more easily, therefore reducing your symptoms. It also works to improve your stress levels. I would recommend that you take this walk 2 or 3 times a week. It is not part of your exercise routine, but rather part of your relaxation routine.

CHAPTER

5 THE MCD PROTOCOL

This program will give you a list of foods that you can eat, PLUS a list of foods that you cannot eat. I have also included some menu ideas and recipes for you to follow. I know for me it makes it easier if I have something to follow and I don't have to put too much thought into what I am eating.

You will, therefore, have absolutely everything you need to complete my program and then, as a result of completing it, feel fantastic and be ready to get your health back.

FOODS TO EAT

RECOMMENDED PROTEIN	FRESH FRUITS	DAIRY SUBSTITUTES
Veal, Lamb, Pork, Chicken, Beef, Kangaroo, Eggs, Turkey, Fresh Fish, Other Seafood *One palm size portion per meal.* *MAX 2 SERVINGS PER WEEK FOR LAMB AND BEEF* PROTEIN TO AVOID Sausages, Mince, Deli Meats, Cured Meats, Smoked Meats, Salami	Enjoy all fresh fruit, including tinned and frozen Limit dry fruits Limit to three servings daily due to high sugar content	Coconut Milk, Coconut Cream, Coconut Yoghurt, Nut milks Unsweetened and Organic Limit to one serving per day

FRESH VEGETABLES	VEGES CON'T	GRAINS
Artichokes, Asian greens, Asparagus, Avocado, Baby Spinach, Beetroot, Bok Choy, Brussels Sprouts, Carrot, Cauliflower, Celery, Garlic, Green Beans, Kale, Leeks, Lettuce – all types, Mushrooms, Olives, Parsnip, Peas	Pumpkin, Radicchio, Radish, Rocket Sea Vegetables (e.g. kelp, kombu, wakame), Snow Peas, Spinach, Sprouts, Squash, Tomato, Turnip, Water chestnuts, Zucchini Fresh Herbs and Spices *Minimum of four cups of salad and three cups of vegetables per day*	**NONE**
BEVERAGES	**DRESSINGS AND CONDIMENTS**	**HEALTHY OILS**
Consume 2 to 3 litres of pure water daily (water can be flavoured with lemon and/or fresh ginger), Teas (chamomile, dandelion, peppermint, ginger, licorice, calendula, rooibos, green) Coffee [but not instant coffee] Fresh juices and smoothies	Sea Salt, Garlic, Olive Oil, Lemon juice, Home-made guacamole and hummus, Home-made dressings	Cold pressed oils are preferable. Coconut Oil, Flaxseed Oil Macadamia Oil, Olive Oil, Sesame Oil, Walnut Oil *Maximum of two tablespoons per day*

FOODS TO AVOID
Alcohol (Especially Beer)
Mayonnaise, margarine, most oils
Carbonated beverages
Chewing Gum
Chocolate
Corn Husks
Dairy products
Decaffeinated Products
Fatty foods (fried foods)
Foods high in fibre
Gas-producing foods (lentils, beans, legumes, cabbage, onions)
Overly Spicy foods
Whole Grains and Bran

CHAPTER

6 MENU PLAN

Day	Meal	Breakfast	Snack 1	Lunch	Snack 2	Dinner
Day 1		Baked Spinach and Egg Bird's Nests	Banana Muffins	Tuna Treasure Salad	Fresh Fruit and Coconut Yoghurt	Tandoori Chicken
Day 2		Mexican Style Scrambled Egg	Berry Good Smoothie	Fresh Chicken Salad	Orange and Almond Cake	Thai Lime Stir-fry
Day 3		Vege Stack	Carrot Cake	San Chow Bow [mince in lettuce cups]	Banana Muffins	Pesto Fish
Day 4		Mini Frittata	Orange and Almond Cake	Mediterranean Salad	Carrot Cake	Spiced Lemon Meatballs with Green Vegetables

CHAPTER

7 RECIPES

BREAKFAST

BAKED SPINACH AND EGG BIRDS' NESTS

Ingredients

- 3 handfuls spinach
- 2 eggs
- 2 T parmesan cheese [OPTIONAL]
- Black pepper
- ½ tablespoon butter

Method

1. Heat butter in a saucepan.
2. Wilt the spinach in heated saucepan and squeeze excess water out. Make into 2 birds' nest shapes and crack an egg into each one.
3. Sprinkle cheese and black pepper onto top of egg. Bake in oven at 180°C for 15 minutes or until eggs are set.

Serves 1

MEXICAN STYLE SCRAMBLED EGG

Ingredients

- 2 eggs and 2 egg whites, whisked in a bowl
- 3 handfuls of diced mixed tomato, zucchini, or other allowed vegetables of your choice
- 1 tablespoon olive oil
- 1 teaspoon mixed herbs
- Cracked pepper and sea salt to taste

Method

1. Finely chop vegetables, add to oiled frying pan and sauté with mixed herbs until tender.
2. Add eggs to pan and continue cooking
3. Season with pepper and salt to taste.
4. Place on plate and sprinkle lightly with cracked black pepper if desired.

Serves 1

VEGETABLE STACK

Ingredients

- 2 large flat field mushrooms
- 2 handfuls of mixed eggplant, capsicum and zucchini
- Sun dried tomato pesto
- 1 tablespoon fresh chives, chopped
- 1 teaspoon crushed garlic
- 1 teaspoon lemon rind, finely grated
- 1 egg, poached
- 1 tablespoon olive oil

Method

- Cut eggplant, zucchini and capsicum into strips, leave mushrooms whole and grill or fry with olive oil until tender.
- Combine chives, garlic and lemon rind in a bowl.
- Place cooked mushrooms stem side up on a plate and layer with chive mixture and slices of eggplant, capsicum and zucchini.
- Top with your poached egg
- Dress generously with pesto.

Serves 1

MINI FRITTATA

Ingredients

- 4 large eggs
- ¼ cup half-and-half
- ½ teaspoon salt
- Assorted mix-ins (such as diced vegetables, and cooked and chopped bacon)
- Grated Parmesan Cheese (OPTIONAL)

Method

1. Heat your oven to 350° F and coat a 6-cup muffin pan with nonstick cooking spray.
2. Whisk together the eggs, half-and-half, and salt in a medium bowl, then evenly distribute the egg mixture among the muffin cups.
3. Add about 2 tablespoons of mix-ins to each cup, then sprinkle on a bit of Parmesan cheese, if you like.
4. Bake the frittatas until they are puffy, and the edges are golden brown, about 20 to 25 minutes. (If necessary, run a butter knife around the edge of each one to loosen them before removing them from the pan.) Makes 6 mini frittatas.

LUNCH

SAN CHOY BOW

Ingredients

- 2 palm size portions of pork or chicken mince
- 1 tablespoon sliced ginger
- 1 tablespoon chili sauce [HOMEMADE]
- Iceberg lettuce leaves, cut carefully into cups

Method

1. Sauté ginger lightly before browning pork mince. Add sauce and simmer for five minutes. Thin with a little water. Spoon mix into lettuce cups for serving.

Serves 2

TUNA TREASURE SALAD

Ingredients

- ½ palm size portion of tuna, tinned in spring water
- 1 egg
- 3 handfuls of mixed shredded lettuce, celery, shallots, parsley, and thinly sliced fresh mushrooms
- 1 tablespoon fresh herbs
- Juice of 1 lemon
- Ground pepper to taste
- Olive oil

Method

1. Add olive oil to a non-stick frying pan. Break up tuna in a small mixing bowl. Mix with raw egg and black pepper. Cook tuna mix over moderate heat for 8 to 10 minutes. Stir frequently, breaking up larger clumps until light golden brown and flaky. Set aside to cool.
2. Add salad and vegetables to salad bowl. Drizzle with olive oil, add lemon juice and fresh herbs. Gently toss cooled flaky tuna and egg mixture into salad.

Serves 1

FRESH CHICKEN SALAD

Ingredients

- 2 palm size portions of chicken breast, steamed and finely sliced
- 1 handful celery, sliced
- 1 handful red capsicum, sliced
- 1 handful snow peas
- 2 handfuls lettuce
- 1 handful avocado, sliced
- 1 handful tomato cut into wedges
- Lemon, squeezed
- Cracked black pepper
- 1 tablespoon olive oil

Method

1. Combine all ingredients together, dress with lemon juice, pepper and olive oil. Serve immediately.

Serves 2

MEDITERRANEAN SALAD

Ingredients

- 2 handfuls of salad greens - include bitter greens such as rocket or watercress
- 1 egg, hardboiled and sliced
- 1 handful mixed red onion and cucumber, sliced
- ½ palm size portion of tuna, tinned in spring water
- 4 black olives (OPTIONAL – important to check extra ingredients on jars)
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon lemon juice or vinegar (apple cider, red wine or white wine)

Optional extras to add variety: Blanched green beans, asparagus, and oven roasted capsicum or eggplant strips, marinated mushrooms. (Use 1 handful to replace 1 handful of greens)

Method

1. Dressing: toss salad with extra virgin olive oil and sprinkle with vinegar or lemon juice.
2. Add drained tuna and sliced egg.

Serves 1

DINNER

SPICED LEMON MEATBALLSWITH GREEN VEGETABLES

Ingredients

Meatballs

- 4 palm size portions of lean beef mince
- 1 stick celery, chopped finely
- 2 cloves garlic, chopped finely
- ½ teaspoon cumin
- ½ teaspoon paprika
- 2 teaspoons olive oil
- ½ handful parsley, chopped
- 2 eggs
- ½ teaspoon lemon zest
- Salt and pepper to taste

Stock

- 1 cup chicken stock
- ½ teaspoon lemon zest
- ½ teaspoon cumin
- ½ teaspoon turmeric

Vegetables

3 handfuls per serve of seasonal green vegetables e.g. green beans, zucchini, broccoli, snow peas. (12 handfuls in total)

Method

1. Fry celery, garlic and spices in 1 teaspoon olive oil. Add to mince, with lemon zest, eggs, herbs, salt and pepper.
2. Mix well and shape into small, golf ball size balls. Heat 1 teaspoon olive oil and cook the meat balls for 1 to 2 minutes, until sealed.
3. Heat stock with spices and lemon zest. Add stock to meat balls and simmer until cooked through and stock thickens to a sauce. Add more stock if required through cooking process to keep moist.
4. Serve with sauce on a bed of freshly steamed green vegetables.

Serves 4

PESTO FISH

Ingredients

- 2 palm size portions of salmon fillets
- 2 tablespoons pesto
- 1 small lemon
- 1 handful cherry tomatoes
- 1 handful snow peas, lightly steamed
- 4 handfuls of salad greens e.g. lettuce, watercress, rocket
- 1 to 2 tablespoons extra virgin olive oil

Method

1. Spread the pesto on both sides of the salmon and cover and leave to marinate in fridge for half an hour.
2. After the fish has marinated, heat pan and fry fish in extra virgin olive oil.
3. Cook fish on both sides until lightly cooked through in thickest section.
4. Mix salad greens with cherry tomatoes and snow peas and serve with fish.
5. Squeeze lemon juice over fish and salad.

Serves 2

THAI LIME STIR-FRY

Ingredients

- 2 palm size portions of beef, diced
- 1 ½ tablespoons coconut oil
- 1 clove garlic
- 1 teaspoon minced ginger
- 1 ½ handfuls snow peas
- 1 ½ handfuls red capsicum, sliced
- 1 ½ handfuls mushrooms, sliced
- ½ cup flaked almonds
- 1 ½ tablespoons lemon/lime juice

Method

1. Sauté beef with ginger, garlic until brown.
2. Add vegetables and cook for 2 to 3 minutes.
3. Sprinkle almonds over meal just prior to serving.
4. Dress with lime juice.

Serves 2

TANDOORI CHICKEN

Ingredients

- 4 palm size portions of chicken breast
- 200 g natural coconut yoghurt (no added sugar)
- ½ tablespoon fresh ginger, grated finely
- ½ tablespoon garlic, grated finely
- ½ tablespoon tandoori paste [MAKE YOUR OWN – RECIPE BELOW]
- 1 teaspoon cumin seeds, ground
- 1 teaspoon ground coriander
- ½ teaspoon garam masala
- ¼ teaspoon chili powder
- ¼ teaspoon turmeric powder
- Salt to taste

Method

1. In a bowl mix together yoghurt, salt, chili, coriander, cumin, garam masala and tandoori paste. Rub mixture into chicken and leave to marinate for at least 2 hours in the fridge.
2. Pre-heat the oven to 180°C. Bake chicken for 20 minutes then reduce the oven heat to 120°C and cook until tender. Garnish with tomatoes and lettuce.

Serve with 3 handfuls of allowed vegetables or salad per serve.

Serves 4

TANDOORI PASTE

Ingredients

- ½ tsp sweet paprika
- ¼ cup lemon juice
- 5cm cube of fresh ginger, peeled and coarsely chopped
- 2 garlic cloves, skinned
- 1 tbsp salt
- 1 teaspoon chili paste
- 1 tbsp garam masala
- 3 tsp ground cumin
- 2 tbsp oil
- 3 tsp chili powder
- 1 tbsp natural coconut yoghurt

Method

1. Mix it all up

CAULIFLOWER RICE SUBSTITUTE

Ingredients

- 3 handfuls cauliflower, grated
- 1 tablespoon olive oil

Method

1. Grate the cauliflower using the medium sized holes of a grater. Grate the core too. With your hands squeeze out as much water as you can. This may not be necessary for some cauliflower as they vary in degree of wetness.
2. Add the grated cauliflower to a heated and oiled wok or pan and fry until its tender-crisp, about 5 to 8 minutes. The length of time will depend on the cauliflower.
3. Use as you would rice. The variations are endless.

Serves 1 (Vegetable Side Dish)

SNACKS

ORANGE AND ALMOND CAKE

Ingredients

- 1 large orange
- 3 eggs
- 1 tsp. vanilla extract
- ½ tsp. stevia
- 1½ cups almond meal
- 1 tsp. baking powder
- 100 gm. butter, melted

Method

1. Preheat oven to 140°C
2. Butter a cake tin or small baking dish [use a good layer to prevent sticking]
3. Boil the orange in filtered water for 1 hour. Change the water half way through to keep oranges from being bitter. Have the water pre-boiled in a kettle so that it doesn't have to re-heat.
4. Cut the oranges into quarters, remove the pith and any seeds, process in a food processor until very smooth.
5. Mix almond meal and baking powder and set aside.
6. Mix eggs with electric beater until fluffy
7. Add the vanilla and stevia and beat until fluffy again.
8. Gently fold the orange mixture into the egg mixtures.
9. Add the melted butter, and fold through.
10. Pour into the cake tin or baking dish and bake for approx. 45 minutes or until top is golden brown and a skewer comes out clean.

NOTE: Cover with foil after 30minutes if the cake is already golden brown.

Serves 8

CARROT CAKE

Ingredients

- 8 eggs
- 340ml extra-virgin olive oil
- 300 gm. carrot, grated
- 2 apples, grated
- 2 apples, chopped
- 160 gm. Almond meal
- 4 tsp. ground cinnamon
- 3 tsp. ground nutmeg
- 2 tsp. baking powder

Method

1. Preheat oven to 130°C, and butter a bread pan [use a good layer of butter to avoid sticking}
2. Mix eggs and oil thoroughly.
3. Add carrot, apple 9grated and chopped] and mix well.
4. Mix almond meal, spices and baking powder, add to the carrot mixture, and mix.
5. Pour into the bread pan. I normally have some mixture left over, so I make a few muffins as well.
6. Bake approx. 50 minutes, or when golden brown on top and skewer comes out clean. [For muffins bake approx. 35 minutes]

BANANA MUFFINS

Ingredients

- 8 eggs
- 340ml extra virgin olive oil
- 4 bananas, mashed
- 2 apples, grated
- 260 gm. coconut flour
- 2 cups of almond meal
- 4 tsp. of baking powder.

Method

1. Preheat oven to 130°C.
2. Place muffin cases in 2 muffin tins [makes approx. 18 muffins].
3. Mix eggs and oil thoroughly.
4. Add apple and banana and mix well.
5. Mix flour, almond meal and baking powder, add to the muffin mixture and mix well.
6. Pour into muffin cases and bake for approximately 30 minutes or until golden brown and a skewer comes out clean.

BERRY GOOD SMOOTHIE

Ingredients

- 1 ½ cup chopped strawberries
- 1 cup Blueberries
- ½ cup Raspberries
- 2 T honey
- 1 tsp fresh lemon juice
- ½ cup ice cubes

Directions

Blend all ingredients

CHAPTER

8 WHAT NEXT?

Congratulations on finishing your MCD - Conquer Crohn's Disease How to be Pain Free in 1 Day Program.

I am sure you are now feeling much better than you have felt in a long time.

I am very excited for you as you can now start to reclaim your health and therefore also your life.

But don't feel too satisfied yet. You have only managed to rid your body of symptoms but have not yet tackled the underlying problem and that is WHAT IS CAUSING YOU TO BE SICK.

What I want you to do now is to

1. Continue eating using the foods listed in this guide. Be creative and research recipes to allow yourself to enjoy tasty and nutritious foods that won't make your symptoms worse.
2. Follow my 8 steps contained in this guide. Some of these steps are not food related but are quick and simple remedies to help your symptoms disappear.
3. Read my newsletters I will be sending you weekly. These will contain lots of great information to assist you in improving your health.
4. Follow me on Facebook - My Crohn's Doctor, and Instagram
5. Finally, email me directly at mycrohnsdoctor@gmail.com and I will be happy to assist you one on one.

I look forward to helping you regain your vitality for life. You only have one life, so make it the best one it can be.

Yours in health,

Dr. Michael
www.mycrohnsdoctor.com