

*Dozens of tasty, taste-bud tingling recipes
that anyone can enjoy...*

The *H. PYLORI* Diet RECIPE AND COOKBOOK



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Hey,

It's Dave Hompes here, welcoming you to this short recipe and meal e-book containing some of my own personal favourite recipes.

You'll find 14 recipes in this document, laid out in plain black and white so you can easily print them.

They comprise recipes that didn't quite make it into the brand new H Pylori Diet Recipe and Cookbook, which I'll be releasing in January 2016 (not because we didn't want to include, them but because we already have 66 taste-bud tingling recipes in that book!)

The recipes you'll find here are some of my personal favourites and for each one I've provided a short explanation as to why I love them so much.

They're all gluten, cow's milk and soy-free, removing some of the chief digestive irritants and ingredients that can sap you energy, make you feel grumpy, cause skin eruptions and so on.

They're cooked from scratch and are all friendly to your digestive system provided you don't have an individual food intolerance or sensitivity to any of the ingredients.

Anyway, I hope you enjoy the recipes and welcome any feedback you might have!

Have a great 2016, and talk soon!

Dave.

BREAKFAST IDEAS

Simple Breakfast Smoothie

Breakfast can be a bit of a challenge time-wise, so it's useful to have a simple smoothie recipe that you can throw together if you're in a rush.

This recipe contains natural carbohydrates in the fruit, healthy fats in the coconut milk and oil, and non-inflammatory protein in the form of collagen powder, which is great for detoxification, gut health, AND your joints and skin.

- ✓ 1 ¼ cups / 310 ml coconut milk
- ✓ 1 organic banana, chopped (you can also use berries, papaya, pineapple or peaches)
- ✓ 6 ice cubes (if desired)
- ✓ 1-2 tsp coconut oil
- ✓ 1 tsp vanilla essence
- ✓ 1 tsp cinnamon powder
- ✓ 1-2 TBSP Great Lakes collagen hydrolysate powder (one of the best protein powders you'll find as it's **anti-inflammatory** – contact us for details on how to get hold of it)

Method

- ✓ Put your collagen powder in a half glass of water, give it a stir and let it dissolve (takes about 2 min).
- ✓ Place everything into a blender and whizz until smooth on a low speed setting.
- ✓ Consume immediately – take it steady and don't gulp it down, otherwise you may develop indigestion.
- ✓ Consider using mixed berries as an alternative to your banana.
- ✓ Add 1 TBSP raw cacao powder to make your smoothie "chocolatey".

Pan Fried Liver, Red Onion and Pear

Liver isn't everyone's "cup of tea", but it's packed with nutrients that a lot of our clients are shown to be deficient in when we test them.

It's rich in B-vitamins, fat-soluble vitamins and minerals like iron and zinc.

I eat liver once a week, and I prefer lamb's liver but you can use calf's liver, too.

I don't recommend you eat it more than once a week because of the high iron content, which can actually become toxic if you're not careful (something I'll discuss later this year when we launch our program on overcoming chronic muscle and joint pain).

Ingredients

- ✓ 250 g organic lamb or calf liver
- ✓ 2 organic pears, peeled and chopped small
- ✓ 1 red onion, thinly sliced
- ✓ 1 TBSP organic ghee or raw goat's butter
- ✓ Salt and ground black pepper to taste
- ✓ Add some turmeric powder as a potent natural anti-inflammatory if you like – mix it with your black pepper
- ✓ You can also pop in some organic canned tomatoes, or fresh ones if you don't like eating canned/tinned food
- ✓ A little garlic can also be added for flavor and as a measure to keep bad bugs at bay in your gut

Method

- ✓ Heat the oil in a frying pan on a medium heat.
- ✓ Add your onions and cook them until they are soft (usually around 8 minutes).
- ✓ Add the pears and fry for 5 minutes, stirring regularly.
- ✓ Use a sharp knife, or even scissors, to cut thin strips of liver and add them to the pan.
- ✓ When cooked, your liver should be pink inside but not bloody.
- ✓ Season with salt and pepper, and turmeric, to taste.
- ✓ This dish can be served with mashed potato, wedges and/or salads.

FISH and SEAFOOD DISHES

I eat a lot of fish because the protein content is not as pro-inflammatory as that found in red meat. I'll typically eat fish or other seafood dishes for my evening meal most days to keep inflammation levels down at night.

It's important to minimize fish that are high in mercury, including king mackerel, swordfish, tuna and shark. These fish can cause a lot of toxicity if eaten in larger amounts. White fish such hake, cod, haddock, bass and others tend to be the most appropriate as they're low in toxic polyunsaturated oils.

White fish contain quite a lot of selenium, which is an antioxidant and helps thyroid hormone conversion and energy production in your body. Salmon, sardines, mackerel and herring are oilier, and are ok to eat once per week.

Mediterranean Herb-Crusted Salmon

Salmon is rich in omega-3 fatty acids, but you don't want to overdose on these because too many can suppress the immune system.

When you eat salmon, it should always be caught wild. Research indicates that Atlantic farmed salmon is among the most toxic of foods, containing very large concentrations of PCBs.

Ingredients

- ✓ 2 lbs wild Alaskan king or sockeye salmon, boned
- ✓ 4 TBSP prepared mustard
- ✓ ½ cup parsley, finely chopped
- ✓ ½ cup mint, finely chopped
- ✓ ½ cup dill, finely chopped
- ✓ ¾ cup gluten free breadcrumbs
- ✓ 4 TBSP extra virgin olive oil
- ✓ 1 tsp salt
- ✓ 2 lemons, cut into 6-8 wedges each

Method

- ✓ Preheat the oven to 400 degrees.
- ✓ Place the salmon on a baking sheet lined with parchment paper and spread the mustard all over the salmon.
- ✓ Mix the herbs, salt, olive oil and breadcrumbs in a small bowl until well combined.
- ✓ Cover the salmon with the herb mixture, and on the baking sheet line the lemon wedges among the fish snugly, to trap the juices.
- ✓ Roast the fish for around 18 minutes or until cooked through (time will vary based on thickness of the salmon).
- ✓ Garnish with the roasted lemon wedges and serve with roasted root veggies (e.g. sweet potato) or fragrant rice.

Grilled Wild Salmon

Grilled salmon is really quick and easy to prepare. Adding some ginger helps your gut by killing a range of bad bugs, whilst providing a nice “kick” to the recipe.

You can leave out the mustard if, like me, you don’t get on with it very well.

Ingredients

- ✓ 4 x 6oz wild salmon fillets (serves several people!)
- ✓ ¼ cup fresh orange juice
- ✓ ¼ gluten free tamari (check the bottle/label)
- ✓ 1 TBSP organic Dijon mustard
- ✓ 3 tsp fresh ginger, peeled and grated (or 1 tsp dried ginger)

Method

- ✓ Whisk or blend together the orange juice, tamari, Dijon mustard and ginger.
- ✓ Set aside 2/3 of the marinade.
- ✓ Add the remaining marinade to the salmon.
- ✓ Cover and refrigerate for at least 30 minutes.
- ✓ Once marinated, grill the salmon fillets for 4-5 minutes each side, or until the fish is cooked through and flaky.
- ✓ Serve with root veggies or rice.

Smoked Haddock Chowder

This recipe is a winter favourite of mine. It's pretty simple to prepare as long as you have some previously made (or store-bought) stock or broth available.

Your fish provides plenty of non-inflammatory protein and selenium, which is often deficient in the Western diet.

Coconut oil and milk provides healthy medium chained triglycerides – fats that are easily metabolized by your body into energy, and which have anti-microbial effects in your intestine.

You don't have to use smoked haddock – plain haddock or other white fish will do.

Ingredients

- ✓ 2 large un-dyed smoked haddock fillets (un-smoked if you prefer)
- ✓ 6 medium white potatoes, peeled and chopped into chunks
- ✓ 1 large leek, thinly sliced
- ✓ 2 tins of organic full fat coconut milk or 2 cups homemade coconut milk
- ✓ 2 cups bone broth or chicken stock
- ✓ 1 TBSP coconut oil
- ✓ Handful of fresh parsley, chopped
- ✓ Salt and pepper to taste

Method

- ✓ Take a large pan and melt your coconut oil on a low heat.
- ✓ Add the leeks and cook until soft.
- ✓ Whilst the leeks are cooking, place your fish fillets in a small saucepan.
- ✓ Cover with coconut milk and pop the lid on the pan.
- ✓ Poach on a low heat until the fish is cooked through.
- ✓ Next, add your potatoes, broth and coconut milk into the pan with your leeks and simmer until the potatoes are tender.
- ✓ Using your fingers, flake the fish into the pan with the potatoes and coconut milk mixture.
- ✓ Season with salt and pepper to taste and add your parsley.
- ✓ Remove from the heat and serve.
- ✓ Alternatively, you can allow the recipe to cool and place in the fridge for later.

Crab Cakes

Now and then I'll treat myself to some crab or lobster. It all depends on whether I can get hold of decent quality meat.

If you're a fan of crustacean meat, try this recipe out but if not, just leave it alone!

Ingredients:

- ✓ 500g sweet potatoes, peeled and quartered
- ✓ 500g fresh crabmeat (a mix of brown and white meat)
- ✓ 1 lemon, rind grated and juice squeezed
- ✓ Large handful of fresh parsley, roughly chopped
- ✓ ½ organic red chilli, de-seeded and finely chopped (optional)
- ✓ 1 red onion, finely chopped
- ✓ Salt and black pepper to taste

Method

- ✓ Boil your potatoes in a pan of water until soft.
- ✓ Drain and return to the pan.
- ✓ Mash the crabmeat, parsley, salt and pepper into the potatoes.
- ✓ Mix in the chilli and onion.
- ✓ Divide into 12 portions of equal size and roll them into balls.
- ✓ Press down on the balls gently to form patties.
- ✓ Grill until both sides are browned.
- ✓ Squeeze the fresh lemon across the cakes.
- ✓ Serve with salad or veggies.

STOCKS and BROTHS

The H Pylori Diet Recipe and Cookbook contains recipes and methods for making bone broth and chicken stock, which are supremely nutritious bases for many recipes.

I also like my clients to use vegetable and mineral broth frequently, as it helps increase intake of minerals such as magnesium and potassium, which again are often deficient when we run lab tests (several years ago, my magnesium and potassium levels were tested and found to be very low).

Spending some time to make a big batch of mineral broth means you have it available to you for several days. It's quick and easy to make, and can be very helpful as a quick "tonic". You can also use it as a base for soups, casseroles, stews, etc.

Vegetable / Mineral Broth

Cut these ingredients into large chunks (yields 6-7 quarts)

- 6 unpeeled carrots
- 2 unpeeled medium onions
- 1 leek, both white and green parts
- 1 stalk celery including heart

Add these ingredients

- ✓ 4 unpeeled cloves garlic, halved
- ✓ ½ bunch flat-leaf parsley
- ✓ 4 medium red potatoes, quartered and skin on
- ✓ 2 yams or sweet potatoes, quartered and skin on
- ✓ 1 TBSP sea salt
- ✓ A 6-by-1 inch strip of kombu
- ✓ 2 bay leaves
- ✓ 12 peppercorns (or to taste)
- ✓ 4 whole allspice or juniper berries (or powdered allspice)

Method

- ✓ In a large (e.g. 12-quart) stockpot, combine all the ingredients.
- ✓ Fill pot with water to two inches below rim, cover and bring to a boil.
- ✓ Remove lid, decrease heat to low, and simmer a minimum of 2 hours.
- ✓ As the stock simmers, some water will evaporate; add more if vegetables begin to peek out.
- ✓ Simmer until the full richness of the vegetables can be tasted.
- ✓ Strain stock using a large mesh strainer.
- ✓ Bring to room temperature before refrigerating or freezing.
- ✓ Mineral broth can be frozen up to six months in a variety of airtight container sizes for every use.

CURRIED DISHES

I'm a big fan of curried dishes as they contain a wealth of ingredients that have health-promoting properties.

Cooked from scratch to make sure they don't contain too much oil and hidden processed ingredients, curries are a great way to get plenty of high quality nutrients into your body. What's more, they can be made in large batches and eaten for a day or two, saving a lot of additional meal preparation time. They can also be frozen.

You don't have to make curries spicy – just fine-tune them to your own taste.

Rooty Good Curry

This recipe is great for vegetarians, although it's a little low in protein. When I make this recipe I remove the beets (as I can't stand them!) and add several TBSP of collagen powder to add protein to the dish. Alternatively, I make this dish "as is" and have it as an accompaniment to some meat or fish.

Ingredients

- ✓ 1 parsnip, peeled and chopped into chunks
- ✓ ½ medium swede, peeled and chopped into chunks
- ✓ ½ medium celeriac, peeled and chopped into chunks
- ✓ 2 medium sweet potatoes, peeled and chopped into chunks
- ✓ 2 medium beetroots, peeled and chopped into chunks
- ✓ 1 organic onion, chopped
- ✓ 2 tsp cumin seeds
- ✓ 2 tsp coriander seeds
- ✓ 1 tsp fennel seeds
- ✓ ¼ tsp chilli powder (optional)
- ✓ 1 tsp ginger powder and 1 cinnamon stick
- ✓ 1 tin organic coconut milk or 1 cup homemade coconut milk
- ✓ 2 cups bone broth (from the recipe in The H Pylori Diet Recipe & Cookbook
- ✓ Salt and pepper to taste
- ✓ 1 handful shredded fresh coriander

Method

- ✓ Preheat a slow cooker to high
- ✓ Place all your veggies in the slow cooker
- ✓ Add your spices and herbs, stir and combine
- ✓ Pour in your coconut milk and broth
- ✓ You can add meat to this dish – if you are doing so, add it on top of the veggies and pop the lid on your cooker
- ✓ Cook on low for 6-8 hours
- ✓ Serve with fresh coriander

Lamb and Sweet Potato Curry

If you're a fan of lamb, you will enjoy this recipe – it's one of my all time favourites. There are a lot of gut-healthy herbs and spices in this recipe, and the balance of carbohydrates and protein is perfect.

Ingredients

- ✓ 1 kg organic grass-fed stewing lamb
- ✓ 4 large organic sweet potatoes, peeled and chopped into chunks
- ✓ ½ butternut squash peeled and chopped into chunks
- ✓ 2 handfuls green beans, halved
- ✓ 1 white onion, finely sliced
- ✓ 1 TBSP coconut oil
- ✓ 6 cloves garlic, crushed
- ✓ ½ inch piece root ginger, grated/shredded
- ✓ 2 tsp ground cumin
- ✓ 2 tsp ground coriander
- ✓ 1 tsp cayenne pepper
- ✓ 2 tsp turmeric powder
- ✓ ½ fresh organic lime, squeezed
- ✓ Salt and pepper to taste
- ✓ 1-2 cups bone broth (from recipe in H Pylori Diet Recipe and Cookbook)
- ✓ 1 ½ cups coconut milk (homemade)

Method

- ✓ Place the cumin, coriander, cayenne, turmeric, lime and salt into a bowl and mix with the lamb.
- ✓ Leave overnight if possible, or for at least one hour to marinate.
- ✓ Preheat your slow cooker to high.
- ✓ Lay your onion, sweet potato, squash and green beans in the bottom, before adding your lamb.
- ✓ Pour in the broth and coconut milk.
- ✓ Stir in the ginger, garlic and salt.
- ✓ Pop the lid on, drop the heat to low and leave for 6-8 hours.
- ✓ When you are ready to eat, serve in bowls with a handful of fresh coriander and a squeeze of lemon juice.

SOUPS

One of the reasons I love soups is that they can be made in large quantities and saved for later. You can throw all your healthy ingredients together and either blend them up or leave some of them unprocessed to make a “chunky” soup.

Luscious Lentil Soup

Whilst the chief protein source in this dish is lentils, there’s no reason why you can’t add chicken, meat, prawns/shrimp or fish.

I strongly recommend you soak your lentils in water for 12-24 hours before you cook them, as this helps to break down some of the phytates that can irritate your digestion.

Ingredients

- ✓ 8 cups mineral / vegetable broth (refer to the recipe above)
- ✓ 3 large carrots washed and sliced
- ✓ 2 stalks celery, diced
- ✓ ¼ fennel bulb, chopped (you can add whichever veggies you choose)
- ✓ 3 cloves garlic, minced
- ✓ 2 tsp garam masala powder
- ✓ 1½ cups red lentils, rinsed
- ✓ 1/3 cup quinoa
- ✓ 2 TBSP tomato paste
- ✓ 1 bay leaf
- ✓ I typically add some coconut oil into this recipe – sometimes as much as 1 TBSP.

Method

- ✓ Add all ingredients to a large pot and bring to the boil.
- ✓ Cook for 5 minutes, stirring occasionally
- ✓ Reduce the heat to low, cover and simmer for 30 minutes, or until the lentils and quinoa are tender.
- ✓ Discard bay leaf and serve.

Carrot Squash Soup

There is a lot of carbohydrate in this recipe, so I don't recommend consuming it on its own as it can cause a blood sugar spike (blood sugar stability is one of the most important factors we consider in our programs).

To make this recipe more balanced in terms of its protein to carbohydrate ratio, consider adding in several tablespoons of collagen or gelatin powder. Mix your collagen powder with water first, then once it's dissolved add it to the soup.

Ingredients

- ✓ 6 large carrots, washed and sliced
- ✓ 4 cups peeled and diced butternut squash
- ✓ 8 cups vegetable / mineral broth (refer to the recipe above)
- ✓ 2 tsp ground ginger
- ✓ 2 tsp orange zest, very finely grated
- ✓ Pinch of salt
- ✓ Consider adding black pepper, parsley or even coriander for additional flavour

Method

- ✓ Place all your ingredients in the pot and cook and bring to just under boiling point.
- ✓ Reduce the heat to medium low and simmer uncovered for 30 minutes.
- ✓ In a blender, puree the soup in batches until it is smooth.

CONDIMENTS

Homemade Mayo

Store-bought mayo is typically full of junk. One of the biggest problems is the large amount of vegetable oil used.

Excessive polyunsaturated oils in the form of sunflower, rapeseed (canola), safflower, soybean, corn, flax and other vegetable oils represents one of the biggest problems in nutrition today.

These oils upset digestive function, knock down the immune system, create inflammation, damage thyroid function, damage energy production and lead to weight gain and diabetes.

This homemade recipe replaces the cheap vegetable oils with organic olive oil, which is comprised of monounsaturated fatty acids that are more stable and less damaging in the body.

Ingredients

- ✓ 1 organic egg
- ✓ 1 organic egg yolk
- ✓ 1 tsp Dijon mustard
- ✓ Juice of 1 lemon
- ✓ 2/3 cup organic olive oil
- ✓ Salt to taste

Method

- ✓ Crack the egg and the additional egg yolk into a large mixing bowl.
- ✓ Add your Dijon mustard, 1 tsp salt and your lemon juice.
- ✓ As you are blending this mixture, add the olive oil slowly until it is all mixed in (adding the oil too quickly will cause the egg to separate).
- ✓ Add more salt to taste (if desired).
- ✓ Transfer to glass jars or containers and leave to stand for 7 hours.
- ✓ Pop in the fridge – it will keep for up to 2 weeks.
- ✓ You can add curry powder, cayenne, cumin, parsley, fresh lime juice and other flavor enhancing ingredients if you want to give your mayo a kick.

DESSERTS

I am a big fan of desserts and there's no problem eating them as long as they're full of high quality, health-promoting ingredients and don't overload your digestive system after a large meal.

Applesauce

Applesauce can be a condiment or dessert. Many of my clients like to make large quantities, store it in the fridge or even freeze it for later use. Others like to make gluten-free apple crumbles.

Applesauce is also great for people who don't like swallowing supplement capsules because the capsule can be emptied into the sauce, mixed in, and taken without much fuss (this is great for kids, too).

Ingredients

- ✓ 5-6 large cooking apples (in the U.K. I use Bramley apples)
- ✓ ½ cup organic butter or goat's butter (don't use cow's butter if you are unable to tolerate it)
- ✓ 1-2 cups water
- ✓ 1-2 cups high quality honey (you can use Manuka honey – it is more expensive but has anti-microbial properties in the gut, including activity against *H. pylori*)

Method

- ✓ Peel and core the apples.
- ✓ Cut them into pieces and cook in a pan with water until soft.
- ✓ Remove from heat and add butter.
- ✓ Allow the apples to cool then mash and sweeten with honey.
- ✓ Add some cinnamon (a flavourful and anti-inflammatory extra!)
- ✓ You can also use pears for this recipe, or mix apples and pears.

Supercharging this recipe

When I'm working with clients one-on-one, I often add immune-balancing ingredients to the applesauce recipe. This can assist with digestive healing. Depending on the specifics of my clients case, these can include:

- Larch arabinogalactans to add sweetness and food for "good bacteria".
- 1x *Saccharomyces boulardii* 250mg capsule sprinkled on the top or swallowed separately
- 1 mix of *Bifidobacteria* (mixed strains) 5billion CFU sprinkled on top or swallowed separately
- 1x LGG sprinkled on top – or swallowed separately
- ½ container of organic natural yogurt (dairy)

Stewed Cinnamon Apples

This is a very similar recipe to the applesauce one you just saw. I picked it up from Michael Ash DO ND and have found it to be incredibly helpful in bringing down inflammation and offering healing effects to the gut.

Ingredients

- 6 cooking apples (or apples of choice preferably grown organically)
- ½ cup water
- ½ cup raisins/sultanas (for added sweetness and fibre)
- 2 tsp cinnamon
- * you can use pears if you have an intolerance to apples

Method

- Peel and core the apples and chop them into small evenly sized pieces.
- Put all the ingredients in a covered, heavy-bottomed pan and cook for about 15 minutes, stirring regularly.
- Cook until soft with rough shapes, no longer identifiable as apple slices
- The colour should be a “russet brown” with the cinnamon effect.
- It can be eaten warm, or cold.

Why does it work?

Apples (and pears) are easier to digest when they're cooked. The cooking process breaks down cellulose making it easier for your digestive system to break down the components.

Research indicates apples, pears (and in some cases, carrots) provide the following benefits, especially if they are organically grown:

- Allergy protection against rhinitis and asthma
- Phenols in apples and pears offer excellent antioxidant protection
- Inflammation control
- Promote optimal gut bacteria balance
- Good source of fibre to help detoxification and bacterial balance

Cinnamon has been studied widely and has been shown to:

- Reduces inflammatory chemical production in the gut
- Promotes immune balance in the gut
- Fights unwanted microbes in the gut
- Improves blood sugar levels
- Acts as an antioxidant
- May be of benefit in reducing cholesterol levels and improving cardiovascular health

Basic Fruit Salad

When all else fails, I pull together a simple fruit salad using my favourite fruits, which happen to be forest berries, bananas, kiwis and pineapple (as long as the pineapple is fresh, ripe and sweet).

It's important that your fruit is ripe. Unripe fruit is harder to digest and may cause a lot of irritation to your gut. So I recommend you choose fruit that's in season wherever you are in the world!

Fruits contain glucose, fructose and sucrose (which is glucose + fructose).

Unlike grains such as wheat, oats and rice, which only contain glucose molecules, fruits and root veggies don't cause a large insulin response when eaten and, as a result, help to keep your blood sugar more balanced.

Ingredients

- ✓ ¼ organic watermelon, sliced
- ✓ 1 organic papaya, sliced
- ✓ ¼ organic pineapple, sliced
- ✓ 1 organic nectarines, sliced
- ✓ Mixed berries, or individually, strawberry, raspberry, blueberry, blackberry, etc.
- ✓ You can also add grapes, orange segments, peaches, kiwis and so on – there's really no end to the range of fruits you can use

Method

- ✓ Prepare your fruits and pop them in a bowl.
- ✓ Consider topping your fruit salad with cinnamon, vanilla or ginger powder to taste (don't be shy with experimentation!)
- ✓ As long as you tolerate cow's milk, you can add some fresh, live yoghurt
- ✓ If you tolerate goat or sheep milk, you can also try adding it

Russian Custard

I picked up this recipe from Dr. Natasha-Campbell McBride's book on "Gut and Psychology Syndrome" and immediately fell in love with it as I'm a bit of an egghead (meaning I love eggs!)

Be aware that some people have trouble with egg allergy and intolerance, so if you avoid eggs for a few days and feel better, then add them back in and feel worse, this recipe is probably not for you until your digestion is properly healed.

Ingredients (for one person – multiply for appropriate number of people)

- ✓ 2 free range, organic egg yolks
 - Do not use commercial, battery-produced eggs
- ✓ ½ - 1 tsp honey

Method

- ✓ Separate egg yolks from whites.
- ✓ Add honey and whip the mixture until thick and almost white.
 - Use Manuka honey if you want additional "anti-microbe" activity against things like H pylori
- ✓ Makes a great dessert.
- ✓ Can be added to fruit salads, applesauce, stewed apples, etc.

THAT'S IT!

Well, that's just about it for now. I hope you like these recipes, and **that** you make great use out of them.

Don't forget soon you'll be able to 66 more recipes just like these – complete with photos - in the brand new full cookbook.

Even if you got rid of H pylori a long time ago, and even if you don't have symptoms, it's a really great resource to help you continue implementing a healthy eating plan!

I very much look forward to sharing a ton more helpful information with you in 2016 and am so grateful to be able to share the love with you.

Best,
Dave.

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