



RESTORE GUT HEALTH

Session Three

The 5R Approach to Gut Health: Remove

Classes featured: The 5R Approach: Remove Part 1, The 5R Approach: Remove Part 2

My reflections:

What I want to remember:



WHAT YOU NEED TO KNOW:

- **Remove** means to remove things that contribute to gastrointestinal dysfunction, like reactive foods, toxins, and harmful bacteria.
- Your gut and immune health are affected by many things, including the bacteria you have been exposed to since the day you were born.
- Removing food you are sensitive to for a period of time allows the gut to heal and can result in the ability to tolerate the food once it's reintroduced.
- Food allergies, sensitivities, and intolerances are different types of reactions in your body, although the words are often misused interchangeably.

Allergy

- **Allergy:** An immune system associated reaction caused by IgE antibodies in your body attacking a food that they think doesn't belong.
- It is usually a fast, immediate reaction and can be fatal.
- **Example reactions:**
 - › Anaphylactic shock, coughing, difficulty breathing, hives, itching, swelling

Sensitivity and Intolerance

- **Sensitivity:** A delayed reaction to a food, usually due to an imbalance in the GI system. Symptoms can appear hours or days later!
- **Intolerance:** Your GI system's response to a chemical in food or the lack of enzymes to digest it.
- Your body reacts to a food for reasons other than IgE antibody-related response.
- **Example reactions:**
 - › Anxiety, bloating, constipation, depression, diarrhea, fatigue, flushing, headache, joint pain, runny nose, sinus congestion, skin irritation



TIPS FROM THE PROS TO REMEMBER:

- Check the ingredient labels of sauces, condiments, and dressings. Choose options that use avocado oil, extra virgin olive oil, or olive oil. Avoid options that use inflammatory oils, artificial sweeteners, and food dyes.
- Use avocado oil when cooking with higher heat and extra virgin olive oil when cooking with low heat or no heat.
- Your personal family and cultural traditions with food are an important part of eating. Take time to identify and appreciate your values related to food that feel helpful to your health.



HOMEWORK

Assignment

Circle the option you will implement:

I will commit to lowering my toxic burden by removing as many processed foods with artificial additives and sweeteners as I can. I will replace these with anti-inflammatory ingredients and organic produce.

I will implement a rotation diet and rotate the food and drink I think might be trigger-foods every 4–5 days.

Quick notes:

4 FOOD-RELATED TOXINS TO AVOID OR LIMIT

BPA

- BPA (bisphenol A) is a hormone-disrupting chemical.
- Use stainless steel, glass, or aluminum for water bottles and food storage.
- Use alternatives to plastic wrap.
- Choose BPA-free canned goods.
- Brew coffee in a glass French press instead of a percolator.
- Keep plastic out of the dishwasher, freezer, and microwave.

Chemical additives

- Aspartame and acesulfame potassium (found in products listed as “sugar-free,” “no sugar added,” and “diet”).
- Potassium bromate (found in bread and baked goods).
- Caramel coloring (found in precooked meats, soy sauce, and chocolate-flavored products).
- Carboxymethylcellulose (found in beer, cake icings, jellies, ice cream, and diet foods).

Food dyes

- Regular intake of food products with dyes have been linked to health problems such as cancer, allergies, headaches, and behavior disorders.
- Some synthetic food dyes are made from petroleum.
- The nutrition label may only say “artificial color,” or it may state the name of the synthetic color, for example “Yellow 5.”
- Look for products with natural dyes like fruit and vegetable extracts.

Heavy metals

- Even at low levels of exposure, heavy metals are associated with organ damage. Examples include mercury, arsenic, and lead.
- Avoid fish with the highest mercury levels, such as swordfish, bigeye tuna, shark, marlin, orange roughy, and King mackerel.
- Reduce the amount of arsenic in rice by rinsing dry rice multiple times and cooking it in a large water-to-rice ratio.



HOW TO DO ORGANIC: THE DIRTY DOZEN AND THE CLEAN FIFTEEN

The Dirty Dozen

Farmers typically use the most pesticides on these crops.

1. Strawberries
2. Spinach
3. Kale, collard, and mustard greens
4. Nectarines
5. Apples
6. Grapes
7. Cherries
8. Peaches
9. Pears
10. Bell and hot peppers
11. Celery
12. Tomatoes

The Clean Fifteen

These crops usually have the lowest amount of pesticide residue.

1. Avocados
2. Sweet corn
3. Pineapple
4. Onions
5. Papaya
6. Sweet peas (frozen)
7. Eggplant
8. Asparagus
9. Broccoli
10. Cabbage
11. Kiwi
12. Cauliflower
13. Mushrooms
14. Honeydew melon
15. Cantaloupe

This list is provided every year by the Environmental Working Group (www.ewg.org)

USDA pesticide contamination data of popular fruits and vegetables is used to analyze and rank the dirtiest and cleanest. Note: This testing is done after preparing them the same way most people do at home (washing, peeling, and scrubbing).



SWEETENERS

Limit

Artificial sweeteners

- Acesulfame-k
- Advantame
- Aspartame
- Neotame
- Saccharin
- Stevia
- Sucralose
- Tagatose

Sugar alcohols

- Erythritol
- Hydrogenated starch
- Hydrolysate
- Isomalt
- Lactitol
- Maltitol
- Mannitol
- Sorbitol
- Xylito

Caloric sweeteners and sugars

- Barbados sugar
- Barley malt
- Beet sugar
- Brown sugar
- Buttered syrup
- Cane sugar
- Confectioners' sugar
- Corn syrup
- Caramel
- Crystalline fructose
- Demerara sugar
- Dextran
- Dextrose
- Diastatic malt
- Diatase
- Florida crystals
- Fructose
- Galactose
- Glucose
- Golden sugar
- Icing sugar
- Invert sugar
- Malt syrup
- Maltodextrin
- Maltose
- Muscovado
- Raw sugar
- Rice syrup
- Sucrose
- Treacle
- Turbinado sugar
- Yellow sugar

Best choice

Natural sweeteners

- Agave nectar
- Coconut sugar
- Dates
- Honey
- Maple syrup
- Molasses
- Pure stevia
- Sugar

Adding fresh fruit is a good way to add sweetness!



OILS

Oils to include more of

- Avocado oil
- Extra virgin olive oil
- Flax oil
- Olive oil
- Walnut Oil

Olive oil is high in monounsaturated fatty acids, which have a beneficial effect on our blood lipid profile (i.e., cholesterol and triglyceride levels). It's the most well-researched of the cooking oils.

Inflammatory oils to avoid

- Hydrogenated and partially hydrogenated oils
- Corn oil
- Cottonseed oil
- Sunflower oil
- Peanut oil
- Safflower oil
- Soybean oil
- Vegetable oil

Check the ingredients list of convenience products in your kitchen so you can identify what to replace when you run out.

Cooking tip: The smoke point

An oil's smoke point is the maximum temperature that it should reach when cooking. Once it reaches its smoke point, the oil starts to break down. This can create an undesirable flavor and release potentially harmful chemicals. Avocado oil has a higher smoke point than olive oil, so we recommend using avocado oil when cooking with heat.

SALAD DRESSING FORMULA

Best formula for a balanced vinaigrette: 1 part acid to 3 parts oil. This formula will help you get started. Explore your cabinet, and add mustard, chili flakes, chia seeds, or whatever you like to create new flavors!

Instructions:

- Shake it up in a mason jar or old spice container—drizzle on top of greens before adding other toppings and toss with tongs to mix well.
- Always taste-test on greens to see if you need more of an ingredient until it tastes just right!

Healthy fat

+

Acid

+

Sweetener

+

Spices



Extra virgin olive oil



White wine vinegar



Honey



Salt



Avocado oil



Red wine vinegar



Maple syrup



Pepper



Apple cider vinegar



Oregano



Lemon or lime juice

ROTATION DIET

A rotation diet is a modified version of an elimination diet. It involves reducing how often you eat foods you know (or you think) cause a reaction. In the rotation diet, you only eat these foods every 4–5 days for a period of time. This gives your gut time to restore its cells and lining in between eating. This diet is meant to be used for food sensitivities or intolerances, not for food allergies.

Eat reactive food — — — — Wait 4–5 days — — — — Eat reactive food again — — — — Wait 4–5 days

Rotation Diet Planning	Day 1	Day 2	Day 3	Day 4
<p>Rotate multiple foods, or just a food you are sensitive to.</p> <p>Write down what foods you plan to eat each day. Don't put foods you are rotating within four days of each other.</p> <p>Create a menu based on foods listed. On Day 5, you can go back to Day 1 foods.</p> <p>Don't forget: Track your symptoms during this time to identify patterns.</p>	<p>Meat, Fish & Dairy Ground turkey Canned tuna Eggs</p> <p>Fats & Oils: Avocado oil Almonds Pistachios</p> <p>Fruits: Avocado Apple Blackberries</p> <p>Vegetables: Bell peppers Tomatoes Jalapeños</p> <p>Starches & Grains: Potatoes (all types)</p> <p>Beverages: Almond milk</p>	<p>Meat, Fish & Dairy Salmon Chicken Goat cheese</p> <p>Fats & Oils: Flaxseed oil Cashews Ground flaxseed</p> <p>Fruits: Mango Raspberries Banana</p> <p>Vegetables: Broccoli Cauliflower Carrots</p> <p>Starches & Grains: Rice (all types)</p> <p>Beverages: Green tea</p>	<p>Meat, Fish & Dairy Bison/beef Tilapia Dairy</p> <p>Fats & Oils: Butter Peanuts Hemp hearts</p> <p>Fruits: Peach Orange Lime</p> <p>Vegetables: Arugula Cucumber Squash</p> <p>Starches & Grains: Quinoa</p> <p>Beverages: Seltzer water</p>	<p>Meat, Fish & Dairy Chicken Shrimp</p> <p>Fats & Oils: Olive oil Pumpkin seeds Walnuts</p> <p>Fruits: Pear Grapes Nectarine</p> <p>Vegetables: Spinach Beets Corn</p> <p>Starches & Grains: Bread Soybeans</p> <p>Beverages: Coffee</p>

This is an example meal plan; it is not comprehensive.

Added perk: Eating this way often increases the variety of foods and nutrients you eat.