

HEALTHY TIPS *to reduce inflammation in the body*

AVOID

AVOID THE BASIC KNOWN INFLAMMATORY FOODS:

Wheat/gluten, Sugar, Dairy, GMO Soy, Corn, Eggs, Caffeine, Alcohol, and ALL Processed Foods.
Avoid Synthetic Hormonal Birth Control.

EAT THESE

Fruits & Veggies

Consume an abundant array of fruits and veggies, **targeting at least 30 different options** over the course of a week. Each fruit and vegetable feeds a unique species of microbes, which then boosts the health of the gut microbiome.



Organic Produce

Opt for **organic whenever possible**.

When organic is not available, put the fruits and veggies in a sink full of water and add 3-4 drops each of On Guard oil and lemon oil and let them soak. This will help strip any surface pesticides and chemicals. Rinse well.

Boost Gut Microbiome

Great veggies to give an extra boost to the microbiome are **broccoli sprouts** (can be sprouted at home from organic seeds), all kinds of **mushrooms**, and all types of **onions** and **garlic**. With onions and garlic, remember to “chop and stop”, meaning chop them and then set aside for at least 10 minutes before putting on the heat source to cook. This allows the plant to go through a process of releasing its protective compounds which are then even more beneficial for your gut.



Nuts, Seeds & Legumes

Strip the phytates from all nuts, seeds, legumes, and gluten free grains. This is done by **soaking in heavily salted water** for anywhere from 6-24 hours, depending on the item, and then rinsing well before cooking or dehydrating.

Water Intake

Drink at **least 50% of your body weight** in ounces of filtered water spaced evenly throughout the day. (If you weigh 150 lbs., then you would need a minimum of 75 oz. of water)