

## HORMONES & BALANCE GUT HEALING GUIDE

Add (+)	Remove (-)
<p><b>Bone broths</b></p> <p>Beef, lamb, chicken bones and feet. For 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 are your sensitivities.</p>
<p><b>Vegetable broths</b></p> <p>For vitamin and mineral richness.</p>	<p><b>Artificial sweeteners</b></p> <p>Should be avoided at all cost.</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, all in. Start reading product labels; 4 grams of sugar = 1 teaspoon.</p>
<p><b>Vitamin A-rich food</b></p> <p>To rebuild 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>To rebuild 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>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>To aid 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 needed.</p>	<p><b>Medications</b></p> <p>Destroy intestinal lining and bacterial microflora. Include antibiotics, antacids, birth control pills, NSAIDs (aspirin, acetaminophen, ibuprofen) and steroids (e.g. corticosteroids).</p>
<p><b>Fiber</b></p> <p>To help food move along and aid liver function. Great sources are ground flax seed, chia, nuts and seeds. 30g or 2 tbsp/day.</p>	<p><b>Kombucha</b></p> <p>For its wild yeast content, creates an autoimmune response and Candida yeast overgrowth.</p>
<p><b>Sprouts</b></p> <p>To help enzymatic activity in the gut. 1 serving/day.</p>	<p><b>Stress</b></p> <p>The brain-gut connection can be causing digestive issues. Stress can be emotional, physical or chemical.</p>
<p><b>Bitter greens</b></p> <p>They help produce bile production, a digestive aid. Found in radishes, dandelion and artichokes. Minimum 1 serving/day.</p>	<p><b>Pathogens and infections</b></p> <p>Eradicate:</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>

# HORMONES & BALANCE GUT HEALING GUIDE cont.

## ADD (+) Supplements

### Gut Restore Kit (bundle)

The [Gut Restore Kit](#) is a supplement bundle that contains key digestive enzymes, ox bile, amino acids, vitamins, minerals and herbs that speed up the healing of the digestive tract. Must be used in conjunction with diet changes such as the Elimination Diet.

### Probiotics, Supplements

Multi-strains: [Equilibrium Custom Probiotic](#)

Spore-based: [Megasporebiotic](#)

Soil-based probiotic: [Prescript Assist](#)

## Balance

based on your unique bio-individuality

**“Good” food but not 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. Set up the FMP Journal to really tune in.

**Supplements:** they are most effective when used in conjunction with diet changes.

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