



New Day Whole Health Feel Great

NewDayWholeHealth.com

Eat to Live Lifestyle

Foods to Avoid:

- Refined-Processed-GMO Grains/Gluten
- Milk/Whey Protein/Cream/Pasteurized Cheese
- Sugar/Sweeteners/Xylitol/Sorbitol/Fruit Juices
- Caffeine (limit to one serving/day or eliminate)
- Alcohol (limit to 2-3 drinks/week or eliminate)
- Preservatives/MSG/GMO/Processed Foods etc.
- White Refined Salt & Refined Seasonings
- Canola/Safflower/Soy/Palm/Vegetable Oils
- Non-prescribed Meds/Synthetic Supplements
- Tap Water/Fridge Filter/Plastic Bottled Water

Foods to use with Caution or in Moderation:

- High Quality Dairy—choose grass-fed cultured full fat yogurt/keifer/cottage cheese/raw cheese
- Lacto Fermented Foods/Kombucha/Apple Cider Vinegar/Yeast (address gut issues if problematic)
- Organic Soy—Choose organic fermented soy products such as tempeh, miso or liquid aminos.
- Organic Peanuts—peanuts tend to be high in mold so be sure to choose organic and address mold issues.
- Organic Corn—most corn in the US is GMO. Choose organic and sprouted which is easier to digest.
- Sprouted grain/nut/seed breads or true sourdough breads (a true sourdough bread has no yeast added)
- Organic Red Wine—if tolerated, limit to a few glasses per week
- FODMAP foods or anything that YOU are Sensitive to

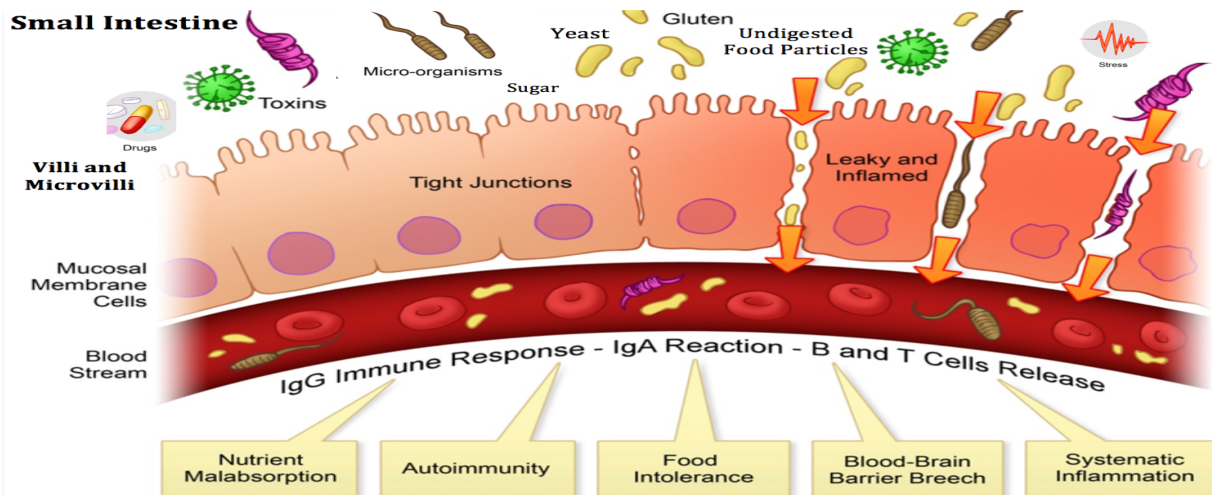
Address leaky gut and biofilms so that foods will be better tolerated!

Foods to Focus On: (75% or more Plant Based Organic Diet Recommended —lots of vegetables!!)

- Vegetables of all kinds
- Soaked/rinsed/cooked or sprouted whole grains
- Soaked/rinsed/cooked or canned legumes
- Organic Tempeh, Miso and Liquid Aminos
- Nuts and Nut Butters (soaked, sprouted or raw)
- Sourdough or Sprouted Breads (avoid yeast)
- Seeds—Ground Flax/Chia/Sunflower/Pumpkin
- Avocado/Avocado Oil
- Coconut/Canned Coconut Milk
- Organic Fruit (Limit to 1-2 servings/day)
- Lemons/Limes—Great in water for PH balance
- Olive oil/Ghee
- Black/Green Olives—all varieties
- Wild Caught or Organic Sustainably Raised Fish
- Free Range/Organic Poultry, Grass Fed Meat
- Pasture Raised Eggs—no omega enriched
- Bone Broth/Bone Broth Soups
- Spices/Herbs/ Celtic or Real Salt/Pepper
- Pure Maple Syrup, Raw Honey, Stevia—sparingly
- Herbal Teas—Throat Coat, Belly Comfort, etc.
- Almond or other non-dairy milk for minimal use
- Spring or Filtered Water

- *See website for snack idea list, recipes, virtual grocery tour, 30 Steps to Optimal Health videos & more.
- *Use a high-quality carbon block water filter for drinking water/showers. Be sure they remove chloramine.
- *I do not recommend Reverse Osmosis or “zero” filters because they remove all the minerals (like white bread).
- *Consider clean air—eliminate environmental toxins (cleaning supplies, molds, “memory foam” etc.).
- *Consider purchasing a high-quality air filtration machine for your bedroom such as Austin Air.
- *Use “clean” chemical free/organic personal hygiene products, cosmetics, non-aluminum deodorant etc.
- *Consider emotional health—relationships, stress, spiritual health—meditate/pray/practice gratitude daily.
- *Use toothpaste free of fluoride, SLS, sugars/chemicals. Brush, floss daily. Consider mercury filling removal.
- *Avoid microwaving, plastic containers, Teflon pans, etc. and mitigate electromagnetic frequencies.
- *Practice Proper Food Combining, Intermittent Fasting and Soaking Grains for optimal digestion.
- *Limit screentime especially first thing in the morning/after dinner to reduce EMF/blue light exposure.
- *Walk barefoot on the earth or with leather moccasins daily to support grounding.

“All Disease Begins in the Gut”—Hippocrates 460-377 bc



Gut health is key for optimal health. The small intestine is lined with trillions of villi and microvilli. The job of the villi and microvilli is to absorb nutrition out of our food as it passes through the small intestine. The blood and the lymph then send that nutrition throughout the body to support our brain, bones, muscles, ligaments, organs and more. The health of our intestinal tract impacts virtually every aspect of our overall health.

Eating foods that are hard to digest, toxins, medications, GMO's, stress, etc. cause the villi and microvilli to become matted down and crushed like an old carpet. Food particles then begin to get lodged and become food for bad bacteria. When the lining of the gut becomes permeable or “leaky” it means that the junctions of the small intestine have developed holes allowing particles to escape out of the walls of the small intestine. These particles can then enter into the blood stream and into our immune system causing a myriad of health issues.

Biofilms are a slimy sludge that bacteria and fungus form to protect themselves in. Biofilms are often antibiotic resistant and harbor yeast, fungus, mold, bacteria, parasites, viruses, and toxins. Pathogenic biofilms are extremely toxic to the body. It is estimated that 80% of worldwide infections are biofilm infections.

Addressing Leaky Gut, Biofilms & Nutrient Deficiencies:

Essential oils—shown in studies to be able to break down biofilms. Different symptoms indicate different yeast, molds, parasites, viruses, etc. See my 12 essential oil blends and Essential Oil Guide for specific health purposes.

Glandular Therapy—used in traditional Chinese medicine for thousands of years. The theory of “like heals like”. Immuno Gland Plex contains desiccated pancreas, adrenal, thymus and spleen. Support for immune and auto-immune conditions. **Take 1-2 per day for 2-3 months and then as needed.**

Super food powders—**Take only ¼ - ½ teaspoon of each daily.** Mix in hot water as a tea, in small amount of water or into smoothie. Implement only one powder at a time. Monitor results. See website/videos for more information.

- Lions Mane Mushroom Powder**—Support or cognitive function, focus, concentration, sleep & neurological.
- Gelatinized Maca Powder**—#1 used botanical in Peruvian Culture. Support hormones, energy, bone density, etc.
- Reshi Mushroom Powder**—#1 used botanical in Chinese Medicine. Support for better digestion, allergies, histamine, headaches, energy, immune and loaded with vitamins and minerals that we tend to be deficient in.
- Organic Green Plus B Powder**—Contains both land and sea greens plus unfortified nutritional yeast for natural B vitamins. Great source of tons of minerals including iodine for thyroid support which is hard to get enough of. Add this one last and be sure to address gut issues first because people often have sensitivities to greens.
- Turkey Tail Mushroom Powder**—Recommended for anyone struggling with chronic immune issues, cancer, IBD, etc. Good source of vitamin D and other nutrients.
- Bone Broth and or Collagen**—make your own or purchase a high quality one. I like the Ancient Nutrition brand. Their Multi Collagen has tons of five-star reviews and is very helpful if you have a lot of joint or other pain.