

Acid Reflux Recovery Diet and Recipes, Part Two

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.

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 discovered that with the proper use of herbs, health store items, meditation, exercise and diet, one can heal themselves of acid reflux.

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!

Savory Lentils with Texmati Brown Rice

1 lb of organic lentils (2 ½ cups), rinsed
8 cups water or stock
1 onion, chopped
3 cloves of garlic, chopped
2 carrots, sliced
2 stalks celery, chopped
1 bay leaf
2 sprigs of thyme, or ½ tsp dried
Organic Texmati brown rice (follow instructions on package)

To a large pot bring water and lentils to a boil. Add other ingredients. Reduce to the simmer, partially covered. Cook until tender (about 20 to 30 minutes), stirring occasionally and adding more liquid as needed.. Remove the bay leaf and thyme sprigs. Season with salt and freshly ground black pepper to taste. Serve over organic Texmati brown rice. Garnish with chopped parsley. Serve with a light green salad, dressed with the lemon chive dressing above.

Baked Chicken Breasts on Mushroom Caps
with steamed broccoli and new potatoes

6 chicken breasts (either bone in or halves with skin on)
1 tsp dried thyme
Olive oil
6 large Portobello mushrooms (or enough smaller mushrooms to cover the bottom of the baking pan)
1 tbsp minced garlic
Salt & pepper to taste
2 cups dry white wine or dry vermouth
¼ cup fresh chopped parsley

Place rack in center of oven and preheat to 400 degrees.

Into a lightly oiled baking pan, large enough to hold chicken breasts, arrange mushrooms gill side down. Sprinkle with minced garlic, salt & pepper. Pour wine over mushrooms. Place chicken breasts skin side up over mushrooms and brush with olive oil.

Bake uncovered about 20 minutes, until the breasts are golden brown. If the wine has evaporated during the cooking process, add a little more (for those of you who can't tolerate alcohol, keep in mind that it burns off during the cooking process, leaving only the flavor).

Baste the breasts with the pan juices and turn over. Cook until breasts are completely done and springy to the finger, about 15 minutes more.

With a slotted spoon, place the chicken and mushrooms on a platter, mushrooms on the bottom and breasts on top, skin side up. Skim off excess fat and spoon juices over the chicken. Sprinkle with parsley.

Serve with steamed broccoli and boiled new potatoes. (Substitute brown rice for potatoes, if desired)

Stir fried shrimp and vegetables
Served over millet, brown rice or quinoa

3 tbsp Canola oil
1lb. raw medium peeled shrimp
2 cups broccoli florets
2 cups sliced mushrooms
4 scallions, trimmed and chopped
2 tbsp Garlic, minced
2 tbsp fresh ginger, minced
1 cup cold vegetable broth (see recipe above), mixed with 2tbsps, cornstarch

1 package of organic millet

Into a hot wok or sauté pan pour oil until just smoking

Add vegetables and stir constantly to cook al dente

Add shrimp and continue to stir until just turning pink

Add broth and cover for a couple of minutes until shrimp is almost done

Uncover and add cornstarch mixture, stir until thickened and turn off heat

Serve over millet cooked according to package instructions

Season to taste with tamari light soy sauce

Note: This dish must be done very quickly, as you don't want to over cook the shrimp or the vegetables. I have chosen Millet because it is an extremely alkaline grain. It is neutral in taste and will absorb the flavors of this dish. You may substitute brown rice instead.

Bon Appetite!

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