Nutrition and Herbs for the Stomach and Digestion

Below you'll find copies of information from the GRAND video slides. Review the videos for full details about these foods and herbs and how they can help.

Gut-Friendly Foods to Include Daily

- Green drinks – at least 32 ounces
- Sea veggies
- Chlorella
- Probiotic containing foods
- Lots of greens, to tolerance
- Brassicas aka cruciferous vegetables
- Fruit should be eaten with greens or celery to prevent sudden rises in blood sugar and potential to feed yeast
- Enzymes: 1-2 with all meals except juice only or shake

Which Herbs And Foods Heal Which Gut Parts

- Licorice and slippery elm: stomach and intestinal lining
- Probiotics: large and small intestine
- Fiber: the whole tract
- Cabbage: stomach
- Chia and flax: small and large intestines
- Milk thistle seed: gall bladder and liver
- Colon: fiber, water, short chain fatty acids that come from having good amounts of friendly bacteria – (probiotics, cultured foods, fiber, leafy veggies)
Healing the Stomach

- Bitters
- Demulcents
- HCL supplementation if needed
- Enzymes: Pepsin
- Lemon juice
- Apple-cider vinegar
- Extract of black pepper
- Glutamine

Bitter Herbs to Stimulate Digestion

Actions:

- Stimulate HCl, pepsin, mucous in upper GI
- Can stimulate bile, pancreatic enzymes, and hormones
- Can enhance immunity
- Decongest portal vein and decrease varicosity
- Enhance immunity
- Calm the nervous system
- Stimulate the parasympathetic nervous system
- Lower blood glucose

Herbs

- Chicory
- Dandelion
- Gentian
- Goldenseal and Oregon grape
- Hops
- Licorice
- Milk thistle
- Orange peel
Demulcents (aka Mucilaginous)

Actions
- Soothe the GI tract
- Rebuild the mucous layer
- Anti-inflammatory
- Lubricate the digestive tract
- Nourish body fluids and tissues

Herbs/Foods
- Aloe vera gel
- Calendula
- Chamomile
- Chia seed
- Cinnamon
- Comfrey
- Fenugreek
- Flax seed
- Irish moss
- Jujube dates
- Licorice
- Marshmallow
- Plantain
- Slippery elm
- Yarrow

Carminative Herbs

Actions
- Reduce gas and bloating
- Enhance digestive secretions
- Tone the digestive tract
- Reduce smooth muscle spasms
- Increase peristalsis

Herbs/Foods
- Anise
- Caraway
- Cardamom
- Chamomile
- Cinnamon
- Clove
- Dill
- Fennel
- Ginger
- Mint
- Oregano
- Rosemary
- Thyme
- Turmeric
Nutrition and Herbs for the Stomach and Digestion

**Natural Anti-Spasmodics (Decrease Cramping)**
- Chamomile
- Ginger
- Kudzu
- Peppermint
- Valerian
- Wild yam (not long-term)

**Anti-Microbial Herbs**
- Clove oil
- Fennel
- Garlic
- Goldenseal
- Grapefruit seed extract
- Oregano
- Pomegranate juice
- Propolis
- Pumpkin seeds, raw
- Rosemary
- Thyme
- Turmeric
- Virgin coconut oil

**Probiotics**
- Coconut kefir
- Kimchee
- Kombucha
- Miso
- Rejuvaltec
- Sauerkraut
- Seed yogurt
- Supplements

**Prebiotic**
- Asparagus
- Burdock root
- Chicory root
- Dandelion Root
- Garlic
- Jerusalem artichokes
- Jicama root
- Leeks
- Onions
- Wild yam
- Yacon
Antioxidants

- Algae and sea greens
- Basil
- Boswellia
- Bromelain and other proteolytic enzymes
- Capsaicin containing foods - peppers
- Cardamom
- Chia seeds
- Chives
- Cilantro
- Cinnamon
- Cloves
- Deep ocean fish
- Flax seeds
- Garlic
- Ginger
- Hemp seeds
- Licorice
- Omega-3 fats
- Parsley
- Purslane
- Quercetin (bioflavonoid in onions)
- Rosemary
- Turmeric
- Vitamin C

Gut Repair Therapeutic Foods

Nitric Oxide

- Arugula (100x more than any other foods)
- Beets
- Dark leafy greens
- Hawthorn extract/berries/tea
- Spinach

NAC

- Broccoli
- Brussels sprouts
- Garlic
- Onions
- Red peppers

Arabinogalactans

- Carrots
- Echinacea
- Pears
- Radishes
- Reishi
- Tomatoes
Liver and Gallbladder Herbs, Foods, and Support

- B vitamins
- Bitters to stimulate bile production
- Lecithin
- Lipase
- Liver cleansing herbs: milk thistle, dandelion, yellow dock, burdock root
- Liver stimulating herbs: fennel, anise, and cayenne
- Peppermint oil
- Taurine
- Vitamin C

Liver Supportive Foods

- Brassicas – indole-3-carbinol, especially broccoli sprouts and seeds
- Citrus peels: limonene
- Caraway: limonene
- Turmeric
- Avocado
- Basil
- Beets
- Leafy bitter greens
- Mushrooms
- Cardamom
- Cayenne
- Chlorella
- Cilantro
- Cinnamon
- Dandelion
- Dill
- Fennel
- Garlic
- Ginger
- Grapefruit
- Green juices
- Jerusalem artichoke
- Onion
- Peppermint
- Rosemary
- Sea vegetables
- Thyme
- Radishes
- Wheat grass

Liver Superfoods

- Burdock
- Chlorella
- Chlorophyll
- Dandelion
- Green Macha tea
- Hawthorne
- Milk thistle
- Sea weeds
- Spirulina
Cholagogue Herbs

Actions
- Stimulate flow of bile from liver
- Stimulate bile secretion from gall bladder
- Strengthen liver
- Enhance detoxification

Herbs/Foods
- Artichoke
- Barberry
- Blue flag
- Boneset
- Dandelion root
- Fringetree bark
- Gentian
- Goldenseal
- Greater celandine
- Rosemary
- Sage
- Wild indigo
- Wild yam
- Yellow dock

Gut Healing Supplements
- **Glutamine**: 2500 mg 2 times per day
- **Quercetin**: 500 mg 2 times per day
- **N-Acetyl Cysteine (NAC)**: 500 - 1000 mg per day
- **Vitamin A**: 20,000 - 25,000 IU's per day
- **Vitamin B1**: 150 mg 3 times per day
- **Zinc**: 50 - 80 mg per day
- **Arabinogalactans**: 3 grams 3 times per day
- **Nitric Oxide**: supportive herbs and aminos
- **Vitamin E**: 400 IU’s per day
- **DHEA**: if needed
- **Vitamin C**: 1000 mg 3 times a day or to bowel tolerance
Digestive Enzymes

“Digest” – **Dose:** Take 1 - 3 with meals.

“Protease” – **Dose:** Take 2 - 4 between meals on an empty stomach. Use for pain and inflammation; not recommended for people with ulcers.

“Protease IFC Enzymes plus herbs for inflammation, injuries” – **Dose:** Take 2 - 4 between meals 3 times a day. Not recommended for people with ulcers.

**Store/Online Sources:**

- *Transformation – Digest,* 120 Capsules  
  [http://www.drritamarie.com/go/TEDigest](http://www.drritamarie.com/go/TEDigest)
- *Transformation – Protease,* 120 Capsules  
  [http://www.drritamarie.com/go/TEProtease](http://www.drritamarie.com/go/TEProtease)
- *Transformation – Protease IFC,* 120 Capsules  
  [http://www.drritamarie.com/go/TEProteaseIFC](http://www.drritamarie.com/go/TEProteaseIFC)
- *Doctors Supplement Store (DSS)*  
  [www.UnstoppableNutrients.com](http://www.unstoppablenutrients.com)  
  (The registration code is RL1511)

*If you have questions, call provider support at DSS at 877-846-7122, Option 2.