

# GET BACK ON TRACK



fresh thinking on physical resiliency - the silent world of chronic exposures

## FOCUS FOODS

SCOTT ROGAN QPT1, 15 January 2019.

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### ALKALINE BUFFERS

Consuming weak organic acids:

- Lactic acid from cultured dairy
- Citric acid from lemon & lime
- Malic acid from unfiltered apple cider vinegar / apples
- Acetic acid from apple cider vinegar
- Lacto-fermented foods such as sauerkraut, beet kvass, pickled veges e.g. pickled onions & other veges, beetroot pickled in vinegar.

Supplying alkaline buffers:

- Sulphate from poultry gristle, broths & stocks
- Oxalate from spinach
- Phosphate from good quality full fat cottage cheese or quark
- Phosphate from egg lecithin, green leafy vegetables
- Phosphate from prepared pumpkin seeds, nuts
- Bicarbonate stimulation from lemons & limes
- Bromelain from pineapple
- Papain from Papaya

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### Easily Digestible Proteins

- Homemade soups, casseroles, stews e.g. chicken, peas, lentil & ~~lamb~~, chicken, beef beef stew or pot roast.
- Chicken Stew
- Almond butter
- Homemade humus using chickpeas & flaxseed oil
- Gelatin (lemon jelly recipe)
- Gelatinous homemade broth.
- Green Peas, green pea soup.
- Buttermilk
- Cottage Cheese
- Soft cheeses incl. brie & camembert.
- Soya Milk unsweetened – see Terrie for recommendation.
- Preservative free Gelatin.
- Whey Protein Powder (see Terrie for recommendation and if contraindicated for you)
- ~~Bean & Short Grain Brown Rice Combo (see recipe).~~

Easily Digested Proteins: these amino acids are needed to give your body available proteins, so that it is not depleting your amino acid storage. Otherwise this plays a role in connective tissue breakdown.

### Easily Digestible Proteins include:

Soups: pea, lentil & ~~lamb~~, chicken, beef, beef stew or pot roast. Baked chicken. Almond butter, hummus. Preservative free gelatin.