### The following pages will give you tips on how to restore your gut health.

If your digestive system is unhappy and if you are experiencing a lot of food sensitivities and gut disruptions, it is important to honor your sensitivities for some time so the inflammation can calm down. Many times, even healthy foods can be sensitive to your tummy. Honor the sensitivities. The following pages can help you with ideas to put you on that journey to gut restoration.

Follow the 4-Step Plan to Heal Leaky Gut. The four-step plan includes:

**Remove** foods and factors that damage the gut. Gluten, alcohol, caffeine, refined sugar, high fructose fruits, including dried fruits, dairy. Remove for a minimum of 6 weeks up to 4 months depending on the individual circumstance.

**Replace** with healing foods. A high alkaline, low fat, high fiber plant-based diet.

**Repair** with specific supplements. See the protocol included in the workshop.

**Rebalance** with high quality probiotics (at least 15 billion count, dairy free, gluten free and soy free) and fermented foods.

**Find helpful Natural Prokinetics.** Natural prokinetics are substances that help stimulate gut motility, promoting the movement of food through the digestive tract. Examples include ginger, artichoke, peppermint, turmeric, certain probiotics, which can aid in digestion and alleviate symptoms like bloating and constipation.



# TOP 10 FOODS THAT HURT YOUR GUT

GLUTEN

CAFFEINE

DAIRY PRODUCTS

ALCOHOL

rocessed

Meats

**SWEETS** 

Refined

Foods

UNSTABLE

OILS

**Artificial** 

ALLERGENS

#### GLUTEN

Wheat, rye, barley, spelt, kamut, triticale – damages gut lining, difficult to break down and digest, and creates inflammation

#### **DAIRY PRODUCTS**

(There are lots of hidden sources): milk, cheese, ice cream, sour cream, and most commercially baked goods – create mucous and inflammation, which interferes with absorption

### PROCESSED MEATS

Cold cuts, commercially raised animal products, and farmed fish – disrupt the gut flora

#### REFINED FOODS

White flour, white rice, processed packaged foods, crackers, cookies, bread – deficient in vitamins and minerals, imbalance blood sugar, and feed unfriendly gut microbes

#### ARTIFICIAL

Colorings, flavorings, and sweeteners, i.e. aspartame – damage the gut lining

Coffee, black tea, soft drinks – thin the digestive lining

CAFFEINE

#### **ALCOHOL**

Causes intestinal permeability by suppressing the production of anti-inflammatory prostaglandins

#### **SWEETS**

High fructose corn syrup, sugar, molasses, rice syrup, agave, artificial sweetener, and all forms of sugar (except possibly low-glycemic whole fresh fruit) feed yeast and undesirable bugs

### **UNSTABLE OILS**

Hydrogenated, trans fats, all commercial oils (except olive, coconut oil, flax, and hemp), and all heated polyunsaturated oils – disrupt omega-3-to-6 fat balance, leading to inflammation that disrupts the gut lining

#### **ALLERGENS**

All known and suspected ones create inflammation, and contribute to leaky gut



Contains sulforaphane which has been shown to be a potent gut healer and detoxification inducer

#### **BRASSICAS**

including broccoli, cabbage, cauliflower, kale, Brussels sprouts

> CHICORY ROOT

Contains inulin, a prebiotic that supports healthy gut fiora and digestion

Contains
inulin, a prebiotic
that supports
healthy gut
flora, bitters
that help bile
flow, and stomach
acid production

**DANDELION** 

BROCCOLI SPROUTS

Especially good for enhancing detoxification and as an anti-cancer food

Contains inulin, a prebiotic that supports healthy gut flora

JERUSALEM ARTICHOKES

**CHIA SEED** 

Mucilage, intestinal broom, rich in anti-inflammtory essential fats

Contains inulin, a prebiotic that supports healthy gut flora

JICAMA

**FLAX SEED** 

Mucilage, intestinal broom, rich in anti-inflammtory essential fats

## THE TOP-EVERYDAY FOODS THAT HEAL YOUR GUT

Contain limonene which soothes and heals the digestive tract's mucous membrane and supports detoxification

CITRUS FRUIT PEELS

**GARLIC** 

Contains inulin, a prebiotic that supports healthy gut flora, anti-parasitic, antimicrobial

Anti-parasitic, anti-inflammatory, supply zinc, which helps in the repair and regeneration process and immune system

PUMPKIN SEEDS (RAW)

ONION

Contains inulin, a prebiotic that supports healthy gut flora, anti-parasitic, antimicrobial

Especially good for enhancing detoxification and as an anti-cancer food (broccoli, kale, cabbage, radish, mustard, etc.)

**SPROUTS** 

Green Leafy Vegetables and their juices Provide protein and nutrients to aid in leaky gut repair and detoxification

Anti-fungal, anti-viral, helps decrease, candida overgrowth

VIRGIN COCONUT
OIL

**BURDOCK** 

Contains inulin, a prebiotic that supports healthy gut flora



### **ALOE VERA**

Anti-parasitic, mucilage



### GINGER

Anti-inflammatory, soothing to the GI system



### TIIRMFRIC

Anti-inflammatory, antioxidant, antimicrobial



### OREGANO

Antimicrobial



### THYME

Antimicrobial



### ROSEMARY

Anti-parasitic, mucilage



### CHAMOMILE

Aoothing and calming



### FENNEL

Antimicrobial



### MUSTARD

Especially good for enhancing detoxification and as an anti-cancer food



### LICORICE

Repairs damaged mucous membranes (avoid if you have high blood pressure)



### SLIPPERY ELM.

Mucilage, healing to damaged mucous membranes



### MARSHMALLOW

Mucilage, healing to damaged mucous membranes

