



CHECKLIST

Gut Microbiota / Immune System Strategies

- ☐ Consume dietary fibres (grains, fruits and veggies) daily to produce T Regulatory cells which in turn control immune response
- ☐ Starches from cooked then cooled resistant starches help feed intestinal bacteria (pasta, potatoes and rice)
- ☐ Regular physical exercise can produce lactate in the gut that support microbes
- ☐ Avoid processed foods they are devoid of nutrients and can destabilize the balance between good and bad microbes.
- ☐ Regular consumption of fermented foods help support a healthy microbiota.
- ☐ Avoid antibiotics unless absolutely necessary, they key both good and bad microbes
- ☐ Probiotics supplements directly influence immune cells
- ☐ Adopt daily stress relieving strategies (exercise, mindfulness, yoga, breathing techniques).
- ☐ Foods and supplements that help sooth and support gut health including okra, slippery elm, deglycyrrhizinated licorice (DGL) and aloe
- ☐ Supplements: Shilajit, humic and fulvic acid. Decrease pro-inflammatory markers and activate the immune system.
- ☐ L-Glutamine, an amino acid that is the primary source of fuel for the cells that line the digestive tract. Supplements are available. Foods include: bone broths, gelatin, fish, pork. Vegetarian sources: Rice, corn, nuts, seeds and tofu

NOTE: There isn't one 'perfect' diet that suits everyone - we are all different (biochemically unique). Foods such as wheat and dairy are often considered pro-inflammatory foods - this simply isn't true. Yes, some people have difficulty digesting these foods, but it is not the foods fault the problem is with the health of the gut. *Organic wheat and dairy have many health benefits including supporting the microbiota in the gut and the immune system.*

The goal should always be to lower inflammation in the gut, restore good bacteria, so that foods can be re-introduced. This can be tricky - and certainly not everyone can re-introduce both foods - but it can be done - I AM A WALKING/TALKING EXAMPLE OF THIS :)

