



GUT HEALTH QUEST

PART 2

Nutrition Protocol

Part 2: The Nutrition Protocol

INTRO

At the highest level, the Nutrition protocol is meant to be as inclusive as possible, rather than exclusive. The concepts that guide 'The Gut Health Quest' focus more on making wiser choices with the foods you do eat, and ensuring they are prepared the proper way.

Due to this approach, for 'The Gut Health Quest', you will create a "Grocery List" of foods that meet your needs and desires, and from that "Grocery List", you will be able to eat any combination of foods you like.

For those wanting to focus on a more strict Keto or Autoimmune Protocol to increase the focus on reversing symptoms of autoimmune conditions, chronic inflammation, brain health, body composition, and overall disease prevention, you will still follow the overarching guidelines laid out in this protocol, you will just omit certain foods, and even certain guidelines as you see fit.

The goal with this protocol is to set you up and empower you create a true lifestyle out of your eating habits; a lifestyle focused both on sustainability and learning how to truly use food to heal through proper preparation and wise choices in consumption.

EAT THIS...

- Whole, unprocessed foods
- Beef, lamb, poultry, wild game, and eggs are all from pasture raised and fed animals.
- If possible, include organ meats, as they are probably the most micronutrient rich food on the planet. (Liver is a natural source of ketones! Keep it unprocessed)
- Oysters. Lots of oysters if you like oysters.
- Wild caught fish and seafood, nothing farm raised, and from waters with low pollution. Eat in moderation only, 1-2 servings per week.
- Full fat dairy products from pasture raised cows and goats, such as milk, cheese, cultured butter, and sour cream. Ideally, all products should be produced naturally, from raw, unpasteurized milk.
- Full raw dairy products from pasture raised cows and goats, such as whole yogurt and kefir.
- All cooking should be done with natural animal fats such as lard, tallow, egg yolks, butter, whole cream, and can be used liberally.
- Use extra virgin olive oil and expeller pressed sesame seed oil as your plant oils, and only use them as dressings. Do not expose to heat.
- Only eat fresh fruits and vegetables. Ideally they should all be certified USDA organic to avoid exposure to harmful pesticides, and you should juice your vegetables as much as possible.

EAT THIS... *(CONTINUED)*

- Raw nuts and seeds that have been soaked and roasted properly.
- Fermented drinks, vegetables, and condiments that haven't been processed such as kombucha, kimchi, sauerkraut, coleslaw, and anything else you can ferment.
- Bone broth and homemade stocks from bones with marrow.
- Ideally drink only filtered, mineral, and spring water.
- Unrefined salts such as Pink Himalayan and Celtic Salts, along with herbs and spices of your choice.
- Traditional sweeteners in moderation such as raw honey, maple syrup, date sugar, and dehydrated cane sugar and juice.
- Wine in moderation, and source wines that are organic, sulfite free, and ideally dry farmed. Only drink, dark, dry red wines. (*PRO TIP: If out to dinner and want a glass or two of wine, choose a dark French or Italian wine, as chances are their farming methods are true to the old tradition and naturally meet the guidelines laid out in this protocol.*)
- Cool and store foods and water in stainless steel, cast iron, glass, or high quality enamel.
- Enjoy the plethora of wise, traditional options, and have fun with cooking and preparing your food!

DO NOT EAT THIS...

- Processed, pre-packaged foods.
- Any meat, eggs, and dairy products that wasn't pasture raised and fed, meaning it was on an all grain, processed diet.
- Farm raised fish and seafood.
- Reduced fat, partial fat, or non fat dairy, even if pasture raised and fed.
- Processed and non traditional vegetable oils such as canola, peanut, and margarine.
- Non-organic fruits and vegetables.
- Seeds and nuts that have been pre-roasted and that haven't been soaked, even if they're raw and organic.
- Standard tap and overly conditioned, non-mineralized water.
- Processed sugars and sweeteners.
- Wine that is non-organic and full of harmful sulfites.
- Food cooked in or stored in PBA filled plastic and non-stick cookware.

EAT LOTS OF FERMENTED FOODS *(Natural probiotics counts included)*

***CFU- Colony Forming Unit, or, essentially a single unit of bacteria

- KOMBUCHA- 1 Billion CFU per standard bottle (16oz)
- FULL FAT, RAW YOGURT- Up to 6 Billion CFU in 8oz. (Greek yogurt has less)
- FULL FAT, GRASS FED KEFIR- Up to 25-30 Billion CFU in 8oz
- SAUERKRAUT- Roughly 3 Billion in a cup
- KIMCHI- Cannot find accurate numbers, but like Sauerkraut, it's fermented cabbage, so guessing a number similar to Sauerkraut would probably be accurate.
- Any other food such as Miso, Natto, Coleslaw, et cetera that has been fermented and not processed.

AUTOIMMUNE PROTOCOL (AIP)

In short, the Autoimmune Protocol (AIP) is a diet focused on reducing total body, low level, chronic inflammation, which allows your body to heal and repair the gut and immune system.

It is considered an "elimination diet", meaning you eat by eliminating foods. In the case of 'The Gut Health Quest' Nutrition Protocol, to create your own personal AIP, you begin with the high level, core guidelines, and from there, eliminate any foods that could possibly act as an allergen or internal irritant, thus creating more inflammation and a further autoimmune response.

When beginning an AIP, you will want to be more strict to get your own personal autoimmune response under control. Once it's under control and symptoms have subsided through diet and supplementation, or have been dramatically reduced, you can begin to incorporate more foods back into your system.

FOODS TO AVOID TO CREATE YOUR OWN AIP FOR 'THE GUT HEALTH QUEST'.

- Nuts, seeds, and herbs from seeds
- Beans and legumes
- Artificial sweeteners
- Dairy products
- Eggs
- Chocolate
- Alcohol
- Nightshades (this includes): Tomatoes, potatoes, peppers, eggplant, mustard (seeds), chili peppers and all seeds and seasonings
- And of course, all other foods on the "Do Not Eat This".

This can make it more difficult to get lots of healthy probiotics from your food, so a high dose (100B CFU) supplement can make it much easier. That said, if you buy the right kind of dairy, like full fat, pasture raised, grass fed raw dairy probiotics like yogurt and kefir (which are your best natural sources), they should be free of most, if not all allergens and should be much easier on the system.

In the end, if you want, you can also experiment with the AIP to get it dialed in in a way that works for you, and also includes more foods.

MY PERSONAL GUT HEALTH QUEST GROCERY LIST:

Fats/Oils

- Cold pressed, extra virgin olive oil
- Expeller pressed sesame seed oil
- Organic grass fed butter (Kerrygold or Organic Valley)
- Protein
- Grass fed beef
- Pasture raised, free range chicken
- Uncured bacon
- Free range whole eggs
- Raw milk cheddar cheese
- Grass fed, full fat kefir
- Grass fed, full fat raw yogurt
- Grass fed whey protein

Nuts/Seeds

- Pre-sprouted almonds
- Raw, organic green pumpkin seeds (highly nutritious if soaked)
- Raw, organic walnuts

Minerals

- Pink Himalayan Salt
- San Pellegrino (glass bottles only)
- OmniBlue trace Ocean Minerals

Organic Fruits, Vegetables, and Herbs

- Kale
- Turmeric
- Ginger
- Lemon
- Wheatgrass
- Celery
- Spinach
- Carrots
- Blueberries
- Blackberries
- Raspberries