Gut Heath *Kick Start* Guide

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THE BODY GUARD™
Natural Medicine Specialists

Connecting you to your greatest asset.... your health!

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As Lead Practitioner at The Body Guard Clinic, I bring together a mix of science, analytical thinking, extensive natural therapies qualifications, clinical experience, and a determination to see beneath the surface and get to the very core of what causes your illness.

I hope this ebook helps you to take control of your health and nutrition and provides you with a valuable tool in your health toolbox. I also offer high level support and programs should you want to take advantage of 1:1 support throughout this process.

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MEDICAL WARNING

THIS KICK START GUIDE IS FOR ADULTS ONLY AND IS A TEMPORARY AND SHORT TERM PLAN ONLY.

This should **NOT** be used for children unless under strict medical supervision either by your natural therapies practitioner or GP.

MEDICAL CONDITIONS

If you have diagnosed or undiagnosed disordered eating, anorexia nervosa, addictive personality, severe OCD or any other serious health diagnosis **DO NOT** start this program.

If you have diagnosed or undiagnosed Fructose malabsorption, salicilate sensitivity, lactose, over fermentation, heavy metals, low stomach acid ++, SIBO, sulphur detoxification challenged, liver or kidney conditions **DO NOT** start this program.

If any of these situations apply to you, please make an appointment to see Christine Barnes to discuss your personal health circumstances. This is not a one size fits all program and should only be utilised under careful consideration.

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DISCLAIMER

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Things You Must Know Before Starting

Quality Matters!

The quality of your food is extremely important with this food plan. If you are eating poor quality meats and plants, your efforts may not be as effective.

Here is what to look for:

- Organic and 100% grass-fed and finished meats.
- Organics and preferably pasture raised poultry and eggs.
- Organic fruits and vegetables (especially those of which you are eating the skin of the fruit or vegetable).
- Clean filtered water (avoid drinking water that has been stored in plastic bottles).
- Keep even natural sugars to a minimum. Fruit should be had in small quantities.

BUY THE BEST YOU CAN WITH THE BUDGET YOU CAN AFFORD. STARTING IS THE KEY.

Progress Takes Time

Give this plan some time to take effect. The kick start stage should last a minimum of 14 days but, if you have not noticed a significant reduction of your symptoms, more time may be needed for the elimination stage.

Progress takes time - more time may be needed for this stage for some individuals. This self managed elimination allows you to choose the timing but should never exceed 30 days.

If you find that this eating plan isn't helping or you are having trouble with the process, it doesnt mean you are a failure or that the process failed. It simply means you may have more going on healthwise and need the support of a professional to identify your personal circumstances work with you to establish the best path forward for you and your health. Please book an Introductory Chat with our clinic to discuss this further.

Snacking

Keep Snacking to a Bare Minimum

Though there are some snacks that are allowed during the Kick Start phase, it is key to keep this to a minimum. In order to improve gut health, reduce inflammation, and improve hormone balance, blood sugars must be kept under control.

Snacking on things like high sugar content fruit and chips or baked goods made with cassava flour or coconut flour can cause blood sugars to spike. It is best to stick with routine and well balanced meals (two or three meals per day). Keep your fruit intake to a 1/4 cup serving daily.

Strive to choose nutrient dense snacks as well as protein snacks. If your practitioner has recommended more frequent meals & snacks, please follow that recommendation. If you have hypoglyceamia or similar, you may also need to include frequent snacks.

If you are unsure of what snacks are suitable during this phase, please join our Facebook group and ask your questions in the group so everyone can benefit.

Snack suggestions:

Fresh or freeze dried apple slices (including skin), Green banana flour porridge, Collagen protein bar, 1/2 an avocado, Farmhouse culture Kraut Krisps (or make your own). Small tub of organic , “set in the pot” (fruit & sugar free) yogurt, A cup of hot beef or chicken broth.

WHAT IS THE KICK START GUIDE?

This guide is the start of the gut healing process, NOT the gut healing process. It is designed to begin the journey of improving your gut health and is a temporary food elimination plan that was designed to give the body a break from inflammatory and gut damaging foods. The goal is that by eliminating foods that can cause increased permeability of the gut (leaky gut) and hormone issues, the body can restore balance.

Conditions related to food sensitivities and leaky gut are very common, under diagnosed, and often misunderstood. Clinical nutrition is one tool that, when done right, can reduce inflammation throughout the body. This then provides the body with the fuel it needs to heal, rather than over burdening the body with toxins and gut damaging foods.

The goal of this Kick Start Guide is to begin to process of healing the gut lining, restoring the gut microbiome (the balance of living organisms within our gut), calm inflammation throughout the body, and to understand if you have sensitivities to foods (or food groups).

Depending on the findings you have after completing this Kick Start, you will likely need to see a practitioner for Gut Microbiome Testing and further follow up to heal your gut.

Your symptoms should be monitored closely during this process. It is advisable to keep a written journal of symptoms and reactions, if any.

If you have any adverse symptoms please book an appointment with us or your medical professional.

"A healthy outside starts from the inside."

Robert Urich

What are the stages of the Food Elimination Plan?

There are two main stages of any Food Elimination Plan: the elimination stage and the reintroduction stage. The elimination stage should last no less than 14 days and no more than 30 days,

Elimination Stage

During the **elimination stage** of this method, the following food groups are what we are aiming to eliminate to determine any reactions: Grains, dairy, eggs, soy, corn, gluten, nightshades, nuts and seeds, legumes, sugar (aside from very small amounts of honey or maple and small amounts of some fruits), highly processed oils, artificial sweeteners, and coffee/caffeinated drinks.

Whilst the best results will be achieved by removing all of these food groups together, it is up to you whether you remove all of these food groups at once or if you choose a few groups i.e. dairy (including eggs), sugar, sweeteners and coffee and trial removing those for 7 days and then reintroducing for 7 days, before repeating the process with the other food groups for the next 14 day period.

It is important to remember that there may be food interactions so whilst one food group may not cause a problem on its own, it may do so when paired with a food from another food group.

What you can eat during the elimination stage.

Meals should be focused on nutrient dense foods and variety.

Drinks - non caffeinated herbal teas (if tolerated). Water.

Bone broth - preferably a home cooked recipe or otherwise choose a high quality simple commercial product.

Fruit - include a small amount (maximum 1/4 cup PER DAY) of berries, papaya, pineapple, or kiwi fruit daily. Lemons or lemon juice in water. If you have been diagnosed with Fructose Malabsorption please only eat fruits that you have been advised to eat.

Protein - Fresh or fresh frozen meats, lamb, steak (organic, free range, no antibiotics,) chicken, turkey & fish (not farmed, can be tinned but not tuna as tuna is high in mercury - avoid all fish in oils except for olive or avocado or fish in brine is also acceptable).

Pasta & Noodles - Most supermarkets now stock a wide variety of pasta and noodles that are made from zucchini, mixed vegetables, seaweed, rice etc.

Flour - Use corn flour, potato flour, chickpea flour, buckwheat flour, Teff flour. green banana flour, rice flour, buckwheat, amaranth or oat flour

Vegetables - Sweet potato, carrots, rhubarb, asparagus, avocados, beetroot, cauliflower, a variety of lettuce, cucumbers, broccoli, brussel sprouts, pumpkin, squash or parsnips.

"Good health is not something we can buy. However, it can be an extremely valuable savings account."

Anne Wilson Schaef

Reintroduction Stage

During the **reintroduction stage**, each food group will be reintroduced independently. Deciding on which foods to reintroduce first will depend on the persons history with food. For example, if the person suspects that they have a sensitivity to nuts, then this would be introduced last. If there is a reaction when a new food group is reintroduced, the food must be eliminated once again and the person should wait until symptoms subside before reintroducing the next food. See below for more details on the reintroduction stage.

Why reintroduce food groups?

The purpose of the elimination stage is to give the body time to heal, it is not meant to be a permanent solution. You likely do not need to eliminate all of these foods long term to feel your best. By reintroducing foods slowly, you will be able to recognize how your body reacts to certain foods or food groups to get a better understanding of whether or not these foods can safely be a part of your regular food plan.

How do I know whether or not I am ready to reintroduce foods?

Ask yourself these two questions:

1) Have I completed the elimination stage for at least 30 days?
2)Have my symptoms significantly subsided?

if you not seen any change it may be worthwhile ceasing this process and seeking guidance for your individual situation as this may not be an appropriate fit for you and your current health situation. You can book an appointment here to discuss the situation

What symptoms should I be paying attention to?

There is a very wide range of symptoms related to food sensitivities and leaky gut but here are common symptoms to be tracking.

- Headaches
- Nausea
- Anxiety/depression
- Cramping (stomach or otherwise)
- Constipation
- Diarrhea
- Gas
- Bloating
- Dry skin/hair
- Brittle nails
- Itching
- Seasonal allergy like symptoms
- Fatigue
- Afternoon energy dips
- Brain fog
- Acid reflux or heartburn
- Frequent infections (such as yeast or fungal infections)
- Skin rash or irritation
- Acne
- Joint pain
- Muscle/tendon aches or pains
- Sleep disturbances
- Night sweats

How do I reintroduce foods?

When you reintroduce a new food, use this method:

- Eat one teaspoon of the new food being reintroduced and wait 15 minutes. If there is a reaction, stop there and eliminate this food.
- If there is no reaction, eat a full portion of the food.
- If there is still no reaction by the next day, eat two portions of that food group. Wait 3-7 days.
- If you do not have any reaction after 3-7 days, you can bring this food back into your food plan and move onto the next food.

What is the best order to reintroduce foods?

When reintroducing foods, start with the most nutrient dense but also the least likely to cause a reaction. This particular order of foods for the reintroduction stage has been the most studied as a part of the autoimmune protocol food plan. If you have a known food sensitivity or you suspect you are sensitive to a certain food group, wait and introduce this food group last.

Negative Reactions or Needing Support

If you are struggling to reintroduce foods, or you are reacting negatively to the non allergenic foods suggested it may be worthwhile us investigating this further together. Food chemical sensitivity can be complex and when you are unwell, it can be challenging to work out what specific food chemical is aggravating.

Some people have a temporary health imbalance that can be the cause of food reactivity and it may be worthwhile investigating what that is in order for you to be able to move forward with expanding your diet. Please reach out if you need help and support that is next level.

Below is the most common order of reintroducing foods, but you can modify this if needed.

- Egg yolks
- Legumes (only including the beans with edible pods)
- *Nut and seed oils (examples: walnut oil, sesame oil, and almond oil)
- Seed-based spices (examples are black pepper, mustard, celery seed, cardamom.
- Ghee (from grass fed cows), lard, chicken fat, flaxseed oil.
- Coffee (on an occasional basis)
- Cocoa/Chocolate
- *Nuts and seeds (whole, flours, and butters)
- Alcohol (in small quantities, only if alcohol was part of your previous food plan)
- Egg whites
- Butter (from grass fed cows)
- Coffee (daily basis)
- Nightshades (only eggplant, paprika, bell peppers, peeled white potatoes)
- Lentils, split peas, garbanzo beans
- Grass-fed dairy (milk, cheese, yogurt)
- Remaining nightshades (chili pepper, tomatoes, white potatoes with skin)
- White rice
- Other gluten-free grains
- Other legumes (peanuts, soy beans, English peas)

DO NOT reintroduce any foods you have a known confirmed allergic response to. The same of any foods that are a known to you to cause any level of allergic response.

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How did you go? Was this Kick Start Guide helpful? If you have had a confusing experience or feel like things are no clearer, there may be multiple food sensitivities or you may benefit from exploring further with functional testing.

If you would like help and support in taking control of your health, regardless of what level you are at, then please reach out via our website.