

Nutrition Recommendations - General Gut Health

Cooked and warm foods. Frequent, small meals. Cook daily soups, stews, congees (watery rice base). **Increased variety of foods.** Food should be well chewed and eaten in moderate amounts. **Eat the same time every day and not after 9pm.** The gut likes WARM, WET and BLAND. Never overeat – stop at 80%



Grains & Beans (except with immunity issues – allergies – only as tolerated): 1/2 of diet (approx) from **cooked, fermented or sprouted** preferably in a congee (watery mixture of rice).

- **Ancient grains** (quinoa, buckwheat, sorghum, amaranth, millet), adzuki beans, barley, black beans, black sesame seed, cereal grasses, chick peas, kidney beans, lentil, lima beans, mung beans, oats, peas, rice, rye, spelt, sweet brown rice (and its products, i.e. moshi), sweet rice, wild rice

Vegetables: 1/4 of diet (approx)

- **Cooked:** artichokes, arugula, asparagus, beets, bok choy, broccoli, brussel sprouts, cabbage, carrots, celery, chlorophyll-rich foods, cauliflower, cucumber, eggplant, **fermented vegetables** (miso, kimchi, sauerkraut), garlic, kale, leafy greens, leeks, microalgae, **mushrooms or extracts of** (cordyceps, reishi, shiitake, lion's mane, turkey tail), onions, pumpkin, parsnip, parsley, pickles, radishes, romaine lettuce, seaweed, squash, spinach, spirulina, sprouts, sweet potato, turnips, watercress, yams

Meats: 1/8 of diet (approx)

- **Needed do not cut out.** Avoid taxing digestion or building mucus, eat only two to three ounces per serving.
- **Bone broth**, chicken or turkey, especially in soups or a congee (watery rice), bison, lean beef, lamb, fish, liver, chicken gizzard, eggs, pork and pork kidney.

Remaining 1/8 of diet:(approx)

Dairy: Avoid or reduce if “phlegmy”.

- Whole, butter, cow’s or **sheep/goat’s milk**, yogurt, cheese, ghee, **fermented dairy** (yogurt, kefir)

Fruits: Preferably in season and cooked or stewed. Or only one helping per day.

- Apples, avocado, blueberry, blackberry, cranberry, cherry, dates, figs, grapes, kiwi, lemon, lime, mango, pear, pineapple, pomegranate, plums, raspberry, strawberry

Seeds & Nuts: Sprouted seeds if possible. Serving one tablespoon.

- Almonds, black sesame seeds, brasil nuts, chestnuts, chia seed, **flaxseed**, hemp seed, pumpkin seed, sesame seed, sunflower seeds, walnuts

Fats & Oils & Other:

- Aloe vera, avocado oil, **coconut oil, olive oil**, flaxseed oil, ghee, sesame oil, ginger root, cinnamon bark and twig, fennel, dandelion, cilantro, cloves, basil, ginseng, ginger, garlic, licorice, mint, tumeric, thyme, oregano, rosemary, sage, sea salt, cardamon, nutmeg, black pepper, dill, anise, caraway, parsley, milk thistle, peppermint, carob pod, cumin, small amounts of honey (manuka or raw best), stevia, molasses, maple syrup, royal jelly, gelatin, apple cider vinegar, water with lemon, herbal teas, **yeast, probiotics, vitamins D (or get outside) & C**

Avoid – Not too much: **Processed foods**, raw food, cold, cooling or chilled foods, cold salads, raw fruits, raw vegetables, cold liquids, ice, juices in excess, refined grains, salt, tofu (cold), **excess sugar**, excess sweet foods, store bought baked goods, artificial sweeteners, caffeine, salsa (too spicy), overly spicy foods, overly dry foods (chips, crackers, popcorn, rice cakes), overly acidic foods, citrus (too acidic), oils, peppers, purgative herbs and medicines (no restrictive cleanses), alcohol, dairy products (damp forming milk, ice cream, cheese), fatty meats, fried foods, peanuts, nut butters, bananas, soy milk, liquids with meals, foods hard to digest, such as fatty foods or cruciferus vegetables (kale, broccoli, cauliflower). Bread in moderation (yeasty types). **Reduce gluten** and wheat whenever possible.

Environmental: **Avoid toxins** in creams, perfumes, cleaners, body wash products and shampoos and replace with more natural products and essential oils. **Grow your own food, vegetables and wild harvest from your yard.**

Most Important!! - Think happy thoughts when you eat and do activities to reduce stress!!