

GHA Cystitis Natural Support Core Plan

Resource 2



Your 6-Day Natural Prescription





"Let food be thy medicine
and medicine be thy food"

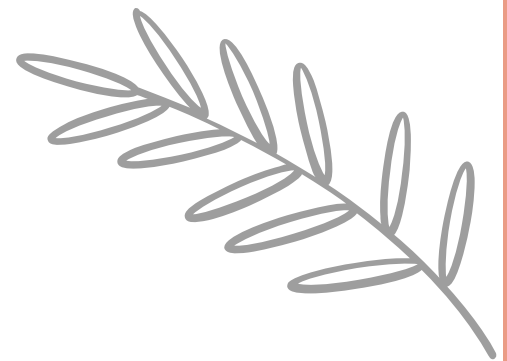


Welcome to your natural prescription.

This resource supports you with the key principles fuelling and hydrating and is to be used alongside your 6-day schedule.

To remind you, the foods and drinks within this natural prescription have been carefully selected for their powerful vitamin and antioxidant properties.

Substitutes should only be made if absolutely necessary. (An alternative foods list has been provided within your shopping list)



This resource also advises you on the food and drinks that will **maximise** your recovery as well as those that are best to **avoid** so please read carefully.

Your natural prescription is grouped by days 1-3 and days 4-5.

The food and drinks in your natural prescription are to be consumed alongside your regular meals. Your 6-day action schedule will guide you on how to do this.



To make things easier for you, I have provided you with a shopping list with all the food and drinks listed in this prescription, along with the quantities you will need to buy them in.



Your Natural Prescription

Days 1- 3

- **3 kiwis**
- **2 portions of berries**
(portion = 1/3 or a 150g punnet)
- **2 oranges**
- **3 lemon and ginger teas** (freshly made or herbal form)
- **2 herbal teas of choice** (recommend echinacea & berry, matcha green or ginger & turmeric)
- **2 litres of water**
(Drink over the day)





Days 4-6

- **2 kiwis**
- **1 orange**
- **1 portion of berries**
(portion = 1/3 or a 150g
• punnet)
- **2 lemon & ginger teas**
(fresh or tea bag)
- **1 herbal tea**
(recommend echinacea
and berry,
• matcha green or ginger
& turmeric)
- **2 litres of water** (drink
over the day)

Food and Drinks to Support Your 6-Day Plan

The food and drinks in the following supporting foods list may help to improve how you digest and absorb vitamins and minerals into your body.

This can provide well needed support to your defence system as it works to fight your infection.

It is beneficial to include as many of the foods from the additional supporting foods list in to your meals as you can over the 6 days

The mineral **iron** can help you to absorb vitamin C more easily. I recommend that you include foods that are rich in iron in your breakfast, lunch and dinner.

Choose a variety that you like from the list provided.



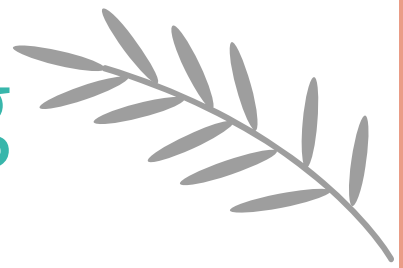
Iron Rich Foods

- Dark green leafy veg e.g. spinach and kale
- Broccoli
- Avocado
- Beetroot
- Peas
- Sweet potato

- Eggs
- Red meat• e.g. lamb
- White meat• e.g. chicken,
- Fish • e.g. salmon mackerel (Limit high mercury fish such as tuna if pregnant)
- Shellfish• e.g. prawns (Avoid shellfish if pregnant)
- Legumes• e.g kidney beans & chickpeas
- Dried fruits• e.g. apricots
- Quinoa
- Tofu
- Dark chocolate• >70% cocoa solids (dairy or non-dairy, . keep daily intake low)
- Seeds• e.g. pumpkin &, sunflower (Do not consume include if you are allergic)



Additional Supporting Foods List



- Other fruits e.g. strawberries, watermelon, papaya, guava, blackcurrants, pineapple, grapefruit, apricots, blackberries (1 or 2 extra a day)
- Vegetables e.g. sweet potatoes, aubergine, peppers, courgette, white potatoes, garlic, onion, edamame, carrots, beetroot, kale, mushrooms (No limit)
- Legumes e.g. chickpeas, kidney beans, lentils, butter or cannellini beans, black eyed peas, lima beans (1-2 portions per day)
- Fresh & dried herbs e.g. basil, coriander, parsley, rosemary, thyme, chives, sage, mint (No limit)
- Spices e.g. turmeric, cinnamon, cumin, oregano, paprika, black pepper (No limit)
- Live culture foods e.g. kimchi, sauerkraut, fermented beetroot, apple cider vinegar, kefir, other live yoghurt, miso (1 or 2 portions per day)
- Olive oil (1 – 2 tbsps.)
- Raw honey (1 – 2 tsps.)
- Drinks e.g. black tea, nettle tea, beetroot or carrot juice, kombucha (an extra 1 or 2 per day)



Caution!

As fruit contains natural sugar it has the potential to raise the level of sugar within your blood for a short time.

This should not be an issue for healthy individuals over the 6-days and the benefits of eating the whole fruit should out way the temporary spike in blood sugar.

However, it may be a problem if you are diabetic and have difficulty controlling your blood sugar levels.



If you have diabetes, please seek advice from your doctor before starting this plan.

Managing Blood Sugars

Eating a small portion of protein rich food along with fruit can slow the speed at which the sugar is released into your bloodstream and limit sugar spikes.

This list provides you with some protein rich options.

DO NOT consume any of these food if you are allergic



- **Nuts all types** - choose by preference, 3-5 nuts per portion
- **Seeds all types** - 1/2 tablespoon
- **Lean meats** e.g. cooked chicken - small portion
- **Oats** e.g. 1-2 oat crackers, toasted oats or low sugar granola
- **Lentils** - e.g. 1 -2 falafel
- **Bean & Pulses** - 1 serving of toasted and spiced chickpeas• (see recipe)
- **Quinoa** (small portion puffed quinoa snack)
- **Tofu** - small, cooked portion
- **Edamame beans** - small, cooked portion
- **Eggs** - ½ boiled egg

Helping You Maximise Your Recovery



"Food has the power to heal us"

Dr. Mark Hyman

Food and Drinks to Avoid

There are certain food and drinks that do not support the healthy functioning of your defence system.

These include food and drinks that are:

- **High in refined sugar**
- **High in unhealthy fat**
- **Highly processed**

Consuming this type of food and drink can add stress to the body and deplete it of the energy you need to fight the infection.



High amounts of refined sugar can feed the harmful bacteria and help it to thrive.



To maximise the effectiveness of your natural prescription, it is advisable to avoid or keep to a minimum the following food and drinks over the next 6-days:

- **Sweet foods** e.g. biscuits, cakes, pastries, chocolate bars, sweets, jams, desserts, puddings & ice cream
- **All alcohol**
- **High amounts of caffeine** (Advise no more than 2 caffeinated drinks per day, ideally drink in the morning and avoid if pregnant)
- **Sweetened and fizzy drinks** e.g. coke cola, lemonade, energy drinks, milkshakes and fruit juice (smoothies and juices containing the whole fruit are okay)
- **Some dairy** e.g. margarine, spreads, burger cheese, sweetened yoghurts. Keep other good dairy intake low such as butter and milk but you do not need to avoid. Live yoghurt can be consumed daily
- **Highly processed foods** e.g. white breads, crumpets, savoury pastries, crisps, chips, ready meals, meat & dairy substitutes & pre-packaged pizzas etc.
- **High fat and processed meat** e.g. ham, salami, burgers & sausages



A Final Note...

Once you have recovered from your infection, in moderation, the foods & drinks to avoid can be included as part of a balanced and healthy diet and lifestyle.



If you are looking for support to make healthy change
and find balance in your diet & lifestyle, please
contact me at
carla@thegoodhealthally.co.uk

Please move on to resource number 3