

# A Simple Keto Diet

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## For your Inside

### *Food you can eat*

- *Raw Fruits*; eat fresh, local, seasonal, ripe fruits. It is best to get them from your local farmers market. Eat up to 500g ripe fruit daily. Be careful with melons, rose apples and similar 'light' fruits and restrict nightshade fruits such as tomato.
- *Sugars*; try and get all your sugars from fresh fruit, but if this is not possible top up your sugar intake with dried fruit, honey, unrefined sugars, raw milk, & freeze dried proteins. Do not exceed 80g total sugar per day unless your body 'hits the wall' when exercising, OR cannot keep warm in cold weather. Minimizing sugar keeps your body in '*maximum fat burning mode*'. This is the most efficient way for her to operate.
- *Raw nuts & seeds*; supply fat, protein, vitamin E, phosphorous, and other minerals. Small oil seeds are best eaten as butters and/or oils (tahini/sesame, sunflower, flaxseed, hemp). Ban commercial (machine ground) hempseed & flaxseed meals, but you may eat them when they are hand-ground. Ban white sesame seeds, peanuts, cashew nuts, shelled brazil nuts, shelled walnuts, and rancid nuts of any type.
- *Dairy foods*; eat only raw milk, milk kefir, kefir cheeses, aged cheeses, yoghurt, & cold-processed clarified butter.
- *Raw proteins*; eat 5g first class raw protein each day to repair your body; from raw milk, raw beef, & raw seafood. Also eat the second class proteins from egg yolks, fermented dairy, nuts & seeds.
- *Vegetables*;
  - *Fermented veggies*; Make sauerkraut & kimchi yourself when the ambient temperature is below 15C. They should be sour & salty and contain NO bitter vegetables or pungent spices. Eat them raw for vitamins & minerals (when fruit is not available) and cooked in soups for minerals & the sour taste.
  - *Cooked vegetables*; optionally cook non-starchy, non-bitter veggies in soups.

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- *Fermented meats, fats & seafood*; these are necessary when fresh fruits & fermented vegetables are not available.
- *Herbs & spices*; eat the bitter taste (teas & green herbs), and pungent taste (ginger & other spices) in warm, still & humid weather. Reduce or eliminate them in cold, dry & windy weather. If you have a slow digestion, then eliminate pungent spices except for ginger.
- *Macro-minerals*; are sodium, potassium, phosphorous, calcium, and magnesium. Eat large amounts of sodium in dry weather, and smaller amounts in humid weather. Eat large amounts of phosphorous in cold weather, and smaller amounts in hot weather. Nuts & seeds are the best sources of phosphorous. Saline solution can provide sodium. Clear meat & fish broths with added salt provide sodium, calcium, potassium & phosphorous. Fruits, dairy & veggies contain potassium, calcium, phosphorous and magnesium. You can supplement all these minerals too.
- *Micro-minerals*; you MUST eat special raw foods to supply small quantities of these vital minerals. A selection from; raw milk, milk kefir, kefir cheeses, aged cheeses, kefir beer, raw liver, and micro-greens, needs to be eaten regularly. Iodized salt is essential and fluorine supplements may be needed. Also you can supplement micro-minerals with chelated multi-mineral pills, but I have found that these are not very effective. They should only be eaten short term in emergencies (e.g. while travelling).
- *Raw Fats & Oils*; eat a minimum of about 75g of raw fat per day (tropics), more if it is cold, and more if you are active. Always accompany fats with sugar, and try to eat a little more fat than sugar. Essential fats are Omega3 (minimum ~2g/day) and Omega6 (minimum ~6g/day). Eat mostly animal fats if you can get them; fish oils, oily fish, raw dairy fats, egg yolks. Nuts, seeds & their oils, avocados, coconut cream, etc. supplement the animal fats. Manage your fat intake with the Coin Oracle for best results.
- *Vitamins*; if fresh fruits, fermented foods, or raw milk are not available, then every day you will need to eat; a Vitamin C supplement and a Vitamin B supplement. A Vitamin D supplement will be needed once or twice a week when the sun disappears in winter, or if you live indoors. Also eat sufficient Vitamin E (found in dairy fats, egg yolks, nuts, seeds & their oils).

### *Food you should NOT eat*

- *Nightshade fruits*; tomato, goji, chilli, tomatillo, capsicum, sweet peppers, cape gooseberry etc. Ban chilli! Eat the rest in small amounts only.
- *Cooked foods*; only exceptions are aged cheeses, kefir made from pasteurized milks, butter, and clear soups optionally with cooked non-starchy veggies.
- *Starch & inulin*; NO to cereals, legumes, starchy seeds (quinoa etc.), starchy fruits & vegetables.
- *Cashew nuts*; these legumes are toxic when raw. They are cooked to make them edible.
- *Peanuts*; ban these legumes as the proteins in them may make you ill when eating a Keto diet. You may eat peanut oil though.
- *Brazil nuts shelled*; these nuts have been cooked (to assist in removing the shell), and are often rancid. Instead shell them yourself just before eating.
- *Walnuts shelled*; walnuts have a short shelf life after being shelled, and quickly go rancid. Instead shell them yourself just before eating.
- *Ground hemp & flax seeds*; commercial machine ground seeds should be avoided, as these may damage your digestive system, but you can eat the hand-ground seeds and the oils.
- *White sesame seeds*; these have been machine processed and cannot be sprouted. Eat unhulled black & brown sesame only.
- *Dairy*; do not eat young cheeses (see later).
- *Alcohol*; except for wines cooked in soups (removes the alcohol), and alcoholic extracts of medicinal herbs & spices.
- *Vinegars*; acetic acid should be avoided. Your sour taste should come from the acids found in fruits & fermented foods; lactic, malic, tartaric, citric etc. They are fruit acids, alpha-hydroxy acids, or AHAs. Your digestive system only works correctly when these acids are eaten.

### *Keto strategies*

Try to avoid imported foods. Adapt your diet to local, seasonal foods & local climate. Eat only when hungry.

1. *Tropical*; temperatures over 20 C most of the year and frequently over 30 C. Local fruits available all year. Animal foods often contaminated with parasites. Eat fruits with parasite free raw proteins and raw fats (dairy, fish oils, egg yolks, nuts, seeds, and nut & seed oils). Eat fermented foods (yogurt, kefir, kefir cheese, aged cheeses, & kefir beer). Broth is not required every day, but is eaten more often in winter. A lacto-fruitarian diet is possible.
2. *Warm Temperate*; temperatures between 0 and 30C. Local fruit available most of the year, but in winter it may be in short supply. Good quality animal foods available. Eat fruits, with raw proteins & fats. Eat fermented foods. Broth may be needed daily in winter, but less frequently in summer. A lacto-fruitarian diet is possible in summer, but may not be advisable in winter.
3. *Cold Temperate*; temperatures between -20 and 30C. Local seasonal fresh fruit available only in summer/autumn. Good quality animal foods available. Eat fruits, with raw protein foods and plenty of fat. Eat fermented foods. Eat plenty of broth especially in winter. Lacto-fruitarian diet not possible in winter & spring.
4. *Arctic*; temperatures usually below 20 C and frequently below 0 C. Dry climate most of the time. No local fruit, vegetables or dairy available. Good quality high fat animal foods available all year. Eat raw animal fats and proteins (fresh, & freeze dried). Eat fermented animal foods (meats, fish, fats). Special raw animal foods that contain micro-minerals (liver) & Vitamin C (adrenal glands) are needed. Eat plenty of clear broth too.

### *Meal examples*

1. *Start meals with;* non-bitter drinks, then soup, then fruits, salads & fermented veggies with cheeses, kefir, nuts & nut butters, then raw proteins, extra fat possibly as mayonnaise, and bitter drinks with any supplements. Oils need to be eaten second to last as otherwise they will block the release of digestive chemicals into the stomach. Bitter drinks are eaten last because they depress the digestive fire. Eat ONLY when you are hungry and wait a few minutes between each course.
2. *Tropical & Warm Temperate Meals (hot/warm);* start with non-bitter drinks. Then clear soup & cooked veggies as needed. Then eat raw fruit with cheeses, nuts, seeds, kefir, yogurt, coconut milk, micro-greens, and extra raw proteins as needed. Then eat a ginger bomb, extra fat as a mayonnaise, and bitter drinks with supplements. If it is humid then reduce sweet (cut the size of your meal), reduce sour & salty, and increase pungent (spices), bitter (teas), & astringent (dried foods, black tea).
3. *Cold Temperate Meals (cold & dry, no fruit);* start with warm sweet, sour & salty teas with honey/sugars. Then eat soup & cooked veggies with plenty of salt. Then raw fermented veggies. Then eat raw proteins, micro-minerals, and a ginger bomb. Then eat extra fat as a mayonnaise with garlic & salt. Then more hot drinks (sweet, sour & salty) with supplements.
4. *Arctic Inuit Diet (very cold & dry, no fruit, veggies, eggs or dairy);* snack on fresh/freeze-dried fish & meat, dipped in seal oil and chew blubber throughout the day. Also eat fermented meat/fish/blubber (Vitamin Bs). When a seal is killed immediately eat raw liver (vitamins A, B, D, cholesterol & micro-minerals), the adrenal glands (vitamin C), and other organs, before they freeze. Usually one hot meal is eaten each evening, of clear meat or fish soup plus seawater, raw fermented foods, and blubber. Good quantities of water need to be drunk to expel nitrogen wastes.
5. *Snacks;* drinks | fruits, nuts & seed butters | cheeses | raw proteins | micro-mineral foods | fermented vegetables | cup o'soup | ginger bomb.
6. *Coin Oracle;* learn to use this simple device. It will help to manage the diet, and give you lessons in Keto nutrition.

### *Keto drinks*

- *Bitter teas & coffees*; black tea, green tea, coffee, chocolate, all bitter green herbs. Only small amounts of bitter taste are needed. *ELIMINATE* bitter in cold, windy & dry weather, and if you are ill.
- *Chai*; bitter teas with ginger and other warm spices, excellent when hot & humid.
- *Non-bitter Herb Teas*; liquorice, chamomile, ginseng, ginger, peppermint, lemon grass, rooibos (red bush), fennel, aniseed, etc. Drink these teas in all weathers.
- *Ginger Drinks & Teas*; in all weathers, but especially when humid.
- *Kefir Beer*; brewed from fresh roots of the ginger family, unrefined cane sugar, and water kefir (tibicos). See later.
- *Yogurt drinks (lassi)*; 50-100mL yogurt plus cool water. Drink when the weather is warm.
- *Fruit Drinks & Teas*; drink hot sour fruit teas in cold, windy & dry weather. In hot weather serve cool fruit drinks.
- *Coconut Drinks/Teas*; 50g coconut milk plus water. Water from young coconuts. Drink in hot & dry weather.
- *Cup o'Soup*; 100-150mL broth plus salt & hot water to 300mL.
- *Saline solution*; dissolve 8.5g salt in 1 litre of water. Drink this saline to maintain hydration in cold and/or dry weather, especially when broth is not available.

### *Raw proteins*

Your body likes to repair its muscles with peptides (short chains of amino-acids) that are found in raw milk, raw meats and raw seafood. These peptides are not in egg yolks, nuts, seeds, & fermented dairy.

- *First class proteins*; for muscle repair eat daily a minimum of 150mL raw milk, or a minimum of 30g raw meat, liver, or seafood.
- *Dairy*; raw milk supplies all your protein needs, including first class protein. Fermented & pasteurized dairy proteins are not complete protein foods.
- *Egg Yolks*; eat these for protein, fat & cholesterol. They are not a complete protein food. Free range eggs from a small flock are best. DO NOT eat egg whites as they have little or no food value.

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- *Nuts & Seeds*; Supply protein (not complete), fats, Vitamin E, and some minerals (especially phosphorous). Do not eat peanuts, cashew nuts, shelled Brazil nuts, shelled walnuts, white sesame seeds, and rancid nuts.
- *Red meat*; from free range animals. Age it, and eat up to 100g per day with fish sauce & wasabi. Supplies complete protein, B vitamins (including B12), and iron. When aged, the vitamin content increases and more micro-minerals become available (tastes better).
- *Liver*; from free range animals. This supplies most micro-minerals, vitamins A & B12, as well as complete protein, fats and cholesterol. Restrict yourself to 25g per day because of the high Vitamin A content.
- *Oily Fish*; eat up to 100g per day of wild oily fish. Supplies complete protein & polyunsaturated animal fats. White fish is eaten as a clear broth, or is freeze-dried and eaten dipped in seal oil as part of an Arctic diet. Avoid raw farmed fish which are fed on junk food.
- *Shellfish*; freshly dug & eaten immediately, provide micro-minerals as well as complete protein, polyunsaturated animal fats, & cholesterol. The micro-minerals come from marine micro-algae (phytoplankton) in the stomach of the animal, so to utilize the micro-minerals the whole shellfish needs to be eaten immediately on harvesting, before the algae can be digested. Dig them up, and eat them on the spot.

### *Vitamin supplements*

You may need these in cold temperate and arctic climates;

- *Vitamin C*; a minimum of 100mg per day is required.
- *B vitamins*; a small multi B vitamin pill daily.
- *Vitamin D*; if you are unable to expose your skin to the sun, then a small D supplement may be needed once or twice a week.



## Macro-minerals

There are five minerals needed by your body in relatively large (macro) amounts;

1. *Sodium (Na)*; maintains the osmotic pressure of your extra-cellular fluids (blood, lymph, digestive system). Source it from iodized salt, and meat & fish stocks. If insufficient Na is eaten, you will produce large amounts of urine, after a meal or a temperature drop. Your nose, eyes & mouth will be dry, and your BMs will be dry & hard.
2. *Potassium (K)*; maintains the osmotic pressure of your intra-cellular fluids (inside cells). Source it from fruit, dairy, meat, fish, fermented veggies, and broth. Symptoms of K deficiency are; tired muscles, leg cramps, weakness, and constipation. You may take a potassium supplement if needed (potassium citrate or similar).
3. *Phosphorous (P)*; is involved in all body systems, and it is a component of the energy molecule ATP (adenosine triphosphate). Phosphorous is found in nuts & seeds, meat & fish stocks, fruit, avocados, egg yolks, dairy, coconut cream, broth, raw meats & seafood. In winter if you have any of these symptoms; constipation, a grey complexion, aching limbs, and Raynaud's disorder, then you may be deficient in P. To fix yourself, eat some raw nuts & seeds.
4. *Magnesium (Mg)*; is associated with phosphate in your body and more than 300 enzymes need it to complete their reactions. It is found in nuts & seeds, dairy, raw fish & meat, micro-greens, green veggies, and some green teas (lemon grass). Lack of magnesium will cause constipation. Supplement it with the citrate, lactate, or aspartate salts.
5. *Calcium (Ca)*; is important in many body systems. Muscles, circulation, nerves, digestion, bones, and teeth are all major users. Vitamin D regulates calcium in bones and teeth, so if you have a problem there, check that you eat sufficient vitamin D. Calcium is found in dairy, broths, protein foods and fruits. If you need a supplement eat the malate, lactate or citrate salts.
6. *Coin Oracle*; use this simple tool to find out if you are deficient in any of these minerals, and to ask how to eat more of them.

## *Micro-minerals*

Boron, bromine, cobalt, copper, fluorine, iodine, iron, manganese, molybdenum, selenium, vanadium, & zinc, are the essential micro-minerals that you need. Some symptoms of deficiency are; hunger, skin lesions (often appearing first on the lower legs), fingernail defects, and severe depression.

When you are hungry, and after eating a big meal you are still hungry, you may be deficient in these minerals.

Include a range of micro-mineral foods in your diet. They must NOT be heated, frozen, or processed by machines, as this will destroy the delicate chelated mineral/protein complexes, and the minerals will no-longer be available for you to digest/absorb. Use the Coin Oracle to find out how often and how much to eat.

- *Milk kefir*; made with raw milk from animals fed on natural vegetation. If made from other milks, the available micro-mineral content is less.
- *Aged Cheeses*; made from the milk of animals fed on natural vegetation and aged more than one year. They will be crumbly and taste sharp. The disadvantage is the damaged protein, oxidized fats & cholesterol.
- *Micro-greens*; I tested many types of seeds but so far have found only three that are effective mineral supplements. They are all oilseeds; flaxseed (linseed or linen seed), chia seed, and black & brown sesame seed. *I have not been able to test hempseed yet.* These micro-greens contain most micro-minerals except iodine & fluorine. When they are ready to eat, cut the green leaves off with scissors. The author eats daily 100-150g raw milk kefir (from cows fed in a feedlot), and weekly, a heaped dessertspoon of black or brown sesame seeds as micro-greens.
  - Flaxseeds and chia seeds produce protective mucilage when sprouted, so they can be grown on paper towels in a flat-bottomed container.
  - Black & brown sesame seeds do not produce mucilage and need a container with a perforated bottom. They can be grown on tissue, coconut coir or other medium.

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- *Raw liver*; from animals fed on natural foods. It will keep for a week in the fridge (in oxygen). Do not eat more than 25g per day as liver contains Vitamin A, which is toxic if you eat too much.
- *Iodine & Fluorine*; put iodized salt in your food. Eat a fluoride supplement once or twice a week if your teeth are soft.
- *Kefir beer*; made from roots of the ginger family, unrefined sugars, egg shells and water kefir (water lotus/tibicos). The fermentation makes minerals from the sugar & egg shells available, uses up most of the sugar, and the roots contain protease enzymes & medicinal compounds.

### Fats & oils

There are three main types of fat to consider;

1. *Saturated fats*; non-essential fats that are burnt for energy.
2. *Mono-unsaturated fats*; non-essential fats that are burnt for energy. There are three sub-types; Omega 5, Omega 7, & Omega 9.
3. *Poly-unsaturated fats*; with two essential sub-types. These are the raw materials for making bio-chemicals, and for building cells in your body. Any excess is burnt for energy. I have found that the poly-unsaturated fats in animal foods work MUCH better than those in vegetable oils;
  - a. *Omega 3*; **essential** fats used everywhere in the body. An adult aged 15-45 years will need to eat about 2g per day sourced from animal foods. They are found in raw milk fat, raw animal organs, raw oily fish, & fish oil. Lack of Omega 3 will cause a dry skin without cracks.
  - b. *Omega 6*; **essential** fats important everywhere in your body, and especially in the digestive system, immune system and skin. An adult aged 15-45 years will need to eat about 5g per day sourced from animal foods. A lack of Omega 6 will cause; a defective immune system, constipation, and hands & feet that are rough, dry, grey, & cracked.
4. *Age effect*; If you are under 15 years you will need less polyunsaturated fat than this, if you are over 45 years old you will need more than this. If you are 70 plus you will need even more. If you are pregnant you will also need more.

## *Mayonnaise*

A few spoons of oil eaten at the end of a meal are OK, if you only need about 15g of extra fat, BUT in cold climates you will need to eat more than this. Mayonnaise is the best way to eat more, as the fat is emulsified, and easy to digest;

- *Egg mayonnaise*; (add crushed garlic and salt, just before eating);
  - *Beginner's Egg Yolk Mayo*; gently stir 60-100g oil into two large egg yolks. Do NOT beat. Add the oil a small amount at a time (maximum 5g), stirring until combined. You may add slightly larger portions towards the end of the process. Stir for 5 seconds, then rest for 5 seconds and so on. If the egg and oil separate out (crash), then start with a fresh egg yolk and stir in the crashed mayo in smaller lots. It should be smooth, thick, and shiny before you add more oil.
  - *Advanced Egg Yolk Mayo*; as for the beginners recipe but instead use one egg yolk, 30-50g oil, and add smaller portions of oil, stirring until thick smooth & shiny.
  - *Butter Egg Yolk Mayo*; as for the advanced egg yolk mayo but instead use 30-50g melted clarified butter or a combination with oil. Melt the butter (melting point ~25C), make mayo with the bowl immersed in warm water, and then eat it immediately before the butter sets.
- *Coconut milk/cream*; these foods are usually emulsified. If they have separated, emulsify them again before eating. Make rich warm coconut drinks that contain plenty of fat; Put up to 100mL coconut milk or cream (15-25% fat) in a cup, then fill the cup with warm water. Only eat this at midday in hot & dry weather, as it is a very cold food.
- *Honey mayonnaise*; combine 25g of raw honey and a few drops of fruit juice. Optionally add some crushed garlic now. Stir in up to 25g oil and/or melted clarified butter in small amounts, until a thick mayo forms. If an uneven 'ropy' texture develops, add a few more drops of fruit juice. Keep the mayo warm (25C) until it is eaten if using butter. Do not heat honey over 40 deg. C., and do not use pasteurized liquid honey, as this honey will not work.

- *Garlic aioli (Catalan style)*; is made when fresh mild garlic is available in summer. Winter garlic is too strong for this recipe. Smash 3 or so large cloves garlic in a mortar, until you have a smooth paste. Then stir in 25g oil until thick. Go slowly and add the oil a teaspoonful at a time. If the aioli crashes (separates) then you have not used enough garlic, or you have added the oil too quickly, or you have added too much oil. This is a challenging recipe to make, so be prepared for failure!

### Nuts & seeds

These are good sources of minerals (especially phosphorous), fats, protein, & Vitamin E. They need to be eaten raw. DO NOT eat white sesame seeds, peanuts, cashew nuts, or rancid nuts. Only eat walnuts & Brazil nuts if they are freshly shelled. Only eat seeds if they are freshly ground by hand in a mortar. Do not eat seeds processed by an electric grinder.

	%Fat	%Omega3	%Omega6	Phosphorous (mg/100g)
Almonds	47	<1	12	500
Brazils	66	<1	21	700
Hazelnuts	61	<1	8	300
Macadamias	76	<1	1	200
Pecans	72	1	20	300
Pistachios	45	<1	13	500
Walnuts	65	9	38	350
Chia seeds	31	18	6	860
Coconut Milk	24	1	1	100
Flaxseeds	42	23	6	640
Hemp seeds	49	9	29	1650
Pine nuts	68	<1	33	600
Pumpkin seeds	45	<1	20	1200
Sesame seeds	48	<1	20	750
Sunflower seeds	52	<1	23	650

## *Dairy foods*

Milk from animals fed on natural vegetation that is drunk warm, immediately after being taken, is easy to digest, sweet & pungent (like a warm spice), and contains nearly every nutrient that your body needs.

If the animals are kept in a feedlot/shed, and fed on processed foods, then their milk will not be a complete food. It will be deficient in some essential nutrients. However as long as the milk is raw, it can still be a valuable part of this diet.

When these raw milks are cooled down, the delicate micro-mineral/protein complexes decompose, and the micro-minerals are no longer available (your body cannot absorb them). However you may still drink these milks for sugars, first class proteins, cholesterol, and fats. The probiotic Kefir can be used to ferment these milks. This fermentation will produce dairy foods that are warm, sour, easily digested, with all micro-minerals available & stable.

BUT if milk is pasteurized, ultra-pasteurized, etc., then it becomes very cold, hard to digest, and slows your body down. It contains damaged proteins, oxidised fats, bad cholesterol, and the micro-minerals are not available. You can restore the milk somewhat by fermenting it with Kefir. This process makes it warm, sour, easy to digest, and some of the micro-minerals are now available. However, these foods with their damaged proteins, oxidized fats & bad cholesterol, should be avoided. Only eat them if you cannot source sufficient micro-minerals elsewhere.

- *Breast changes*; milk contains female hormones and these may cause breast changes in women. If they occur, reduce your intake of dairy until the changes are minimized.
- *Aged cheeses*; these must be well fermented, aged, sharp, & crumbly (cheddar, Parmigiano, Gouda, Appenzeller). Older than one year is best. I recommend New Zealand 'Mainland' Cheddars; Tasty (1.5yo) | Vintage (2yo) | Epicure (3yo). All micro-minerals are available, but the proteins, polyunsaturated fats and cholesterol are damaged. It is better to eat Kefir cream cheese.

- *Kefir (snow lotus)*; this is a probiotic complex of more than 50 types of bacteria and yeasts. It is easy to make, and ready to eat in 24-48 hours. All lactose is transformed into lactic acid, so lactose intolerance is not a problem. It is very sour and so you need to restrict the amount eaten. In hot weather eat up to 150g daily. Eat 100g in the morning and 50g in the evening. Do not eat it in the middle of the day. In cold weather eat it anytime and eat up to 300g daily. Use the Coin Oracle to regulate the amount you eat. [Instructions](#)
- *Kefir cream cheese*; make kefir and ferment well. Press/drain the curd. This is salted and stored in a refrigerator for consumption over the next few months. It contains no lactose and the lactic acid is largely gone, so there is no need to restrict the amount eaten. It is delicious eaten with fruits, supplies some minerals & vitamins and is a good source of proteins, fats & cholesterol.
- *Yogurt*; culture raw whole milk at 28-32C with a starter of commercial yogurt containing no additives. This is a cold food so eat in hot weather only. In cool weather eat kefir instead. It supplies sugar, proteins, fats, some vitamins & macro-minerals,
- *Dairy Fats*; contain essential polyunsaturated fats that are 100% ready for your body to use (see Fats & Oils). The author finds that daily consumption of milk, kefir, & kefir cheese, from about 1.5L of raw whole milk, supplies about half of his body's need for essential polyunsaturated fats.
  - *Butter*; should be bright yellow, from cows fed on natural vegetation (like NZ butter). Turn it into cold-processed clarified butter as below.
  - *Cold-processed clarified butter*; roughly chop your butter, and put in a plastic container with a lid. Cover it with boiling water and leave until melted. DO NOT STIR. Refrigerate until solid. Then make a hole in the yellow fat, and pour off the lower aqueous layer through a sieve. Repeat the melting/cooling process two more times. The milk solids are now gone. Store in the refrigerator (or freezer). This fat has excellent cooling and balancing properties in all weathers. However there will be damage to polyunsaturated fats and cholesterol if the cream that the butter is made from, has been pasteurized.

### *Fermented foods*

- *Fermented vegetables & fruits*; these contain lactic acid (a fruit acid), and Vitamins C, Bs, & K (but not vitamin B12). Ferment them below 15 deg. Centigrade without oxygen. Make them yourself as the commercial products are usually pasteurized (destroys the Vitamin C). They are for eating raw (when there is no fruit), and may also be cooked in soups.
  - *auerkraut*; Ferment the inner part of the cabbage, the outer leaves (bitter) are used to cover the kraut while it is fermenting.
  - *Fermented fruits*; dill pickles, gherkins, peppers etc.
  - *Kimchi*; aged until sour, and made WITHOUT red pepper or other pungent spices. It must be salty & sour, not pungent.
- *Fermented animal foods*; these contain B vitamins & micro-minerals not available in the fresh product, including Vitamin B12 (cobalt).
  - *Aged beef*; put good beef steak (T-bone, sirloin etc.) on paper towels in a sealed container with plenty of oxygen (air). Keep in the fridge for 1-2 weeks at 2-10 deg. Centigrade. Each day take the container out and ventilate with fresh air. When ready eat thin slices with fish sauce and wasabi.
  - *Fermented heart*; cut beef or lambs heart into 50-100g portions and treat as for aged beef. Ferment for one to three months until mould is visible on the outside. This tastes a bit like blue cheese.

### *Broths & saline solution*

Broth is made by simmering meat or white fish (including bones) in water. Sieve out the solids and discard them. Now you have a clear broth in which wine, fermented veggies & non-starchy veggies can be cooked. Eat your broth with salt and optionally; coconut milk or yoghurt. Broths provide the salty taste and the macro-minerals; *sodium, potassium, calcium, magnesium and phosphorous*.

A partial alternative to broths is to drink saline solution (0.9% sodium chloride in water). Dissolve 8.5g salt in a litre of water.



## Spices & herbs

Eat these in soups, as teas (chai), and as spice bombs (see next section). In hot or humid weather you may need to eat bitter herbs (teas) and pungent/bitter spices. In cold & dry weather the bitter & pungent tastes are eliminated, except for ginger & finger roots. If you have a slow digestion, then eliminate pungent spices (except for ginger) and minimize the bitter & astringent tastes (teas & dried foods).

### *Ginger & finger roots*

Extracts of the fresh roots contain protease enzymes. Both fresh and dried roots contain medicinal compounds that assist digestion;

- *Root Tea*; pour boiling water over crushed green ginger and/or finger root.
- *Dry Ginger Tea*; pour boiling water over powdered dry Ginger.
- *Root drink*; pour cold water over crushed green ginger and/or finger root. Also see Kefir beer.
- *Ginger Bombs (Trikatu)*; these are superb medicines for your digestion. Start with the small bomb and only eat the bigger bombs if your BMs are slow, soft, sticky, and in many pieces;
  - *Small Bomb*; mix three level teaspoons powdered dry ginger with honey, or honey & clarified butter.
  - *Big Bomb*; mix five freshly ground black peppercorns, ½ level teaspoon long pepper/pippali (from Indian grocer or Ayurvedic pharmacy), and three level teaspoons powdered dry ginger, with honey, or honey & clarified butter.
  - *Bigger Bomb*; mix ten freshly ground black peppercorns, one level teaspoon long pepper/pippali (from Indian grocer or Ayurvedic pharmacy), and three level teaspoons powdered dry ginger, with honey, or honey & clarified butter.
  - If long pepper is not available, proceed without it.
- *Other Bombs*; turmeric bombs (replace ginger with bitter turmeric), curry bombs (replace ginger with bitter curry powder), freestyle spice bombs (anything goes).

## *Kefir beer*

This superb drink contains vitamin C, vitamin Bs, protease enzymes, minerals, and medicinal compounds excellent for assisting your digestion. It is alcohol free. You will need;

- Water kefir grains (tibicos or water lotus). These are symbiotic colonies of about 50 species of bacteria & yeasts. They build their bodies from sucrose, and use it as fuel.
- Raw cane sugar (unprocessed, crystallized cane juice (*naam aoy* in Thailand | *jaggery* in India). Dark brown processed sugars are also suitable. These sugars contain minerals and sucrose.
- Ginger root and/or finger root.
- Egg shells from free range hens. These supply minerals.
- Citrus peel. This adds flavour & minerals. Do NOT add lemon or lime juices.

*To make one litre*; dissolve 50-60g sugar in a litre of water, in a wide mouth container with a screw top (big jar). Add ~3 heaped dessertspoons water kefir grains, 1 egg shell, and a few slices of citrus peel (no juice).

Loosely seal the container and ferment 24 hours (tropics), or longer (temperate), until the sugar is mostly gone and you have a slightly sweet beer.

Then slice up ~250g ginger root into sticks and smash them in a mortar. Put the smashed roots in a jug and add the beer through a sieve. Reserve the water kefir grains for the next ferment. Strain the root beer into glasses and drink immediately. Start a new ferment right away so that you will have more beer to drink tomorrow!

If the beer is sour you have;

- Fermented it for too long or...
- Your sugar contains too many minerals and you get a large increase in the volume of water kefir grains (reduce minerals by using a mix of white sugar & brown sugars).

If the water kefir grains decrease in volume with each brew, then your sugar contains insufficient minerals. Change the type of raw sugar you are using to one that has more minerals.

### *For your Outside*

1. Wash yourself with lukewarm or cold water only and DO NOT allow hot water, soap, shampoo, conditioner or other detergents onto your body. You will not get smelly and sticky eating Keto, as all your body's waste products are eliminated in the urine and stool, and none are eliminated through your skin.
2. If your skin is dry, you may rub in oil. The author uses sesame oil in summer and almond oil in winter. BUT a dry skin is a signal that your diet is deficient in polyunsaturated fats from animal sources. If you increase consumption of; dairy fats, egg yolks, oily fish, and/or fish oil, then you will find that your skin will no longer be dry.
3. DO NOT USE 'makeup' on your skin, instead massage with oil or better, eat more animal fats.

## How to make it all work

### *The Coin Oracle*

This is a difficult diet to master. It is very different from the modern 'Neolithic' way of eating and conflicts with everything you have been taught about 'what to eat'. So to make it easier for you, I have given you an expert assistant... *the Coin Oracle*. Just get up every day, do your best, and have the trusty Oracle by your side. A lot of effort will be required to change your old diet to a Keto one, so keep going, use the Oracle, and never give up.

You have TWO minds;

1. *Your True Mind*; she is inseparable from your body. She knows everything that a human needs to know, and can do everything that a human needs to do; managing all your automatic systems, eating, talking, singing, feeling, crying, & moving. She does not think. Feeling is her mode of expression. All her 'free' decisions are correct. She is your 'sixth sense'.
2. *Your Ego*; this mind knows nothing. It bullies the True Mind and causes her to make poor decisions. It is responsible for triggering thoughts about the past and the future (the internal dialogue), and as there is no past or future, thoughts about them are totally useless. Its sole purposes are; to harass the True Mind so that she remains timid & weak, and to make sure that you never achieve your true potential.

You can witness this process working, in every moment of your day. Thinking is triggered by the Ego. What you are feeling comes from the True Mind. So, when you need to decide when & what to eat, there is a choice between these two decision makers. The True Mind will let you know the right time to eat, the right food to eat, and the right amount of food to eat, with her feelings. The Ego will generate thoughts that create emotion & desire, compelling you to eat the wrong food, in the wrong quantity, at the wrong time. To successfully manage a Keto diet, the True Mind needs to be elevated to principal decision maker, and the Ego ignored. This is a difficult task for the average punter to accomplish. BUT there is a way to get expert help

... *appoint the Coin Oracle as your assistant ...*

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Often you may be in doubt about when & what to eat, so ask a question. Speak it out loud... clearly and precisely. The question should have no other meaning, you may write it down first if you like, and repeat it as many times as you feel is necessary;

- Do I need to eat food now? Heads is yes.
- Do I need to eat a meal at lunchtime today? Heads is yes.

Now toss a coin and let it fall. If it is heads then you eat, if tails, you do not.

- Do I need to eat a drink now? Heads is yes.

If yes, then design yourself one or more drinks with the assistance of the Oracle.

- Do I need to eat anything else with this drink? Heads is yes.

If yes, you may need a sweetener, or some raw protein, or a ginger bomb etc.

- Shall I eat raw beef in this meal? Heads is yes.

If yes, then ask how much to eat and what to eat it with.

- Shall I eat micro-minerals in this meal? Heads is yes.

If yes, with the assistance of the Oracle, choose your micro-mineral foods, and determine how much to eat.

- Shall I eat a ginger bomb in this meal? Heads is yes.

If yes, design yourself a ginger bomb of peppercorns, long pepper, dry ginger, mixed with honey and/or clarified butter.

You can decide in the same way about drinks, sugars, vitamins, soup, raw proteins, macro-minerals, etc. etc., you can design a custom mayonnaise & a custom freestyle spice bomb, and determine if you need to eat more Omega3 and Omega6 fats etc. etc.

With the assistance of the Coin Oracle, you can become an expert Keto chef in a very short time. You will begin to eat in ways you never thought of before, the food will be superb, and your body will perform miracles for you.

### *The E-Oracle*

Instead of tossing a coin you can use an App. on your phone. I have installed an App. called 'Random' on my iPhone. I set it to generate a minimum of 0 (tails = no), or a maximum of 1 (heads = yes). Then I ask a question and trigger the App.

### *Managing Keto Eating*

- *Eyes;*
  - *Dry eyes = not enough hydration.* Rehydrate with sweet, sour and salty (Fruit acids, mineral salts, eat a warm soup meal with fruit, salt, kefir, fermented veggies, wine, garlic, yogurt and coconut milk). Reduce pungent foods (stop all spices except ginger). Eliminate bitter & astringent foods.
  - *Pressure behind the eyes = too much fire.* Cool down with bitter teas in the morning (6am to midday) and evening (6pm to midnight). In the 12 noon until 2pm period eat the sweet taste (coconut milk, clarified butter, raw milk, cold drinks, or a cool sweet meal). Reduce heating foods (pungent, sour, & salty).
  - *Sticky eyes = too much hydration.* Exercise and fast until the symptoms are gone. A bitter, astringent & pungent tea (black chai or coffee, no sugar) drunk in the 6 to 10 periods, may help.
- *Sinuses;*
  - Dry and painful = not enough hydration.
  - Bleeding = too much fire.
  - Mucous = too much hydration.
- *Sleeping patterns;*
  - Insomnia with cold feet = not enough hydration. Get up and drink a hot sour fruit tea, a cup of soup with 3 grams of salt, or have a hot bath/steam bath/sauna, possibly followed by an oil massage. DO NOT eat any of the pungent (except ginger), bitter or astringent tastes (this means NO coffee or chocolate!).

## 23 - Simple Keto Diet - IBSExplained.com

- Insomnia with hot feet = too much fire. Cool down with the sweet taste. Eat a cool coconut drink, eat a midnight snack of sweet fruit and a clarified butter & egg mayo, have a cold shower.
- Sleeping in = too much hydration. Fast for a day and exercise. If the symptoms are still there the next morning, keep fasting. Black Chai and black coffee may help.
- *Stomach has a dead feeling*; not enough fire. Fast until the symptoms are gone.
- *Bowel movements*;
  - **Slow, hard, dry, many small pieces** = not enough hydration (sweet, sour, salty), or too much dehydration (pungent, bitter, astringent). For IBS-A & IBS-D eat the herbal remedies for dehydration that I recommend.
  - **Cold, grey diarrhoea** = not enough hydration or too much dehydration.
  - **Hot, yellowish, acrid, diarrhoea** = too much fire.
  - **Slow, soft, sticky, many pieces, mucous** = too much hydration, eating too much & too often.

### *The six tastes*

1. *Sweet*; animal foods, fats, natural sugars, new honey, fruits, garlic, coconut milk.
2. *Sour*; fruits, juices & teas, fermented foods.
3. *Salty*; mineral salts, kelp, animal foods, fruits, vegetables, micro-greens.
4. *Pungent*; ginger, garlic, spices, lamb, goat, chicken, warm oils (almond), red fruit juices, old honey.
5. *Bitter*; extra-virgin olive & coconut oils, black & green teas, spices, coffee, cocoa, chocolate, red grape juice, red wine, draught beer.
6. *Astringent*; black tea, some spices (cinnamon), some fruits, dried foods.

### *Climate*

- *Summer*: hot.
  - *When it is humid*; increase bitter, astringent, pungent (ginger only) | reduce sweet, sour, salty (fast).
  - *When it is dry*; increase sweet | reduce pungent (ginger only)
- *Spring & Autumn*:
  - *When it is humid*; increase pungent, bitter, astringent | reduce sweet, sour, salty (fast).
  - *When it is dry*; increase sweet, sour, salty | reduce pungent (ginger only), bitter, astringent.
- *Winter*: cold & dry. Increase sweet, sour, salty | reduce pungent (ginger only) | eliminate; bitter & astringent.

### *Time of Day*

The day is divided into 4 hour periods.

- 0600 - 1000 hrs; water dominates (kapha/yin-wet). Fast & get some exercise. Drink pungent, bitter & astringent teas (chai) without sweeteners.
- 1000 - 1400 hrs; fire dominates (pitta/yang). Eat a large sweet meal. Drink sweet, bitter & astringent teas.
- 1400 - 1800 hrs; air dominates (vata/yin-dry). Siesta time. Eat small, sweet, sour, & salty meals accompanied by warm fruit drinks or non-bitter herb teas.
- 1800 - 2200 hrs; water dominates. Exercise & fast.
- 2200 - 0200 hrs; fire dominates. Drink a cooling tea with a sweet snack, go to bed & dream.
- 0200 - 0600 hrs; air dominates. Resting & meditation time.

### *The Ages of Man*

1. *Child (0-15 years old)*; water predominates. Children should eat sparingly and get plenty of exercise. The pungent, bitter, & astringent tastes are important.
2. *Young adult (15-45 years old)*; fire predominates, keep cool. The sweet, bitter & astringent tastes are important.
3. *Senior adult (more than 45 years old)*; air predominates, keep warm and hydrated. The sweet, sour & salty tastes are important.



### Heating & hydrating foods

Eat these in cold and dry weathers. You should be in a warm sheltered place with sufficient clothing on before eating them otherwise they can cause your body to lose heat.

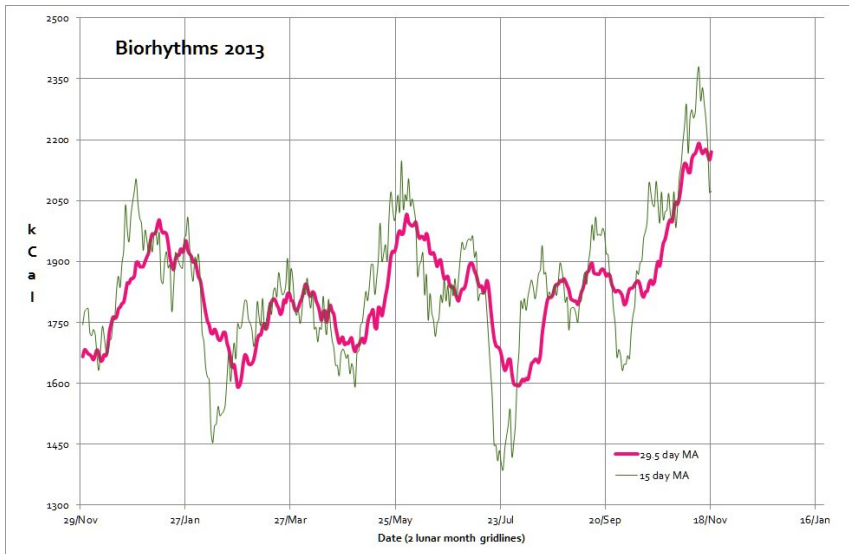
- Hot salty soup maybe with yogurt and/or fermented veggies.
- Hot & sour fruit teas.

### Cooling foods

In hot weather eat cooling foods to keep your body comfortable.

- When it is humid; drink pungent teas (ginger) 0600-1000 & 1800-2100 hours, drink bitter & astringent teas 0600-1200 and 1800-2400 hours. Fast.
- When it is dry; cool fruit drinks, sweet cool meals featuring clarified butter, coconut drinks.

### Biorhythms



Here is the author’s calorie intake (vertical axis) plotted against lunar months (horizontal axis), for a year. Vertical divisions are two lunar months apart. Green is a 15 day moving average and red is a 29.5 day (one lunar month) moving average.

My body's appetite is oscillating to distinct 1 & 2 lunar month rhythms, with a spring peak. The Sun has a short term influence not seen on this chart. Average daily calorie intake is about 1900 kCal (warm temperate climate).

- On a FEAST day; I eat 2000+ kCal as two meals.
- On an AVERAGE day; I eat 1000 to 2000 kCal as one meal and snacks.
- On a FAMINE day; I eat 500 to 1000 kCal as one small meal OR no meals, just snacks.

These rhythms appeared when I started eating only when hungry, and designing my food with the Coin Oracle. My performance improved considerably.

### *If you have IBS*

This diet controls IBS symptoms excellently, BUT it is difficult to implement. So, you may like to start with the '[Easy Anti-IBS Diet](#)' together with [Relaxation Therapy](#), to get your symptoms under control. Then later on, switch to this diet for even better results.

1. *Download* my book [IBS Explained](#) (2MB pdf), and educate yourself.
2. *Join the group* 'IBS Explained' on [Facebook](#) or contact me on WeChat (ID = wxid\_dvdyc77bejy012) so you can ask questions and get research updates.
3. *Practise* a [Relaxation Therapy](#); this will reduce your symptoms by removing stress. Begin as soon as you can. It takes a few months of practice to start working effectively, so just keep doing it daily.
4. *Eat the right food at the right time*. Prepare your meals for time of day, climate, constitution, biorhythms, & lifestyle, using the Coin Oracle. Out of season food, prepared wrongly, and eaten at the wrong time, can trigger IBS symptoms.
5. *Diarrhoea (IBS-D & A)*; if you have been suffering from chronic diarrhoea, then your stores of bile salts and digestive enzymes will be low. Do not start eating these meals immediately. Instead eat the IBS Recovery Diet for a few days.

6. *Bloating & cramping (IBS-C & A)*; if these symptoms occur, then your IBS Barrier is active. Do not eat or drink in the morning if bloating and/or cramping occur. **WAIT**; the IBS Barrier often relaxes later in the day. See if you can eat at lunchtime, or in the late afternoon, or evening. Have a 1-2 hour siesta in the afternoon and do [Relaxation Therapy](#).
7. *Constipation*; relieve it by...
  - i. Making sure that your food is hydrated sufficiently. The salty & sour tastes are emphasized (mineral salts, fruit acids, kefir, fermented veggies), and the pungent (except ginger), bitter & astringent tastes eliminated (bitter oils, bitter herbs & spices, bitter teas, coffee, chocolate, alcohol, dried foods). Also ensure that you **DO NOT** eat any cooked proteins, and eat only the allowed dairy foods.
  - ii. Make sure that you are eating sufficient macro-minerals.
  - iii. Make sure that you are eating sufficient polyunsaturated fats from animal sources. Eat some fish oil and see what happens.
  - iv. Do [Relaxation Therapy](#); this will take some time to start working at 100% (three plus months). It **MUST** accompany your new diet.
  - v. Drink one litre of warm saline solution (8.5 grams of salt in one litre of warm water), just before retiring. Optionally; add your favourite laxative to the saline.
  - vi. Start taking the herbal medicines that I recommend to help with dehydration in the ileum, when you have IBS-A or IBS-D.
8. *Micro-mineral deficiencies*; are common when IBS disturbs bacterial digestion in the colon. Lack of micro-minerals causes hunger, depression and malnutrition. You need to immediately start eating micro-mineral foods. Aged cheeses are the easiest to find quickly, but you will need at least one more source.

9. *Hallucinations* (visual disturbances); are usually caused by too much, OR too little, free cholesterol in your body;
  - i. Diarrhoea can cause your body to lose large amounts of bile salts (made from cholesterol). The liver then demands that the rest of the body supply it with cholesterol to make more bile salts. The brain contains cholesterol, and has to supply some to the liver. This causes visual hallucinations. When they start, immediately eat four raw egg yolks (supplying about 2g of cholesterol). If they are severe you may double or even triple the number of egg yolks. Do not eat anything else for at least two hours after eating the yolks. A base-line dose of 1-3 raw egg yolks per meal will help prevent these hallucinations.
  - ii. If you get hallucinations soon after eating raw egg yolks, then you have eaten too much cholesterol. Do not eat any more raw egg yolks for 24 hours.
10. *Irritation around the anus*; is caused by protease enzymes leaking from the small intestine into the colon (IBS-D & IBS-A). The enzymes cause cracked, dry, scarred skin around the anus. Here is how to eliminate this problem;
  - i. DO NOT eat funghi (mushrooms etc.) or dairy foods other than the fermented ones. These foods will create excessive mucous in your digestive system. Enzymes dissolve in the mucous, this then leaks through the valve at the end of the small intestine into the colon, and out of the anus.
  - ii. DO NOT eat cooked protein foods (meat, seafood, egg yolks). These foods contain HCA toxins that will cause the valve at the end of the small intestine to become leaky.
  - iii. When your anus itches, wash it with cool/warm water or saline, and apply your favourite massage oil to the affected area. DO NOT use detergent (soap) of any sort on your anus.
  - iv. Make sure you are eating sufficient Omega3 and Omega6 from animal fats. These polyunsaturated fats are essential for efficient operation of the digestion and will help the affected anus to heal quickly (dairy fats, egg yolks, oily fish & fish oil).

### *IBS recovery diet*

If you are very ill, start with this diet and eat it until you are better;

- DO NOT eat any bitter taste (bitter herb teas, bitter beer, micro-greens, red wine, red grape juice, hen egg white, coffee, cocoa, chocolate etc.).
- DO NOT eat any dehydrating foods (chili, cayenne, black pepper, neat spirits, black tea, dried fruit, dried meat etc.).

Eat only;

- *Warm fruit drinks, fruit teas, lassi*; 100mL fresh fruit juice plus warm water, fruit tea bag (or two) plus hot water, 50g coconut cream plus hot water, 100g yogurt plus warm water.
- *Warm non-bitter herb teas*; ginger, lemongrass, liquorice, fennel, aniseed, red bush/rooibos, chamomile, peppermint, ginseng etc.
- *Sugars*; about 75g per day of natural sugars.
- *Supplements*; Vitamin C (min.100g/day), and a small B vitamin complex daily. Eat Vitamin D when your skin does not see the sun.
- *Micro-minerals*; eat one or both of these foods daily, 25g (maximum) of raw grass-fed lambs liver, 50g (minimum) aged cheese.
- *Ginger bomb*; one small bomb made with 3 teaspoons dry ginger mixed with honey, and/or clarified butter, daily.
- *Mayonnaise*; this food supplies protein, cholesterol, essential fats & vitamin E. Eat a minimum of four raw egg yolks per day combined with a minimum of 25g per day of an oil rich in Vitamin E, Omega 3 and Omega 6. Suitable oils are soybean, flaxseed, hempseed, but cold processed clarified butter is better.
- *Fish oil*; get some 1000mg fish oil capsules from your supermarket/health food supplier and take 2 or more each day.
- *Broth*; eat a large bowl of warm clear broth with added iodized salt daily. You may eat more if you desire. See meat & fish broths.

This food will replenish your digestive chemicals, and ready it for a full Keto meal.

### *Treating IBS dehydration*

I have discovered two types of herbal medicine to treat the chronic dehydration that occurs when those that suffer from IBS-D & IBS-A, eat Keto. These types of IBS have a defective ileum. The job of the ileum, when under the control of the brain, is to remove the correct amounts of bile salts, enzymes and water from food soup, prior to discharging it into the colon, first thing in the morning. When the brain no longer controls the ileum, the enteric nervous system removes too much water, too many macro-minerals, and not enough bile salts & enzymes. The kidneys immediately remove the extra water and macro-minerals as urine. This results in dry eyes, nose, mouth, and BMs.

1. *Takabb Anti-Cough Pills*; are a mixture of 9 herbs & spices. They are made in Thailand, are readily available in SE. Asia, China, and from US internet companies such as Ebay and Amazon. Search for [www.takabb.com](http://www.takabb.com). The pills have a mild anaesthetic effect in the mouth, and are very effective at suppressing coughs. In the digestive system they help to slow down water & salt absorption in the ileum. They can be taken with meals, or at any other time. Do not dissolve them in the mouth unless you need to suppress a cough. Just swallow them with a liquid. *[If you need them for a cough, then dissolve four slowly in your mouth. If the cough continues, dissolve four more. This will stop the cough for several hours. Repeat the dose when the cough restarts]*
2. *Alcoholic extracts of spices & herbs*; in Thailand, alcoholic extracts of woods, roots, bark, flowers and leaves called *ya-dong-lao* are used as medicines. You can easily buy the ingredients to make them. Many other countries will have similar herbal preparations. The extracts contain fat soluble plant medicinals that help to retain water & salt in the ileum. ***They must not be eaten with meals***, as the medicinals are fat soluble. If fat is eaten with them, they will travel into the lymphatic system, then to the brain, and may cause a migraine headache. The medicinals need to go direct to the ileum, so eat them in the evening at least two hours after your evening meal, or before bedtime. Do not eat them in the morning and do not eat any food for at least two hours after eating them ...

- i. *Ginger Root Ya-dong-lao (I)*; Thinly slice 0.5kg fresh ginger root (*Zingiber officinale*). Place in a glass jar with a secure vapour proof top. Cover with 70-80 proof white rum, vodka, or other spirit. Leave for at least one month before drinking. You may add other ingredients, but check with the Coin Oracle first.
  - ii. *Ginger Root Ya-dong-lao (II)*; Thinly slice 0.5kg fresh ginger root and dry it at less than 40C (in air, or an air dryer). Place in a glass jar with a secure vapour proof top. Cover with 15-20 proof rice wine. Leave for at least one month before drinking. You may add other ingredients, but check with the Coin Oracle first.
  - iii. *Finger Root Ya-dong-lao*; Follow the recipes for Ginger root Ya-dong-lao, but replace ginger with finger root (*Boesenbergia rotunda*).
  - iv. *Horse Kick Ya-dong-lao*; this medicine is easy to get in the area where I live in Thailand. The ingredients are steeped in 70-80 proof alcohol for one month minimum. Other areas of Thailand make different recipes;
    - a. Heartwood of *Biancaea sappan* (Indian redwood)
    - b. Wood/bark/root of *Capparis micracantha*
    - c. Root of *Salacia chinensis*
    - d. Rhizome of *Kaempferia parviflora* (Thai ginseng)
    - e. Root/stem/leaves/flower of *Elephantopus scaber*
    - f. Wood/bark of *Ficus foveolata*
    - g. Leaves/stem/root of *Osbekia stellata*
3. *Regulating intake of herbal medicines*; the author (IBS-D) uses the Coin Oracle and it instructs him to eat between zero and five Takabb pills, and possibly a shot glass of Ya-dong-lao before bedtime. This regimen enables my digestion to retain water & salts long enough to prevent severe dehydration. Broth and saline are still required, but not as much. My BMs are still dry, but my body does not dry out as she did before.

## *Understanding cholesterol*

Cholesterol is a bio-chemical (sterol) found in all animals. It features in cell membranes, and is the raw material for steroid hormones, bile acids & vitamin D. It is insoluble in water, but soluble in fat. We can synthesize it slowly from glucose, with a complex, energy intensive, thirty-seven step process.

A 70kg human body contains approximately 35g and can make about 1g daily. It is found mostly in cell membranes, the liver, the brain, and as bile salts in the gall bladder & digestive system.

The level of free cholesterol in your body is controlled by the last part of the small intestine, the Ileum. When your body has sufficient free cholesterol, the Ileum allows bile salts (containing cholesterol) to leave the body in the stool. When your free cholesterol level is low, the Ileum reabsorbs bile salts and sends them back to the gall bladder. For more about this process see my book 'IBS Explained'.

Cholesterol is transported and distributed in the blood system by a large protein molecule called Low Density Lipoprotein (LDL). One LDL molecule can carry about 1500 molecules of cholesterol. Testing for cholesterol is difficult so an indirect method is normally used. The level of LDL is measured, and an estimated level of cholesterol is calculated from this value. High levels of LDL correlate with an increased risk of cardio-vascular disease, and the medical profession will attempt to reduce high LDL levels with drugs.

Now, when cholesterol is heated over 40 degrees Centigrade, it is destroyed immediately by being oxidized to oxy-cholesterol. This is of no use to your body and it is very difficult to get rid of. It attaches itself to LDL molecules like glue (in place of cholesterol), and then the body must make more LDL in order to continue distributing normal cholesterol. So when your doctor says you have a high LDL cholesterol level this means that lots of your LDL molecules are loaded up with oxy-cholesterol (instead of cholesterol).

You can lower a high LDL cholesterol level, by eating only raw animal foods instead of cooked ones. When you do this, it will take your body several years to dispose of all the 'glue like' oxy-cholesterol attached to its LDL molecules. Then any risk of cardio-vascular disease is much lower.



## *Understanding HCAs*

Heterocyclic amines (HCAs) are formed when animal proteins (but not dairy or egg white) are heated above 40C. The largest amounts are found in cooked red meats, animal organs, shellfish, and all meats & fish heated to high temperatures (browned, seared, fried, charred).

Natural HCAs called purines are found in all foods. These are fat soluble, easily digested by your lymphatic system, and cause no problems. However most of the HCAs formed when animal foods are cooked, are much more complex. Some are fat soluble, but MOST are completely insoluble and are eliminated in the stool. However on the way through the digestion they; *interfere with digestive system control (constipation) | neutralize pancreatic protease enzymes (constipation) | and trigger cancers in the digestive system (stomach, bowel, pancreas & liver).*

Fat soluble HCAs go into the lymphatic system where most are turned into uric acid. This acid is only slightly soluble in water, and if too much is produced it will crystallize out inside your joints causing Gout, (a type of arthritis). The big toe joints are usually the first to suffer. The lymphatic system can only process limited amounts of HCAs and if you over-eat them, then they will reach the membrane surrounding the brain. A very bad headache (migraine) will result.

HCAs that are not turned into uric acid, can mimic neurotransmitters, and play havoc with your nervous system. They are eliminated via the skin, and are the cause of most skin disorders (acne, ingrown hairs, cellulite, psoriasis etc.) so ...

***It is better NOT to eat cooked proteins because;***

- The HCAs destroy your protease enzymes, play havoc with your nervous system, and cause migraines, constipation, cancers, & skin diseases.
- The uric acid produced by digestion of HCAs can cause Gout.
- Damaged peptides from cooked proteins may be used to repair muscles. This will cause weak spots that tear when under stress (bad backs, torn hamstrings etc.).
- Any oxidized fats and oxy-cholesterol are very difficult for your body to dispose of, and they build up (cardio-vascular diseases).

### *Eating cooked proteins*

You will be offered these to eat whenever you go out, and may be unable to stop yourself from eating them. So here are some guidelines so that you can avoid many of the side effects.

- Never eat meat or fish that has been heated over 100C (fried, seared, browned). HCAs are at elevated levels in these foods.
- Never eat cooked oily fish, as the fats become oxidized and toxic. Eat it raw instead (sashimi).
- Never eat cooked red meat, animal organs (liver, kidneys etc.), or shellfish. These have huge amounts of toxic HCAs in them. Eat them raw instead.
- Avoid cooked egg yolks as the omega3 fats & cholesterol become oxidized when heated over 40C. These are very difficult for your body to handle. Eat them raw instead.
- Eat only cooked dairy, egg white, nuts & seeds, and white meats (chicken, white fish, pork). Here are some strategies for eating them;
  - Eat modest amounts of cooked white meats with plenty of fat. For example eat bacon, ham, salami, pork belly, and chicken skin. Eat mayo or olive oil dressing with them. Do not eat too much as your lymphatic system has a limited capacity to process the HCAs. Limit yourself to 150g cooked white meat per meal.
  - Eat cooked egg whites as pavlova, meringue, etc.
  - Eat milk, yoghurt, ice cream, cream, butter and all types of cheeses.
  - Eat cooked nuts and seeds, but avoid cashews, peanuts and rancid nuts.
  - Eat protease enzymes with your cooked proteins. These must be eaten raw. They are found in fermented foods (kefir, kefir cheese, sauerkraut & kimchi), ginger, finger root, and some raw fruits (pineapple, papaya, passionfruit, kiwifruit). You can eat these enzyme foods later at home, if they are not available when you are out.

### *In a nutshell*

- DO NOT eat cooked foods (heated above 40 degrees Centigrade), except for; kefir from pasteurized milk, clear broth, hot drinks, butter, and aged cheeses.
- Sugar is optional. You may eat fruit to provide vitamins and up to 80g sugar per day. DO NOT eat more sugar than this unless your body demands it ('hits the wall'). If fruit is not available then eat;
  - *For sugars*; natural sugars, raw milk, & freeze dried proteins.
  - *For vitamins*; raw milk, raw fermented veggies & animal foods.
- Eat a minimum of 30g raw protein daily from dairy, nuts, seeds, egg yolks, meats, & seafood. Eat a minimum of 5g first class protein daily from raw milk (minimum 150mL), or from raw meat & raw seafood (minimum 30g).
- Eat sufficient macro-minerals from raw milk, yogurt, kefir, clear broth, herb teas, fruits, veggies, raw animal foods, salt (sodium chloride), and other supplements of magnesium, calcium, phosphorous, & potassium.
- Eat sufficient micro-minerals from kefir, kefir cheese, aged cheeses, kefir beer, raw liver, micro-greens, nuts, freshly ground seeds, iodized salt, fluoride & chelated mineral supplements.
- Eat sufficient polyunsaturated fats (Omega3 & Omega6), from animal foods; e.g. egg yolks, oily fish, fish oils, kefir, kefir cheese, & cold processed clarified butter. Fats from oil seeds and nuts can be eaten, but they are not nearly as effective as animal fats.
- Eat sufficient fats for energy production. The author eats ~80g fat daily (tropics) from kefir, kefir cheese, tahini (sesame seed butter), almonds, coconut milk, & egg yolks. For massage he uses sesame oil in summer and almond oil in winter.
- Eat fermented foods. Fermented dairy in tropical & temperate regions, fermented veggies in temperate regions, and fermented animal foods in cold temperate & artic/antarctic regions.
- Eat vitamin supplements as necessary. © Brian C Dobson | April, 2020 ©
- Eat herbs (bitter) & spices (pungent & bitter). Best eaten in hot & humid weather. Reduce them in dry weather.