Guidelines for Healing Your Gut

**Diet**

Remove processed sugar

Remove grains if you have significant health/gut issues, or at least wheat gluten

Increase dietary fiber – veggies, dark fruits, nuts and seeds (raw and soaked is best)

Decrease A1 casein dairy (conventionally raised cows)

Increase fermented drinks and veggies

 Kombucha, water kefir, coconut water kefir

 Milk kefir yogurt, sauerkraut, kimchi, pickles, coconut milk yogurt

Increase prebiotic foods: dandelion greens, chicory root, jicama, artichoke, garlic, onion, leeks

Decrease processed (chemically stabilized) foods

Avoid GMO foods when possible (see EWG’s Dirty Dozen and Clean 15 lists)

Helpful foods for gut healing:

 Bone broth

 Coconut oil and butter

 Grass-fed ghee

 Collagen powder

 Sprouted seeds – hemp, chia, flax

 Pumpkin seeds, raw

 Grass-fed or wild-caught meats (high in anti-inflammatory oils)

 Avocado

 Apple Cider Vinegar (raw, Bragg’s)

 Gelatin

 Ginger

 Peppermint

**Environmental**

Decrease stress

Probiotics – 50+ billion CFU, multiple strains, rotate brands every 30-60 days

Top Guidelines for Restoring Your Health

1. Avoid wheat and processed sugar
	1. Try Paleo (grain-free, no processed sugar)
2. Eat good fats
	1. Coconut oil, avocado oil, grass-fed butter (Kerrygold), grass-fed ghee
3. Start intermittent fasting
	1. Eat food during 6 hour window of the day, drink water the other 18 hours
4. Eat probiotic-rich fermented foods/drinks
	1. Sauerkraut, kimchi, kombucha, kefir
5. Decrease stress
	1. Prayer, meditation, journal, hobbies
6. Remove household toxins
	1. Homemade household cleaning products
	2. Use essential oils