



**HEALING
LEAKY GUT**
checklist

Create a healthy internal environment

Clean your pantry and get rid of unhealthy, processed foods that do not support a healthy internal environment.

>> foods with refined sugar, preservatives, artificial flavour/colour, etc

Stock up on healthy, balancing foods such as vegetables, nuts, seeds, legumes & gluten-free grains like amaranth, quinoa, millet, oats and buckwheat.

Add other healthy foods that are a mix of expansive qualities (fruits, herbs, spices) and contractive qualities (fish, poultry, beef, eggs).

Support your body through the detox stage

Eat fibre-rich foods such as kale, spinach, swiss chard, cabbage, carrots, beans, lentils, flaxseeds, chia seeds, etc.

Stay hydrated by regularly drinking water throughout the day.

Repair and heal the intestinal walls

Drink bone broth & fresh cabbage juice daily to help repair and heal the gut lining and create a protective barrier to the internal system.

Repopulate the gut with good bacteria

Eat probiotic-rich foods with every meal such as kefir, cultured vegetables, kimchi and tempeh.

Suggested Timeline

Here is a suggested timeline for going through the healing leaky gut checklist. The purpose of implementing the diet over a week-long period is to help your body adapt to the change and ease into the detox.

Remember, this is only a suggested timeline and you may find that you'll need to adjust it based on your situation and the detox symptoms you may experience.

Consider this diet as a lifestyle change to maintain good health and stay free from symptoms and illnesses.

DAY 1

Start diet

DAY 8

Cleanse

DAY 11

Repair & heal

DAY 15

Probiotics

Continue for at least 8-12 weeks >>