

Healthy Nutrition

You've probably heard it called many things: the Leaky Gut Diet or the Anti-inflammatory Diet, but what it comes down to is simply giving your body whole, good, healthy, real food to help it heal and rebuild itself.

Following a healing diet like the one mentioned below will put your body on the right path to healing. Progress may start to be seen in as little as 2 weeks! Some autoimmune issues and lifetime chronic conditions will take longer to cure, and results will vary per person. Of course, always check with your doctor before you reduce any medications, even as your symptoms decrease. You may have been prescribed medications based on previous health concerns. This diet will improve overall health, and continuing to take medications when there is no need may result in unintended consequences. Please make sure to work with your doctor to reduce any medications as the need for them goes diminishes.

Vegetables

Eat lots of fresh or frozen veggies (not canned or packaged with seasonings, breading or sauce). Can be eaten raw or cooked. Beans must be dried beans, not canned.

Eat as much as you want of the following:

Asparagus	Eggplant	Parsley
Bell Peppers	Garlic	Radishes
Broccoli	Ginger Root	Snow Peas
Brussel Sprouts	Green Beans	Spinach
Cabbage	Green Lettuces	Sprouts
Cauliflower	Kale	Yellow Squash
Celery	Mushrooms	Zucchini
Collard Greens	Mustard Greens	Onions
Cucumber		

½ cup serving per day is allowed of the following:

Artichokes	Lentils	Black Beans
Beets	Okra	Kidney Beans
Carrots	Peas	Pinto Beans
Chick Peas (Garbanzo)	Pumpkin	White Beans
Legumes	Squash (acorn, butternut, winter, spaghetti)	Lima Beans
Leeks	Tomatoes	Olives

Nuts & Seeds

Whole nuts, not nut butters. Roasted and salted is fine, but not flavored. Peanuts are not included because they are toxic to a healing body. Keep portion size under control, as it's extremely easy to over eat on nuts. The following are okay:

Almonds
Walnuts
Pine Nuts
Chia Seeds

Pecans
Macadamia Nuts
Pumpkin Seeds
Sunflower Seeds

Cashews
Brazil Nuts
Flaxseeds

Fruits

1 small piece of fruit a day or ½ cup berries, of the following:

Strawberries
Blackberries
Lime

Blueberries
Cherries
Apples

Raspberries
Lemon
Pears

Fats & Oils

Consume lots of the following:

Butter
Grapeseed Oil
Cod Liver Oil
Walnut Oil

Coconut Oil
Flaxseed Oil
Avocado Oil

Extra Virgin Olive Oil
Fish Oil
Sesame Oil

Do NOT consume the following, as they are very harmful and inflammatory:

Vegetable Oil
Crisco

Canola Oil
Margarine

Safflower Oil

Meats/Protein

Fatty meats with the skin left on are preferred. Meats should not be purchased already seasoned or breaded. Bacon, lunch meats, and sausages are not included as they often contain harmful cancer-causing additives. Try to get organic, grass-fed/finished or wild-caught when possible, of the following:

Beef
Fish (avoid Tilapia)
Venison

Chicken
Lamb
Wild Game

Eggs
Turkey

Seasonings/Condiments

Use to season veggies and meats as you need to, using:

Sea Salt

Oils (see Fats & Oils above)

Herbs

Black Pepper

Apple Cider Vinegar

Natural Spices (not store-bought spice mixes)

Red Pepper Flakes & Cayenne

Red/White Wine Vinegar

Avoid products that have been processed and/or contain sugar

Beverages

- Water (preferably with lemon or lime)
- Tea (Black or Green, Hot or Cold, unsweetened)
- No Dairy (cream or milk)
- Avoid all sweeteners

Helpful Tips:

- All meals should be cooked at home to ensure all ingredients promote healing.
 - Cook larger meals so leftovers can be frozen and used later in the week.
- Everything should be made from whole foods, not packaged processed foods.
 - Generally, if it has a label and/or multiple ingredients – don't eat it.
- Drink lots of water throughout the day, preferably with lemon or lime.
- If you aren't hungry, don't eat, especially when you first wake up.
- Limit eating to 1-3 times per day. Eat large enough meals to eliminate need for snacking in between meals. If hunger sets in before the next meal time, increase fats and vegetables during the next meal. If you eat enough fats, you will NOT be hungry to snack.
- Consume at least 25 grams of fiber every day.
- Aim to use ingredients together to make meals more satisfying:
 - Soups (made with homemade broth, meat and lots of veggies)
 - Big, fatty salads (with tons of dark green, leafy veggies topped with meat and healthy oils and vinegars)
 - Grilled meats, with large sides of raw, sautéed, or steamed veggies
 - Eggs cooked how you like them, with veggies sautéed in healthy fats

Things to avoid:

You must stay away from the following to encourage healing, as these foods are very damaging to the body and cause inflammation and chronic issues:

- Sugar (even natural sugars, like honey) and artificial sweeteners
- Grains, whole or floured (wheat, corn, rice, quinoa)
- Processed foods (ingredients you can't define or pronounce)

Power-ups

Here are some extra things you can add in daily to promote healing:

Homemade Bone Broth
Cinnamon
Garlic

Digestive Enzymes

Sauerkraut
Peppermint
Fish Oil
Other fermented
vegetables

Ginger
Turmeric (Curcumin)
Probiotics