

# MÉNIÈRE'S

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IS FOOD MAKING YOU SICK?

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— INTRODUCTION —

# Ménière's is thought to effect 1 in 1000 people, or 8 in 100 if you are related to someone with Ménière's.

It is also slightly more common in women than in men. While some people may recover within 5-10 years, others may be left with permanent tinnitus, deafness or some degree of hearing loss. Severe Ménière's can lead to surgery, disability, depression, the loss of a driving license, or even a job for some. It has been shown that the quality of life for someone experiencing a Ménière's attack is worse than that of a terminal cancer patient.

Mainstream medical advice manages symptoms with drugs, surgery and the reduction of salt, caffeine and alcohol. While useful for some, these foods don't address the root cause of Ménière's: the inflammation damaging the inner ear.

It takes on average 17 years for the latest scientific knowledge to filter down into mainstream medicine. This glacial pace of adoption, combined with the fact that nutrition isn't part of conventional medical training, means that your doctor may not be providing you with the latest advice. I'm not here to replace your doctor – just to try to plug that specialist knowledge gap.

— MY STORY —



I am a Registered Nutritional Therapist DiplON, mBANT, CNHC. I spent three years studying Functional Medicine at The Institute for Optimum Nutrition in London. I'm also a Mum with Ménière's disease.

Originally from Newcastle, I now live in Hertfordshire with my husband and young daughter. After working in advertising for 14 years, I became interested in nutrition after experiencing digestive issues, and decided to pursue a nutrition qualification.

While working in advertising I began suffering from the symptoms later diagnosed as Ménières. When my Ménières symptoms were at their worst, vertigo made me scared to go out, afraid to go on holiday, and anxious to look after my daughter alone. I couldn't drive, avoided busy places and had to step back from my busy corporate career, spending most of my time lying on the floor in the bathroom. I was desperate for silence from the constant tinnitus and terrified the fluctuating hearing loss would become permanent deafness. I was

depressed, I couldn't think straight, I could barely string a sentence together and I felt intense fatigue whenever I tried to do anything. It felt like my life was over.

Using my training as a Nutritional Therapist, and based on the latest research suggesting that Ménière's is a form of autoimmune disease, I made a number of dietary changes that helped me to identify the underlying causes of my symptoms, and ultimately to control them. By listening to what my body was telling me after eating different foods, I learned to support my immune system back to health.

Whilst I have not cured my Ménière's, I am now happily symptom-free, and am on a mission to help others support their health naturally.

— THE PROBLEM —

# Inflammation

**Ménière's is an autoimmune disease. The latest research suggests that Ménière's is on the autoimmune spectrum, in which case a similar dietary approach would be beneficial.**

An autoimmune disease is where the body mounts an inflammatory attack against a foreign invader - usually a food, virus or toxin. Then the antibodies dispatched to destroy it also attack the harmless cells of the labyrinth (the inner ear) causing damage and increased fluid known as endolymph. In simple terms, your immune system is attacking your nervous system.

Autoimmune diseases are western diseases, meaning they stem from a western diet and lifestyle, which is inflammatory. Three foods commonly trigger this mechanism: gluten, dairy and sugar.

## THE WESTERN DIET

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The modern western diet predominantly comes from processed or pre-packaged foods. Ultra-processed food now makes up half of all UK family's food purchases. Processed food became the norm in the 50s, selling convenience to housewives across the western world.

The processing and refining these foods have gone through depletes them of nutrients. Fibre and fat are replaced with cheap sugar, gluten, salt and artificial ingredients, to extend shelf life and make them chemically irresistible and moreish. They are no longer food, but 'food like' products.

However this comes at a cost. Devoid of nutrition, and fibre processed foods do not satiate the appetite. Manufacturers don't want them too - they want us to keep eating. Our bodies don't recognize them as food so they find them hard to digest. Natural foods give our bodies the perfect balance of nutrients, fibre, vitamins, anti-oxidants, protein, fat and carbs. This is what our bodies recognize as food. Nature knows best, after all. But instead processed foods fill our bodies with large amounts of salt, chemicals, gluten and sugar.

## — THE PROBLEM —

This is why processed foods are now known to increase inflammation in the body, unbalances blood sugar, disrupt gut bacteria, which helps control the immune system and cause leaky gut. Leaky gut is when holes appear between the cells of the gut wall, allowing undigested food, toxins and microbes into the body via the bloodstream. Leaky gut is the gateway to all autoimmune conditions including Ménière's, which tests show is present in 100% of symptomatic Ménière's sufferers. This is because a permeable gut leaks foreign substances into the blood stream, triggering an immune attack. The rise in autoimmune conditions has been linked with the rise in processed food (and the decrease in the health of our gut flora).

Food companies would have us believe that the only way to cook quickly is with something from a packet, jar or ready meal. But this is rubbish! It takes seconds to scramble an egg, and a few minutes to cook a piece of salmon or chicken. We're being duped into eating hyper processed food which is devoid of nutrition and it's ruining our health. We have put our health in the hands of the food giants, who only care about profit. Our bodies are no different to our cars. If you want them to run well, they need premium fuel. Processed food may seem cheaper, but the saving we make on our groceries, only cost us our health in the long run.

The other downside of processed foods is that they displace natural, healthier food from our diets. Processed foods also blunt our tastebuds so we no longer find whole foods delicious. Berries should taste like a delicious treat! But when we're used to sugary bread and chocolate bars, fruit tastes bland by comparison. Even bread and cooked chicken contain sugar these days!

# 1. ‘Anti-Inflammatory diet

**Humankind historically consumed 80,000 edible plants. Today a mere 15 different species provide 90% of our calories. Is it any wonder that we’re all becoming sick?**

Natural, unprocessed, whole foods increase gut bacteria, which rebalance the immune system, reduce inflammation and lead to good health. Whereas processed foods (AKA The Modern Western Diet) destroys the microbiome, which unbalances the immune system, increasing inflammation and leading to poor health.

Simply put, processed foods are inflammatory. Unprocessed whole foods are anti-inflammatory!

But what exactly are whole foods? Whole foods are foods in their natural state, without an ingredients list on the packet. Whole foods are also naturally low in sodium. Some examples of whole foods are broccoli, blueberries, chicken and fish – these foods haven’t been made in a factory. For example, a piece of fish as opposed to a fish finger, or a baked potato instead of a packet of instant mashed potato.

Great anti-inflammatory foods are fruit and veg, legumes, nuts and seeds, herbs, dark chocolate, olive oil, fish and poultry.

*“Eat foods made by plants, not in a plant”* – Michael Pollen

## RECOMMENDATION: UNPROCESS YOUR DIET

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- Choose organic, locally sourced food where possible
- Cook from scratch at least 80% of the time
- Check labels - avoid anything with five ingredients or more
- Eat five different coloured vegetables every day (a so-called ‘rainbow of veg’). Fruit and vegetables are high in antioxidants and polyphenols (nutrients that reduce inflammation)
- Eat healthy fats. Oily fish, avocados, olives, olive oil, nuts and seeds are naturally anti-inflammatory
- Unprocessed food is naturally low in sodium, gluten, dairy and sugar



— GLUTEN —

Gluten is the protein in wheat, barley and rye, commonly found in flour, bread, pasta and most processed foods.

**Gluten is hard to digest, meaning that many people are sensitive to it. This sensitivity to gluten is believed to trigger inflammation.** Gluten has been found to cause leaky gut in everyone exposed to it. Leaky gut heals in healthy individuals, but over time some lose this ability, thus leading to autoimmune conditions. As a leaky gut is the gateway to autoimmune diseases, including Ménière's.



## GLUTEN SENSITIVITY IN MÉNIÈRE'S

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You are six times more likely to be sensitive to gluten if you have Ménière's. Ménière's symptoms may indeed be the only symptoms that manifest. This means that you may not have digestive issues that are commonly associated with gluten sensitivity such as bloating, gas, constipation or diarrhoea. Gluten sensitivity can also cause brain fog, fatigue, poor memory, joint pain, headaches, anxiety and ear infections (especially in children).

In 2013 the American Journal of Otolaryngology proved that a gluten free diet can improve Ménière's symptoms, with symptoms reappearing again with the reintroduction of gluten-containing foods. Dr Datis Kharrazian, a Functional Medicine doctor, has also seen that strategies to manage autoimmunity – such as removing gluten – benefit those with Ménière's. I can certainly attest to this with the cases I have seen in my own clinic.

### RECOMMENDATION: ELIMINATE GLUTEN FOR THREE WEEKS

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This is the best way to see if gluten is an issue for you. Then reintroduce gluten and see how you feel. If you feel worse you'll know that gluten is causing inflammation in your body and you should avoid it from now on.

I believe that everyone with Ménière's should rule out gluten sensitivity before taking more drastic measures.

*NB: Gluten must be consumed for six weeks prior to a celiac test, so make sure to get tested for celiac before removing gluten for good.*

### GLUTEN FREE ALTERNATIVES

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- Replace with veg - it's anti-inflammatory! Fill half your plate with a rainbow of veg. Wrap burgers in lettuce leaves, serve poached eggs on roasted giant mushrooms, switch pasta for spiralised courgette.
- Go for foods which are naturally gluten free (meat, fish, fruit & veg, brown rice, buckwheat, nuts & seeds, quinoa, gluten free oats and cakes, sweet potatoes, rice cakes, noodles and wraps, buckwheat bread, pasta and crackers).
- Try to avoid the gluten free aisle as these foods tend to be highly processed and full of sugar and other inflammatory nasties.
- For baking use almond flour, coconut flour, buckwheat flour, chickpea flour (gram flour).
- Biona Organic Free From Millet bread is delicious and minimally processed.



— DAIRY —

The protein in cow's milk is eight times the size of protein in human breast milk, so many people find it hard to digest.

**As with gluten, this means that dairy can lead to inflammation and inflammatory conditions such as Ménière's.** In 2018 The American College of Nutrition found that Ménière's symptoms were relieved with a milk free diet and reappeared with its reintroduction.

Other signs that you may have a sensitivity to dairy are IBS, joint pain, headaches, migraine, acne, congestion, sinusitis, postnasal drip, ear infections, bloating and gas. Dairy containing foods (cheese, milk or ice cream) are often used as comfort foods, which can lead to sensitivities – it's often the foods to which we are most frequently exposed that we develop sensitivities to.

#### **RECOMMENDATION: ELIMINATE DAIRY FOR THREE WEEKS**

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Eliminate dairy for three weeks then reintroduce it, noting any symptoms as described above. Both gluten and dairy can be removed at the same time, but make sure to reintroduce them at least three days apart so that it's obvious which food caused symptoms.

#### **DAIRY ALTERNATIVES**

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- Switch cow's milk to hemp, rice, almond or coconut milk
- Switch yoghurt and ice cream to coconut, cashew or GM-free soy
- Replace butter with olive oil, coconut oil or ghee for cooking (ghee is usually safe as the undigestible proteins have been removed)
- Eat plenty of greens such as broccoli and kale, as well as nuts and seeds. Calcium is far more abundant in these anti-inflammatory foods than in dairy, contrary to popular belief
- Sheep and goat's milk may be better tolerated and less inflammatory than cow's milk in some people



— SUGAR —

## Refined sugar is one of the most inflammatory foods we can eat.

**Eight times more addictive than cocaine, it sends your blood sugar flying up, only to come crashing back down again, like a kind of blood sugar rollercoaster.** The hunger and shakiness that follow make us reach for yet more sugar, which sets the rollercoaster in motion again.

The International Tinnitus Journal believes that high blood sugar may be one of the main causes of Ménière's Disease. In 2014 the American Journal of Otology & Neurotology found that hearing loss in Ménière's fluctuates with insulin levels (insulin is the hormone released when we consume too much sugar). The higher the insulin, the worse the hearing loss. In fact 94.2% of Ménière's sufferers had abnormal blood sugar results when tested. But once put on a low carb (this means low sugar, as all carbs are broken down into sugar by the body), high protein diet to stabilize blood sugar, 92% of patients achieved control of their vertigo.

You'll know if you have problems with blood sugar as you'll crave sweet or carby foods, have energy slumps after eating, may have acne or spots, and may also have fat around your middle, as excess sugar is converted to tummy fat. If you develop Ménière's symptoms late morning, late afternoon or in the middle of the night, then a blood sugar crash may be the problem, as these are the times when blood sugar is at its lowest.

#### RECOMMENDATION: REDUCE SUGAR

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- Gradually reduce refined sugar (chocolate, cakes, cereal etc) to an occasional treat.
- Check ingredients lists for hidden sugar. Manufacturers hide sugar by using many different names. Google search '61 names for sugar' for a comprehensive list
- Reduce refined carbohydrates (cereal, bread & pasta) to a quarter of your plate. All carbohydrates are converted to sugar by the body. In fact, a slice of wholemeal bread spikes blood sugar more than a Snickers bar!
- Eat a palm sized portion of protein (meat, fish, nuts, seeds, yoghurt, pulses etc) at every meal or snack, as protein helps stabilize blood sugar
- Eat every four hours as going longer without food will cause you blood sugar to fall and could trigger an attack

#### LOW SUGAR ALTERNATIVES

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- Switch to 70% dark chocolate. Place a small square under your tongue and let it melt to get a big chocolate hit without the blood sugar rollercoaster
- Switch your toast or cereal to scrambled eggs or an omelette
- Keep a bag of almonds and an apple in your bag for a blood sugar friendly snack
- Avoid artificial sweeteners as these also spike blood sugar



## Start a food diary

**It would be far too much to expect anyone to remove all three foods at once.**

Life with Ménière's is overwhelming enough! Keeping a food and symptom diary can help you see triggers and help you work out what to focus on first. You may need to do it for a few weeks to notice a pattern. See the appendix for a food diary template.

Use your food diary to make a note of the following, including other common MD triggers so that foods are not unfairly blamed:

- Food eaten and the time of day
- Symptoms rated out of ten. Mark anything you consistently experience (e.g. tinnitus) out of ten so that it's easy to see a change. Also note subtler symptoms such as headaches brain fog, anxiety, joint pain etc as they could also be signs that inflammation has increased in your body
- Other triggers e.g. poor sleep; stressful events; changes in weather; your period; sweating; dehydration; extreme exercise

## LISTEN TO YOUR BODY

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The benefit of keeping a food and symptom diary is that it allows you to learn how the foods you eat (and your stress levels and sleep patterns) affect your symptoms. I call this learning to listen to your body.

Ménière's is really just a collection of signals that your body has an underlying issue. Learning to listen to your body is the first step in healing your Ménière's. When you listen to your body it helps you find the root cause of your symptoms. As Nutritional Therapists we're trained to try to identify this root cause. If you can find the root cause of the inflammation that's damaging your ear, you can hopefully get to the bottom of your symptoms.

That noise in your ear is a cry for help. Your body's way of saying "take care of me!" – don't ignore it!

## CONCLUSION

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Sugar, gluten and dairy are the most common foods to set up the inflammation which leads to Ménière's disease in susceptible individuals. Foods to which we are sensitive trigger inflammation, the gateway to autoimmune disease and Ménière's.

Everyone is different. For some going gluten free alone may help, for others they may need to also exclude dairy and sugar. But for some they may need to eliminate a second phase of foods for a short while to completely combat their inflammation.

The science is clear: once inflammation is reduced by removing inflammatory foods, you can stop and eventually reverse the damage of most autoimmune diseases, if you catch them early and before permanent damage has been done. Unfortunately, if you don't tackle the root cause, the unchecked inflammation may also lead to further autoimmune conditions. That's why uncovering your own root cause is so important.

If an elimination diet seems too hard for you, there are food sensitivity tests a Nutritional Therapist can do to see if your immune system is reacting to food. Consult your Nutritional Therapist for more information.

On the next few pages are some recipes which I've chosen to show that cooking from scratch can be super quick, easy, delicious and nutritious! Even on a busy week with a little organization at the weekend you can make sure you eat well every day.

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# Anti-Inflammatory Recipes

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# Anti-Inflammatory Smoothie

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# Anti-Inflammatory Smoothie

This smoothie is packed with anti-inflammatory antioxidants and is one of the quickest, healthy breakfasts!

You can vary the fruit and vegetables. Try raspberries, pears, nectarines or an orange instead of the berries. Use any type of greens - chard, pak choy, kale, dandelion greens, spinach or fresh nettles.

Most supermarkets sell frozen banana and berries especially for smoothies to make life easier. Great for breakfast or can be made in advance for a snack or breakfast at work. Play around and see which combinations you most enjoy.

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## INGREDIENTS

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SERVES 1

- *1 cup frozen fruit*  
(Frozen blueberries / raspberries / pineapple / strawberries etc)
- *Half a banana*
- *15 grams hemp protein powder / tablespoon nut butter / handful walnuts / almonds*
- *Half cup coconut milk or almond milk*
- *1 cup greens*  
(e.g. kale / spinach / cucumber / celery / rocket)
- *Teaspoon coconut oil - optional*
- *Flavorings - mint / ginger / cinnamon / raw cocoa / lemon / honey / maple syrup*

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## METHOD

Blast all the ingredients in a blender or Nutribullet until smooth.

# ‘Get your greens’ Omelette

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# ‘Get your greens’ Omelette

You may well be thinking “I have no time to cook eggs in the morning!”  
But making an omelette takes only a few minutes and will keep you  
full until lunch.

Its also anti-inflammatory and dairy an gluten free unlike a bowl of cereal, or piece of toast.  
An egg breakfast has also been shown to reduce calories consumption over the course of the  
day, when compared to cereal or toast.

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## INGREDIENTS

SERVES 1

- *Fresh or dried herbs basil, parsley, chives, thyme, rosemary or oregano*
- *Handful of greens  
baby spinach, kale, rocket or avocado*
- *2-3 eggs  
depending on how hungry you are*
- *Salt and pepper (if using)*
- *Coconut oil, olive oil or ghee for frying  
(I like Fushi ghee or Vita Coco coconut oil)*
- *Optional Filling - Pine nuts, chopped avocado, chopped tomatoes, feta cheese or ham*

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## METHOD

Put the greens, eggs, herbs and seasoning into a food processor, or into a bowl and blitz with a stab blender until smooth. Put a frying pan on a medium heat. Add the oil, making sure the oil covers the pan before pouring in the egg mixture.

Tilt the pan until the mixture fills the pan in a circle. With a spatula pull the edges of the omelette into the centre so the liquid egg fills the gap to cook all the egg. When there's only a small amount of liquid egg left, flip the omelette in half and then serve. The omelette will continue to cook on the plate.

Alternatively, rather than blitzing the greens with the egg, you can stuff your omelette instead. Add your filling before folding the omelette in half. Pine nuts, chopped tomatoes, fresh herbs, greens, feta, or ham are all delicious inside an omelette.

# Overnight Oats

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# Overnight Oats

Because these are made the night before they are perfect for busy mornings and also portable for taking into work. They could also be made in a tupperware.

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## INGREDIENTS

SERVES 1

- *Half a banana, mashed*
- *60g gluten free oats*
- *1 tablespoon chia seeds or 1 tablespoon peanut butter*
- *170ml unsweetened almond milk*
- *3 tablespoons frozen raspberries or blueberries*
- *Flavorings - Few drops vanilla extract or a teaspoon of cocoa & a dash of honey*

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## METHOD

Mash the banana in a bowl. Then add to a glass Kilner jar with a lid. Add the oats, the almond milk, cinnamon, seeds and fruit on top and stir. Add the lid and then pop into the fridge overnight. By morning these will be perfect to grab for a super quick, filling and anti-inflammatory breakfast.

# Sweet Potato Chips

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# Sweet Potato Chips

Sweet potatoes are high in anti-inflammatory antioxidants, fibre and immune boosting vitamins B6 and Vit C.

Despite their sweet flavour they also help stabilise blood sugar, unlike white potatoes. They also taste fantastic, especially when paired with this paprika mayo.

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## INGREDIENTS

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- *1 sweet potato per person*
  - *Gluten free coconut aminos / tamari soy*  
*(I use Clearspring Tamari Soy)*
  - *Tablespoon of avocado oil / melted coconut oil / olive oil*
- FOR THE MAYO:
- *Sugar Free Mayonnaise*  
*(I love Delouis mayo)*
  - *Teaspoon of smoked paprika*

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## METHOD

Cut the sweet potato into slices to create chunky chips. I like to leave the skin on as it's quicker and it tastes delicious. Place chips in a bowl and drizzle with the oil and tamari soy. You can also sprinkle paprika onto the chips if you want them a little spicy. Bake in the oven for 20-30 minutes turning once at 200C/180F until slightly browned on the edges.

To make the paprika mayo combine the mayonnaise with a sprinkle of smoked paprika.



# Steamed Veg 'Made Sexy'

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# Steamed Veg ‘Made Sexy’

Steamed veggies are quick, nutritious and delicious. Perfect for a rushed weekday evening.

Steaming also preserves the nutrients of the vegetables, as nutrients aren't lost in the water. Pair 2-3 different coloured veg with some protein (fish, chicken, eggs, lamb, pork or steak) and a side of brown rice, quinoa or sweet potato chips.

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## TIMES

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*Kale, Chopped Aubergine*  
10 mins

*Sugar snap peas*  
3 mins

*Broccoli & cauliflower florets*  
7 mins

*Sliced carrots, turnips, butternut squash*  
8-20 mins

*Cabbage*  
5-8 mins

*Broad beans, Spinach*  
3-4min

*Radicchio*  
5mins

*Sliced Courgette*  
2-5 mins

*Green beans, Pak choy*  
5 mins

*Asparagus*  
3-4 mins

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## METHOD

Fill a saucepan with some water and sit a steamer basket on top. Add a lid and bring the water to the boil. Once the water is boiling add your veg and steam for the below times. Be careful not to over steam, as they are far better al dente rather than mushy. Frozen vegetables will need slightly longer.

## GARLIC AND CHILLI SEXY DRESSING

For the sexy sauce cook 1 clove of crushed garlic, some chilli flakes and olive oil for a few minutes in a small pan. Then drizzle over the veg. This is delicious on broccoli, pak choy or spinach. Other flavours to add after steaming

## OTHER FLAVOURS TO ADD AFTER STEAMING:

- Extra virgin olive oil, salt and pepper (if using) works well on all veg
- Fresh herbs (parsley, thyme or dill), olive oil, Salt and pepper (if using) works well on all veg
  - Lemon zest and olive oil is lovely on kale, beans and squash
- Tamari soy and sesame oil (and chilli flakes for a kick) great for asian style veg such as aubergine, pak choy, courgette

## FLAVOURS TO ADD TO YOUR STEAMING BASKET:

- Garlic - add to the steamer for kale, spinach or leafy greens
- Ginger - add to the steamer for root veg or broccoli

# Fermented Veg

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## TOP TIPS

Make sure your hands, utensils, jars, bottles etc are cleaned well with hot soapy water

•  
Rinse well – use distilled vinegar to remove any detergent residue

•  
Use plastic utensils, not metal

# Fermented Veg

Cultured and fermented vegetables are a great source of beneficial bacteria. Eating a spoonful of fermented foods daily helps beneficial bacteria thrive in the gut.

This in turn improves our overall health by improving our immune system, weight loss and even reducing heart disease, depression and certain cancers.

This recipe comes courtesy of the fermented foods guru Wendy Hills, The Nutritious Fig.

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## INGREDIENTS

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- *Kilner style glass jar*
  - *Your choice of organic vegetables*  
(carrots, cauliflower, green beans, garlic, beetroot, fennel, onion, garlic or cherry tomatoes all work well – or a mixture)
  - *Salt*  
Himalayan pink salt or sea salt
  - *Water*  
filtered water is preferred, free of chlorine and fluoride
  - *Choice of flavourings*  
garlic, ginger, dill, basil, bay leaf, thyme, peppercorns, turmeric etc
  - *Optional – 1 x probiotic supplement*
- 

## METHOD

Wash your vegetables well, then prepare your vegetables – peel, chop, slice or grate as required. Mix the salt and water to make a 2% brine solution which will fill your jar. Eg.

**100ml water + 2g salt** | **500ml water + 10g salt** | **1ltr water + 20g salt**

Add your flavourings to the bottom of the jar + the contents of a probiotic supplement (if using). Fill the jar to the shoulder with vegetables, leaving approximately 1 inch at the top.

Pour in enough brine to cover the vegetables by 1inch. Weigh down the vegetables with a small ramekin or a cabbage leaf. Secure the lid and place the jar on a plate or tupperware container to catch any liquid which may escape from the jar.

Check regularly that the vegetables are still submerged under water and top up with 2% brine if necessary.

Leave on your kitchen counter to ferment, out of direct sunlight. The fermentation depends on the temperature, after the first 7-10 days try the vegetables and once they have reached the desired flavour you can store in the fridge. Eat and enjoy!

You should notice bubbles forming in the jar; this is a normal part of the fermentation process and is a good sign. You should notice a slight sulphur, sour, vinegary smell – this is normal. But if your vegetables smell rotten or spoiled, or if you notice any mould growing you need to dispose of the ferment – preferably into your compost bin !

# ‘Protein + Veg + Healthy fat’ Salad

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# ‘Protein + Veg + Healthy fat’ Salad

A quick salad thrown into a bowl or tupperware makes an easy, healthy, portable lunch.

Just follow this simple formula to make sure it’s well balanced, filling and nutritious. You’ll need a palm sized portion of protein, half a plate of different coloured veg and a thumb sized of portion healthy fat. Every salad needs:- Protein + Veg + Healthy fat

Choose your ingredients from the table below. Combine all the ingredients in a bowl. The drizzle with a little extra virgin olive oil, aged balsamic vinegar (I love Belazu). Salt and pepper if using. Also apple cider vinegar and lemon juice work well with olive oil.

Alternatively if you’re eating your salad later make a jar of dressing to toss the salad in just before eating. If using a shop bought dressing make sure it’s olive oil based and free of sugar.

PROTEIN +	VEG +	HEALTHY FAT
Cooked chicken (check for sugar if buying precooked)	Mixed salad, Rocket, iceberg, Cos, watercress, lollo rosso, romaine, red chard, radicchio, endive	Avocado** - a must in most salads in my opinion!
Tin of Tuna	Greens - spinach, kale, cabbage, broccoli, baby spinach	Pumpkin seeds
Smoked or tinned mackerel	Artichokes from a jar	Sunflower seeds
Feta cheese	Chopped red onion, Spring onion, shallot	Nuts toasted (walnuts or almonds)
Halloumi (sheep or goat, not cows)	Fresh herbs - parsley, basil, mint, dill Dried herbs - oregano, chilli flakes	Olives
Beef strips	Sprouted seeds / pulses	Slivered almonds
Boiled eggs	Sundried Tomatoes or cherry tomatoes	Anchovies
Smoked Salmon	Marinated or raw peppers	Toasted pine nuts
Prawns	Sweetcorn, asparagus, mushrooms, asparagus	Olive oil based dressing (with no sugar)
Goats cheese	Jalapeno’s, sliced chilli	
Puy lentils	Capers or capers berries (especially good with fish)	
Chickpeas	Cucumber, celery, radish	
Anchovies	Grated carrot, grated courgette, grated beetroot	
Mixed tinned beans	Sugar snaps, peas, green beans	
Ham (check for sugar and chemical sounding ingredients)	Fennel finely chopped raw or roasted	
Leftover roast meat	Quinoa or cold black or brown rice	
	Chopped apple, papaya, mango, fig, peach, blueberries	
	Leftover veggies - roasted squash, beets, carrot, sweet potato, beets etc	
	Fermented veg - kimchi, sauerkraut or your own	

# Anti-Inflammatory Avocado Salad

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# Anti-Inflammatory Avocado Salad Dressing

The ingredients in this dressing mean it is full of anti-inflammatory goodness.

Apple cider vinegar, turmeric and ginger can all help support your immune system. Whereas the healthy fats in avocado and olive oil are great at reducing inflammation.

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## INGREDIENTS

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- *Half avocado*
- *Juice of 1 orange or lemon*
- *1 Garlic clove peeled and crushed*
- *1 Teaspoon honey or maple syrup*
- *1 Tablespoon ground turmeric, add more or less to taste*
- *3 Tablespoons extra virgin olive oil*
- *Salt and pepper - optional*

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## METHOD

Blast all the ingredients in a blender until smooth. Store in the fridge in a glass jar for up to a week.



# Dukkah Boiled Eggs

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# Dukkah Boiled Eggs

Boiled eggs are the best portable snack or breakfast and also work great in salads.

High in protein, quick to make and cheap. This recipe takes the humble boiled egg up a notch or two.

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## INGREDIENTS

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SERVES 1

- *2 Boiled eggs*
- *2 tablespoons of dukkah (I like Waitrose own brand)*
- *Olive oil*

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## METHOD

Fill a saucepan with cold water and add 2 eggs at room temperature. Add a lid and bring to the boil for 14 minutes, 12 minutes if you prefer a runny yolk. Once boiled drain and add cold water to the pan to cool the egg. Leave for 5 minute submerged in cold water before peeling.

Fill a small bowl with the dukkah. Drizzle the egg with olive oil and then cover with the dukkah. Serve with chargrilled radicchio, mashed avocado or veg of your choice.

Boiled eggs keep in the fridge for up to 5 days so these can be boiled ahead at the weekend if you're pushed for time. A boiled egg also makes an convenient on-the-go high protein breakfast.

# Slow Cooker Beef Curry

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# Slow Cooker Beef Curry

Nothing beats walking in from a busy day, to the smell of a hot meal cooked and waiting for you.

I like to put my slow cooker on in the morning before work. If I'm pushed for time I prepare the pot the night before and leave it in the fridge overnight. This can also be cooked overnight, or in the oven.

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## INGREDIENTS

SERVES 4

- 800g organic stewing steak
- 2x 400g coconut milk
- 250ml chicken or beef stock
- 1 large onion, chopped finely
- 40g spinach
- Half a squash or 3 sweet potatoes cut into 1 inch chunks
- 10 cherry tomatoes
- 1 tablespoon of thai red curry paste  
- Authentic Thai brands are sugar free and made with natural ingredients, but always check the label

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## METHOD

Put all the ingredients, apart from the spinach into your slow cooker and mix well. Add the lid and turn the slow cooker to high for 5 hours. Alternatively to low for 6-8 hours, or overnight. Just before eating stir the spinach through the curry.

Alternatively you can cook this in the oven for 3 hours at 150C / 300F. This is so easy I often make double and freeze half.

# Salmon Teriyaki

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# Salmon Teriyaki

A quick yet delicious supper. This is also delicious cold, so make extra for lunch.

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## INGREDIENTS

SERVES 2

- *2 organic / wild Salmon fillets*
- *Lemon juice*
- *2 teaspoons Honey / Maple syrup*
- *Tamari Soy sauce (naturally gluten free)  
- I use Clearspring*
- *Tin foil / Baking paper*

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## METHOD

Turn your oven to 200C. In a container with a lid mix the juice of half a lemon with a teaspoon of honey and the soy sauce until combined. Add the salmon fillets to the marinade and coat and leave for minimum 15 minutes - to a few hours.

Line 2 squares of tinfoil with 2 squares of baking paper, place the salmon inside and wrap to form a parcel. Bake in the oven for 12 minutes until just cooked through.

Serve with steamed veg and sweet potato chips or brown rice.

# Balsamic Chicken

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# Balsamic Chicken

Despite what you may think frying in coconut oil is a very healthy way to cook.

Coconut oil has anti-inflammatory, anti-microbial and anti-bacterial properties, unlike refined vegetable oils which are highly inflammatory. It is a healthy source of saturated fat which can be helpful for weight loss. It is also stable at high temperatures.

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## INGREDIENTS

SERVES 1

- *1 portion of chicken breast*
- *Pinch of salt and pepper - if using*
- *Half a tablespoon of aged balsamic vinegar (I love Belazu)*
- *Half a tablespoon of ghee or coconut oil (phase 3 only)*
- *Half teaspoon dried oregano, rosemary or other herb*
- *Splash of Olive oil*

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## METHOD

Preheat a griddle pan or grill to a medium heat. Place a chicken breast on a chopping board with its thickest side facing you. Cut down the length of the thick side of the breast, without cutting through to the other side, so that it flattens out into a butterfly shape (see picture). The chicken should now be 1/4-1/2 inch thick at most. Marinade the chicken in oregano and balsamic, salt and pepper if using for at least 5 minutes but no more than an hour.

Brush the griddle pan with the ghee or coconut oil. Then cook the chicken for 4 to 5 minutes per side, depending on the thickness of the chicken. When the sides of the chicken turn white its time to turn it over. Allow to sit 5 minutes before slicing. This is also delicious cold the next day for breakfast, or in a salad for lunch.



# Chocolate Protein Balls

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# Chocolate Protein Balls

These high protein snacks are easy to make and delicious.

The nuts mean they're packed full of protein and essential fats to keep you full, stabilise blood sugar and reduce inflammation. Raw cacao is also high in antioxidants which can also help reduce inflammation.

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## INGREDIENTS

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- *2 tablespoons of sugar free peanut butter*    • *1.5 teaspoons of raw cacao or*  
*(I like Meridian as it is salt and sugar free)*    *cocoa powder*
- *2 tablespoons of chopped walnuts*            • *1.5 tablespoons of desiccated coconut*
- *1 teaspoon of honey*

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## METHOD

To make 5 protein balls combine the peanut butter, chopped walnuts, cocoa and honey in a bowl and divide into 5 balls.

Next, sprinkle the desiccated coconut onto a plate and roll each ball in the coconut. These are best kept in the fridge until you want to eat them. You can add a little more or less honey to taste.

# Apple and Almond Butter

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# Apple and Almond Butter

For a delicious, quick and healthy snack use slices of apple instead of crackers.

Almond butter, peanut butter and cheese are great sources of protein, so this snack will keep you full, without sending your blood sugar crazy.

Other good portable snacks are a handful of walnuts or almonds and an apple. It's a great idea to carry a bag of nuts in your bag for a snack attack.

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## INGREDIENTS

- *One apple*
- *Almond butter, peanut butter (ideally sugar free) or a slice of cheese*

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## METHOD

Cut an apple across ways into rounds and top each slice with a dollop of almond butter, (sugar free) peanut butter or even a slice of cheese if you're eating dairy.



— DESSERT —

Photo by Jerry Kieseletter on Unsplash

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## Piece of Fruit

Reducing sugar means your taste buds become re-educated, so you find fruit tastes as sweet as it is meant to.

A great desert is some blueberries, strawberries, raspberries, pear, an apple, pear, nectarine, orange, or kiwi. These fruits are crammed full of anti-inflammatory antioxidants and are low GI, so they won't spike blood sugar too much.



Photo by Simone van der Koelen on Unsplash

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## Dark Chocolate

Another great sweet treat is a piece of 70% dark chocolate.

Put a square under your tongue until it melts for a chocolate hit that will not spike your blood sugar.

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— RESOURCES —

**INGREDIENTS AND SUPPLIERS**

[www.ocado.com](http://www.ocado.com)  
[www.coyo.co.uk](http://www.coyo.co.uk)  
<http://uk.bouncefoods.com/>  
[findabutcher.co.uk](http://findabutcher.co.uk)  
[localfoods.org.uk](http://localfoods.org.uk)  
[lfm.org.uk](http://lfm.org.uk)  
[www.abelandcole.co.uk](http://www.abelandcole.co.uk)  
[tiana-coconut.com](http://tiana-coconut.com)  
[planetorganic.com](http://planetorganic.com)  
[goodnessdirect.co.uk](http://goodnessdirect.co.uk)  
[www.amazon.co.uk](http://www.amazon.co.uk)  
<http://www.meridianfoods.co.uk>  
[www.pipandnut.com](http://www.pipandnut.com)  
[www.wholefoodsmarket.co.uk](http://www.wholefoodsmarket.co.uk)  
[www.planetorganic.com](http://www.planetorganic.com)  
[www.hollandandbarrett.com](http://www.hollandandbarrett.com)  
[www.oddbox.co.uk](http://www.oddbox.co.uk)  
[www.primalpantry.com](http://www.primalpantry.com)  
<http://www.paleofoodscompany.com/>  
<http://www.biona.co.uk> - bread  
[www.vitacoco.com/uk](http://www.vitacoco.com/uk)  
[www.bobsredmilluk.com](http://www.bobsredmilluk.com)  
[www.fushi.co.uk](http://www.fushi.co.uk) - ghee  
<http://www.lauriesfoods.co.uk>

**FURTHER INFO**

[www.menieres.org.uk](http://www.menieres.org.uk)  
<https://www.aarda.org/diseaselist/>  
[www.theglutensummit.com](http://www.theglutensummit.com)  
[www.theDr.com](http://www.theDr.com)  
[www.laurafishernutriton.com](http://www.laurafishernutriton.com)  
Laura Fisher - Autoimmune Health - Facebook page  
Fermented Foods with the Nutritious Fig<sup>1</sup> - Facebook page

**RECIPE BLOGS**

[www.deliciouslyella.com](http://www.deliciouslyella.com)  
[www.nomnompaleo.com](http://www.nomnompaleo.com)  
[www.thepaleomom.com](http://www.thepaleomom.com)  
[www.paleomom.com](http://www.paleomom.com)  
[www.littlebitesofbeauty.com](http://www.littlebitesofbeauty.com)  
[www.elanaspantry.com](http://www.elanaspantry.com)

**BOOKS / FURTHER READING**

Mind Over Medicine - Lissa Rankin  
50 Ways to Sooth Yourself Without Food - Dr Susan Albers  
The Art of Extreme Self Care - Cheryl Richardson  
Grain brain - David Perlmutter  
Wheat belly - Dr William Davis  
In Defence of Food - Michael Pollen  
Why Isn't My Brain Working - Datis Kharzazian

# Example Food & Symptom Diary

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DATE	FOOD	DRINKS	TIME	OTHER TRIGGERS <small>(Poor sleep, stressful event, change in weather, period etc)</small>	SYMPTOM <small>(/10)</small>
Eg. Saturday 1st June	Cornflakes with milk	Cup of decaf coffee	7 am	5 hours sleep worried about the exam tomorrow	
	Sandwich with cheese	Pumpkin seeds	3 pm		Tinnitus increased to 9/10
	Mars bar and a packet of crisps	Glass of water	4 pm		
	Pasta		8 pm		Nausea
	Ice cream		11 pm		Vertigo attack 2am - 8am



# Blank Food & Symptom Diary

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DATE	FOOD	DRINKS	TIME	OTHER TRIGGERS <small>(Poor sleep, stressful event, change in weather, period etc)</small>	SYMPTOM (/10)

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## — CONTACT —

Laura is a Registered Nutritional Therapist DipION MBANT CNHC and runs a nutritional therapy clinic focusing on Autoimmunity including Ménière's disease. She offers complimentary support which works alongside conventional medicine.

For a free 20 minute consultation or for more information, recipes, food plans, testing or with any questions do get in touch by visiting her website.

It would be my pleasure to help you try to uncover the root cause of your own Ménière's.

Laura x

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**Laura Fisher - Autoimmune Health - Facebook Page**

### *DISCLAIMER:*

*The information presented here does not represent the treatment of any condition but describes nutritional support for patients. It does not replace any medical treatment, and can be implemented alongside it. Always consult a medical professional before changing your diet.*