

Acid Reflux Recovery Diet and Recipes, Part One

Curing oneself of the condition called acid reflux can be accomplished by using natural, healthy methods. I suffered from this condition for years, taking harmful, expensive PPI drugs (proton inhibitors), which only masked the symptoms. These drugs, not only had myriad side effects, but became ineffective over time. I was forced to find another answer. I wanted to cure myself without the use of drugs. My doctor was no help. He didn't have a clue about natural healing and nutrition. After a great deal of research I discover that with the proper use of herbs, health store items, meditation, exercise and diet, one can heal themselves of acid reflux.

The first thing that I learned is that acid reflux, sometimes called gerd (gastro esophageal reflux disease), is not a disease at all. Contrary to what the medical community would have us believe, it is simply a condition, brought on by poor eating habits. Besides eating the wrong foods, not chewing food properly is probably the root cause of this ailment.

The Acid reflux condition would not exist without a damaged esophagus and a weakened LES (lower esophageal sphincter). If the condition is to be eliminated, healing the esophagus must be the first order of business.

During this reflux recovery period, eating anything which could irritate or damage the esophagus, must be avoided. Things like poorly chewed chips, crackers, cereal or any hard foods with sharp edges are culinary culprits - they cause little lacerations to develop in the esophagus. Until the lacerations have had a chance to heal, spicy foods, such as acidic tomato products, hot peppers, raw garlic and raw onions should also be eliminated from the diet. They just further irritate the condition. Smoking and drinking alcohol relax the LES, allowing stomach acid to splash up into the esophagus, thus impeding the healing process.

The key to acid reflux recovery is to eat only mild, easy to digest food until the esophagus has healed. Eat early, giving yourself at least three hours of sitting or walking time before lying down. Eat slowly and chew your food completely. Last, but not least, try to eat in a relaxed, pleasant and stress free environment.

I have listed a few of my favorite recipes that I enjoyed during my own recovery period. They can be made quickly and easily. Try doubling these recipes so that you can reheat them later in the week.....less time in the kitchen. Remember that cooking from scratch, instead of relying on convenience foods, is a better approach to good health, in general. It's also nice to know what you're really eating.

For breakfast, I believe that fresh fruit is the best way to go. I especially like melon and papaya. For lunch I eat more fruit like apples, bananas and, perhaps some almonds, or walnuts. It's better to eat many little healthy meals during the day. I try to buy only organic fruits, however, sometimes when I am rushed, I purchase "ready to go" containers of mixed fruit at the grocery store. Try to stay away from pineapple, as I find it hard to digest.

How about starters in the evening? Serving vegetables raw is the ultimate healthy way to present them.

Try creating a beautiful platter of crudité (crew di tay) better known as elegant rabbit food. Serve it with a savory tofu dip. Use cauliflower, broccoli, English cucumbers, radishes, green & yellow zucchinis, Belgium endive, carrot sticks, whole small mushrooms, or whatever appeals to you. Cut the vegetables in bite size pieces for dipping. The Belgium endive is a natural edible scoop for dipping. Just cut off the ends and peel off the leaves.

Make the tofu dip by putting one package of soft or silken tofu in a food processor or blender, adding garlic powder, cumin, paprika and chopped chives or parsley for flavor and color. Season with salt & pepper to taste. Add a little fresh squeezed lemon juice if the mixture is too thick. Process until smooth and creamy. If you are in a rush, ready made dips and raw vegetable platters are available in the produce sections of most supermarkets, but make a concerted effort to eat only organic, if possible.

I hope that you enjoy the following dishes. Even though I have cured myself of acid reflux, I still serve these recipes on a regular basis. I prefer food slightly under cooked. Feel free to adjust the cooking times and seasonings according to your own taste.

Bon appetite!

Sautéed White Fish On A Bed Of Mashed Potatoes

This recipe is for one serving. Increase the ingredients for additional servings as needed.

One 4oz filet of white fish (orange roughly, sole, turbot, flounder, etc)

One med. Potato

Steamed green vegetable such as broccoli, spinach, peas or asparagus

Parsley or chives for garnish

¼ tbsp unsalted butter, olive oil or Pam

We will start with the potatoes because they take the longest to cook and they tend to retain their heat the longest. The fish and vegetable take only minutes to cook.)

Peel and cube potato. Place in cold water to cover. Bring to the boil, and then simmer until fork tender. Drain, leaving just enough cooking liquid for mashing or whipping. You may also use the vegetable broth (recipe below) instead. Add salt to taste. Hold in a warm place.

Season fish with salt and pepper to taste. Place non-stick sauté pan over med high heat. Add butter, oil or spray with Pam. When not quite smoking, add fish. Cook two minutes, turn and cook other side for two minutes, or until the filet is light brown and cooked

through. If the filet is very thin, one minute on each side may be enough. (You can broil or bake the fish if desired)

Serve fish on top of mashed potatoes, surrounded by the steamed vegetables. Garnish with chopped parsley or chives.

Vegetable Broth

This broth is very alkaline and rich in minerals. It can be served as a simple soup, or used as a stock (as above) for cooking. Cook and save the potatoes and beets to use as a vegetable side dish or to add to soup.

2 cups red skinned potato peelings
3 cups celery stalk
2 cups celery tops
2 cups beet tops
1 small zucchini or yellow squash
2 cups carrots
One small onion
Sprig of parsley
2 ½ quarts distilled water

Chop all vegetables into very fine pieces. Place in water and bring to the boil. Simmer for 20 minutes. Strain & refrigerate for future use.

Note: By cooking pearled barley in the finished broth with the addition of chopped vegetables, one can prepare a healthy soup for a first course.

Pasta Primavera

Primavera means “spring” in Italian. This pasta dish offers a great opportunity to use all the wonderful fresh spring vegetables at your disposal. However, you can make this dish anytime of the year by using whatever fresh vegetables you can find at your food market. I have chosen a mixture of vegetables that I happen to love, for this recipe. You can use these or replace them with your favorites. During the reflux healing period, try to stay away from tomatoes, raw onions and raw garlic. I have included garlic in this recipe (*see note regarding roasted garlic). If you can tolerate a little garlic, then make sure to cook it well at a low temperature, without browning it. If you want to be a bit daring, you can add the optional cup of heavy cream. You may substitute parsley for the basil and the penne regatta for fettuccini, or another pasta. The whole family can enjoy this classic pasta dish.

1 cup sliced mushrooms
1 cup sliced carrots

1 cup baby peas
1 cup sliced asparagus spears
1 cup snow peas or sugar snaps
2 cloves garlic finely chopped or roasted
1 lb. penne regatta
1 tsp. salt
3 tbsp extra virgin, first cold pressed olive oil
½ cup shredded basil
½ cup Parmigiano-Reggiano cheese
½ cup heavy cream (optional)

Place a steamer basket in a pot with a small amount of water and bring to the boil. Place vegetables in basket, cover and steam until tender (about 4 minutes). Rinse under cold running water to stop the cooking and preserve the color, and drain.

To a large pot of boiling water, add salt and the penne regatta. Cook uncovered according to the instructions on box, preferably al dente.

Meanwhile in a large sauté pan, heat the olive oil. Add the garlic and cook at a low flame for a couple of minutes (do not brown). Add the steamed vegetables and optional heavy cream and raise the heat to medium. Cook just enough to heat.

Drain the pasta and add to the sauté pan and mix well.

Sprinkle with Parmigiano Reggiano, and shredded basil. Heat the dish thoroughly and serve. If the dish needs more salt, use extra cheese instead, at the table. Serve this dish with a heart of romaine salad with lemon chive dressing (recipe below)

* Note: It takes more than two cloves of roasted garlic, for this recipe. On a sheet of aluminum foil place two heads of garlic and cut the stem end off with a knife. Drizzle a little olive oil over them and wrap tightly. Bake in a 400 degree oven for one hour. When cool enough to handle, squeeze out the roasted garlic, into a bowl, discarding the shells. Mash well with a fork.

Another use for roasted garlic is my version of pesto sauce. I use walnuts instead of pine nuts, which I find indigestible, with the roasted garlic and basil. Use whatever proportion you like and drizzle first pressed, extra virgin olive oil into the blender. If your sauce is too thin, adjust with more walnuts, basil and garlic. If it is too thick, use more olive oil. This is all a matter of taste. Serve with your favorite pasta. I prefer linguini or fettuccini.

Lemon chive salad dressing

This is a simple, yet classic vinaigrette for green salads. Use heart of Romaine, Boston or Bipp lettuce. Make this dressing an hour or so before serving, in order that the chive

flavor is fully incorporated. Remember to toss well before serving. The advantage here is using lemon juice, instead of vinegar. I find that lemon juice becomes alkaline after being ingested.

1 lemon juiced
Sea salt (pinch)
3 tbsp. extra fine sugar
6 tbsp. extra-virgin olive oil
6 tbsp. minced chives (you can't have too many)
Freshly ground black pepper

Combine lemon juice, salt and sugar in a mixing bowl. Whisk until the sugar and salt are dissolved. Continue whisking in the olive oil, chives and several grinds of pepper. Keep whisking until dressing is emulsified.

(Note: You can make this dressing for two by reducing the lemon juice to two tbsp. and the other ingredients by 1/3.) Keep left over dressing in a jar in fridge for future use. It will keep for about a week.

Bon Appetite!

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