

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.

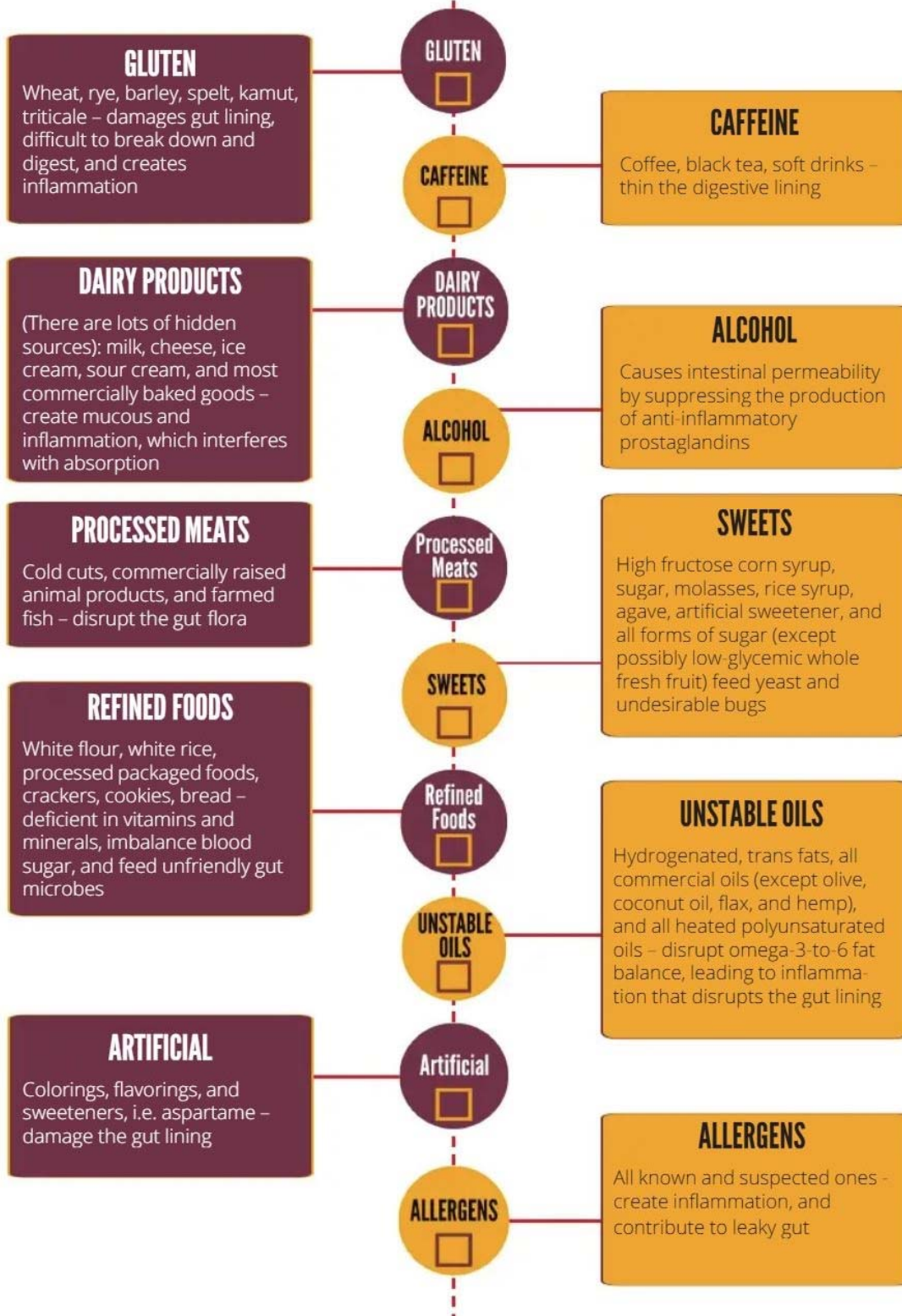
Repair with specific supplements. See the protocol included in the workshop.

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



THE TOP EVERYDAY FOODS THAT HEAL YOUR 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 flora 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-inflammatory
essential fats

Contains
inulin, a
prebiotic that
supports
healthy gut
flora

JICAMA

FLAX SEED

Mucilage,
intestinal
broom, rich in
anti-inflammatory
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**

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

GARLIC

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

**PUMPKIN
SEEDS
(RAW)**

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

ONION

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

SPROUTS

Provide protein and nutrients to aid in leaky gut repair and detoxification

**Green Leafy
Vegetables
and their juices**

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

**VIRGIN
COCONUT
OIL**

Contains inulin, a prebiotic that supports healthy gut flora

BURDOCK

TOP 12 HERBS THAT HEAL YOUR GUT

ALOE VERA

Anti-parasitic,
mucilage



GINGER

Anti-inflammatory,
soothing to the
GI system



TURMERIC

Anti-inflammatory,
antioxidant,
antimicrobial



OREGANO

Antimicrobial



THYME

Antimicrobial



ROSEMARY

Anti-parasitic,
mucilage



CHAMOMILE

Soothing 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

