

# Gut Healing Protocol

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<p><b>Bone broths</b></p> <p>Use bones from beef, lamb or chicken and/or chicken feet. Provides collagen, proline, glycine, glutamine, calcium, magnesium, phosphorus, silicon and sulphur. Minimum 1 cup/day.</p>	<p><b>Food intolerances</b></p> <p>Gluten, dairy, eggs, soy, corn, sugar, nightshades, yeast, citrus, nuts and seeds are common culprits in creating digestive issues. Do the Elimination Diet to find what your sensitivities are.</p>
<p><b>Vegetable broths</b></p> <p>Provides vitamin and mineral richness.</p>	<p><b>Artificial sweeteners</b></p> <p>Should be avoided at all cost. Can cause neurological damage.</p>
<p><b>Cooked food</b></p> <p>Cooked food is easier to digest than raw food. Soups, stews and braised meats are very healing.</p>	<p><b>Sugar</b></p> <p>Changes the intestinal pH and feeds pathogens such as candida. Do not eat more than 20 grams or 5 tsp per day, total. Start reading product labels; 4 grams of sugar = 1 teaspoon.</p>
<p><b>Vitamin A-rich food</b></p> <p>Rebuilds intestinal lining. Found in livers, sweet potato, fish oils and carrots. Minimum 1 serving/day.</p>	<p><b>Processed and packaged food</b></p> <p>White flour, white sugar, additives and preservatives. This includes protein shakes and powders.</p>
<p><b>Good fats</b></p> <p>Rebuilds intestinal lining. Use coconut oil, ghee, avocado, duck fat, fatty fish like wild salmon. Minimum 3 tbsp/day.</p>	<p><b>Coffee</b></p> <p>Creates intestinal inflammation and slows healing. Makes us more acidic.</p>
<p><b>Probiotic-rich food</b></p> <p>Probiotic supplement is not enough. Create a healing environment for the gut. Add vegetable ferments, coconut kefir, soy-free miso, kvass, etc. Aim for 2 servings/day.</p>	<p><b>Alcohol</b></p> <p>Highly inflammatory for the intestinal lining and feeds pathogenic bacteria.</p>
<p><b>Stomach acid</b></p> <p>Aids digestion and enzymatic activity for maximum nutrient absorption. Add 2 tbsp of lemon, lime, ACV or sauerkraut juice before breakfast or before each meal, if stomach acid is low.</p>	<p><b>Medications</b></p> <p>Destroys intestinal lining and bacterial microflora. Includes, but not limited to, antibiotics, antacids, birth control pills, NSAIDS (aspirin, acetaminophen, ibuprofen) and steroids (e.g. corticosteroids).</p>
<p><b>Fiber</b></p> <p>Helps food move along and aids liver function. Great sources are ground flax seed, chia seeds, nuts and seeds. 30g or 2 tbsp/day.</p>	<p><b>Kombucha</b></p> <p>Its wild yeast content can create an autoimmune response.</p>
<p><b>Sprouts</b></p> <p>Helps enzymatic activity in the gut. 1 serving/day.</p>	<p><b>Stress</b></p> <p>The brain-gut connection can cause digestive issues. Stress can be emotional, physical or chemical.</p>
<p><b>Bitter greens</b></p> <p>Helps produce bile production, a digestive aid. Found in radishes, dandelion and artichokes. Minimum 1 serving/day.</p>	<p><b>Diagnosis and treatments to seek:</b></p> <ul style="list-style-type: none"> <li>•parasites (frequent cause of digestive issues)</li> <li>•candida and yeast overgrowth</li> <li>•bacterial infections such as SIBO</li> </ul>

## Balance

based on your unique bio-individuality

**“Good” food but not good for you:** some of us can react to “good” food, for example: chicken, beef, legumes, onions or pineapple. Listen to your body to learn what is not agreeing with you.

**Supplements:** use them strategically as it's hard to truly know all ingredients used and their effects. Most people tend to take too many of them.

**Movement:** low-intensity exercise such as yoga, pilates, tai chi or dancing are best. Avoid excessive exercise if suffering from digestive problems.