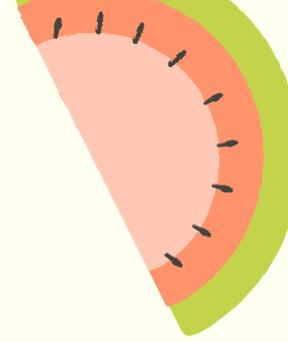


The background features several stylized illustrations: a brown shape with coffee beans in the top left, a teal shape with a yellow fish in the top right, a yellow heart in the middle left, a yellow tree in the bottom left, and a red shape with almonds and a green leaf in the bottom right. A trail of small light-colored dots descends from the top right towards the center.

HEAL WITH DIET

Personalizing your diet to
heal your body



The Heal with Diet Media Kit



THE AUTHOR

"It may be confusing to navigate the many diet protocols in the market but it is my hope that this book will provide a roadmap to have a clearer direction to guide you on a diet that is most suitable for you or your family." - Dr Ho See Yunn

DR HO'S BIOGRAPHY

Dr Ho See Yunn is a Family Physician with more than 15 years' experience.

She is board certified in both Singapore and Hong Kong and received her specialization in Family Medicine from Singapore. Dr Ho holds a diploma from the New York Institute of Integrative Medicine in Integrative Health and Nutrition. She received her Advanced Fellowship in Functional and Nutritional medicine and peptide certification from the American Academy of Anti-ageing and Regenerative Medicine. In addition, Dr Ho received biological medicine training in the Swiss Biological Medicine Academy. Dr Ho believes in treating the patient holistically and finding the underlying root causes of disease. She takes a biochemical, nutritional and genetic approach in managing patients with chronic diseases.

INTRODUCTION

Food is medicine. Through my years of being a practitioner, I have learnt more and more that medicine is only one part of the treatment, changing the diet and maximizing nutrients promises a more optimal health outcome for the patient and it is more sustainable for their health in the long run. Unfortunately in medical school, we were only taught how to prescribe medicines for treating different conditions. Nutrition was thought of as something out of our realm and whenever the topic of nutrition comes up, doctors would conveniently refer their patients to a nutritionist for further management. This approach, in my opinion, is inadequate as nutrition and diet change should be the first step of change advocated by doctors and practitioners rather than as a last resort. I have seen countless patients who improve exponentially in their condition by just eliminating certain foods in their diet and incorporating the right nutrients into their diet. These patients usually would have seen countless doctors and specialists who did multiple tests for them without finding a cure for their problems as they did not first deal with the root cause of the issues which is food and nutrition.

It could many times be a food allergen like gluten or dairy causing issues like inflammation and autoimmunity, or on the other hand, it could be nutritional deficiencies that makes the condition worse like vitamin B12 deficiencies causing chronic fatigue and brain fog symptoms. This book is written in the hope of educating both doctors, practitioners and patients what are the different types of therapeutic food plans there are available and how to navigate the confusing food plans there are to approach different medical conditions. Diet and nutrition should not be a one size fit all approach. Instead, it should be personalized to meet each individual's nutritional needs and use food as medicine to heal.

Wishing you best health,

Dr Ho



THE HEAL WITH DIET FOOD PLANS

The Optimal Health Diet

For optimizing nutrients in the diet for everyone for health and longevity.

The phytonutrient spectrum

Introducing the different types of phytonutrients in different colored fruits and vegetables that can be incorporated into the diet.

The Cardiometabolic Diet

Designed in accordance with the mediterranean diet to incorporate anti-inflammatory food and heart health nutrients for patients with lipid or cardiovascular issues.

The Elimination Diet

For patients with chronic allergies to eliminate possible food allergens in their diet which might be causing their symptoms, and then re-introducing them at a later stage.

The Mitochondria Diet

Designed to include a more protein and ketogenic food intake for enhancing brain health and mitochondria function.

The Anti-candida Diet

This diet excludes all sugars and carbohydrates and is useful for patients suffering from frequent yeast or Candida infections.

The Low-FODMAP Diet

Eliminates a specific group of sugars and carbs for patients with Irritable Bowel Syndrome or frequent bloating from Small Intestinal Bacterial Overgrowth.

The Detox Diet

Encourages a clean diet with nutrients and antioxidants to optimize phase I and II of liver detoxification.

The Weight Loss Diet

Incorporating the Detox Diet in the first stage, then the Mitochondria Diet in the second stage and the Optimal Health Diet for maintenance while encouraging caloric restriction and intermittent fasting

BEETROOT, BROCCOLI AND MILLET SALAD

This is a delicious salad that is great for cardiovascular health. It contains:

- beetroots that enhance nitric oxide for maintaining blood pressure and healthy blood vessels
- broccoli containing sulforaphane for detoxification
- olive oil with oleic acid for maintaining good cholesterol
- cashews with monounsaturated fats
- millet that is gluten free and contains lots of fibers, vitamins and minerals for heart health



STAR INGREDIENTS

- Beetroots
- Cruciferous vegetable - broccoli
- Cashews
- Millet - gluten free low glycemic index grain





Rosemary

LEMON AND COCONUT TART WITH PUMPKIN SEEDS TART BASE

This is a beautiful lemon rosemary tart which is full of nutrients with healthy fats from the sunflower seeds, coconut, coconut oil and cashews. It is high in antioxidants from the rosemary herb and vitamin C from the citrusy lemons in the tart and the raspberries. It gets its natural sweetness from dates and maple syrup to balance the tartness of the lemons, ending up with a beautiful balance of sweet and sour in this desert. Just what I like in my desert.. to be guilt free and delicious.

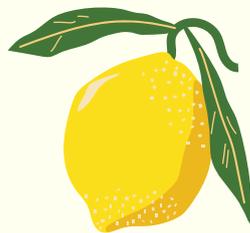
STAR INGREDIENTS

ROSEMARY
HERB

SUNFLOWER
SEEDS &
CASHEWS

COCONUT OIL
AND COCONUT
FLAKES

LEMONS AND
RASPBERRIES



"I hope that this book will empower you to make positive changes to your health."

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PLEASE VISIT MY WEBSITE- WWW.THEFMCOLLECTIVE.COM

