



GUT FRIENDLY OR GUT REPAIR FOODS

- Fresh pineapple and paw paw or papaya: Source protein digesting enzymes, bromelain and papain respectively.
- Natural live yoghurt: Source pro-biotic*.
- Best Dairy Brands: Yeo (lo fat, organic), Danone (not organic, mid taste, low fat), Rachel's (with *B. longum* ... producing B vitamins including B12, cancer prevention) + *L. acidophilis*, *L. bulg.* + *Strep. Therm*).
- Best non-dairy and soya brand: Sojasun Bio (soya inoculated with *Lactobacillus* + *Bifidus* cultures).
- Jerusalem artichokes, chicory, asparagus, leeks etc.: Source pre-biotic** FOS (fructo-oligosacharride).
- Onions: Source of anti-inflammatory quercitin, pre-biotic FOS**, aid liver detoxification by providing sulphur compounds.
- Hemp, linseed, pumpkin, walnut-oil and seeds and oily fish: Anti-inflammatory and source lecithin for breakdown of fat in diet.
- Berries and cherries: Source of bioflavanoids which repair "Tight Junctions" in gut and improve integrity of collagen structure in lining.
- Vitamin C rich foods to build collagen: Parsley, curly kale, bell peppers, broccoli, Brussels sprouts, watercress, cauliflower, blackcurrants, guava, rosehip tea, kiwi, strawberry.
- Beetroot, carrots whole or juiced and watercress: Source vitamin A.
- Squashes, pumpkins and sweet potatoes: Source of vitamin A. Vitamin A is used for growth, differentiation and function of gut lining cells and immune defence.
- Pumpkin seeds and pumpkin seed butter (available, through your nutritionist), egg yolk, fish and crustaceans (especially oysters), pecan nuts, oats, rye, peas, ginger, thyme, black pepper: Sources of Zinc. Use organic food where possible to avoid NPK fertiliser which antagonises zinc. Zinc is used for production protein digesting enzymes and stomach acid, to ensure optimal digestion and to repair intestinal mucosa, for best nutrient absorption, preventing malabsorption.
- Okra and apples: Source pectin to keep you regular i.e. encourage health motility gut and promote probiotic* growth.
- Cabbage juice: Intestinal soother (cabagin or Vitamin U), revitaliser and probiotic* growth promotor.



- Oats (see Scottish Ginseng fact sheet) e.g. oatcakes (Nairns, NOW, Safeway etc.), Kallo rice and oatcakes, porridge, pilafs, use as crumble toppings.
- Barley (see sheet) e.g. add to soups; bake your own (oats and barley ease constipation and digestion due to pre-biotic** viscous soluble fibre called **beta glucans** — also present in mushrooms and seaweed).
- Rice e.g. brown basmati: Intestinal soother (source Gamma Oryzanol***).
- Kuzu root: Used for intestinal aches, irritation and diarrhoea due to pectins, which have similar structure and function to slippery elm. Contains high levels of flavanoids (daidzin, genistein and puerarin) which inhibit gut smooth muscle contraction and thus relieve intestinal cramps. May be used to neutralise stomach acidity and for constipation too.

Teas:

- **Peppermint tea:** Increase digestive secretions (e.g. bile etc.), anti-spasmodic wind and intestinal spasm reliever in IBS, colic etc.
- **Pau d'Arco (Lapacho Bark or Taheebo) tea:** Anti-Candida and immune stimulant. Don't take if you're on anti-coagulants e.g. warfarin. Seek advice if on vitamin E, fish oil, GLA or evening primrose oil.
- **Rooibos tea:** Digestive soother + anti-spasmodic e.g. colic, nausea, ulcers, constipation.

Herbs and Spices:

Turmeric, cumin (beware constipation), coriander, thyme (Salus do Tea which is also anti-spasmodic), oregano (especially), aniseed, cinnamon, all been shown to inhibit fungal growth (including Candida).

- **Fennel** vegetable or tea and fennel seed (Sounf), e.g. with fish or creamed: Relieves stomach pain via antispasmodic and wind releasing action, anti-inflammatory and appetite stimulant.
- **Fenugreek** spice (Methi): To soothe gastritis and gastric ulcers.
- **Galangal** root (relative of ginger): Anti-microbial (including Candida), anti-nausea (including sea sickness), used for indigestion, wind (available from Seasoned Pioneers).
- **Ginger** root: Anti-nausea (including sea sickness), indigestion and wind.
- **Tamarind** fruit (e.g. sachets of paste available from Seasoned Pioneers and other companies: Improves digestion, relieves wind, soothes, mild laxative (due to pectin?), to counter nausea and loss appetite.

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* Probiotics: All products that regenerate the intestine and in so doing rejuvenate the whole body by enhancing friendly bacterial growth, which digest food and provide essential nutrients e.g. vitamin B's, K etc. and which stifle impede pathogenic (or disease causing) bacterial growth. The opposite to anti-biotics and anti-life substances which kill intestinal bacteria indiscriminately, these bacteria enhance our life and their own. A more strict definition is a live/viable microbial feed supplement e.g. commonly LAB (*Lactobacillus* and *Bifidus* genera) which beneficially effects the host by improving intestinal and other microbial balance. Trials have also shown probiotics to enhance immune function and reduce activity of carcinogen producing enzymes in the gut.

** Prebiotics encourage the growth of favourable gut flora.

*** GO normalises damaging abnormal gastric secretion, anti-oxidant quenching free radical damage.