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GENERAL FOOD PROTOCOL FOR GUT HEALTH



The logo for 'Healthy Gut' features a stylized, abstract shape in green and blue, resembling a flame or a drop, with the text 'Healthy Gut' in a small, sans-serif font below it.

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- This is a discussion about using food alone
- In other words if you had to build a protocol with foods only, what would you do
- We discussed supplement only protocols in Module 3
- More than likely, you will do a combination of both



A top-down view of a wooden surface with various food items and kitchen tools. There are bowls of yellow and white powders, a small bowl of brown powder, a lemon, a small bowl of oil, and some fresh vegetables like carrots and green onions.

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General Rules For Foods

- Establish the main digestive issues the clients has and determine if they have food sensitivities
- This is necessary because you need to recommend specific foods for gut health and there is no point recommending foods they are sensitive to – if it is minor do not worry about it
- These foods will be something the clients has noticed an issue with – Other wise wait until other aspects of the food protocol have been tried before pulling other foods out
- The key is to work foods into the diet that help gut health



A collage of various food items including bread, cheese, eggs, vegetables, and fruits, arranged in a circular pattern.

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Two Client Types

- Just like in Module 3: There are two approaches to create a protocol for gut health for clients
- Each approach will have elements that are unique to the client
- Client Type I – this first approach is for clients who do not have extreme issues or whose gut health issues are not apparent despite having other health issues
- Client Type II – has extreme gastrointestinal issues and may have a diagnosis for a specific GIT condition and may also be the type with major food sensitivities – also could be those with brain issues like autism, Alzheimer's

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Client Type I

- Have them do a food journal first so you can see what they are eating that is good and not so good
- Have them make a food list of what they like to eat. Make up the list for them (see template)
- Start with the steps to good digestion – you will be adding foods and you need to make sure know there are not other factors affecting their digestion
- Have a conversation with the client about fermented foods
- Help them pick the ones they want to add
- Talk to them about other foods for gut health such as glutamine-rich foods and prebiotic foods
- This client type should be able to handle prebiotics foods

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Client Type II

- Have them do a food journal first so you can see what they are eating and have them make a food list of what they like to eat. Make up the list for them (see template)
- Start with the steps to good digestion – you will be adding foods and you need to know if there other factors
- Consider food sensitivities based on the food journal and/or the clients own observations and consider removing. An elimination diet may be needed
- Have a conversation with the client about fermented foods, glutamine-rich food and pick the ones they may add
- This client type may not be able to handle prebiotics foods
- Use the removed foods as a test to see progress

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Where you want to get the client to be

- A normal healthy menu balanced for carbs, protein and fats
- Two portions of fermented foods a day (a portion would be at least ¼ cup)
- At least three different types of fermented foods per week
- At least 4 known prebiotic foods both types daily (both types)
- 1 glutamine-rich food (or fermented glutamate foods)
- Butter for butyrate (if tolerated) or sourdough for SCFA



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In General

- The goal of the food protocol is to keep the client inspired about the potential for the foods you want them to eat or that they need to eat
- You want the client to be happy and excited about their foods and if it takes some time to have them work these foods into their diet, then take it
- You need to be strategic to figure out what will work best for the client, their lifestyles and allow them to enjoy their foods and make it flexible
- Always be on the lookout for new recipes and food ideas as this gives you more options for the client

