

AUTOIMMUNE & GUT BLUEPRINT

Learn the foods to build back your microbiome
and healthy gut bacteria



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Autoimmune - Gut Friendly Nutritional Blueprint

- 1. READ THE INGREDIENTS - not the front of the package**
- 2. LOOK FOR SHORT INGREDIENT LISTS - Words you recognize and can pronounce**
- 3. Choose & KNOW - Only The Right Food Is Medicine.**
- 4. Please read my comments at the end of this document!**

PRODUCE

Dirty: You want to buy these products organically! When grown conventionally, these products contain very high amounts of pesticides. Yuck!

1. Peaches -**Highest pesticide load!**
2. Apples (granny smith)
3. Celery
4. Nectarines
5. Strawberries
6. Cherries

7. Kale
8. Lettuce/Spinach
9. Grapes (imported)
10. Carrots
11. Pears- lower but still pretty high

Clean: You can save money by buying these veggies conventionally

1. Onions
2. Avocado
3. Pineapple
4. Mango
5. Asparagus
6. Kiwi
7. Cabbage
8. Papaya
9. Watermelon
10. Broccoli
11. Sweet Potato

Best Fruits: This will surprise you! These fruits are best to feed your good gut bacteria. *Banana, mango and papaya* as long as they are green. The resistant starch in these foods support your good gut bacteria and help build the foundation of your immune system.

Fruits use only in season: Strawberries, Blueberries, Raspberries, Blackberries, Cranberries, Lemon, Lime, Pineapple, Tangerine and Green Apples.

***Choose these because they contain the least amount of toxins and lectins.

Important Note: Avocado is a fruit but is acceptable at any time.

When Choosing Fruits and Veggies:

1. **Fresh-** Most Nutrients
2. **Frozen-** good for smoothies
3. **Canned-** Least Nutrients; probably contains additives and BPA in cans

BULK

Go with raw and sprouted nuts/seeds. No sugar, no additives or preservatives. Nuts with salt and other flavorings may contain MSG. **(1/2 cup - 3/4 cup a day)**

- Hemp Seeds
- Flax Seeds
- Coconut
- Pecans
- Macadamia nuts
- Walnuts

- Pistachios
 - Hazelnuts
 - Chesnuts
 - *Almonds (limited amounts 1-2x a week)*
 - *Cashews (limited amounts 1-2x a week)*
 - *Pine Nuts (limited amounts 1-2x a week)*
 - *Brazil Nuts (limited amounts 1-2x a week)*
 - **NO PEANUTS**
 - **NO PUMPKIN SEEDS**
 - **NO CHIA SEEDS**
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OILS

Cooking Oils: Buy minimally processed, extra virgin (cold pressed) oils in dark, glass containers

- Coconut Oil (medium-high heat)
- Avocado Oil (medium-high heat)
- MCT Oil (medium-high heat)
- Red Palm Oil (medium-high heat)
- Grass Fed Butter (medium-high heat)
- Grass Fed Ghee (medium-high heat)
- Marine Algae Oil (medium-high heat)
- Olive Oil (low heat only)
- Perilla Oil (low heat only)
- Walnut oil (low heat only)
- Balsamic Vinegar or Raw Apple Cider Vinegar-for dressing
- *When you see smoke, your oil has gone rancid. It is damaged. Throw it out!*
- **No Canola, Vegetable, Soy, Grapeseed, Corn, Peanut, Sunflower, Safflower or Cottonseed Oil!!**

Fat Does Not Make You Fat. The iNABiLiTY To Burn Fat Makes You Fat.

Protein

Fish: Wild Caught- NOT Farm Raised (Enjoy in moderation)

- Best- Salmon, Mahi-Mahi, Mackerel, Haddock, Whitefish, Petrale Sole, Halibut, Summer Flounder, Trout and Sardines
- **Avoid- Shellfish, Tilapia, Canned tuna, Swordfish, Shark and Cod (large toxic loads)**

Beef/Lamb/Bison: (Limit to 1-2 servings a week)

- 100% Grass Fed
- Contains good fats in the ideal ratio 4:1
- Contains CLA's to help increase fat burning
- Remember you are eating what this animal eats!

Chicken/Turkey/Quail/Duck: (Enjoy in moderation)

- No antibiotics or hormones
- Organic is a must!
- Remember you are eating what this animal eats!

Turkey Bacon/Packaged Meats: (Consider this candy, use very sparingly)

- Look for NO Nitrites/Nitrates/Sugars or additive ingredients
- Brand: Applegate
- Organic is best

No Pork!

- Highly Acidic with Large Toxic Loads
- Example: bacon, pepperoni, ham, ribs, pork chops

DAIRY- Grass Fed

- No hormones, antibiotics or pesticides. Grass Fed, Raw and Beta 2 casein is best. Cows best if they come from Southern Europe
- Made from cows not treated with rBGH or rBST
- Full fat, plain Grass fed Yogurt- no sugar!
- Real Butter: Grass fed-full fat, Ghee or Buffalo Butter
- *Margarine=Plastic=Yuck*
- Raw Cheese and Grass Fed. Southern European cows, goat or sheep.
- Also, try Raw Goat or Sheep Milk Cheese, and Goat or Sheep milk yogurt
- Dairy Alternative: Full Fat Coconut Milk (unsweetened). Try to buy it in a can and not in a carton. The carton has additives and preservatives- Brand Native Forest

Eggs

- Organic is a must
- Antibiotic free
- Pastured Raised or Omega 3 eggs
- **Free Range/ Cage Free only means they have access to go outside for 5 minutes a day. These animal can also be fed soy and corn products.**

Beverages

Coffee

- Single Origin and Organic is best

- Chlorine Free Filters or French Press
- Swiss Water decaf: Decaffeinated coffee is generally high in toxins because of chemical processing

Drinks

- Organic, Raw Kombucha: very high in probiotics
- Coconut Water (raw is best, consider as candy)
- Fruit Juice generally contains the same amount or more sugar than a can of soda!! If you must, look for unpasteurized and nothing from concentrate, or raw is best You can also juice your own, only juice green vegetables
- Zevia- takes place of soda and comes in all flavors
- Zevia sparkling water

"if you think organic food is expensive, have you priced cancer lately?" - Joe Salatin Founder of Polyface Farms.

THE INSIDE AISLES

Canned and Packaged foods- Stay out of this area of the store as much as possible. Most of your food should come from the outside ring of the store. In the inside aisles, you will find foods generally void of nutrients, full of many additives and preservatives, that are used to increase the shelf life of the food. Be very careful and look closely when shopping in this area. You can find a few good things but **organic and gluten free junk food is still junk food!**

Resistant Starch (Good)

- Sweet Potatoes
- Japanese sweet potatoes
- Purple potatoes
- Turnips
- Parsnips
- Yucca
- Jicama
- Yam
- Carrot
- Tortillas (only those made with cassava, coconut flour or almond flour)
- Cassava
- Taro
- Green plantain

- Green banana
- Green mango
- Green papaya

“Good”Grains- Add in only after avoiding all grains for 6 weeks & pressure cook .

- White Rice
- Wild Rice
- Black Rice
- Oats
- Quinoa

Nut Butters:

- Raw not Roasted is the best
- Almond Butter
- Macadamia Nut Butter
- Tahini Butter (from sesame seeds)

Hummus: (Remember beans can only be eaten if pressure cooked)

- Made from Garbanzo/Tahini (from sesame seed)
- Look for olive oil as a main ingredient, and not canola oil
- Great with Fresh Veggies

Crackers/Chips:

- Brand: Seite brand
- Made from Cassava Coconut or Almond Flour,— Gluten Free
- Simple Mills brand

Sweeteners/Cooking Aisle:

- Stevia (green leaf)
- Xylitol- Good for baking
- Monk Fruit
- Erythritol
- Inulin
- Coconut Flakes- Unsweetened
- Coconut Flour
- Almond Flour
- Flax Seed Meal
- Hemp Hearts
- Unsweetened Cocoa Powder 72% or greater cacao
- Salt: Sea Salt or Himalayan salt
- Coconut Amino's or BRAGGS liquid amino's for Soy Sauce (*only soy allowed*)

Broth:

- Organic, Free Range
- No Sugar Added
- No MSG

- Olives—Glass Jars
 - **Tomatoes only if seeds and peels are removed.**
 - **No Beans of any kind unless pressure cooked.**
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MISC

- Ecos Laundry Detergent (No SLS)
- Spry Gum (No Aspartame, Xylitol sweetened)
- Dr. Bronner's Soap
- 7TH Generation Diapers (Chlorine Free)
- Aluminum Free Deodorant
- Fluoride Free Toothpaste- Kiss my Face Brand
- Vinegar and baking soda for cleaning
- Young Living Essential Oils for cleaning

AVOID

1. SUGAR:

- **Sugar is an ANTI-NUTRIENT!!**
- **Sugar causes inflammation and leads to many diseases!**
- **Cancer cells use sugar as their main source of energy!**
- **Avoid SUGAR!**
- **The many names of sugar:** High fructose corn syrup, brown sugar, molasses, honey, cane sugar, evaporated cane juice, dextrose, fructose, glucose, sucrose, maltose, maltodextrin, xanthan gum, sorbitol, barley malt, caramel, ethyl maltol, any many more.

2. Bad Oils:

- Damaged fats are altered in the process of extracting them from their sources.
- Your body cannot recognize or metabolize these fats.
- They cling to cell membranes, prevent cellular detoxification and contribute to weight gain.

Examples:

- Canola Oil: Unfortunately, this stuff is in almost everything ...watch out for it!
- Soybean oil, Corn oil, Safflower oil, Sunflower oil, Cottonseed oil, Vegetable oil are also bad

3. Artificial Sweeteners:

- Splenda/ NutraSweet/ Sweet n low—these are all man-made chemicals
- Low fat and fat free products—they have to replace the fat with... sugar or other chemicals

4. The Big Mitochondrial/Gut Destroyers** (RECAP):**

- **REFINED STARCHES**

- Bread
- Cereal
- Pastries
- Potatoes
- Flour
- Cookies
- **GRAINS**
 - Oats (Not pressure cooked)
 - Whole grains
 - Quinoa (Not pressure cooked)
 - Rye
 - Barley
 - Buckwheat
 - Corn
 - Spelt
- **FORBIDDEN FRUITS AND VEGETABLES**
 - Peas
 - Beans
 - Legumes
 - Squash
 - Tomatoes
 - Melon
 - Zucchini
 - Peppers
 - Goji berries
 - Lentils
- **DAIRY**
 - Non-Southern European cow milk products
 - Yogurt
 - Greek yogurt
 - Ice cream
 - Ricota
 - Cottage cheese
 - Kefir
- **SEEDS AND LEGUMES**
 - Pumpkin seeds
 - Chia seeds
 - Sunflower seeds
 - Peanuts
- **SUGARS AND SWEETENERS**
 - Sugar
 - Agave
 - Honey
 - Maple syrup
 - Aspartame
- **SOY**
 - Soy

- Tofu
- Edamame
- Soy sauce
- **FORBIDDEN OILS**
 - Soy
 - Grapeseed oil
 - Corn oil
 - Peanut oil
 - Cottonseed oil
 - Sunflower oil
 - Canola oil

- **Note**

- Dealing specifically with people who are autoimmune I do realize that there is no single nutritional plan that applies to all people! The reality is some people do better on plant based diets vs. Paleo/Keto plans and vice versa.
- If you are an extremely sensitive and you react to many foods consider testing for foods that create a leaky gut and trigger your immune system. Testing like this exists today and it can be readily found.
- Consider a Nutrigenomic approach where a plan based on your unique epigenetic and genetic makeup is analysed and used to guide your food choices.
- Food Is Medicine. When you're autoimmune you must just find the right foods!

"Let Thy food be thy medicine and thy medicine be thy food" - Hippocrates, The Father of Modern Medicine

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