



**Eat well
Be well**

MANAGE INFLAMMATION

MANAGE YOUR HEALTH



MATTHEW SIMPSON

Eat Well Be Well
Manage Inflammation, Manage Your Health
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Foreword

*I have been profoundly impressed by the contents of this book, more relevant and needed today than ever before. And this made all the more so because I had the privilege of knowing Matt Simpson, author and savvy cook, over his lifetime. **Eat Well Be Well: Manage Inflammation Manage Your Health** is a resource that concisely contributes to the fundamentals of good health like no other book I know of.*

*I am honoured to write this foreword as I believe in the importance of getting the wealth of health messages so competently conveyed in **Eat Well Be Well** to the world.*

*I encourage you to read **Eat Well Be Well** carefully and thoroughly with a mind that is open to having beliefs that may have been formed and held long term challenged and reconsidered— especially about what are the fundamentals that lead to good health.*

This book is transformative. Through his lived health experiences and search for knowledge that would help him regain wellness, Matt has shown incredible understanding as well as insights, and competently conveys these in plain and simple language. He has compiled this book in an easy-to-read and highly informative way as a gift to you the reader. All supported and added to further, through wonderful photographs, beautiful art work and fun cartoon graphics.

*The importance of understanding the basics of eating nutritious food and making this available to everyone to ensure our good overall health is aptly spelt out throughout the book. To back this up, the need to have the fundamentals of plain and wholesome foods cooked with care along with fresh ingredients are also amply covered in **Eat Well Be Well**. The comprehensive information section is backed up in the book's recipe section by plentiful practical examples of good food choices and a range of delicious and wholesome meals, snacks and drinks— and these, intentionally selected from a range of different ethnic cuisines.*

In his very caring way, Matt sheds light on what is crucial to understand about the essentials of nutrition and digestion as well as the gut, and where inflammation plays a key role in undermining our health. If left undiagnosed and unmanaged, long-term inflammation and oxidative stress, will potentially set us on the pathway to debilitating or catastrophic health outcomes.

*Bio Balance Health is a training and research organisation for dedicated doctors throughout Australia, Asia and the rest of the world. Our approach utilizes modern medical technology to measure relevant biochemistry changes, especially in relation to mental health, and teaches the use of high dose nutrients to restore physiological health. By applying measurable science, our doctors witness firsthand the remarkable and convincing results for their patients this addition to health management approach provides. **Eat Well Be Well** very much complements this perspective.*

You, the reader, are fortunate to have such accessible information packaged concisely so that you can readily apply what Matt came to know and appreciate. It is all here for the taking.

Enjoy, value and then benefit from this book.

Alison

Alison Harrington

Chair, Bio Balance Health www.biobalance.org.au

Why Eat Well to Be Well in the Covid era... a note from the publisher

Supporting our health through good diet has never been more important than during these ongoing challenging times of Covid and its lingering after effects. Many will find Matt Simpson's book a useful health resource in assisting with post-Covid-19 recovery and, for those fortunate enough not to have yet succumbed, as a preventative health tool to shore up your underlying health and offset the impact of this and other viruses.

The focus of this book is on managing systemic inflammation. For many folk who experience significant health issues and long term effects post-Covid-19, this aftermath of the virus has been shown to lead to a "cytokine storm" producing an exaggerated inflammatory response that attacks the body potentially causing severe damage.

What we already know is that inflammatory responses are now being more widely understood and recognised, especially by those in the nutritional and environmental medical field, as precursors to a wide range of physical diseases and mental health disorders. If left unmanaged, systemic inflammation is increasingly recognised as a precursor to lack of health, which may possibly then progress to illness and disease.

In essence, this book's contribution is state-of-the-art. Given its focus on managing systemic inflammation, this book provides a valuable resource by putting its wealth of information into practice. This timely information will likely help in preventing long-Covid and generally assisting with post-Covid-19 recovery.

Eat Well Be Well has gained interest from the nutritional/ integrated medicine field where it has been considered to be "speaking simple truths about diet and nutrition". The book does not push any one dietary approach but rather informs and educates from a base of widely-accepted contemporary knowledge.

This publication combines two great offerings:

1. A wealth of easy-to-understand information presented as a series of steps that supports the reader towards making good food choices. This includes sections on why diet matters as well as crash courses in nutrition, gut health and digestion, along with how diet and lifestyle factors come together and how inflammation can be better managed.
2. This information is then practically applied through easy-to-follow recipes for everyday meals, snacks and drinks, which focus on the health-promoting value and use of real whole foods. All recipes have been tested and proven and come complete with photographs of the final dish as well as individual photos for most of the step-by-step preparation guides.

Both the information component of the book as well as the recipe section emphasise the value of managing inflammation as a pathway to promoting and maintaining better health, with each recipe providing an Inflammatory Factor Rating (IFR) along with a Glycaemic Load rating (GL). The IFR is stated per serve as developed by renowned US-based nutritionist Monica Reinagel. Both these ratings make it possible to monitor the likely inflammatory effect on our body of the meal.

You are wished well!



A MESSAGE FROM THE AUTHOR, FOOD CREATOR AND COOK

When considering content to cover in this book I used the yardstick ‘*would this information directly benefit the health of a substantial number of people reading these pages?*’ and include all those things that I considered to make this grade. So the result is that a lot of this book contains a run down of nutrition and digestion as well as their combined effects on a ‘useful-to-know’ basis... and that’s also where inflammation fits into the picture.

Right up front, let’s be clear that **nutrition** is primarily about the food we eat and the value we may be able to get from it, while **digestion** is the actual value our body will take and absorb from what we eat— with **inflammation** being a process that can get in the way of a positive outcome for our health and general well being. All three go hand-in-hand and are super important components to know about when we seek to manage our health and add value to our lives through what we eat from day-to-day. Having some basic information about all three will help you take the necessary steps to make better decisions about your diet that will in turn lead to better health.





After reading this book, the idea is that you should never have to feel bad about a food choice that you make ever again— because you'll be pretty confident that you know what you're doing. I know that before I became familiar with nutrition I would sometimes enjoy a meal less because I knew that I didn't know if it was the right thing to be eating, or 'how bad' it was. And there are so many unclear messages and perceptions around food.

So as an exercise to start with, ask yourself now, for example: 'how bad is a pie for me really?' How do we measure this consideration when we're choosing what to have for lunch? Is it just time and money? If we do consider the healthfulness of our food, then where do we start? Firstly, there is a tendency to naturally categorize foods into what's 'good' and what's 'bad'. A pie is tasty and convenient, but it seems to be in the 'bad' category.

And then we might have scales we've developed about how 'good' or 'bad' a food is compared to others – for instance, for whatever reason, we might have decided fried chicken is worse than pies, salad is better than pasta and so on. But diet is a balancing act, so how do we work out trade-offs between 'good' and 'bad' foods?

Well, let's try and see: how much 'better' is a pie if I eat it with a salad? Has it become a 'good' meal yet? Is it just neutral? What about different kinds of salad, or pies for that matter? I can tell you now, that pie is probably not as bad as you think. Not only that, but eating it with a salad makes it a lot better for you. And the type of salad is important. A spinach salad will make it a much better meal than a lettuce-based salad would and probably cost you not a lot more! And right there you've made the type of choice that is going to help you feel better, be healthier, get more done, have more time for yourself and so on. Do not underestimate the positive difference that small choices will make. But to make the choices, you've first got to understand how.

This book focuses on the everyday choices we can make that will improve our health and provide us with the means to live life more fully. But before we waste any more time, let's take the first step and decide if diet really does matter.

Do not underestimate the positive difference that small choices will make...



Step 1

DECIDE IF DIET MATTERS

What's the fuss –
is diet actually important?

We probably all know at least someone— maybe even ourselves— who is fit and healthy but does not consider the quality of their diet at all. This makes us wonder ‘is all this diet talk just hot air’? Likely we all know someone who is full of energy and always raring to go but who lives on pies and cola, and maybe smokes and drinks like it’s nothing.

When we look around at other folk and try to get a sense of how important diet is in people’s health on a person-by-person basis, it’s very difficult to get a good impression of just what’s going on. This is because of the interrelatedness of diet with other factors that contribute to health— for example lifestyle, exercise, genetics, personality to name a few— and the combination of these factors can sometimes give a misleading impression around diet.

*Generally as a rule of thumb, the healthier you are,
the worse a diet you can afford to have*

This is an important distinction to make. For someone like our nonchalant friend who appears healthy, yet what they eat doesn’t seem to matter, it could be that they are already so naturally healthy that diet seems to matter less for now.

