

HEAL YOUR GUT



CONSIDER CUTTING OUT:

- ▶ Gluten and grains
- ▶ Dairy
- ▶ High-sugar fruit
- ▶ Nightshades
- ▶ Beans and legumes
- ▶ Nuts and seeds
- ▶ Vegetable oil
- ▶ Sugar
- ▶ Processed junk
- ▶ Alcohol and caffeine

AVOID:

- ▶ Conventional cleaning products
- ▶ Conventional personal care products
- ▶ Antibiotics



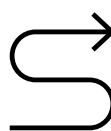
START EATING MORE:

- ▶ Fermented foods
- ▶ Healthy fats like coconut oil, olive oil, and lard and tallow from pastured animals
- ▶ Lots of vegetables - variety of colors important!

HEALTHY HABITS:

- ▶ Use a wide variety of herbs and spices in your cooking.
- ▶ Drink plenty of water, herbal tea, and bone broth.
- ▶ Get enough sleep.
- ▶ Try low intensity exercise.
- ▶ Incorporate regular breathing meditations.

SUPPLEMENTS YOU MIGHT WANT TO TRY



- ▶ Probiotics
- ▶ Cod liver oil
- ▶ Digestive enzymes
- ▶ Hydrochloric acid

DISCLAIMER:

Remember, this is not medical advice; I am not a doctor or medical professional. Please consult your doctor before making any dietary or lifestyle changes.