

Heal the Gut Guide – 12 Steps to Better Health

Restoring overall health begins by healing the gut. Why?

If the gut is not operating well – mainly due to poor food choices, drugs, alcohol, pathogens and antibiotics – the body won't break down and absorb the nutrients it needs to grow and repair tissues.

It won't be able to manufacture neurotransmitters that are crucial for neuron function, including those associated with mood.



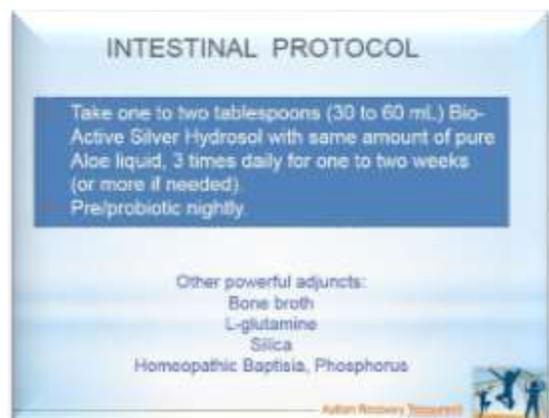
The microflora of the gut will be out of balance, typically with more pathogens than helpful bacteria.

The gut flora are crucial for a healthy functioning gut.

- They communicate with each other and our immune system cells in the intestines.
- They make vitamins and nutrients for the human body as well as break down substances we cannot.
- There are 10 times more microbes than actual body cells.
- Restoring the gut flora helps repair the gut tissue.

These are all good reasons to treat your gut like royalty! Here's how.

1. **Gluten and Dairy** Go gluten free, dairy free in your diet. This can help tremendously. No cheating! Read labels to make sure.
2. **Eliminate common allergens:** sugar, soy, egg, corn, peanuts, shellfish, all artificial sweeteners, colors and flavorings. Again, read labels – even “natural” flavors and colors may be disruptive.
3. **Eliminate** soda, coffee, sugary treats like candy, cookies, baked goods. They feed the bad bugs.
4. **Make Bone Broth** with beef, lamb or chicken bones. Cook on low heat for 48-72 hours. Adding apple cider vinegar helps pull minerals out of the bones. Drink 2 tablespoons or more with each meal.
5. **Aloe Vera and Colloidal Silver** A combination of aloe vera juice and colloidal silver does wonders for healing the gut. The silver helps to eliminate stubborn pathogens and the aloe is soothing for the gut lining. Source: Robert Scott Bell, who was interviewed for the Autism Recovery Telesummit. He's passionate about health freedom and talks about that on his radio show 6 days/week.



6. **Keep a food journal** – What to note: everything you eat, how you feel before and after you eat.



Note whether you get a stomach ache, gas, bloating, pain, headache or if you feel nourished and energized. You will see if you are eating 5+ servings of fruits and veggies each day, and the proportions of carbohydrates, protein and fats. Every body is unique, so eat what is best for YOU.

7. **Organic Whole Food** Eat organic foods that come directly from the ground or trees versus processed foods: Fruits, vegetables, nuts, seeds. Whole foods give us more available nutrition than packaged foods.

Pesticides and herbicides wreak havoc on the body, as researched by Stephanie Seneff, PhD of MIT, one of the speakers in the Autism Recovery Telesummit. Especially avoid anything sprayed with Roundup.



8. **Fats/Proteins/Carbs** Make sure to eat high quality, healthy fats like coconut oil, olive oil and omega-3 oils, usually from fish. Make protein a part of every meal. This will keep your blood sugar more even. Eat few carbohydrates as grains, unless you notice your body feels really good and energized afterward.

9. **Good Bacteria** Make sure to add probiotics – either in capsules or by eating fermented foods (the best choice) – into your daily diet.



10. **Supplement** Take a whole food multi-vitamin. Add minerals, too, in the form of Celtic sea salt, Concentrace brand sea minerals or a multi-mineral tablet. When the gut lining is repairing, it needs these building blocks that can be lacking in our food.

11. **Release Toxins** Ingesting binders will sponge up toxins in your gut so you don't reabsorb them back into circulation. *Activated charcoal, chlorella and zeolite* bind heavy metals, toxins from pathogens, pesticides/herbicides, organic pollutants, mold toxins and more.

12. **Bless Your Food** – I like to first give gratitude to nature and all the hands that made it possible for my food to come to my table and into my body. Second, I say this little blessing: "May my body take what it needs and gently and efficiently let the rest go." Try it!

