

Five Superfoods That will Heal your Gut

By PF Louis, *NaturalNews.com*

The root of good and bad health resides in the gut. This is a centuries old maxim of both Traditional Chinese Medicine (TCM) and India's Ayurvedic medical practices.

Over the last few decades, renegade MD's, holistic practitioners, chiropractors, and alternative health nutritionists have realized this basic truth as well. This ancient health maxim has even been determined to affect mental health, where the gut is tagged as a second brain.

Dr. Natasha Campbell-McBride has embraced this wisdom and developed the GAPS (gut and psychology syndrome) diet, which has a proven track record of returning autism spectrum children to normalcy. For starters, she experimented on her autistic son and cured him.

Dr. Campbell-McBride and others have determined that high fiber foods wind up feeding pathogenic bacteria if they greatly outnumber probiotic bacteria. This is the case with Candida overgrowth and other parasitic or pathogenic bacteria situations.

Once there is a serious intestinal flora imbalance, fibers feed the bad guys. Then, initially abstaining from plant fiber foods is recommended.

When the beneficial probiotic bacteria to pathogenic bacteria balance is restored to around 80/20, then a high fiber diet is a good idea again. If that's not an issue and you're doing okay using a diet with various fibrous plant foods, disregard abstaining from high fiber foods.

All this requires paying attention to your body's reaction to the foods you eat.

Five food suggestions for healing the gut

[1] If you think your gut bacteria ratios are heavily out of whack, eliminating high fiber beans and grains may be necessary for a while. One way to reduce fibers is to rely heavily on soups, good dairy, free range eggs, and meats from grass-fed livestock.

But you can stick with veggies by juicing often with a slow speed masticating juicer that separates the liquid from the pulp.

[2] At first, it may be necessary to use high quality probiotic supplements. But fermented foods and beverages should be added with gusto. Miso, Kimchi, live yogurts, kombucha, water kefir, and milk kefir are excellent sources of beneficial bacteria.

Amazingly, probiotic microbes also chelate heavy metals and eliminate them with the stool. Just make sure you use water that's been de-chlorinated and de-fluorinated for water-based beverages.

Though not required, raw milk is ideal for milk kefir and homemade live yogurts. Fermented foods and/or beverages are vital additions to anyone's diet. Read more here:

(http://www.naturalnews.com/027554_kefir_water_grains.html) and/or here:

(http://www.naturalnews.com/033675_fermented_foods_probiotics.html)

[3] Intestinal villi are tiny tubular protrusions on your gut's inner lining responsible for absorbing nutrients from food particles. Leaky gut syndrome and Celiac disease nullifies them. Here's an easy, tasty Ayurvedic remedy to recover your intestinal villi.

A couple hours after your last daily meal, take a tablespoon of organic raisins mixed with a tablespoon of organic raw sesame seeds. Chew the mixture well before swallowing on a daily basis. That's it.

[4] Coconut oil, preferably organic cold pressed, contains medium chain fatty acids that are easily converted into energy. It is also anti-microbial and anti-fungal, another remedy for getting rid of your gut's bad guys.

When it comes to fats, another source recommends trying for 1:1 omega-6/omega-3 fatty acid balance. Chia seeds form a soothing soluble fiber gel while providing omega-3, and of course krill and fish oils do also. Cold pressed virgin olive oil is a great source of omega-6.

[5] High quality marine phytoplankton in liquid form is probably the most nutrient packed green microalgae superfood around, even outdoing chlorella and spirulina.

You'll get plenty of protein and more from any of those even while avoiding or restricting high fiber foods. But the right phytoplankton is the most super superfood according to Health Ranger Mike Adams. (http://www.naturalnews.com/023853_marine_phytoplankton_microalgae.html)

Sources for this article include:

Dr. Campbell-McBride <http://www.gaps.me/>

The Paleo approach <http://paleoparents.com/2012/what-should-you-eat-to-heal-a-leaky-gut/>