

The Thirty-Day Challenge

Step one: Removing harmful foods.

Food group you are eliminating	Forbidden	Permitted
Gluten	All foods containing wheat, rye, spelt, barley, kamut. Look for a gluten free (GF) label on any packaged food. Check spices, dressings, mayonnaise, soup mix and other products that may contain traces of gluten. If the allergy warning states, "may contain gluten" it is usually produced in a plant that also makes glutinous foods and is permitted for gluten sensitive kids but not for children with celiac.	White and brown rice, gluten free oats, quinoa, buckwheat, millet, rice or corn pasta, potato, sweet potato. Flour that can be used for baking: potato, corn (non-GMO), rice, tapioca, almond, garbanzo bean, chickpea, lentil, soy. Beans and lentils are permitted. Although gluten free products are usually very unhealthy, for the transition period limited amounts of GF bread, rice cakes, cereal and snacks are permitted.
Dairy and in more severe cases of autoimmunity or poor health, eliminate all animal products including meat, fish, poultry and eggs	We want to remove as much dairy as possible. No drinking glasses of milk or using it on cereal.	Choose milk substitutes like coconut milk, almond or other nut milk. Use limited amounts of soymilk and soy products.
Sugar and artificial sweeteners	Eliminate added sugar in cake cookies, candy and other sweets. Children can have limited "treats" once or twice a week. Dark chocolate or GF baked goods are good options.	Natural honey, 100% date honey and pure maple syrup are better sweeteners. Eat plentiful fresh fruit. Dried fruit with no sugar added is a good snack choice.
Food coloring, GMO products, processed "food" made in a factory instead of in a field	Avoid as much as possible. These products offer no nutritional value and cause inflammation.	Natural food colorings are permitted

Step two: Adding healing foods to nourish the body and mind.

<p>Probiotics and exposure to healthy bacteria in nature:</p>	<ul style="list-style-type: none"> • Yogurt, aged cheese, • Sauerkraut (very easily made at home), • Kimchi (see if you can buy it locally) • Naturally fermented pickles • Pickled ginger or garlic or any vegetable, as long as it is not pasteurized, • Kombucha • Coconut or dairy kefir • Hanging out with animals and hiking or walking in nature. Take your shoes off for best results. • Probiotic supplement (Garden of Life has a high-quality probiotic supplement. It is recommended to diversify probiotic supplements to expand variety of gut bacteria.) The probiotics on the market today cannot provide us with the 20,000 or so species of microbes, but the monoculture they build is a healthier one than we have now. Do not rely on probiotics, be sure to eat probiotic foods whenever possible.
<p>Healthy fats:</p>	<ul style="list-style-type: none"> • Enjoy all nuts and seeds, • Plentiful olive oil, coconut oil, cold pressed nut oil • Dried coconut • Avocado • Fat does not make us fat, and healthy fat is vital for gut and brain health. • Avoid highly processed oil and fats including corn, soy and canola oil as well as margarine and lard.
<p>Fruits, vegetables, legumes and GF carbohydrates:</p>	<ul style="list-style-type: none"> • Different-colored fruits, vegetables and leafy greens • Cruciferous vegetables are packed with healing nutrients (broccoli, cauliflower, cabbage..) eat them raw with an avocado or hummus dip • Fruit smoothie for breakfast or a snack Fresh is best, frozen is fine

	<ul style="list-style-type: none"> • Organic or locally grown produce • Avoid non-organic soy and corn. • Beans, lentils, rice, quinoa, millet, buckwheat and GF oats
<p>Animal protein, eggs and fish</p>	<ul style="list-style-type: none"> • Organic eggs. (The pesticides in the chicken feed and possible hormones or antibiotics injected into the chicken are then highly concentrated in the egg.) • Protein from chicken, lamb, duck, turkey and other meats can be part of a healthy diet. • No processed meat! • Avoid grain fed animals, preferring pasture fed ones. • Organically fed chicken and meat • Wild-caught fish • Fish that is low in mercury
<p>Gut-calming and nourishing foods and supplements</p>	<ul style="list-style-type: none"> • Omega 3 fatty acids, • Vitamin D3 • Magnesium • Take a high-quality multi-vitamin to replenish vitamins that are deficient in our food or not being produced by our gut microbes. Hardy Nutritionals makes a multi-vitamin that has been tested and proven to boost brain clarity and reduce anxiety and depression. I highly recommend it for the entire family. (See below for more information on the benefits of these supplements).
<p>Drink plenty of water daily! Get to eight glasses a day.</p>	<p>Avoid soda, fruit juice and other sweet drinks. Coffee and tea, especially green tea, are permitted. Don't drink any caffeine after 12:00 noon to avoid interference with high quality sleep. This rule applies to everyone, not just to those sensitive to the effects of caffeine.</p>