

# Rick Hammond

Chef de Cuisine at The Onion Tree Cafe

Rick@oniontreecafe.com

---

## Summary

I am a self-taught personal chef who has struggled with diverticulitis, IBS, IBD and ulcerative colitis for over thirty years. During this long journey I have followed the Pritikin, Natural Hygiene, Vegetarian, Fruitarian, Vegan, Blood-type, Zone, Specific Carbohydrate and Atkin's diets. I have experimented with vitamins, minerals, herbs, colon cleanses and fiber supplements all to no avail. Gastroenterologists have either advised a high fiber diet or prescribed anti-spasmodics and anti-inflammatory drugs that mask or "manage" symptoms but the general consensus I'm getting from these doctors is that IBS/IBD patients have an idiopathic disease for which there is no known cure. Now I follow a strict low-carb, low fiber and low residue Paleo diet and have found relief from my GI problems, lost over 30 lbs and have no need for ADD or seasonal allergy medications. I have also lowered my BP, improved my lipid panel and lowered HbA1c and HS-CRP. Let me share my experience and the knowledge of biochemistry and nutrition that I have gained thus far. An ancestral diet can definitely help you to control your weight, have better moods and mental focus, live pain free and increase your energy and longevity.

## Specialties

Even if you do not follow a Paleo diet, you owe it to yourself to try my Paleo Fusion cuisine at one of my "Caveperson" Dinner Parties. Paleo Fusion cuisine is both uniquely delicious and healthful because it combines our ancestral diet with ingredients, flavors and cooking techniques from many different world cuisines. My menus are always designed to be allergen-free & anti-inflammatory plus you will be amazed and very pleased with my flavor combinations & food presentation skills!

---

## Experience

### **Chef de Cuisine at The Onion Tree Cafe**

March 2008 - Present (3 years 9 months)

I grew up in East Irondequoit a suburb of Rochester NY and attended SUNY Fredonia from 1970-1980 where I joined the Fredonia food co-op and learned natural whole-foods cooking. Also this was where I was first exposed to the Liu Seong Royal Gung-fu system which I still study in Rochester and Fairport NY. Formerly a jazz composer/arranger, recording engineer and studio tech in NYC I am now a personal chef, nutrition coach and martial arts trainer providing Paleo diet meal plans and elegant, scrumptious allergen-free dinner parties. I can provide Paleo-nutrition counseling with an emphasis on restoring Leptin-sensitivity, thyroid function and reversing hypercortisolism. If you don't need me to do the actual cooking for you, I give ketogenic, low-carb and Paleo diet cooking lessons. I also provide private instruction in Indonesian-Chinese Gung-fu for self-defense, stress reduction, flexibility and weight control. I am here to work with clients and their

doctors to provide a diet oriented and evolutionary perspective as a nutrition coach, cooking teacher and personal chef. I can suggest specific blood tests and based on the evidence of that lab work, we will work with your health care provider to achieve healthy weight loss as well as reversing or preventing chronic diseases and conditions such as diabetes, acne, hypertension, osteoporosis, CVD, atherosclerosis, autism, autoimmunity, neurodegeneration and cancer.

---

## Skills

**Diet to Prevent Chronic Inflammation**

**Scrumptious Allergen-free Menus**

**Creative and Unique Menu Planning**

**Diet to Restore Leptin Signaling and Thyroid Function**

**Diet to Reverse Metabolic Disorders**

**Diet to Reverse and Prevent Syndrome X**

**Gourmet Cooking Technique**

**Artistic and Beautiful Food Presentation**

**Safe and Healthy Weight-loss Diet**

**Anti-Cancer Diet**

**Best Diet to Overcome Autoimmune Diseases**

**Diet to Reverse Neurodegenerative Diseases**

**Diets to Overcome Autism, Depression and Schizophrenia**

**Advice on Vitamins and Supplements**

**Recommendations for Specific Blood Tests to Confirm Dietary Changes**

---

## Education

**State University of New York College at Fredonia**

B.S., Sound Recording Technology, Music Ed. K-12, 1970 - 1980

---

# Rick Hammond

Chef de Cuisine at The Onion Tree Cafe

Rick@oniontreecafe.com

---



[Contact Rick on LinkedIn](#)