

Gut Health Eating Guide

If you are pursuing a gut health journey or working on any health condition, AWESOME JOB 🙌 There is nothing better than being able to feel, look, and think your best!

Here are some guidelines to keep everything easy to digest and absorb; free of irritants; and welcoming to your gut microbiome. Keep in mind that while these are general principles for healthy digestion, this is not custom advice, and each point may not apply to everyone.

WHAT

1. **CONSIDER ELIMINATING** packaged or artificially made foods and ingredients. This includes artificial sugar; energy drinks; caffeine and decaf coffee (water processed may be ok for some on a limited basis); condiments with added sugar (opt for regular sugar; stevia ok minimal); protein bars; protein powders...
2. **ADD IN PROBIOTIC-RICH FERMENTED FOODS:** kimchi, sauerkraut, raw miso, kefir, plain yogurt (I recommend Raw Farm brand for dairy products)
3. **ADD IN PREBIOTIC FOODS:** garlic, asparagus, onion, Jerusalem artichoke, bananas, chicory, oats, leeks, jicama, cabbage, apples, flaxseed meal (ground flaxseed)
4. **Butcher's Bone Broth** is highly nourishing. True, quality bone broth provides glucosamine chondroitin and hyaluronic acid and contains all the essential amino acids. This fortifies our bone marrow with nutrients –the concept of “like treats like”--this animal-based nutrition from bone/connective tissue aids our body's own ability to make red and white blood cells and support our joints and connective tissue.
5. **QUALITY & SOURCE:** As best you can, choose “Certified Organic” or opt to buy your meat, dairy, and produce from local growers who are verified Certified Organic, antibiotic-free, pasture-raised, grass-fed etc. **When choosing organic in store: the sticker on the item MUST start with the number “9” or else it is NOT actually organic.
6. **SUPPORT:** SOME people and conditions benefit from taking digestive bitters and/or digestive enzymes in which the herbs fit their respective constitution. (Ex: Herb Pharm Better Bitters, ACV, Betaine HCL). Ask if you're not sure.

WHEN

7. It is essential to eat in a **CALM AND RELAXED** state of mind and body. If needed, lie down for 5 minutes and deep breathe, pray, place your hand on your belly, or listen to music etc to get your body into the namesake “Rest-and-Digest” conditions.
8. **FRUIT**—eat fruit ALONE, separate from other food groups. Fructose (fruit sugar) is absorbed and broken down differently than other foods and can sit and “fester” in the gut if it is encompassed by other food groups, waiting to be digested.
9. Consider and research the benefits of intermittent fasting only with doctor's approval (Ask me for further resources).

HOW

10. For easiest digestion, it is best to eat everything **COOKED** and served warm and soft, almost like you would give to a baby or to someone who is still recovering from stomach surgery. Minimize raw foods as much as possible.

11. **CHEW YOUR FOOD THOROUGHLY**—at least 30 times before swallowing. Try to get your food as liquid as possible—otherwise solid pieces can ferment in the gut and lead to gas, bloating, indigestion, and overall interruption to the healing process.
12. **SOAK** the following before eating in order to get the highest nutrient content out of the foods: grains (except white rice and oatmeal); beans; nuts and seeds (soak when raw)
13. **REST & DIGEST**: Make sure you are in a CALM AND RELAXED state of mind when eating. If needed, lie down for 5 minutes and deep breathe, pray, place your hand on your belly, or listen to music etc to get your body into the namesake “Rest-and-Digest” conditions.

AVOID

14. AVOID CORN, SOY, GLUTEN, LEGUMES, AND DAIRY/WHEY for now. Gluten (the protein in wheat that is found in most starches like bread, pasta, tortillas, flour, wheat, rye, many sauces) has been shown to contribute to heightened intestinal permeability (aka “leaky gut”). While these things are not always a problem for everyone, most people prefer to avoid them during the healing process.
15. Antacids/PPIs are NOT supportive to gut healing during this time. This is NOT intended to replace medical advice, so if your doctor has you on those, please consult with him/her and make that decision accordingly.
16. Antibiotics and anti-inflammatory drugs are disruptive to gut healing. Again, make the decision with your doctor on how to proceed with this knowledge.
17. BE KIND AND PATIENT with yourself! These issues took time to develop and will take time to get out of. Be gentle with yourself if you “slip up” or find it difficult to eat without symptoms; increasing knowledge and communicating with your support team is KEY to becoming the master of your OWN HEALTH!! Enjoy the journey, and be proud of yourself for being in the 1% of people who take ACTION to become their VERY BEST SELVES.

CULINARY HERBS/SPICES

- ✓ Help Digest Fats: Ginger, coriander, peppermint, turmeric, and green tea
- Help Digest Carbs: Fennel, rosemary, cardamom, and anise seed
- ✓ Help Digest Protein: Cardamom, ginger, orange peel, gentian, and green tea help digest protein

ELECTROLYTE FOODS

Potassium: Avocado, apricots, bananas, sweet potatoes, nuts, leafy greens, salmon, plain yogurt, mushrooms

Magnesium: dark leafy greens, dark chocolate, nuts, artichokes, fish

Calcium: cheese, leafy greens, broccoli, seafood, almonds,

Phosphorus: meats, cheese, nuts, seeds, dark chocolate

Chloride: most vegetables, olives, salt, seaweed

Defy the Odds and Take Your Health Back

DISCLAIMER: This information is for educational purposes only and is not meant to diagnose, prescribe, or treat any ailment, injury, defect, or disease. Please always consult your physician before attempting a new regimen, as this information is not meant to replace or provide personal medical advice or make medical claims. I am not a doctor.