

Reintroducing Foods

As soon as your symptoms are gone and you feel ready to start reintroducing Foods back into your diet, these are our recommendations for how to do this easily and systematically:

Step 1: Bump up your protein intake to 30 grams per meal (keep eating organic beef, salmon, eggs but add in more proteins such as organic chicken thighs/breasts, organic ground turkey, shrimp, bison...) We recommend you stick with a shake for breakfast but swap out fat for 30 grams of Organic Protein/Collagen. (Great Collagen product brand: Vitals Proteins)

Step 2: Start adding in gluten free carbohydrates (Organic sweet potatoes & Organic white rice are great places to start as they are very gut friendly due to less lectins)

Step 3: Add in the following foods on the 'Reintroduction' food list below as you feel ready.

Step 4: 6 days a week, follow the above steps. Then, one day a week, have a 'Fun Day' -a Saturday or Sunday- where you start your day with a healthy 30 grams of protein breakfast and then eat what you want for lunch and dinner. Organic foods always will help you feel your best but, go out and enjoy yourself when you want as well on this day!

Daily Meals Framework:

Finally: Keep things balanced. For each meal try to incorporate:

- 30-40 grams of protein **per** meal (**See Muscle Centric Medicine Research below**)
- **Lots** of organic vegetables (especially greens) per meal
- Moderate levels of organic healthy fats (lots of Organic butter, olive oil, etc)
- Take HCL &/or digestive enzymes with each meal if you feel you still need it for added support
- **Eat carbs LAST!** Add 1 cup of organic roasted/baked sweet potato or Organic white rice at the end of your lunch/dinner (add more or less depending on daily activity levels) Avoid processed carbs as much as possible.
- **Avoid** drinking liquids **with** meals for optimal digestion. (leave a 30 minutes window drinking 30 minutes BEFORE or 30 minutes AFTER and after each meal)
- **Eat fruit FIRST** before a big meal or separate as a snack (as fruit digests quickly and easily - not ideal to add fruit after a bunch of protein as protein takes longer to digest so fruit will just be sitting and cementing in the gut as it waits for the protein to digest).

Reintroducing Foods

Reintroduction:

- Organic Sweet potatoes (baked, peeled and cut into wedges and baked at 400 degrees in organic coconut oil seasoned with salt, pepper, Organic Smoked Paprika, Organic cumin)
- Organic White rice
- Organic Potatoes (Red, Russet/baking)
- Organic Chicken (breast's, thighs)
- Organic pork (ground, chops etc)
- Organic carrots
- Organic beets
- Organic asparagus
- Organic butter
- Organic Raw Cheddar Cheese (& other Raw Organic Dairy (Organic whey isolate, Organic milk ...))
- Organic blueberries
- Organic raspberries
- Organic bananas
- Any other organic fruit ...
- (Dairy free) Organic Coconut or Cashew Yogurt
- Organic peanut butter, Organic almond butter
- Organic strawberries
- Organic White Onions
- Organic Red Onions
- Organic garlic (fresh and powder)
- Organic tomato sauce (sugar free)
- Organic salsa (sugar free)
- Organic Cucumber (always peel and deseed to remove lectins)
- Organic green beans (only if in season)
- Organic broccoli
- Organic cauliflower (cooked, not raw)
- Organic cabbage (cooked, not raw)
- Organic Brussels sprouts
- Organic Mushrooms
- Organic Tomatoes
- Organic Peppers (red/green/yellow bell peppers, jalapeños, etc)
- Organic Eggplant
- Organic Zucchini
- Organic Yellow squash
- Organic corn
- Organic organic quinoa
- Organic Gluten Free oats
- Any other Gluten free grains (brown rice ...)
- Organic Pasteurized Dairy Products (cheese, yogurt, sour cream, ice cream, half & half, heavy cream etc)

Reintroducing Foods

- Organic Pumpkin seeds
- Organic Sunflower seeds
- etc

Sweeteners:

- Organic Honey
- Organic Maple Syrup
- Organic Coconut Sugar
- Organic Monkfruit Extract (powder)
- Organic Stevia Extract (powder or liquid)
- etc etc

Foods to Eat Sparingly: (1x weekly)

- Organic Gluten Products (pasta, bread, pastries, bagels etc etc)
- Organic Gluten Free Grains & Products (corn, quinoa, brown rice, gluten free products etc etc)
- Organic Black beans* (see section below for soaking & preparation instructions)
- Organic Lentils* (see section below for soaking & preparation instructions)
- Organic Garbanzo beans* (see section below for soaking & preparation instructions)
- Any other Legumes ...* (see section below for soaking & preparation instructions)
- Processed Foods
- Sugar
- Polyunsaturated Fats (sunflower oil, safflower palm oil, canola oil etc)
- etc etc

Foods to Avoid (most of the time):

- Non Organic Gluten
 - Sugar
 - GMO Oils (Canola, Soybean, Sunflower, Safflower)
 - GMO Soy Products
 - GMO Corn
 - Excess Processed Foods
 - Non-Organic Protein
- etc etc

(Junk Food Hack) When you DO occasionally eat out or eat non organic food, we recommend following up an hour or two later with Bentonite Clay and Organic Activated Charcoal to pull out toxins.)

Reintroducing Foods

Bentonite Clay:

https://www.amazon.com/gp/product/B076GVLDB5/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&psc=1

Charcoal: (pulls out toxins)

https://www.amazon.com/gp/product/B0749CXLW/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&psc=1

Protein - Muscle Central Medicine:

After 8 weeks of recommending low protein in our recommended recipe plans for the purpose of boosting autophagy (cell clean up and renewal), we now recommend you now take advantage of the new science on Muscle Centric Medicine. The latest research is now showing that skeletal muscle is now considered one of the main determiners in longevity. This 'longevity muscle' is also an important foundation gut health (mucin - gut lining health), is one of the main regulators in your metabolism, determines maintaining a healthy weight and preventing weight gain as you age, heart health etc. We recommend you follow this Muscle Centric Medicine framework while switching over every few months to a high fat keto type diet for autophagy and anti-aging benefits. That way you can get the best of both worlds and keep your nutritional needs covered.

To stimulate skeletal muscle growth, Functional Holistic Medical Dr. Gabrielle Lyon recommends 30 grams of protein for 3 meals a day. This will stimulate the skeletal muscle specifically through amino acids such as Leucine.

To learn more of the scientific research, check out the links below:

Muscle Centric Medicine:

<https://drgabriellelyon.com/>

https://m.youtube.com/watch?v=gzURHLZd_Xg&t=44s

<https://m.youtube.com/watch?v=gWwkKBtvtOU&t=23s>

(Myth busted by research that protein causes cancer)

https://m.youtube.com/watch?v=LdCc_j4Eujg&t=11s

https://m.youtube.com/watch?v=OeuJF_Uov6I

Red Meat Myth Busting:

Reintroducing Foods

Science Direct Research paper:

<https://robbwolf.com/wp-content/uploads/2015/01/Binnie2014.pdf>

Other Research:

<https://chriskresser.com/red-meat-it-does-a-body-good/>

<https://chriskresser.com/why-eating-meat-is-good-for-you-joe-rogan-debate-summary/>

Dr Mercola:

<https://foodfacts.mercola.com/grass-fed-beef.html>

Dr Gabrielle Lyon:

<https://www.drchristianson.com/podcast-the-latest-research-how-red-meat-can-improve-your-health-with-dr-gabrielle-lyon/>

<https://drmindypelz.com/ep94/>

****Preparing Beans Properly:**

Legumes such as Black Beans, Pinto Beans, Lentils etc DO contain anti-nutrients in the outer peel. However, if properly prepared so as to break down most of the anti-nutrient content, beans are an amazing source of soluble fiber and are powerful agents for pulling out excess hormones that your body wants to detoxify, such as excess stress hormones, estrogens (from phytoestrogens, etc. Beans also are a slow burning carb and will not spike the hormone insulin in your body. They are all in all amazing for you. (Note: We don't recommend canned beans as they will often give you digestive discomfort, bloating and flatulence. Probably due to not being soaked and rinsed enough).

WE RECOMMEND WAITING UNTIL A COUPLE MONTHS AFTER FINISHING THIS PROGRAM BEFORE INTRODUCING BEANS (properly prepared as outlined below)

How DO you Properly Prepare Beans to Lower Their Anti-Nutrients?

Step 1: Soak 3-4 cups Organic Dry Beans in a large bowl and fill with reverse osmosis water (an inch or two above beans).

Reintroducing Foods

Step 2: The next day, pour soaked beans into a colander and rinse with cold water.

Step 3: Pour rinsed beans into a large cooking pot and fill with reverse osmosis water (an inch or two above beans). Bring to a boil and boil for 3 minutes. Then cover, turn off heat, and let soak for 1 hour.

Step 4: Pour soaked beans into a colander and rinse with cold water (this helps remove the anti-nutrients that are in the water).

Step 5: Pour soaked-boiled beans into an Insta-Pot and fill with reverse osmosis water (an inch or two above beans). Add 1 teaspoon of Pink Himalayan Sea Salt to beans and pressure cook/cook on High for 35 minutes. Give another 30 minutes for Insta-Pot to cool down after beans are finished cooking.

Drain excess water and serve (Take Betain HCl upon first bite of beans). Store beans in the fridge for 3-4 days or freeze.

References:

<https://beaninstitute.com/two-ways-to-soak-beans-to-reduce-gas/>