

THE VERY MIXED DIET

Most food-intolerant people are made ill by eating 'normal' amounts of a food. EPD works by increasing your 'resistance' to allergic reactions by 10 - 1000 fold; ie it now takes a bigger dose of food to provoke an allergic reaction. For most people, successful EPD will enable them to eat 'normal' amounts of food again. Some patients will notice after two or three doses of EPD that they are reacting to foods that were 'safe' before they had the treatment. This is a phenomenon called 'unmasking', it is due to the direct action of EPD.

A patient 'masks' their allergies when they eat a food in large enough quantities to paradoxically block the body's reaction to it. The larger food doses which previously 'masked', may now 'unmask' and cause symptoms. If this happens to you, the time has come to change your eating philosophy from "what am I allergic to?" to "how much of this food can I eat without getting symptoms?". It is now more a question of dose.

You must now eat *tiny* amounts of *everything* - even those foods which made you ill in the past; and this will need careful planning. Admittedly, this is a pain in the neck! Stay on the Very Mixed Diet until 3 weeks after your next dose of EPD. You can now begin to experiment with normal servings of individual food items. Hopefully, you will now be able to eat these in normal quantities without getting your old symptoms. If you are still intolerant to normal doses of individual food items, go back on the Very Mixed Diet until after the next dose of EPD.

These recipes are troublesome to prepare, so cook several days supply together, and freeze it in suitable portions.

The Grain Mix - for the equivalent of boiled rice to eat with fish, meat etc.

Barley	1	Rye	1
Rice	1	Millet	1
Buckwheat	2	Pearl Sago	2
Lentils	1	Soya seed	1

Pre-cook each ingredient separately to start with since they will take different times to cook through. Add a pinch of salt to the water, strain and mix together as they cool. Later you will find which ones you can cook together to save time

The Flour Mix- which may be baked into biscuits or bread, made into crispbread or fried into thin wafers like Indian chapatis:

Barley	1	Soya	1	Pearl Sago	2
Rice	1	Gram	1		
Buckwheat	2	Rye	1		
Lentils	1	Millet	1		

- *Make your own grits by putting the buckwheat through the coffee grinder if you can't buy them.*
- *If you prefer the smooth texture of flours, then buy buckwheat and sago flours instead of the crunchier grits and coarse sago.*
- *Use yeast or baking powder in baking.*

The Meat Mix- equal parts of...

Beef, Lamb, Pork, Chicken, Venison, Rabbit, etc.

Cut into small pieces and mince, or fry in a little corn oil. Add salt to taste. Then cook in a small volume of water covered in the casserole dish. 1 oxo cube may be added to 12 portions (no stronger), add 2 tsp. chives per helping if desired.

The Fish Mix- equal portions of...

Cod, Skate, Salmon, etc. The greater the variety the better.

Pre-cook the each fish, remove bones and break into pieces. Salmon (tinned if not fresh) is then mixed in. Freeze in portions.

Kedgeree: add a portion of fish mixture to a helping of grain. Stir together, heat through, top with a blob of Granose (Red box - hard one), add a little parsley. You may also add a teaspoon of hard boiled egg per portion. A teaspoon of chopped smoked Mackerel may add flavour if tolerated.

The Potato Mix: - equal parts of ...

Potato, Sweet Potato, Yam, Tapioca (African spud), Sago

Cook all separately, mash and mix together, add a pinch of salt and freeze in portions.

The Pea and Carrot Mixture: - *equal parts of ...*

Peas, Chopped green beans, Swede, Turnip, Carrot, Celery, Sweetcorn.

Try to avoid brands which have added colours or preservatives.

Cook and mix. Freeze in portions.

The Fruit Mix: *Stew together ...*

Apple, Dried Banana Slices, Blackberry, Blackcurrent, Sultanas, Rhubarb, Peaches (tinned)

Sweeten with fructose. Add a pinch of fresh cinamon or ginger if you like.

Tomato Puree:

Make your own from whole tomato, cook well and add salt. Try lemon juice, cider vinegar, a dash of pepper, mint, basil or chopped peppers. Freeze small portions and use sparingly at first. No other tomato allowance.

Some Ideas: - Use grain mix as a base on which you can have meat or fish mix. Add a teaspoon of tomato puree to taste. Alternatively have meat or fish with potato mix.

You could eat fruit puree with some of the grain - mix the grain with just enough Carnation milk to moisten it. Top with a little fructose and flavour (as per fruit dish), put on a blob of Granose and bake lightly.

Try a few nuts, using a mixture of may varieties.

Drinks: Mixture of herb and China tea, add lemon to taste, you may be able to tolerate a drop of milk. Try a little decaffeinated coffee.

Extras: - Green vegetables - try and have a full helping once a day of either: Cabbage, Cauliflower, Brussels sprouts, Broccoli, Lettuce - should all be 'safe-ish'. Granose margarine in cooking.

Try these recipes:

Muffins

6oz Flour mix

1 oz melted Granose margarine

7fl oz spring water

3 tsp. baking powder

1 tsp. salt

A little fructose

1oz sultanas

If nuts are tolerated these may be added also

Set oven at 180C to 200C, Oil a muffin-baking tray, Melt the marg in a pot (do not allow to boil), Sift all dry ingredients in a bowl, Stir in the fructose, sultanas and optional nuts. Add melted marg and slowly add the water a little at a time. Use a fork to mix ingredients between adding water. When mixture resembles a dropping batter, place even amounts in muffin tin. Fill each compartment to near the top. Place in a pre-heated oven and cook for approx. 20 – 25 min. The mixture does not change colour but the muffins will rise and turn slightly brown on top, to check if fully cooked place a knife in the centre of each muffin if it comes out clean the muffins are cooked. Remove to a wire tray and allow to cool. Serve with a little granose marg and some pureed fruit mix as a jam.

Fruit tart

Make fruit mixture as normal.

1lb flour mixture

pinch of salt

bottled water to bind

Olive oil to bind

Pre heat oven to 180C – 200C, Sift flour mixture in a bowl, Add salt and oil, Slowly add water till mixture resembles a pastry. Using dry flour mixture, sprinkle onto a board and roll out mixture to line a baking tray. Bake pastry in oven for 5 min before filling with fruit mixture to ensure pastry is well cooked. Fill with fruit mixture and place another layer of pastry on top, cut a cross in centre to allow moisture to escape.

Place tart in oven and cook for 45 min approx. till mixture is slightly brown

Bread

1lb dry flour mixture
pinch salt
1 sachet yeast
bottled water to mix
1-2 desert spoons olive oil

Pre heat oven 180C – 200C. Place flour, salt, oil and yeast in a bowl (follow directions for yeast from packet). Slowly add water to bind into a dough. Knead on a board for 3-5 mins. Place in a loaf tin and allow to stand in a warm place according to yeast directions. After mixture has doubled in size cook for approx. 1 hour, place a knife in center to see if cooked through. If the knife comes out clear the bread is ready

Crumble

Dough mixture (see above)
Fruit mixture
Breadcrumbs (see above)
Crushed nuts

Using dough mixture bake for 5 mins (can use left over dough). Fill with fruit mixture. Make bread crumbs from fresh or leftover bread. Mix bread crumbs with nuts (save till later in cooking). Bake pie in oven for 30 - 40 mins. For last 10 mins sprinkle with bread crumb mixture and cook under grill to allow mixture to become crispy.

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