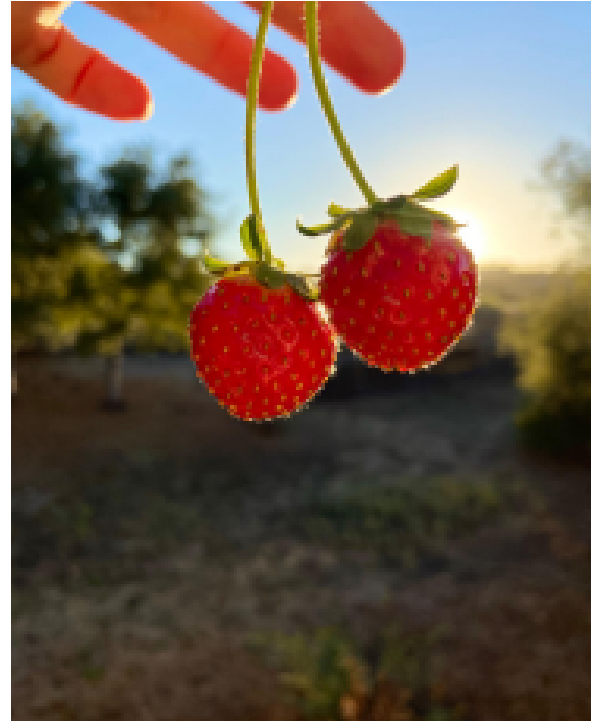


Heal Your Gut

Improving gut health may reduce the risk of:

Obesity	Acne
Stroke	Fatigue
High blood pressure	Sleep disturbances
Processed food cravings	Diabetes
Leaky gut	Allergies
Irritable bowel syndrome	Viral or bacterial infections
Cancer	Anxiety
Depression	And more!



How can we promote a healthy gut?

- ❖ Eat food in its **WHOLE, NATURAL** form as much as possible. An example would be organic, pasture-raised chicken instead of chicken nuggets or plain sheep yogurt sweetened with fruit instead of typical yogurt
- ❖ Buy **organic** whenever possible. More **vegetables, fruit, beans, turkey, beef, pork, fish, chicken, eggs, olive/avocado/coconut oil, and nuts/seeds.**

- ❖ **Exercise** consistently. Check out the “Exercise” guide on www.nutritiontransformation.com to help with motivation.
- ❖ Keep a food/symptom journal to more closely pinpoint which foods are causing issues for you.
- ❖ Eat **slowly**. Be in Rest & Digest. See the nutrition guide “Ideas for **Self Care** and Why It’s Vital” on www.nutritiontransformation.com
- ❖ Try to go **12-15 hours without eating**. This is overnight, so including time asleep. Adequate **sleep** is vital. Shift your eating window to as **early** in the day as possible.
- ❖ Make your own little tincture of **bone broth** (www.paleovalley.com has a great one), **colostrum** (www.sovereignlaboratories.com), **L-glutamine powder** (Pure Encapsulations), cloves, ginger, cinnamon, oregano, & turmeric mixed in **aloe vera juice**. All organic **spices**.
- ❖ Avoid constipation. Try **Magnesium Breakthrough** from www.biooptimizers.com at night (this also helps aid **sleep**), water, prunes, and exercise. **Fiber, vitamin D, probiotics** (discussed in more detail below), **ginger, MCT oil, and abdominal massage** are helpful.
- ❖ Avoid diarrhea. Try **prebiotics, probiotics**, and reducing **FODMAPS** (discussed in more detail below). Also L-glutamine and bananas may help.
- ❖ Teas like **marshmallow root, slippery elm, and chamomile** can be healing

- ❖ If you know your issue is in the large intestine, **n-butyrate** can be taken to help heal the colon. Try Pure Encapsulations SunButyrate TG liquid.
- ❖ Try 1 tbsp **apple cider vinegar (Bragg's Organic)** diluted in 6 oz of water, **lemon**, or taking an HCl supplement with meals. This maintains acidity of the stomach which helps food digest well, along with Bitters like Dr. Mercola's drops and greens, ginger, cinnamon, dandelion root, artichoke, and fennel. However, your food should be mostly **alkaline** at the end point of digestion. Visit www.drannacabeca.com for more details on foods to eat, products, and the benefits of alkalizing your system.
- ❖ You may digest **cooked veggies** easier than raw.
- ❖ Foods high in **FODMAPs** may need to be avoided temporarily. These are certain carbs that cannot be fully digested. Foods high in prebiotics and probiotics, however, help populate the gut with good bacteria to improve health. Thus **prebiotic and probiotic foods** that are also low in FODMAPs are recommended: unripe bananas, unsweetened cocoa, bamboo shoots, blueberries, herbal tea, cherries, grapes, unsweetened cranberries, greens, kiwi, leeks, nuts, and seeds (careful with cashews, pistachios, and almonds as they are high FODMAP), pomegranate, rutabaga, tomato, turnips, kefir (can freeze to create frozen yogurt), miso, kimchi & sauerkraut (fermented vegetables), kombucha (contains caffeine, Synergy brand has no added sugar), and green olives. A list of high FODMAP foods can be found on www.drruscio.com. **Candi-Bactin-AR** by Metagenics is an essential oil supplement that helps bring gut bacteria into balance.

- ❖ Taking Pure Encapsulations **digestive enzymes** ultra with betaine HCl with meals may help, but may not be needed once the gut is healthy. Body Health Full Spectrum Digestive Support and Bioptimizers Masszymes are other great products.
- ❖ To optimize gallbladder function (or to support the liver if the gallbladder is removed) eat **greens, radish, dandelion root, chicory root**, and eat small, low-fat meals. You may take **bile salts** with your meal.
- ❖ If you're not eating 12 oz/week low mercury fish (salmon, sardines, trout, canned light tuna), take a good **omega-3 fatty acid** supplement like Omega 3 Health by BodyHealth or The Omega by Cymbiotika.
- ❖ Consider taking a **probiotic** like Genestra HMF multi-strain 50, the starter kit on www.drruscio.com, or P3OM from Bioptimizers.
- ❖ Use **DGL licorice root lozenges** instead of **TUMS** or try **quercetin**. Take **melatonin** at night for heartburn. It may also help to reduce coffee, spices, salt, alcohol, tomato, citrus, gluten, and dairy.
- ❖ Take a multivitamin with **vitamin D** like Pure Synergy Multi-Vita-Min.
- ❖ Combination formulations like **Pure Encapsulations DGL Plus, Gut Rebuild Nutrients** from Functional Medicine Formulations, **Integrative Therapeutics Heartburn Advantage, GI Rescue** from Raw Revelations, and **Glutashield** from Ortho Molecular Products support overall gut health.

- ❖ Avoid **PROCESSED FOOD**, alcohol, vegetable oil (soybean, canola, safflower, corn), high fructose corn syrup, sugar, and artificial sweeteners. When using sweeteners, the most important thing is to use less, but coconut sugar, monk fruit, local honey, maple syrup and allulose are preferred options. See nutrition guide “Nutritious Foods for Busy People” on www.nutritiontransformation.com for meal, snack, and drink suggestions to transition off of processed foods.
- ❖ Avoid prolonged use of **prescription medications** like proton pump inhibitors, NSAIDs like ibuprofen/advil/motrin, steroids, antibiotics, etc.
- ❖ Avoid **gluten & dairy** which can be inflammatory.
- ❖ **Soda** (and even possibly sparkling water) irritates the stomach lining.
- ❖ Avoid **environmental pollutants** (metals, household chemicals, and BPA from plastics).

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