

GUT RESET DIET

Foods You CAN EAT:

VEGETABLES to eat: Asparagus, beets, broccoli, brussels sprouts, cabbage, carrot, cauliflower, celery, cucumber, eggplant, green pepper, greens (turnip, spinach, mustard, beet, collard, kale, lettuce, etc.), onion, parsley, peas, fresh tomato, squashes, zucchini, sweet potato, radish, avocado, corn, parsnip, and generally, etc. **NO white potatoes** (any potato that is white inside).

- 1. Eat at least 3-5 servings of vegetables every day. One serving = 1 cup**
- Ideally, the best way to cook your veggies is to stir fry, steam, or bake them. If you steam them, drink the water you cooked them in. It contains most of the potassium and several B vitamins that get leached from the veggies when they are cooked or steamed. Veggies can be either fresh or frozen. **No canned veggies, no boiling veggies, no microwaving!**
- 3. Salads:** Use only red or green leaf salad, romaine, spinach, kale, cabbage, collard green, beet greens, mustard greens, etc. The darker the green the better nutritional value. **No head/iceberg lettuce**, there is no nutritional.
2. Especially healthy veggies are those from the **cruciferous family** like; broccoli, cauliflower, brussel sprouts, radish, cabbage; onions and garlic; the orange veggies-- carrot, squash, yams, sweet potatoes, tomatoes; and the deep green leafy ones. Having said that, ALL NON-candida veggies have their worth and you should strive both for frequency of variety.
3. Salads can be interesting and fun: Try adding sunflower seeds, hemp seeds, or ground flax. Use olive oil with lemon juice. **DO NOT USE FAT FREE DRESSINGS!**
4. An easy way to add veggies into a diet is to add leaf lettuce, tomatoes, onions, sprouts, etc., to your sandwich at lunch; then eat some peas, half a squash, stir fry broccoli/cauliflower at dinner. That would make up two cups. Munch on a carrot, celery, or cherry tomatoes for a snack, and so forth.

FRUITS

- **You can have NO FRUIT for the first two weeks of the diet**, then just ONE fresh fruit a day. Try to keep it to 1 serving and from the low Glycemic index fruits listed above.
Fruits in the first two weeks: lemon/lime

- **Fruits you can eat after the first two weeks:** Blue berries, raspberries, black berries, strawberries, green apples, pears, cherries, grapefruits, apricots, oranges, plums, and peaches.
- **Avoid high-sugar fruits:** Bananas, watermelon, mangoes, grapes, and pineapple.
- **No Dried fruit or fruit juices.** They are basically just sugar.

PROTEIN

You can eat all the proteins (unless you are allergic): Beef, chicken, turkey, lamb, bison, veal, egg, fish, tuna, salmon, rabbit, elk, moose, deer, duck, goose, wild birds, pork, tofu, plain Greek yogurt.

1. **Beans, peas, lentils:** Note if you are new to beans and or they create gas for you follow these procedures to decrease such effects:
 - Soak the beans in water overnight, then throw that water out and use new water to cook them in.
 - At first, it is very helpful to cook beans one type at a time, to learn which one you can tolerate well and which ones produce excessive gas. After you are familiar with the good and bad beans for you, you can mix and match different types.
 - Crockpots are an excellent way to cook beans; you can start them cooking in the morning and have them already to eat when you get home from work.
 - You can also simply buy canned organic beans already cooked. If you do this make sure to wash them well out of the can before consuming. Throw away the water they come canned in.
2. **MEAT - Game meat and/or organic grass-fed meat is the ONLY**
 - On the internet there are organic ranchers selling organic buffalo, venison, chicken, beef, ostrich, lamb, pork at cheaper prices than in stores. DO NOT eat a lot of meat if supermarket meat is your only source of meat. Optimally, we shouldn't eat meat more than once per day. Roasting/baking meat is the healthiest way to prepare meat--frying and barbecuing are the worst.
 - Organic meat is available at Emery's in Gardner and Uncle deans. You can also find organic grass-fed meats at Shaw's.
3. **Soy products:** Soy is protective against breast cancer, prostate cancer, balances out female menstrual problems, and lowers cholesterol. If you start eating a lot of soy foods, then you should begin eating seaweeds, too, as soy can lower the functioning of the thyroid, and seaweeds will help prevent that. Here are the various categories of soy:
 - **Tofu.** The Tofu Handbook is a good book to learn how to use tofu in cooking. Basically, getting firm or baked and slicing and dicing and adding to soups, stir fries, casseroles, lasagnas, etc. is an easy way to go.
 - Soy dairy alternatives: UNSWEETENED soy milk (liquid or powder form)
 - Roasted soy nuts and Edamame (cooked soybeans ready to eat).

4. **Fish**: Aim to eat oily fish 2-3 times a week: salmon (canned or wild), herring (rinse off the pickling in colander), cod, trout, sardines (double-layer taste best), halibut.
- Canned fish is fine but try not to get too much tuna this way.
 - Cook fresh fish lightly (broiled or baked).
 - Avoid tuna, mackeral, catfish, sturgeon, swordfish, orange roughy, snapper, and shark due to high environmental toxin content and worries of extinction. All fish are a bit contaminated, but some more than others. Other fish, such as perch, tilapia, etc., do not contain good oils in them, but are not overly polluted, so are okay to eat. Shrimp, clams, mussels, crab, lobster and so forth are also okay to eat.
 - It is hard to avoid all farmed fish, but we definitely do not want to eat Farmed Salmon, AKA “Atlantic Salmon”. Wild is best!

5. **Eggs**

- All healthy food stores and many supermarkets generally carry **organic** eggs, not just “free-range”. **Organic Omega-3 eggs** at Trader Joe’s, Uncle Deans, and other health food stores are a great way to get extra nutrition. **Organic** is the word you want to see on the container.

6. **Dairy**:

- Dairy is delicious way to get protein but for now we want it out of the diet. Milk especially is an inflammatory food for most people and the lactose in dairy feeds candida and other unhealthy gut bacteria.
- No Cow milk, cream, ice cream, cheese, and or yogurt
- The first three weeks you may have: grass fed butter and ghee
- **Try the cheese Alternatives:**
 - Try Kite Hill “Cream cheese” (almond)
 - Violife sliced Ceddar “Cheese” (potato and rice starch)
 - Follow you Heart Sliced “cheese” (palm oil, corn & potato starch, sunflower)
 - Siete “cheese” (cashew)
 - Daiya “cheese” (corn)
- After the Initial 3 weeks of the diet – if you are going to add dairy back, we well stick to only Organic hard cheese (aged cheddar, parmesan, and swiss)

7. **Nuts and Seeds**

You can eat ALL nuts and seed except peanuts and pistachios.

You can eat: almonds (if not allergic), Cashews, walnuts, pecans, brazil, hazel, macadamia, sesame, chia, hemp, flax, sunflower, and pumpkin.

- Best to get nuts and seeds raw when you can.
- Brazil nuts are esp. healthy
- Chis, Flax, and hemp are all wonderful ways to get in your Omag-3 oil while encouraging healthy elimination of toxins as well as estrogen (this is esp. important for you ladies)
- **Nut butters** - particularly almond butter or cashew butter, or tahini. You want to get good nut butters **with no added sugar or partially hydrogenated oils.**

You should be able to get these in health food stores like Trader Joe's, Whole foods, Uncle deans etc.

- a. Pro Tip: Store these upside down in the fridge for easy use; that way the oil will naturally be mixed in with the nut butter and not sit on top.

BEVERAGES

You can have: Water, sparkling water and mineral water. You can add lemon juice to them— if you do not have a lot of bloating with your illness, coffee substitutes (Rasa Coffee, Mud water, other Ayurveda tea blends). Herbal teas are wonderful especially hibiscus and chamomile.

- It is best to remove coffee (but not totally necessary) as 95% of coffee beans have mold on them. It is best to wean off coffee to avoid headaches. At the very least you should *decrease your coffee intake to 1 cup or less a day.*

OILS and FATS

It is very important to eat good fat. Oils and fats contain essential nutrients that nourish our bodies and are required for healthy hormone, nerve, and cellular energy production. Like all things there are healthy and unhealthy oils and fats.

- **Avoid Partially Hydrogenated Oils (PHOs)** - Also listed on food labels as Trans Fats, Vegetable Fat and Vegetable Shortening. This type of oil is the number one food additive in our foods and is **VERY UNHEALTHY TO EAT.**
- **READ LABELS!!** - Basically, most anything that has oil in it in the SHA will have PHOs in them: margarines and other fake butter products, Crisco/shortenings, cookies, crackers, peanut butter, candy, pastries/muffins, butter-flavored microwave popcorn, Cool Whip, potato chips, tortilla chips, non-dairy creamers, frozen tater tots...essentially most frozen and prepared foods.
- At health food stores - you can buy most of the above foods, but without the PHOs (Partially Hydrogenated Oils) in them. It's not really the food category that's bad, just those specific products that contain the PHOs. Any other oil on a label aside from PHOs is okay to eat.

Good Oils To Use In Your Home:

- Cooking and high heat oils to use: Organic grass-fed butter, extra virgin olive oil, coconut oil, refined or unrefined high oleic (monounsaturated) safflower oil
- Low- No heat oils to use: Avocado, sesame, walnut, hemp seed oil
 - i. These oils are only for cold use like salad dressings or sauces that go on after cooking.
- Refrigerate all oils but the extra virgin olive oil, which you can just store in a cool, dark cabinet.
- **ABSOLUTLEY NO margarines!!**

GRAINS

All grains must be **WHOLE** grains **without Yeast and/or Sugar** - Only eat 1-2 times a day:

1. Breads: there are some yeast-free breads but It is better to just avoid bread for now.
2. Noodles: there are whole wheat, brown rice, corn, kamut, quinoa, spelt noodles at the health food stores. Also great to use noodle alternatives like spiralized zucchini and winter squash. They carry pre-made options at most grocery stores now.

3. Crackers options: plain rice or popcorn cakes, plain Ry-krisp/Ry-Vita, WASA, Akmak, etc.
4. Other Grain options: Popcorn, Brown rice, millet, oatmeal (limit the amount)

Food You CANNOT EAT:

All Types of Sugar and Sugar-Containing Food - soda, candy, pastries, fruit juices and juice drinks, cookies, cake, pies, ice cream; read LABELS!!! You can eat NO sweeteners of any sort: sugar, honey, molasses, brown sugar, high fructose corn syrup, etc. and so forth. No artificial sweeteners are allowed, either, except a little stevia and monk fruit.

- **Natural sugar is still sugar: Avoid WHITE AND BROWN SUGAR, HONEY, MAPLE SYRUP, AND ARTIFICIAL SWEETENERS!** Honey is not this freebie sweet that is okay to use all the time--use minimally. A little mannitol or sorbitol in gum is fine. Stevia is okay if used occasionally. Sugar in any form, "healthy" or otherwise, promotes the need to have things taste sweet to be good.
- **Synonyms for white sugar:** sucrose, glucose, fructose, dextrose, maltose, corn syrup, corn syrup solids, and high fructose corn syrup solids.
- **WATCH OUT FOR HIDDEN SUGARS!!--LOW FAT AND NONFAT FOODS ARE ALMOST ALWAYS VERY HIGH IN SUGAR.** Avoid packaged low and non-fat foods. READ LABELS!!

Fruit juices and Dried Fruits

Neither canned, bottled, frozen. ONLY freshly prepared veggie juices are allowed. No Melons.

Antibiotics – Not a food but you can not do any antibiotics while treating candida.

Alcoholic beverages

Beer, wine, champagne, hard liquors. Included is all fermented beverages and tinctures, cough syrups and other medications.

Fermented, molds, malted products

Soy sauce (you can buy yeast-free tamari at Health Food Stores), truffles, mushrooms, malted milk.

All Cheeses out!

Vinegar-containing foods and condiments and sauces--salad dressing, mayonnaise, pickles, catsup, sauerkraut, and sauces such as barbeque, tomato, etc. You can use olive or flax seed oil and lemon juice for a salad dressing.

YEAST, Breads and Pastries--all white and/or refined and/or yeasty and/or sweetened doughs with sugar in them: buns, bread, rolls, crackers, pretzels, noodles, etc.

Books by Dr. William Crook are helpful:

DETOX and DIE OFF SYMPTOMS:

Every person will have a different experience with die off. It is important to understand the symptoms as they are a good sign treatment is working and NOT a reason to quit.

- Increased FATIGUE or brain fog
- Nausea or dizziness
- Headache
- Swollen glands
- Bloating, gas, constipation or diarrhea
- Increased joint or muscle pain
- Elevated heart rate
- Flu-like symptoms
- Chills, cold feeling in your extremities
- Body itchininess, hives or rashes
- Sweating or Fever
- Skin breakouts
- Recurring vaginal, prostate and sinus infections

MANAGING DIE OFF

1. DRINK WATER!! At least 100oz of water a day to help clear toxins form the body.
2. Activated charcoal
3. Sweat – use the infrared sauna or take hot showers or baths to open the pores and allow for detox through the skin.
4. Liver support supplement (you can get at my office)

*Please contact the office if you need help managing die off symptoms!