THE DIGESTIVE RESET DIET

The key to resetting your digestive system is to avoid those things that can deteriorate it, and feed it all the things that can heal it. Once you do these two things properly, healing of the entire GI tract becomes much easier.

The basis of the Digestive Reset Diet is to consume as many antibacterial, antifungal, and antiviral foods as possible that are rich in vitamins, minerals, enzymes, and probiotics, and have the least digestive load as possible. On the flip side, avoiding any foods that can make a digestive problem worse is just as important.

The seriousness of your digestive distress will determine how long you need to follow this diet. I suggest a minimum of 60 days, and up to 90 days for more serious conditions. Use the feedback your body gives you to gauge how long you should follow it, and when adding in foods later that are restricted, do it slowly and maintain this diet as a core part of your lifestyle going forward, for best results.

Foods and Beverages To Completely Avoid

- Sugar - in any form, and including high sugar fruits (all fruits noted as “safe” in the week 2 written content, are your ONLY choices. This means avoiding high sugar fruits like bananas, oranges, pineapples, etc).
- Chocolate in any form
- Caffeine (coffee, black tea)
- Alcoholic beverages
- Gluten
- Dairy products
- Pork and processed meat
- All seafood (except wild caught salmon)
- All nuts and seeds (except chia, hemp, and limited quinoa)
- All nightshades, high oxalate, and starchy foods (ie. tomatoes, potatoes, egg plant, bell peppers, beets, sweet potatoes)
- All beans and legumes
- Mushrooms (except medicinal mushrooms like reishi and chaga)
- All vinegars (except apple cider vinegar)
- Peanut, corn, canola, soybean, and cottonseed oil

Foods and Beverages To Consume

The majority of your food choices are going to come from the approved fruits and vegetables listed in week 2 of the main written content. For sake of convenience, I’ve listed those foods here:

- Strawberries
- Raspberries
- Blueberries
- Blackberries
- Elderberries
- Cranberries (often in juice, choose no sugar added)
- Lemons
Limes
Granny Smith apples
Pomegranates (in moderation)
White grapefruit (bitter)
Watermelon (in moderation)
Kale
Cabbage
Broccoli
Field/Leafy greens (avoid spinach)
Cauliflower
Onions
Garlic
Brussels sprouts
Cucumbers
Celery
Mustard greens
Collard greens
Radishes (including daikon)
Summer squash
Zucchini

Fermenting vegetables like cabbage to make sauerkraut is typically an integral piece to healing your gut. In certain cases where it may aggravate (not to be associated with cleansing reactions), choose other probiotic rich sources like water kefirs and apple cider vinegar.

You can also enjoy some gluten free grains (no more than 1-2 times a week) if you wish, such as:

- Millet (18)*
- Amaranth (8)*
- Wild rice (7)*
- Buckwheat (8)*

Keep in mind that the less grains you eat, the faster you will typically heal.

* Make sure to properly soak these grains for the required amount of hours, as noted in brackets.

As for animal protein, if you choose to eat it, make sure it is no more than 2 times a week (in small portions, ie. 3 oz), and consider only the following sources (in priority order):

- Wild caught salmon
- Grass fed beef or wild game
- Organic, Free Range Chicken
- Eggs (watch closely as they can sometimes aggravate autoimmune conditions)

Keep in mind that the less animal protein you eat during this diet, the more quickly your digestive system will recuperate (and for many, complete elimination is the most beneficial).

There are very few nuts and seeds you can consume, due to poor digestibility and high oxalate content. The exceptions are:
• Young coconut
• Hemp seeds
• Chia seeds

* Make sure to soak your chia for at least 15 minutes and up to an hour.

Certain plant based fats and oils are acceptable in this diet, including:

• Coconut oil
• High quality olive oil
• Avocados

If you choose to sweeten things like smoothies and teas, choose a quality liquid stevia as suggested in week 2. If you choose to put salt on your food, choose a full spectrum, Celtic, or Himalayan sea salt.

You can also enjoy a wide variety of herbs and spices, with particular attention to:

• Parsley
• Cilantro
• Oregano
• Holy Basil
• Mint
• Turmeric
• Pepper
• Cinnamon
• Cayenne
• Ginger
• Curry

On a daily basis, you can enjoy the following superfoods:

• Coconut (meat, water, oil, kefir)
• Algae (chlorella, spirulina, blue-green algae)
• Hemp
• Aloe vera
• Bee pollen (if tolerable)
• Medicinal mushrooms
• Chia

Plenty of clean water, green juices, and herbal teas are also advisable.

As for supplementation, be sure to strongly consider those listed in the week 2 & 4 supplements, with a special focus on the following:

• Body Ecology Core Program (Available to U.S. and Australian Residents Only)
• Superfood (green) powders (Boku, Vitality Greens, Greens Premier, or Tonic Alchemy)
• Astaxanthin
• Magnesium
Now that you know the foods to avoid, and those to consume, how does this look on a daily basis? Allow me to outline the daily components in the plan.

**Smoothies**

In the THRIVE approved recipes (in week 2 resources), there are several smoothies you can consume on a daily basis, including:

- Superfood smoothie (avoid using almond milk) - highly recommended
- Coconut raspberry cream smoothie
- Happy hormone smoothie (avoid using maca)
- Cucumber, ginger, and lime smoothie

You can also get creative and use any combination of approved berries, superfood powder, plant based fat (avocados), approved seeds (hemp and chia), and stevia to taste (if desired).

You can drink smoothies at any time of the day, and as many as feel good for you. Make sure they are not too cold to help with better digestion.

**Soups**

In the THRIVE approved recipes (in week 2 resources), there are several soups you can consume on a daily basis, including:

- Best Soup for Sickness
- Creamy Cauliflower Soup
- Broccoli Fennel Soup
- Squash Ginger Soup
- Creamy Salmon Soup with Greens
- Curried Butternut Squash Soup (without the pears)

Enjoy soup at any time of the day, and as often as you wish. Try to incorporate one of the above soups at least once a day (make big batches and refrigerate for later).

**Salads**

With regards to salads, its best to just get creative, using the approved vegetables above. Make sure to used the salad dressing recipe for your salads, included in the THRIVE approved recipes.

You can enjoy salad any time of the day, and look to eat at least one a day. If raw foods cause you too much digestive distress, stick with soups and lightly cooked vegetables.

**Steamed or Lightly Sautéed Vegetables**

When it comes to cooking vegetables, get creative. Throwing different types of the approved vegetables together with some herbs and spices makes for a great and easily digestible meal. You
can also add in approved grains from time to time, like wild rice or quinoa (technically a seed). Just make sure to soak grains before cooking. Add warming spices like turmeric, ginger, cumin, curry, and pepper.

Try to make a vegetable stir-fry at least a few times a week, don’t overcook, and use approved oils when necessary.

**Sauerkraut**

Sauerkraut can go with nearly any vegetable or protein dish, and when eaten with any food, helps improve digestion of that meal. Add sauerkraut to eggs, salads, with protein dishes, and vegetable based meals. It can be eaten on the side with nearly anything, and is also a nice snack.

If you want to make sauerkraut, use the recipe in week 2 & 4 resources. If you wish to purchase it, make sure it is organic AND unpasteurized. You want it to have as many enzymes and probiotics intact as possible, and both can be ruined with pasteurization.

Look to enjoy at least a few ounces of sauerkraut, 2-3 times a day. If it feels good, eat more. If it causes significant problems, cut back (it may be causing a cleansing reaction). If you can’t handle it at all, stick with water kefir and apple cider vinegar as your food based probiotic choices.

**Kefir**

Another great beverage to add to your routine is taking a few ounces of coconut or water kefir on a daily basis. You can make this using the recipe in week 2 & 4 resources, or try and purchase it in the store (Inner-Eco is a well made brand of coconut kefir).

It’s a good idea to avoid milk kefir at this time, due to avoidance of dairy in all forms.

**Animal Protein**

Animal protein is a bit more difficult to digest, especially if it is conventionally raised. Avoiding it during the period of this diet will often generate results more quickly, but if you feel you “need” to have some, try to eat it less than 2 times a week and stick with small portions (3 oz) of wild caught salmon and grass fed beef or wild game.

**Snacks**

During the period of this digestive reset, it’s best to stick to fruits and vegetables as snacks. If you find yourself hungry, choose something like an avocado with sea salt, or homemade coconut yogurt. If you need convenience, soaking pumpkin seeds, dehydrating, and lightly sprinkling with sea salt is admissible in moderation. You can also eat raw vegetables with the homemade mayonnaise in the week 2 recipes.

For now, you will need to avoid most of the snacks in the THRIVE approved recipes as they often contain ingredients not permissible in this particular diet.

**Teas**

Teas are an important component of this diet as it can replace other beverages not consumed in
this plan, and they are also very healing.

It is important to note that any black teas should be avoided (due to caffeine content and high oxalates), and green teas as well. Stick with herbal teas, with a strong focus on the following:

- Schisandra (soaking the berries to make tea is optimal)
- Pau D’Arco
- Ginger
- Peppermint
- Chamomile
- Flax seed tea (1 tbsp of flax seeds in mug, add 8 oz of boiling water, let soak for minimum 6 hours, then drink off liquid only)

All these tea relieve “damp” (fungal) conditions and digestive concerns, and many of them can be combined as well. Use fresh herbs when possible (grating ginger or adding peppermint leaves to a strainer), and use quality organic teas when possible, like Traditional Medicinals and Numi. If that’s not possible, choose organic, loose leaf teas.

Enjoy up to 3-4 different teas a day, but make sure to drink at least one tea from the above sources, and mix it up.

### DAILY PLAN DETAILS

Although every day will look slightly different, below is a rough template of how your plan will be executed on a daily basis.

**Breakfast**: Big glass of clean water (feel free to add lemon or lime) or approved tea, then approved smoothie. Couple ounces of coconut kefir. 1 oz of apple cider vinegar in water.

**Snack**: Approved fruit like a green apple, and/or approved tea.

**Lunch**: Salad, with plant based fats and occasionally animal protein to satisfy (like wild caught salmon or hard boiled eggs). Few ounces of sauerkraut on side.

**Snack**: Approved fruits or vegetables (homemade mayonnaise recipe goes well with vegetables and adds fat to increase satiety), and/or tea. Avocado with sea salt. Soaked and spiced pumpkin seeds (in moderation).

**Dinner**: Soup and/or vegetable dish, and animal protein (no more than 2 times a week). Few ounces of sauerkraut on side. Eat at least 3 hours before bed.

**Evening/Before bedtime**: Couple ounces of coconut kefir, and sauerkraut. Approved tea. 1 oz of apple cider vinegar in water.

* Supplements can be taken as directed.

You can mix up when you eat certain foods to cater to your lifestyle, and have them more than once a day, if you wish.
Make sure to drink plenty of teas and water to satisfy your water intake. This diet is largely water based, so you don’t need to overdo it on the straight water consumption. 8 - 12 glasses of water can be achieved through smoothies, teas, fruits and vegetables, and straight water intake.

Keep in mind that if you are not “perfect” with this diet, it doesn’t mean it won’t generate results. The closer you stick to it, however, the swifter and more complete your results will be. If you need to work around food allergies (a sign of weaker digestion), just make adaptations where necessary.

The biggest challenge for most people is avoiding sugars, starchy foods, gluten, processed foods, flours, and caffeine. However, they are the most important things to avoid during the diet.

The key to healing your digestive system is creating healing momentum by doing enough of the right things on a daily basis, for an extended amount of time (60 to 90 days). Following this period, a slow reintroduction of all the foods identified in week 2 is advisable, paying close attention to what “feels good” and what doesn’t. Use your body as feedback, and adjust accordingly and keep experimenting to see what changes over time.

After 60-90 days of closely following the Digestive Reset Diet, you should feel less pain, more energy, and improved quality of life!

If you require any clarification, be sure to ask questions in the THRIVE Health Desk! Good luck!