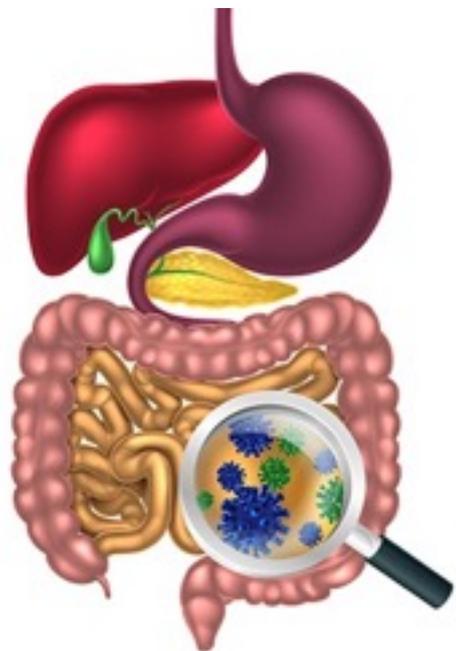


HAPPY BELLY CHECKLIST

WHAT TO CUT OUT AND WHAT TO ADD IN SO
YOUR BELLY GETS THE PHYSICAL HELP IT NEEDS!



Dr Zung Price

Integrative Doctor, Naturopath, Herbalist, Nutritionist



YOUR HAPPY BELLY CHECKLIST

REMOVE	DONE ✓	ADD IN	DONE ✓
GLUTEN		VEGETABLES	
DAIRY		FRUIT	
TRANS FATS		VEGETABLE JUICES	
SUGAR		PROBIOTICS	
REFINED FOODS		OMEGA THREES	
PROCESSED MEATS		HERBS	
MEDICATIONS		ESSENTIAL OILS	
ARTIFICIAL		AMINO ACIDS	

THE 'HATEFUL EIGHT'

FOODS THAT HURT YOUR GUT



1. GLUTEN

Wheat, rye, barley, etc. It damages gut lining, increases inflammation.

2. DAIRY

Milk, cheese, cream, butter, yoghurt, ice cream. Creates mucous and inflammation.



3. TRANS FATS

Margarine, copha, used heated oil. Trans Fats displace good fats used for creating healthy cells, and they block cellular processes. Highly inflammatory.

4. SUGAR

Including fructose. Sugar stresses the pancreas and liver. It increases fat around the tummy.



5. PROCESSED FOODS

Cakes, muffins, cookies. They contain trans fats, sugar, gluten - which all combine together to cause gut inflammation.

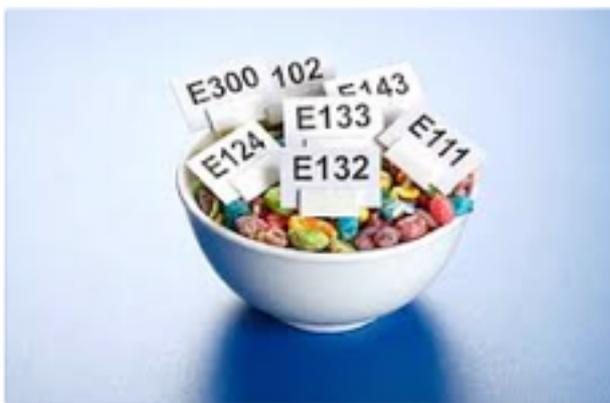
6. PROCESSED MEAT

Hot dogs, salami, lunch meats. They contain nitrites and nitrates, which irritate the stomach and intestines.



7. DRUGS

Smoking, over the counter, prescription and recreational drugs. They can slow down gut motility and damage the gut lining.



8. ARTIFICIAL ADDITIVES

Found in the plastics we use to cook and store food; colours; flavours; sugar substitutes. They disrupt hormones and build up in our cells, poisoning them - including our sensitive gut cells.

THE 'AMAZING EIGHT'

TOP EVERYDAY FOODS TO EAT TO HEAL YOUR TUMMY

VEGETABLES

Especially green leafy veggies, but also include cruciferous (cabbage, kale, broccoli, etc) and allium (onion, garlic, etc) veggies. They provide natural folate, as well as a host of amazing micronutrients that help the gut to heal and feed the micro biome (your gut bacteria). The more you eat, the better you'll feel.



FRUIT

Certain fruit have a powerfully positive effect on the Gut. Berries (especially wild blueberries, raspberries and strawberries) provide nutrients that assist Gut healing. Eat them daily.

VEGETABLE JUICES

Juicing veggies makes their powerful nutrients much more easily absorbed and used by the Gut. So, start the day with a veggie juice made of celery, cucumber, parsley, carrot, kale and apple to heal your Gut.



PROBIOTICS

Probiotics support the healthy bacteria in your Gut (your Microbiome). There are many different strains with different effects. As a general rule, variety of species is more important than strength. Get some expert advice if you want to maximise the effectiveness of your probiotics.

OMEGA THREES

Salmon, other deep water fish, fish oil supplements, chia seeds, flax seeds, etc all supply Omega Threes. They either directly provide EPA and DHA, the two most important Omega 3 Fatty Acids, or the precursors to them. Omega threes are used to form the walls of all cells - including the Gut. If there's not enough in the diet, then the body uses other fats - like trans fats - to do this. The end result is sick cells.



GUT HEALING HERBS

Slippery Elm, Liquorice, Cardamom and Turmeric/Curcumin (think of yummy Turmeric Chai Tea!) all assist in gut healing and promote effective digestion. Aloe is also a very powerful gut healer - so grow some in a pot and juice a leaf a day with your veggie juice to promote Gut wellness.

SPECIAL ESSENTIAL OILS

Peppermint helps digestion, while essential oils of Clove, Thyme, and Oregano help to clear the gut of pathogenic bacteria, etc.



REGENERATING AMINO ACIDS

The most important Amino Acid for gut healing - and perhaps the most important gut healing supplement of all - is Glutamine. It helps heal leaky gut like nothing else. It helps prevent intestinal permeability more than any other nutrient available. Take it daily if you have leaky gut or related issues.

IF YOU NEED SOME EXTRA HELP...

Using the information contained in this document will help the vast majority of people improve their Gut health. Sometimes, however, we have health issues that need further, specific assistance. If you and your Gut are still struggling, we recommend you make an appointment to see one of our Naturopaths, Kinesiologists or Dr Price to explore your individual health circumstances further. We're here to help. We invite you to connect with us, contact us and learn more about holistic health and healing through these ways:

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