

HEALYOURHEALTHNOW.COM
PRESENTS



THE HEAL YOUR GUT DIET



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THE HEAL YOUR GUT DIET

Here are some easy guidelines to start healing your gut microbiome ... your digestive and immune systems (one is actually one cell-thickness below the other) and getting your body back into balance. As well as aiding in combatting such problems as SIBO, candida, and parasites as it deprives them of what they like to feed on ... sugar, starches, chemicals in processed foods and ... in the beginning ... fruit.

These guidelines are based upon the concept of “The Pegan Diet” ... an idea begun by holistic practitioner Mark Hyman, M.D. He chose the best of both Paleo and Vegan diets for his. And I added some of my own ideas for mine ... such as avoiding fruit and all starches for two weeks to get a handle on overgrowths of all kinds.

Because I work with a lot of people with leaky gut and autoimmune issues. The second actually begins with the first. And it's important to start with treatment with diet first, as other treatments such as supplements and stress management can only go part of the way to achieving overall health. In other words, you need to “clean up your (whole) act” to be truly healthy. Including your mental and emotional “act” (more on that later).

The reality is that most of the things we commonly eat are full of sugar, white wheat flour, poor fats, and additives that can cause inflammation, devastate your microbiome, create leaky gut, and finally keep your immune system from working properly. Once the immune system is compromised, things that naturally exist in your body can overgrow and leak into places they shouldn't be, like candida, yeast, and even parasites.

This overgrowth can cause a lot of difficulties, depleting your body even further and causing things like GRRRRERD ... bloating, burping, and discomfort upon eating. As well as weight gain (and loss in some people) and other problems as severe as autoimmune issues and even things like diabetes and heart disease. All these things start with a leaky gut which causes inflammation.

WHAT ARE WE TO DO?

As I said, this is very much the best of the Paleo, Vegan, SIBO- and Candida-busting diets. It's generally healing but also avoids things like gluten, dairy, and sugar that can encourage candida and yeast overgrowth. It does take some adjustment, but if you're one of those that enjoys steak and salad (which I ate tonight), changing will be a snap!

Here are the general guidelines:

- **Eat mostly non-starchy** (low glycemic index [foods lower in sugar content that don't stimulate your body to secrete insulin]) **vegetables, fruits, protein and fats.**

- **Eat the right fats.** Stay away from most processed vegetable oils such as canola, sunflower, corn, and especially soybean oil. Use instead olive oil, ghee (clarified butter), coconut oil, avocado, nut and seed oils ... and make sure they're organic and cold-(expeller-)pressed.
- **Eat protein - 4 to 6 ounces per meal** (1/4 of the plate) - **only from organic, grass fed or sustainably raised animals and seafood** (which are naturally higher in good Omega-3 fats). [ButcherBox](#) is a monthly meat delivery service that brings these meats and poultry directly to your door ... and there are others.
- **Eat mostly plants.** (1/2 to 3/4rds of your plate) like lots of low glycemic vegetables and fruits (see list).
- **Eat more nuts and seeds.** They are full of protein, minerals, and good fats and they lower the risk of heart disease and diabetes.
- **AVOID DAIRY** as much as you can. Try goat or sheep products ... only as a treat ... And always organic.
- **AVOID GLUTEN** as much as you can.
- **Eat Gluten Free whole grains sparingly.** They still raise blood sugar and can trigger autoimmunity.
- **Eat beans sparingly.** Lentils are best. Stay away from big starchy beans.
- **Think of sugar as an occasional treat** in all its various forms except Stevia.
- **Choose foods that are organic, local, fresh, and low in pesticides, hormones, antibiotics, and GMOs** for the most part.
- **No chemicals or "fake foods".** There are 3,000 chemicals currently allowed in processed foods by the FDA.
- **To start a Candida- or SIBO-busting diet, NO GRAINS, SUGAR (except Stevia), FRUIT, LEGUMES (lentils, beans, etc.), OR DAIRY FOR AT LEAST TWO WEEKS!** We want to starve out those critters.

WHOA ...

OK ... OK ... if your eyes have just rolled up into your head and you're gasping for breath, don't fret! Here are some slow-down ideas. When starting a therapeutic diet for a physical problem, strict is best. But I also know that, for some people, baby steps lead to big wins. **SO IF YOU JUST GO GLUTEN FREE FIRST, YOU'LL SEE RESULTS ...**

Here are some steps to make this happen even easier ... I GLUTEN-FREE IT ...

STEP ONE: GO GLUTEN FREE

This is a HUGE step for some people. But, if you want to understand why going Gluten Free is vital for gut health, read my book ... [Gluten Free in 5 Days](#) ... now on Amazon. I wrote this several years ago, but new research has made me adamant about people going Gluten Free.

I talk about that in my blog article, [Rethinking Gluten Free](#). And give you lots of ideas with a revised version of my [Gluten Free in 5 Days Workbook](#). It has not only what foods to eat and what not to eat, but a "Gluten Free in 5 Days" shopping list and the fave foods that I eat all the time.

Having trouble setting this all up? Let's do it together! My ["RDX Prescription Solution"](#) 30-minute, low-cost session is the ticket! And ... if you like ... I can coach you every step of the way through this.

STEP TWO: GO DAIRY FREE

Again ... a HUGE leap for lots of people. But, as always, I have an article that may help you do it easily. Read, [Wanna Go Dairy Free?](#) Or ... again ... my ["RDX Prescription Solution"](#) might just be the kick in the pants you need to make a change ...

STEP THREE: GO LOW SUGAR

This is REALLY hard for some people, but I like this article from [8fit.com](#) and [the PDF that goes along with it](#). Acceptable forms of sugar are in the **"Specifics"** part of this Ebook.

If you're not sure what names to look for on the label (look at the "ingredients" first and then see if there are "added sugars" listed on the label), here's [a great article from virta.com that lists them](#).

My take ... you'll go a long, long way towards eliminating sugars from your diet if you cut out sodas and juice. Still need help? I'm here ...

STEP FOUR: GO ORGANIC:

People always grouse at me ... "it's TOO EXPENSIVE!" they say. Well ... *Whole Foods* and *Sprouts* always have sales, and I absolutely LOVE [Butcherbox.com](#). I get delivery at my door every 60 days of about 11 pounds of all kinds of meat, and the cost is about \$10 a pound.

Barring all that, there are more organic meats in regular groceries these days. For fruits and vegetables, I always go to my local Farmer's Market. But ... again ... my local store now has tons of organic produce.

Yes ... they do cost a little more (maybe more than that ...), but I gotta ask you ... what price do you put on your health? And why are you making excuses?

Also ... I don't want you ever to feel that you're "cheating" or otherwise obsessing about being perfect with your diet changes. So do the best you can. In other words, if you eat a piece of pizza, please enjoy it, recommit and start again anew the next day.

OK ... DOWN TO SPECIFICS

If you want to dive right in and heal your gut to maintain that all-elusive microbiome balance ... following this specific plan might be your best bet.

I'd suggest that, before you run out and buy a bunch of stuff, that you don't know what to do with once you get it home, just keep reading the following over and over. I find with my clients that doing just that and then sitting down and problem-solving their own food plan leads to ultimate success with diet changes.

It might be helpful if you print this out and circle all the foods on the next few pages that you actually eat. Then sit down and make a WRITTEN plan for the week.

There are many menu planners on the internet, but I like the [What To Eat pad](#) you can find in many colors on Amazon. It even comes with a magnet so you can always have it at eye level on your fridge.

I know that this seems difficult on first glance, but take a step back and get simple. Lunch and dinner can be some sort of meat, fish, or poultry and some veggies. If you're into salads, go there! But ... again ... simple ... and a little vinegar or lemon juice with some of the listed oils.

And breakfast ... the suggested smoothies or omelets on the 3-Day Menu that follows. But you might also want to try [Gluten Free \(and Paleo\) Granola](#) from my website.

Low-Glycemic Fruit

(Avoid for the first two weeks)

- Apple
- Kiwi
- Applesauce, unsweetened
- Lemon
- Blueberries
- Lime
- Blackberries
- Mandarin oranges
- Boysenberries

- Nectarine
- Raspberries
- Orange
- Gooseberries
- Peach
- Strawberries
- Pear
- Casaba melon
- Persimmon
- Honeydew melon
- Plum
- Cherries
- Pomegranate
- Figs, fresh
- Tangerine
- Grapes
- Tangelo
- Grapefruit

Low-Glycemic Vegetables

- Artichoke
- Leeks
- Arugula
- Lettuces
- Asparagus
- Mushrooms
- Avocado
- Okra
- Beans, garbanzo
- Onions
- Beans, lima
- Olives
- Bean sprouts
- Peas, dried, green or split
- Black eyed peas
- Pickles
- Broccoli
- Radishes
- Brussels sprouts
- Sauerkraut
- Cabbage
- Scallions
- Cauliflower
- Snow peas
- Celery
- Spinach

- Collard greens
- Squash, summer yellow
- Eggplant
- Sweet potatoes, yams
- Endive
- Tomatoes
- Escarole
- Turnip greens
- Bell peppers: red, yellow, green
- Water chestnuts
- Kale
- Watercress
- Kohlrabi
- Zucchini

Healthy Fats

- Nuts and seeds (walnuts, pistachios, cashews, almonds, flax seed, chia seed, sesame seed, pumpkin)
- Olive oil
- Sesame seed oil
- Coconut oil
- Avocado
- Avocado oil
- Ghee (clarified butter, available in natural foods markets)
- Nut oils (walnut, hazelnut, etc.)

Starches

(Avoid for First Two Weeks)

- Beans (Limit 1 cup per day)
- Parsnips
- Plantains
- Pumpkin
- Acorn Squash
- Winter Squash
- Sweet Potato
- Wild Rice (limit to 1/2 cup per meal)
- Black Rice (limit to 1/2 cup per meal)
- Quinoa (limit to 1/2 cup per meal)

Sweeteners

- Coconut flakes/Palm sugar
- Maple syrup
- Honey
- Dates
- Truvia/Stevia (use this ONLY for the first two weeks)
- Spices and seasonings with no sugar or high glycemic additives.

- Salsa, taco and picante sauce are low glycemic unless they contains high glycemic additives.

Plant-Based Protein

- Lentils
- Beans
- Quinoa
- Seeds and Nuts
- Nutritional Yeast
- Peas/Pea Protein
- Spirulina

Animal Protein (25% or less of plate)

(Organic, Grass-Fed, Sustainably-Raised, or Wild)

- Seafood/Fish
- Eggs
- Chicken
- Pork
- Bison
- Turkey
- Lamb
- Venison
- Beef

Beverages

- Decaf, green, and herbal teas
- Unsweetened almond milk
- Unsweetened coconut milk
- Mineral water with liquid stevia and a drop of lemon essential oil
- Distilled or filtered water ONLY

Coffee and tea can be high glycemic because caffeine increases insulin secretion. If they have high antioxidant content they could be low glycemic. Look for specifically formulated coffees if you drink it ...

Other (those with * are most important)**

- Goat's milk or coconut yogurt (unsweetened/sweeten with stevia or fruit)
- Miso
- Vinegar
- Coconut cream
- Coconut aminos (like soy sauce)
- Fish sauce
- Mustard
- Almond flour
- Coconut flour
- Yam noodles/Shirataki noodles

- Spices and seasonings with no sugar or high glycemic additives.
- Salsa, taco and picante sauce are low glycemic unless they contain high glycemic additives (like sugar or high fructose corn syrup).
- Most bottled salad dressings are made with sugar or high glycemic additives. Make your own or order just vinegar and oil in a restaurant.
- Jams and jellies are low glycemic if they are made from low glycemic fruits and have no added sugar/are made with only pectin and fruit juice.
- *****THROW IN SOME FERMENTED FOODS**, like coconut or cashew yogurt with active cultures, sauerkraut, miso, kombucha, kefir, or pickled vegetables. These are rich in probiotics. Just a fork- or spoon-ful is often enough.
- *****THROW IN SOME PREBIOTIC FOODS** to feed the probiotics in the fermented foods, like bananas, sweet potatoes, apples, garlic, onions, mushrooms, and asparagus.
- *****LIBERALIZE SPICES** like turmeric (curry powder), oregano, cayenne pepper, and ginger. These support gut health.

3-DAY MENU PLAN

DAY ONE

BREAKFAST	Omelet (2 or 3 eggs) with mushrooms, spinach, and yellow squash cooked in coconut oil or ghee Fresh berries with non-dairy yogurt
LUNCH	Collard greens or lettuce wrap with tuna and avocado oil mayo Spinach salad with oil and vinegar (or oil and lemon juice) Miso soup
DINNER	Stir fry with shrimp (or steak or pork), carrots, red bell pepper, mushrooms, bok choy (if desired), garlic & coconut aminos (or Gluten Free soy sauce). For a basic recipe, try this one from my website.

DAY TWO

BREAKFAST	Green Smoothie (coconut milk, bone broth or collagen protein (I use Designs for Health Pure PaleoMeal or Dr. Axe is very popular), 1/2 banana, 1/2 avocado) Fresh berries with non-dairy yogurt
LUNCH	Berrylicious Salad (Greens + Shredded Chicken or Salmon (Trader Joe's has "Just Chicken" and "Just Salmon" already made) + Strawberries + Oil and Vinegar + Pecans (I like toasting them)
DINNER	Free-Range chicken breast w/ spice rub Roasted Brussel sprouts and Broccoli (have at least two veggies at a meal) Yam noodles or riced cauliflower drizzled with Ghee or Olive oil

DAY THREE

BREAKFAST	Cherry Vanilla Smoothie (cherries, coconut milk, greens (if desired, such as kale or watercress), avocado, Bone broth protein, cinnamon)
LUNCH	Leftover stir-fry or roasted vegetables (make a bunch and freeze [don't leave in fridge more than a day]) Kombucha tea/drink Hummus (homemade or Gluten Free, Dairy Free store-bought)
DINNER	Ground turkey burger (make your own) in lettuce or paleo wrap Parsnip "fries" Rainbow chard sautéed in Ghee

If you're cooking-clueless, check out similar recipes or menus on the internet. Pinterest has lots under "Paleo" or "Pegan" diet groups or boards, so you might want to join one. I know that this is a BIG change for many, but your health is at stake. GO FOR IT!

RESOURCES

There are many resources throughout this Ebook to help you with this transition. Here they are again ... plus a few more ...

GLUTEN FREE IN 5 DAYS. [Bit.ly/GFFIVED](http://bit.ly/GFFIVED)

GLUTEN FREE IN 5 DAYS WORKBOOK. [Bit.ly/GFFIVEDWB](http://bit.ly/GFFIVEDWB)

RDX PRESCRIPTION SOLUTION. [Bit.ly/RDXPrescriptionSolution](http://bit.ly/RDXPrescriptionSolution)

EATING WELL. <http://www.eatingwell.com/article/290842/30-day-healthy-gut-challenge/> (30-day healthy gut challenge including recipes)

If you'd like to take supplements during this challenge, it's totally optional. But we're all individuals and you might need a little more digestive help with your diet makeover.

So sign up for an account (click on following link) at [Dietitian Jill's Supplement Place](#) on Fullscript, my supplement dispensary. Then click on "Catalog" and "My Favorites". Finally, click on the category, "**Heal Your Gut**", to see what I've recommended. Or, once you're logged in, copy-and-paste the link, bit.ly/healsguts in your browser.

This link has only the list of supplements that you can purchase. So get the directions for using them [by clicking here](#). If you'd like to use glutamine as part of this protocol also, more detailed directions [can be found here](#).