

THE WEED FEED SEED

GUT PROGRAM

This program is suitable for anyone diagnosed with gut issues stemming from bacterial, parasitical, yeast fungal infestation. It is also helpful for candida.

This programme takes you through 3 vital steps of –

- 1) Cleansing the gut of mould, fungus and their waste products and giving the bowel a general cleanse
- 2) Re-introducing necessary nutrients into the gut to heal and repair the 'leaky gut' effect
- 3) Re-innoculating the bowel with healthy microbes

WEEDING

The first step is to remove undesirable bacteria, parasites, yeast, microbes and their waste by-products from the bowel. This is essential before feeding wholesome new foods and microbes into the gut (as otherwise they will feed the 'undesirables' and only make them stronger!)

This part of the program takes 2 to 4 weeks (depending on severity and duration of condition).

There are two major aspects to this part of the program. They are –

- A) Cleansing and Flushing of Bowel
- B) Cleansing of Pathogenic Microbes, Fungus, Bacteria, Parasites

Cleansing of Bowel

It is important to remove old, unwanted waste from the bowel which can be potentially a breeding ground for growths and pathogens. There are several ways in which this can be done.

- If you are courageous and feel inclined, colonic irrigations (best to have three) are an excellent method of bowel cleansing.
- Another option is to give yourself coffee enemas (**see Instructions**)
- The gentler option is to give yourself a colon cleanse each day with 1 tsp of Magnesium Oxide (or Magnesium Sulphate - Epsom Salts) in warm water with the juice of 1 lemon upon rising. Each person's bowel tolerance is uniquely different, so its important to begin slowly at half (or even quarter) the dose and build up to 1 tsp. If 1 tsp is not enough, you may need to increase it until bowel motions become loose. (Magnesium oxide also oxygenates the bowel and liquefies the stools enabling old deposits to be removed).

Cleansing of Pathogens

This part of the program is vital to undergo at the beginning of the program, as unhealthy microbes and pathogens will not leave the gut with simply 'feeding' it with healthy microbes. Pathogens will only become stronger. They need to be removed! I suggest you select 2 or 3 of the following methods to ensure complete removal.

- Grapefruit Seed Oil capsules (1 cap twice daily)
- Raw fresh garlic (slightly bruised) – 1 whole clove taken twice daily

- Empty Capsule filled with 2 drops Oregano essential oil, 2 drops Cinnamon essential oil, 1 drop Thyme essential oil and the rest filled with coconut oil, taken twice daily.
- Mediherb BACTOCANDI – 1 capsule twice daily
- Metagenics Parex 1 capsule twice daily
- Eagle Pathoclear 1 capsule twice daily

FEEDING

This part of program aims to re-nourish, repair and heal the leaky ‘holes’ often found in the gut from poor gut function. It is recommended to follow for 4 weeks.

Suggested supplements –

1. **Vital Proteins Collagen Peptides** (Collagen repairs gut, skin, joints and nails)

<http://www.shopnaturally.com.au/vital-proteins.html>

2. **Digestive Enzymes** (1 before each meal) **BioCeuticals Multigest Enzymes** These enzymes will improve nutrient absorption and help break down food particles.

3. **Aloe Vera Juice** (1/2 cup 3x daily)

<http://au.iherb.com/Real-Aloe-Inc-Aloe-Vera-Gel-32-fl-oz-960-ml/29035>

Aloe is healing to the digestive system.

4. **Organic Melrose Flaxseed Oil** (3000 mg capsule daily or Budwig protocol – blend 1 tbs oil daily, into double amount of into Paris Creek Quark)

<http://www.just-health.com.au/p/melrose-health-organic-flaxseed-oil-1000mg-vegetar/MEFLAOC?gclid=CPGFrID8x80CFYaWvAodkF0GQg> OR

YES Parent Essential Oils <http://essentialsupplements.com.au/supplements/ultimate-efas/>

Additionally choosing one good superfood is also recommended. Here are a list of several I recommend –

- Chlorella
- Moringa Powder
- Bee Pollen
- Spirulina

You can also drink a tea (twice daily) of either Slippery Elm, Flax Seed Tea or Licorice/Marshmallow tea..

Slippery Elm tea is prepared by placing 1 teaspoon of powder into a cup with hot water, stirring and then drink. If you require a sweetener, you can add a small amount of stevia powder. This soothes, heals and restores gut wonderfully.

Flax Seed Tea is prepared by place 2 tablespoons of organic flaxseed into a saucepan with 2 cups of water. Bring to boil and gently simmer for 15 minutes approximately. Let sit for 5 minutes and strain liquid and drink 1 cup. The remaining liquid can be heated up later to drink. The residue seeds can be put into smoothies or on a breakfast with fruit and yoghurt. This is very healing and restorative to the gut lining.

Licorice / Marshmallow Tea is prepared by placing 1 tablespoon of the dry root mixture into a saucepan with 2 cups of water. Bring to boil and simmer for 10 to 15 minutes. Let sit for 5 minutes. Strain and drink. A very pleasant tasting tea which has anti-inflammatory and soothing action on the gut. It also helps adrenal function.

SEEDING

Its time to re-inoculate the gut with healthy bacteria so to ensure ongoing healthy gut function. This phase should last a minimum of 4 weeks, and possibly indefinitely, if needed.

The first way to 'seed' the gut with healthy bacteria is by dietary measures, (see below), especially fermented foods such as kimchee, sauerkraut, kefir, natural yoghurts.

The second way is by re-introducing the bacteria via probiotics. Here are the 2 products I recommend –

- 1) Complete probiotics (by Dr. Mercola, available via Iherb) <http://au.iherb.com/Dr-Mercola-Premium-Supplements-Complete-Probiotics-60-Capsules/40386>
(Take 1 to 2 daily) **OR**
UltraBiotic 45 by Bioceuticals (multistrain probiotic)
- 2) NuFerm Fermented Superfoods with Probiotics. (Can be purchased here <http://www.nuferm.com/shop/organic-2012-blend/>)

DIET

It is important that the diet is adhered to as strictly as possible through this weed, feed and seed program, in order for success to be maximum. Without these dietary guidelines, your results will not be fully achieved or maintained.

The Foods to Include

Here is a list of recommended foods, adapted from Dr. Mercola's recommendations –

PRIMARY FOODS

* Where possible, proteins and fats should be grass fed, free range and organic.

* Seafood and fish should be wild caught.

* Carbohydrates should be organic.

PROTEINS			CARBOHYDRATES		FATS		
Meats/Fowl	Fish/Seafood	Eggs/Dairy	Vegetables Very Low Glycemic	Vegetables Low Glycemic	Fatty Fruits	Fats	Oils
Chicken, Turkey, Duck	Salmon, Tuna, Sardine	Eggs (whole)	String Beans, Vegetable Seed Sprouts	Broccoli, Brussel Sprouts, Kale	Olives	Butter	Olive Oil
Goat	Crab, Lobster	Cheese	Celery, Lettuce,	Tomato,	Coconut	Cream	Coconut Oil

			Endive, Cucumber, Beet Greens, Watercress, Radicchio	Eggplant, Capsicum			
Organ Meats	Red Snapper, Halibut, Grouper, Trout, Cod, Perch, Mackerel, Herring	Cottage Cheese	Mushroom, Seaweeds,	Onion, Leek, Garlic, Shallot	Avocado	Ghee	Macadamia Oil, Walnut Oil
Beef, Veal	Abalone, Oyster, Mussel		Spinach, Chard	Ginger			Flaxseed Oil
Bacon, Pork, Ham	Octopus, Squid		Asparagus, Radish, Horseradish,	Fennel			Pumpkin Seed Oil
Lamb	Anchovie, Caviar		Cauliflower, Cabbage, Bok Choy	Parsley, Cilantro, Dandelion Greens, Mustard Greens,			Sesame Seed Oil

SECONDARY /CAUTIONARY FOODS

(To eat in moderation)

DAIRY	VEGETABLES		SWEET FRUITS		GRAINS	SEEDS & NUTS
Moderate Glycemic	Moderate Glycemic	High Glycemic	Moderate to High Glycemic		High Glycemic	Low Glycemic
Milk	Zucchini, Squash	Potato	Blueberry, Raspberry, Strawberry, Blackberry	Orange, Lemon, Lime, Pineapple	Brown Rice, Wild Rice	Almond, Brazil, Walnuts
Kefir	Pumpkin	Sweet Potato, Taro, Yam	Cherry, Grape	Kiwi Fruit	Quinoa	Pumpkin seeds Pine nuts
Plain Yoghurt	Beetroot, Turnip	Jerusalem Artichoke	Apricot, Peach, Nectarine, Plum	Banana, Mango, Papaya	Oat, Millet	Sunflower seeds, Sesame Seeds, Flax Seeds
Sour Cream	Carrot	LEGUMES	Apple, Pear	Watermelon, Rockmelon	Triticale	Hazelnut, Macadamia nut
	Okra	Beans	Fig	Pomegranate	Corn (on cob)	Pistachio

Make sure products are wholefat – not skim or light						
Eliminate pasteurized and if possible – homogenized	Artichokes	Lentils	Persimmon		Buckwheat	Pecan Cashew
Obtain Raw Dairy – if unavailable, substitute with grass fed or organic	Peas	Dry Peas	Eat Fresh and Raw			Unsalted and Raw

The Foods To Avoid

Here is a list of the foods to avoid as much as possible.

Here are the biggest foods that cause a leaky gut by creating intestinal inflammation and candida:

Gluten – A gluten free diet can help improve the symptoms of leaky gut. Gluten is the sticky protein found in most grain products including wheat and is difficult to digest unless it's been brought through a sourdough or sprouting process. On the leaky gut diet you will want to avoid all foods that contain gluten and wheat products.

Cows Dairy – The protein in cows dairy, called A1 casein, can trigger a similar reaction as gluten and therefore should be avoided. In fact, A1 casein may be 26x more inflammatory than gluten! However, fermented whole milk products (such as kefir and organic yoghurt may be beneficial – see list).

Sugar – Feeds yeast and bad bacteria that can damage the intestinal wall creating a leaky gut. If you are going to use a sweetener raw local honey is your best option but even that should be consumed in moderation at 1 tbsp daily.

Unsprouted Grains – Grains and soy when unsprouted and unfermented contain phytic acid which can irritate the intestines causing leaky gut.

GMO – Genetically modified organisms contain herbicides and pesticides that damage the gut lining. Studies out of the *Journal of Environmental Sciences* have found GMO foods destroy the probiotics in your gut and cause organ inflammation.

FOODS TO AVOID

Adapted from the book *Sugar Crush* by Dr. Richard Jacoby –

- Any process, packaged or prepared foods (including fast foods) that contains sugars, artificial sweeteners, harmful oils, food additives etc. will promote gut inflammation in your body.
- Avoid Soy (unless fermented and organic)

- Use real cream, not milk.
- Give up sugary drinks (including fruit juices) and ALL sweets
- Avoid any food with an ingredient list with more than 5 ingredients (or with ingredients you can't pronounce easily!)
- Avoid all trans fats or hydrogenated fats (like those found in margarine, , shortening, baked goods and shelf stable goods)
- Fried foods like potato chips, hot chips, onion rings are an absolute no.
- Dairy products (excluding organic, grass fed, or raw) are loaded with hormones, antibiotics and other harmful ingredients.
- Wheat and all gluten-containing grains are not only hard to digest, but acidic and cause inflammation. Better alternatives are quinoa, amaranth, buckwheat.
- Artificial sweeteners like aspartame (found in Nutrasweet and Equal), saccharin, sucralose etc. have been linked to many serious illnesses.
- Avoid food additives like MSG, artificial colours, stabilizers, preservatives, anti-caking agents, emulsifiers, glazing agents, thickeners.
- Cooking oils high in omega 6 fatty acids, including corn, soya, canola, are extremely fragile when exposed to heat, air or light and will go rancid. This translates to free radical damage, creating gut and body inflammation. If lightly sautéing foods, you can use olive oil. But if baking or using medium to high heat, use the more stable coconut oil.
- Alcohol is high in sugar and a burden on the liver, so best to use moderately or eliminate completely.
- Deli meats, sausages, and bacon are preserved with cancer causing nitrates and nitrites are to be avoided.

References to Recipes

- *The Grain Brain Cookbook – by Dr. David Perlmutter*
- <http://www.livelovenourish.com.au/recipes.html>
- <https://iquitsugar.com/recipe/>
- <http://gluten-dairy-sugarfree.com/>

A Word on Stress Management

Do it! – in whatever way you can manage –

- Daily walking (minimum 30 minutes is great)
- Regular deep relaxation (can purchase or borrow guided audio relaxation CDs from the library)
- Deep breathing exercises
- Regular yoga, tai chi or qi gong
- Hot Epsom salts baths
- Massages