

1st Step

Begin incorporating homemade meat stock into soups, stews and for cooking veggies 3-4 times per week.



2nd Step

Start using only healthy fats (ghee, avocado oil, coconut oil, animal fats, olive oil)



3rd Step

Begin increasing veggies in meals and snacks - work up to between 2 to 4 cups/day depending on your child's age.



4th Step

Begin eating a small amount of fermented foods each day. Starting with a ½ tsp and working up slowly at first.



5th Step

Replace processed sweeteners with gut healthy natural alternatives

Dried fruit & raw honey are best -maple syrup, yacon syrup, stevia can also be used.

Note: Some children with conditions like eczema, asthma and neurological conditions may have an intolerance to the histamine in fermented foods. Always start slowly and if you notice an increase in symptoms stop and continue with more gut healing before trying again.



6th step

Go gluten & dairy free. Focus on healthy meats, fish, fats, veggies, fruits, nuts, seeds, soaked legumes and non-gluten grains like rice and oats



7th step

Gut Healing Protocol if needed
Eliminate the legumes and all grains for 6-9 weeks minimum to allow the gut time to reset and heal and seal leaky gut