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PRESENTS

# THE WU NNE D ET EIG T SOO T BOO



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## The Immune Boost Diet

Would you be surprised to learn that diet guidelines for both healing your gut and supporting your immune system are almost the same? I'm not ... because your digestive and immune systems are actually just one cell away from each other. And fixing one almost always fixes the other.

So the same diet will also make your immune system happy ... with a few small differences. You also can tweak it to combat such problems as SIBO, candida, and parasites. Depriving them of what they like to feed on ... sugar, starches, chemicals in processed foods and ... in the beginning ... fruit will allow a healthier bacterial balance.

I work with a lot of people with leaky gut and autoimmune issues. And repairing the second actually begins with the first.

But you need to "clean up your (whole) act" to be truly healthy. Including your mental and emotional "act". So I almost always start with treatment with diet first, because other things like supplements and stress management can only go part of the way toward achieving overall health.

The reality is that most of the things people commonly eat today are full of sugar, white wheat flour, poor fats, and additives that can cause inflammation, create leaky gut, and keep your immune system from working properly. Once the immune system is compromised, things that naturally exist in your body can overgrow and leak into places they shouldn't be, like candida, yeast, and even parasites.

This overgrowth can cause a lot of difficulties, depleting your body even further and causing things like bloating, burping, and eating discomfort. As well as weight gain (and loss in some people) and even more severe problems like autoimmune-related diabetes, cancer and heart disease. All these start with a leaky gut which causes inflammation.

### What are we to do?

What I'm giving you on the following pages is the very best of the Paleo, Vegan, SIBO- and Candida-busting diets. It also includes some Immune-Power-Foods that are chock-full of nutrients for immune healing.

A three-day menu gives you some ideas about what all this new eating plan might look like. It does take some adjustment, but if you're one of those that enjoys steak and salad, changing will be a snap! You're also getting a special surprise at the very end (SHHH!). As well as lots of links ... everything that's underlined ... to articles, recipes, and other resources. Eat it UP!

## *Here are the general guidelines:*

- **Eat mostly non-starchy** (low glycemic index [foods lower in sugar content that don't stimulate your body to secrete insulin]) **vegetables, fruits, protein and fats.**
- **Eat the right fats.** Stay away from most processed vegetable oils such as canola, sunflower, corn, and especially soybean oil. Use instead olive oil, ghee (clarified butter), coconut oil, avocado, nut and seed oils ... and make sure they're organic and cold-(expeller-)pressed.
- **Eat protein - 4 to 6 ounces per meal** (1/4 of the plate) - **only from organic, grass fed or sustainably raised animals and seafood** (which are naturally higher in good Omega-3 fats). **ButcherBox** is a monthly meat delivery service that brings these meats and poultry directly to your door ... and there are others.
- **Eat mostly plants** (1/2 to 3/4rds of your plate) like lots of low glycemic vegetables and fruits (see list).
- **Eat more nuts and seeds.** They are full of protein, minerals, and good fats and they lower the risk of heart disease and diabetes.
- **AVOID DAIRY** as much as you can. Try goat or sheep products ... only as a treat ... And always organic.
- **AVOID GLUTEN** as much as you can.
- **Eat Gluten Free whole grains sparingly.** They still raise blood sugar and can trigger autoimmunity.
- **Eat beans sparingly.** Lentils are best. Stay away from big starchy beans.
- **Think of sugar as an occasional treat** in all its various forms except Stevia.
- **Choose foods that are organic, local, fresh, and low in pesticides, hormones, antibiotics, and GMOs** for the most part.
- **No chemicals or “fake foods”.** There are 3000 chemicals currently allowed in processed foods by the FDA. Avoid them as much as you can.
- **To start a Candida- or SIBO-busting diet (optional), NO grains, sugar (except Stevia), fruit, legumes (lentils, beans, etc.), or dairy for at least two weeks!** We want to starve out those Bad Gut Guys!

## WHOA ...

OK ... OK ... if your eyes have just rolled up into your head and you're gasping for breath, don't fret! Here are some slow-down ideas.

When starting a therapeutic diet for a physical problem, strict is best. But I also know that, for some people, baby steps lead to big wins. **So if you just eat more vegetables first ... you'll see results ...**

And your health will shine even more with the Immune-Power-Foods shown on this and the next page. Here are some steps to make this happen even easier ... I **GLUTEN-FREE IT ...**

### *Step One: Eat More Vegetables*

Only 1 in ten of us reach the minimum *Centers for Disease Control* goals for eating fruits and vegetables. That's 1½ to 2 cups of fruit and 2 to 3 cups of vegetables a day.

Eating a diet rich in fruits and vegetables daily can help reduce the risk of many leading causes of illness, including heart disease, type 2 diabetes, some cancers, and obesity. And can also gift you with some amazing natural healing chemicals.

As well as tons of fiber. And bless you with enough nutrients to prevent deficiencies. When you're deficient, you're much more likely to have infections and inflammation that can weaken immunity.

If you do nothing else but figure out how to do this for yourself it'll boost your immunity a ton. Obviously, we need vegetables ... but, for many of us ... the only ones we get are the lettuce and tomato (often wilted) on our Big Mac.

### *Step Two: Eat More Immune Foods*

The foods depicted on this page and the next one are especially immune-supporting; I've included them in your three-day menu at the back of this section along with a link to my [Immune-Support Smoothie](#) (have one or two of these a day and you've done it!)

But let's first briefly explore why THESE are best for immune support:



**GARLIC:** This ancient treatment for many things including the warding off vampires (LOL) has been modern-day researched to not only shorten cold and flu times but boost immune cell function.

**BRAZIL NUTS:** It's really hard to get enough selenium in our diets from food, but 6 to 8 of these buttery nuts a day pack in 1000% of its daily value. Selenium has been shown to enhance immunity, and I often recommended it ... and Brazils ... when I worked in the cancer community.



**CITRUS AND PEPPERS:** We've often heard about how great Vitamin C is for immunity. These are chock full of it ... one medium orange provides 70 mg and a medium raw red bell pepper gives you 150 mg (I recommend at least 250 mg up to 1000 mg a day). A lack of this vitamin has been known to cause respiratory and other immune problems ... listen up if you want to prevent COVID-19!

**ALMONDS:** Vitamin E boosts the activity of immune cells to support the body's ability to ward off invading bacteria and viruses. And an ounce of almonds gives you almost half the daily requirement.



**CHERRIES:** Cherries are very high in antioxidants, which are great protection for everything from aging to respiratory infections. And you get even more antioxidant protection when cherries are dried. Not to mention their sleep-inducing higher melatonin content. Enough sleep is so important when you're trying to prevent and recover from an illness.

**WALNUTS:** Walnuts are an almost perfect food. They're anti-inflammatory and contain many immune-supporting nutrients such as copper, folic acid, and vitamins E and B6. They also have been applauded for their stress-reducing properties.



**CARROTS AND SWEET POTATOES:** Vitamin A is a crucial nutrient for the immune system; it aids in the production of white blood cells which fight invading bacteria and viruses. Vitamin A also aids in the formation of mucous membranes, which protect the respiratory tract and other organs ... like the gut ... and therefore help keep foreign invaders out of the body.

Sweet potatoes are one of the mainstays of the Paleo diet. Also, one baked sweet potato gives you over 150% of the daily Vitamin A requirement; one medium carrot ... over 100%.

**BEANS:** Even though you want to avoid beans for a while if you're doing a SIBO- or Candida-busting diet ... and limit them afterwards ... beans have terrific nutrition. A cup has enough fiber to fulfill more than half its daily requirement.

Beans are also a great source of zinc, which is crucial for a properly-functioning immune system. Your body doesn't store zinc, so it's important to get enough every day from what you eat. Meat, shellfish, and other legumes are also good sources.

**GREENS:** You've probably heard how great greens like spinach and kale are for you. They do have tons of antioxidants as well as other nutrients, like vitamins A and C and folate, that increase immune function.

Most green veggies also have other bioactive compounds that optimize immunity and therefore aid in gut healing. Mother was right ... eat your greens!

### *Step Three: Go Gluten Free*

This is a HUGE step for some people. But, if you want to understand why going Gluten Free is vital for gut health, read my book ... **Gluten Free in 5 Days** ... now on Amazon. I wrote this several years ago, but new research has made me adamant about people going Gluten Free.

I talk about that in my blog article, **Rethinking Gluten Free**. And give you lots of ideas with a revised version of my **Gluten Free in 5 Days Workbook**. It has not only what foods to eat and what not to eat, but a "Gluten Free in 5 Days" shopping list and the fave foods that I eat all the time.

Having trouble setting this all up? Let's do it together! Call me at **833-YOUHEAL** to discuss packages so that I can coach you every step of the way through this.

### *Step Four: Go Dairy Free*

Again ... a HUGE leap for lots of people. But, as always, I have an article that may help you do it easily. Read, **Wanna Go Dairy Free?** Or my "**RDX Prescription Solution**" ... a low-cost, laser-focused 30-minute virtual session with me ... might just be the kick in the pants you need to make a change ...

### *Step Five: Go Low Sugar*

This is REALLY hard for some people, but I like this article from **8fit.com** and **the PDF that goes along with it**. Acceptable forms of sugar are in the "**Specifics**" part of this Ebook.

If you're not sure what names to look for on the label (look at the "ingredients" first and then see if there are "added sugars" listed on the label), here's **a great article from virta.com that lists them**.

My take ... you'll go a long, long way towards eliminating sugars from your diet if you cut out sodas and juice. Still need help? I'm here ...

## *Step Six: Go Organic*

People always grouse at me ... "it's TOO EXPENSIVE!" they say. Well ... Whole Foods and Sprouts always have sales, and I absolutely LOVE [Butcherbox.com](http://Butcherbox.com). I get delivery at my door every 60 days of about 11 pounds of all kinds of free-range meat, and the cost is about \$10 a pound (great steaks and filet mignon too!).

Barring all that, there are more organic meats in regular groceries these days. For fruits and vegetables, I always go to my local Farmer's Market. But ... again ... my local store now has tons of organic produce.

At the very least, go organic with grains and meat ... things that aren't loaded with pesticides, GMOs, antibiotics, and hormones. And are humanely raised and butchered.

Yes ... they do cost a little more (maybe more than that ...), but I gotta ask you ... what price do you put on your health? And why are you making excuses?

Also ... I don't want you ever to feel that you're "cheating" or otherwise obsessing about being perfect with your diet changes. So do the best you can. In other words, if you eat a piece of pizza, please enjoy it, recommit and start again anew the next day.

## *OK ... Down to Specifics ...*

If you want to dive right in and heal your gut to maintain that all-elusive microbiome balance ... and with it your immune system ... following this specific plan might be your best bet.

I'd suggest that, before you run out and buy a bunch of stuff, that you don't know what to do with once you get it home, just keep reading the following over and over. I find with my clients that doing just that and then sitting down and problem-solving their own food plan leads to ultimate success with diet changes.

It might be helpful if you print this out and circle all the foods on the next few pages that you actually eat. Then sit down and make a WRITTEN plan for the week.

There are many menu planners on the internet, but I like the [\*\*What To Eat pad\*\*](#) you can find in many colors on Amazon. It even comes with a magnet so you can always have it at eye level on your fridge.

I know that this seems difficult on first glance, but take a step back and get simple. Lunch and dinner can be some sort of meat, fish, or poultry and some veggies. If you're into salads, go there! But ... again ... simple ... and a little vinegar or lemon juice with some of the listed oils.

And breakfast ... the suggested smoothies or omelets on the 3-Day Menu that follows. But you might also want to try the [Gluten Free \(and Paleo\) Granola](#) from my website.

## *Low-Glycemic Fruit*

**(Avoid for the first two weeks if doing SIBO- or Candida-busting option)**

- Apple
- Kiwi
- Applesauce, unsweetened
- Lemon
- Blueberries
- Lime
- Blackberries
- Mandarin oranges
- Boysenberries
- Nectarine
- Raspberries
- Orange
- Gooseberries
- Peach
- Strawberries
- Pear
- Casaba melon
- Persimmon
- Honeydew melon
- Plum
- Cherries
- Pomegranate
- Figs, fresh
- Tangerine
- Grapes
- Tangelo
- Grapefruit

## *Low-Glycemic Vegetables*

- Artichoke
- Leeks
- Arugula
- Lettuce
- Asparagus

- Mushrooms
- Avocado
- Okra
- Beans, garbanzo
- Onions
- Beans, lima
- Olives
- Bean sprouts
- Peas, dried, green or split
- Black eyed peas
- Pickles
- Broccoli
- Radishes
- Brussels sprouts
- Sauerkraut
- Cabbage
- Scallions
- Cauliflower
- Snow peas
- Celery
- Spinach
- Collard greens
- Squash, summer yellow
- Eggplant
- Sweet potatoes, yams
- Endive
- Tomatoes
- Escarole
- Turnip greens
- Bell peppers: red, yellow, green
- Water chestnuts
- Kale
- Watercress
- Kohlrabi
- Zucchini

## *Healthy Fats*

- Nuts and seeds (walnuts, pistachios, cashews, almonds, flax seed, chia seed, sesame seed, pumpkin)
- Olive oil
- Sesame seed oil (toasted and regular)
- Coconut oil
- Avocado
- Avocado oil (love this in a non-aerosol spray for greasing pans)
- Ghee (clarified butter, available in natural foods markets)
- Nut and seed oils (walnut, hazelnut, grapeseed, etc.)

## **Starches**

**(Avoid for First Two Weeks if doing SIBO- or Candida-busting option)**

- Beans (Limit 1 cup per day)
- Parsnips
- Plantains
- Pumpkin
- Acorn Squash
- Winter Squash
- Sweet Potato
- Wild Rice (limit to 1/2 cup per meal)
- Black Rice (limit to 1/2 cup per meal)
- Quinoa (limit to 1/2 cup per meal)

## **Sweeteners**

- Coconut flakes/Palm sugar
- Maple syrup
- Honey
- Dates
- Truvia/Stevia (use this ONLY for the first two weeks)
- Spices and seasonings with no sugar or high glycemic additives.
- Salsa, taco and picante sauce are low glycemic unless they contain high glycemic additives.

## **Plant-Based Protein**

- Lentils
- Beans
- Quinoa
- Seeds and Nuts
- Nutritional Yeast
- Peas/Pea Protein
- Spirulina

## **Animal Protein (25% or less of plate)**

**(Organic, Grass-Fed, Sustainably-Raised, or Wild)**

- Seafood/Fish
- Eggs
- Chicken
- Pork
- Bison
- Turkey
- Lamb
- Venison
- Beef

## *Beverages*

- Decaf, green, and herbal teas
- Unsweetened almond milk
- Unsweetened coconut milk
- Mineral water with liquid stevia and a drop of lemon essential oil
- Distilled or filtered water ONLY

Coffee and tea can be high glycemic because caffeine increases insulin secretion. But if they have high antioxidant content they could be low glycemic. Look for those specifically formulated coffees if you drink it ...

## *Other (those with \*\*\* are most important)*

- Goat's milk or coconut yogurt (unsweetened/sweeten with stevia or fruit)
- Miso
- Vinegar
- Coconut cream
- Coconut aminos (like soy sauce)
- Fish sauce
- Mustard
- Almond flour
- Coconut flour
- Yam noodles/Shirataki noodles
- Spices and seasonings with no sugar or high glycemic additives.
- Salsa, taco and picante sauce are low glycemic unless they contain high glycemic additives (like sugar or high fructose corn syrup).
- Most bottled salad dressings are made with sugar or high glycemic additives. Read labels, make your own, or order just vinegar and oil in a restaurant.
- Jams and jellies are low glycemic if they are made from low glycemic fruits and have no added sugar/are made with only pectin and fruit juice.
- **\*\*\*THROW IN SOME FERMENTED FOODS**, like coconut or cashew yogurt with active cultures, sauerkraut, miso, kombucha, coconut water kefir, or pickled vegetables. These are rich in probiotics. Just a fork- or spoon-ful is often enough.
- **\*\*\*THROW IN SOME PREBIOTIC FOODS** to feed the probiotics in the fermented foods, like bananas, sweet potatoes, apples, garlic, onions, mushrooms, and asparagus.
- **\*\*\*LIBERALIZE SPICES** like turmeric (curry powder), oregano, cayenne pepper, and ginger. These support both gut AND immune health.

# 3-Day Immune Boost Menu Plan

## Day One

<b>BREAKFAST</b>	Omelet (2 or 3 eggs) with mushrooms, spinach, and yellow squash cooked in coconut oil or ghee Fresh berries with non-dairy yogurt
<b>LUNCH</b>	Collard greens or lettuce wrap (or Siete cashew flour tortilla) with tuna, turkey, or chicken salad (made with healthy mayo like Vegenaise) Spinach salad with oil and vinegar (or oil and lemon juice) Miso soup
<b>DINNER</b>	Stir fry with shrimp (or steak or pork), carrots, red bell pepper, mushrooms, bok choy (if desired), garlic & coconut aminos (or Gluten Free soy sauce). For a basic recipe, <a href="#"><u>try this one</u></a> from my website.

## Day Two

<b>BREAKFAST</b>	Green Smoothie (coconut milk, bone broth or collagen protein (I use Designs for Health Pure PaleoMeal or Ancient Nutrition 5-type Collagen Protein Powder), frozen banana, 1/2 avocado) Paleo Granola with non-dairy yogurt
<b>LUNCH</b>	Berrylicious Salad (Greens + Shredded Chicken or Salmon (Trader Joe's has "Just Chicken" and "Just Salmon" already made) + Strawberries + Oil and Vinegar + Walnuts (I like toasting them))
<b>DINNER</b>	Free-Range chicken breast w/ spice rub (cayenne, turmeric, ginger, chili powder, etc.) Roasted Brussel sprouts and Broccoli (have at least two veggies at a meal) Yam noodles or riced cauliflower drizzled with Ghee or Olive oil

## Day Three

<b>BREAKFAST</b>	<u>Immune-Support Smoothie</u> ( <a href="#">click for recipe</a> )
<b>LUNCH</b>	Leftover stir-fry or roasted vegetables (make a bunch and freeze [don't leave in fridge more than a day]) <b>OR</b> Hummus (homemade or Gluten Free, Dairy Free store-bought) and carrot and red pepper sticks Kombucha tea/drink
<b>DINNER</b>	Ground turkey burger (make your own) in lettuce wrap or Paleo bun Parsnip "fries" Rainbow chard sautéed in Ghee

**SNACK ALL DAYS:** DIY Trail Mix made with Brazil nuts, walnuts, almonds and unsweetened or fruit-juice sweetened dried tart cherries, and (if desired) strawberries and any other red or blue dried fruit-juice-sweetened fruit

If you're cooking-clueless, check out similar recipes or menus on the internet. Pinterest has lots under "Paleo" or "Pegan" diet groups or boards, so you might want to join one. I know that this is a BIG change for many, but your health is at stake. GO FOR IT!

**And here's your special surprise ...** my hand-picked protocol of supplements to support your immunity. And the explanation of why you take them and how to take each.

You can also purchase these (or similar ones depending upon what's available ... I often change them so that they will be always available for you). The link to my exclusive online supplement dispensary that carries hundreds of brands and tens of thousands of individual supplements is below and in the "**Resources**" section.

Don't want to spend so much? There's also an "**Immune Light**" option to ease into all this. I'd suggest at least these five supplements plus the diet changes to start you down the path to health.

## *Supplements for Immunity*

I've made this super easy for you. Most of these are tinctures, so just put them all together in the a.m. and take along with the **Ultra Greens pH** drink. Also take the tablets together.

Start with the pH protocol (first 3 [4 if you need it]) first and add the others after a week or so. Many of us have a very acidic system from our diet and other lifestyle choices.

So it's very important to create an alkaline environment first to start healing. If you demand too much of your body all at once, you may end up sicker than when you began. Take this SLOW!

Here are the directions to get and take the supplements I recommend:

- Go to <https://us.fullscript.com/welcome/dietitianjill> and sign up for an account. Once you do and you're in the dashboard ...
- Click on the word "**Catalog**" on the left-hand side of the screen.
- Click on "**Immune Support**" (for the following complete immune package) or "**Immune Light**" (for the bare basics) in the second row (labeled "Practitioner Categories") on that page.
- Order them all! But FYI ... with everyone boosting their immune systems these days ... some may be backordered. I check daily and substitute if I can ... but some are irreplaceable. Order them anyway and you'll get them as soon as they're back in stock.

## pH Supplements

These make your system alkaline so that bacteria, parasites, and even viruses can't grow and thrive. An alkaline system is our natural state for the presence of wellness.

### pH Test Strips

To test your alkalinity. Test twice a day ... follow directions on package. Optimum pH (saliva [and what you're aiming for]) is between 7.0 and 7.5.

### Ultra Greens pH

These are nutrients to help alkalinize your body. Consume 1 to 3 times a day in 8 oz water, smoothie, or other desired beverage.

### Optimal-pH

Put this in water to help alkalinize pH (MUCH cheaper than Kangen!) Add 4 drops to 8 oz water and stir or shake. Consume 8 glasses a day.

### Magnesium Citrate

If you're constipation-prone, this is it! 1 to 3 tablets before bedtime for constipation (if needed).

## Immune Support Supplements

These are some of my personal favorites. The ones that I've put together to keep my 75-year-old self well while working front-line at the hospital.

### Fulvic Acid

A soil-based (yes ... we get great and much-needed nutrients from soil) supplement that helps boost the effectiveness of your immune system, aid digestion, detox, and protect your overall health. Shake well. Take 1 ml daily in small amount of water with **Stamets**, **Vitamin D**, **Liver Health**, and **Zinc**.

### Liver Health

When your liver isn't functioning properly, your body can't use food right, which can result in bloating, constipation, low energy, and stubborn weight loss. This combination of herbs keeps it running in tip-top shape. Put one dropperful in the same water with **Stamets** and other tinctures.

### Vitamin C

We talked about the benefits of this vitamin in food ... now here it is in supplement form for an added boost. Take one a day in the a.m.

### Liquid Ionic Zinc

Another nutrient that the body needs for immune health. Take about 6 drops in the same water with **Stamets**, **Vitamin D**, **Liver Health**, and **Fulvic Acid**.

## **Stamets 7**

A blend of 7 powerful mushroom tinctures; mushrooms have been used for thousands of years (and still are!) to support immunity. Heat a small amount of water 10 seconds in the microwave. Add 1 dropperful of **Stamets** to water and wait about 15 seconds until alcohol is evaporated (you can smell it!). Then add **Fulvic Acid**, **Vitamin D**, **Liver Health**, and **Zinc** and drink.

## **Immuno Plus**

Think of this as an immune multi plus things like glandulars and other supportive ingredients. Take two tablets 1 to 2 times a day with **Vitamin C** (am) and **Magnesium Citrate** (bedtime).

## **Liqua-D**

A deficiency of Vitamin D has been continually linked in recent studies as a risk factor for COVID-19 and other immune problems. 1 to 2 drops in the same water as **Stamets**, **Zinc**, **Liver Health**, and **Fulvic Acid**

# **Resources**

There are many resources throughout this Ebook to help you with this transition ... any one with an underline has a link to something good. Here are some again ... plus a few more ...

**GLUTEN FREE IN 5 DAYS.** [Bit.ly/GFFIVED](https://bit.ly/GFFIVED)

**GLUTEN FREE IN 5 DAYS WORKBOOK.** [Bit.ly/GFFIVEDWB](https://bit.ly/GFFIVEDWB)

**RDX PRESCRIPTION SOLUTION.** [Bit.ly/RDXPrescriptionSolution](https://bit.ly/RDXPrescriptionSolution)

**EATING WELL.** <http://www.eatingwell.com/article/290842/30-day-healthy-gut-challenge/> (30-day healthy gut challenge including recipes)

And again ... here are the instructions to get thousands of great supplements ...

- Go to <https://us.fullscript.com/welcome/dietitianjill> and sign up for an account. Once you do and you're in the dashboard ...
- Click on the word "Catalog" on the left-hand side of the screen.
- Click on "Immune Support" (for the following complete immune package) or "Immune Light" (for the bare basics) in the second row (labeled "Practitioner Categories") on that page.

And an even bigger surprise ... *sign up now and get 10% off future supplements from my store to a total value of \$500!*