

## We Recommend Low Heat Jo Francks, M.H.

We often get asked what someone can use to low heat food when they are transitioning to Dr. Christopher's Mucusless Diet. I have experimented with many gadgets and appliances. There is one I have found that is not too costly and can be used for multiple purposes including low heating food.

An electric skillet with a dial controller allows you to adjust the temperature to below the warm setting. The one I use is a Rival and is common in many department stores. There are other brands also available. To get the temperature to below 130 degrees you first add water to about a half inch from the top. Turn the dial until the light comes on and put the lid on. Leave this for 6 hours or overnight and check the temperature with a thermometer. Adjust the knob higher until you reach the temperature desired (130 degrees) and use a permanent marker to mark the spot on the dial.



I use this to low heat grains and vegetables and to extract herbal oils or make decoctions. The skillet I have has a nonstick coating so I put a pyrex glass pan in the skillet and that's what I put the food in. This opens up a wider range of warmed food to eat on the Mucusless Diet and is especially nice in the winter.