



Foods That Hurt Your Gut

- **Alcohol**
- **Allergens:** all known and suspected allergens
- **Artificial Colorings and Flavorings**
- **Artificial Sweeteners:** aspartame
- **Caffeine:** coffee, black tea, soft drinks
- **Dairy Products:** milk, cheese, ice cream, sour cream, and most commercially baked goods (there are lots of hidden sources).
- **Gluten:** wheat, rye, barley, spelt, kamut, triticale
- **Processed Meats:** cold cuts, commercially raised animal products, and farmed fish
- **Refined Foods:** white flour, white rice, processed packaged foods, crackers, cookies, bread
- **Sweets:** high fructose corn syrup, sugar, molasses, rice syrup, agave, artificial sweetener and all forms of sugar except whole fresh fruit
- **Unstable Oils:** hydrogenated, trans fats, and all commercial oils except olive, coconut oil, flax, and hemp oil and all heated polyunsaturated oils



Foods That Heal Your Gut

- **Aloe Vera:** anti-parasitic, mucilage
- **Brassicas:** contain Indole-3-carbonol and di-indole-methane which has been shown to be a potent detoxification inducer (best eaten blended into soups and dressings, pressed or massaged and marinated, or very lightly steamed)
- **Broccoli:** especially good for enhancing detoxification and as an anti-cancer food
- **Burdock:** contains inulin, a prebiotic that supports healthy gut flora
- **Cabbage:** especially good for enhancing detoxification and as an anti-cancer food
- **Calendula:** soothing, healing to mucous membrane
- **Cauliflower:** especially good for enhancing detoxification and as an anti-cancer food
- **Chamomile:** soothing and calming
- **Chia Seed:** mucilage, intestinal broom, rich in anti-inflammatory essential fats
- **Chicory:** contains inulin, a prebiotic that supports healthy gut flora
- **Daikon Radish:** especially good for enhancing detoxification and as an anti-cancer food
- **Dandelion:** contains inulin, a prebiotic that supports healthy gut flora, bitters that help bile flow and stomach acid production
- **Fennel:** anti-microbial
- **Flax Seed:** mucilage, intestinal broom, rich in anti-inflammatory essential fats
- **Garlic:** contains inulin, a prebiotic that supports healthy gut flora, anti- parasitic, antimicrobial
- **Ginger:** anti-inflammatory, soothing to the GI system
- **Green Juices:** provide protein and nutrients to aid in leaky gut repair and detoxification
- **Jerusalem Artichokes:** contains inulin, a prebiotic that supports healthy gut flora
- **Jicama:** contains inulin, a prebiotic that supports healthy gut flora
- **Kale:** especially good for enhancing detoxification and as an anti-cancer food
- **Lemons:** contain limonene which soothes and heals the digestive tract mucous membrane and supports detoxification



- **Licorice:** repairs damaged mucous membranes (avoid if you have high blood pressure)
- **Marshmallow:** mucilage, healing to damaged mucous membranes
- **Mustard:** especially good for enhancing detoxification and as an anti-cancer food
- **Onion:** contains inulin, a prebiotic that supports healthy gut flora, anti- parasitic, antimicrobial
- **Oranges:** contain limonene which soothes and heals the digestive tract mucous membrane and supports detoxification
- **Oregano:** anti-microbial
- **Plantain:** mucilage, soothing, healing to mucous membrane
- **Pomegranate Juice:** anti-microbial (juice entire fruit; do not peel; strain afterward)
- **Propolis:** Supports immune system, antimicrobial
- **Pumpkin Seeds (Raw):** anti-parasitic, anti-inflammatory, supply zinc, which helps in the repair and regeneration process and immune system
- **Red Radish:** especially good for enhancing detoxification and as an anti-cancer food
- **Rosemary:** anti-inflammatory, anti-microbial
- **Slippery Elm:** mucilage, healing to damaged mucous membranes
- **Sprouts:** especially good for enhancing detoxification and as an anti-cancer food (broccoli, kale, cabbage, radish, mustard, etc.)
- **Tangerines:** contain limonene which soothes and heals the digestive tract mucous membrane and supports detoxification
- **Thyme:** anti-microbial
- **Turmeric:** anti-inflammatory, anti-oxidant, anti-microbial
- **Turnip:** especially good for enhancing detoxification and as an anti-cancer food
- **Virgin Coconut Oil:** anti-fungal, anti-viral, helps decrease candida overgrowth
- **Wheat Grass Juice:** provides protein and nutrients to aid in leaky gut repair and detoxification
- **Wild Yam:** contains inulin, a prebiotic that supports healthy gut flora
- **Yacón:** contains inulin, a prebiotic that supports healthy gut flora
- **Yarrow:** soothing to injured intestinal membrane