



Support for Gut - Immune Vitality

Addressing digestive and gut health has an outsized effect on overall immune vitality because the gut houses up to 80% of the immune system. The great news is that you can quickly improve immune health by improving gut health.

Especially important for the immune system is the gut microbiome (the community of gut bacteria hosted by your digestive tract). A robust and diverse gut microbiome can help us to be more resilient in the face of infectious stress and it supports our health in many ways.

Here's what you can do now (if you're not already doing it).

First and Foremost

- ♥ **Organically** raised, diverse diet with lots of color and high fiber. The best dietary practice possible to ensure a diverse microbiome is to eat **as wide a variety and as large a quantity of vegetables as possible**. During times of contagion, it may be wise to eat most of your vegetables peeled and/or cooked.
- ♥ **Emphasize high-fiber vegetables and fruits:** beet, carrot, most other root vegetables, cruciferous veggies, celery, apple, and berries.
- ♥ **Eat locally grown produce and meats** when possible, so you know your sources and to support local food security. See [Great Local Sources for Organic Food in Corvallis Area During Social Distancing](#)
- ♥ **Filter your water** for chlorine, fluoride, and other pollutants. Carbon block filters remove chlorine and many pollutants. Reverse osmosis removes all contaminants. If you don't already have a water filter, now is probably not the time you're going to have one installed. Clearly Filtered offers the highest quality pitcher water filter system available. Berkey offers very high-quality stainless steel gravity-fed systems.

Support complete digestion from the top down

- ♥ **Eat sitting down, at a table.** Pause before eating. Blessing or gratitude is a great way to begin a meal.
- ♥ If you have **burping, rosacea, abdominal bloating, or ridged fingernails**, you may need hydrochloric acid support. I like **HCl Plus** from Biotics, because it is low-dose and formulated to stimulate your own production of HCl. Ask us for dosing recommendations.
- ♥ If you do not have a gall bladder or have difficulty digesting fats, consider bile support or simply eating more beets, lemon in water, and olive oil. We use **Beta TCP** (for mild cases) or **Beta Plus** (for more severity) from Biotics.



Prebiotic Foods (to support healthful flora)

- ♥ Brown rice and seed grains (quinoa, millet, amaranth, buckwheat)
- ♥ Cooked apples
- ♥ Chickpeas (especially at lunch – resistant starch)
- ♥ Cruciferous vegetables (cabbage, broccoli, brussels sprouts, kale, cauliflower, kohlrabi, radish)
- ♥ Onions, garlic, leeks, and chives
- ♥ Jicama (great grated in salads)
- ♥ Seeds – chia and **flax** (2 T per day) for fiber – chia can be made into chia puddings, flax can be soaked overnight and added to smoothies.
- ♥ Chicory (delicious in salads – offered by Goodfoot Farm - or roasted for tea)
- ♥ Berries and apples
- ♥ Tofu, tempeh
- ♥ Asparagus
- ♥ Garden-fresh peas and other legumes, dried or fresh
- ♥ Green tea

Probiotic Foods

- ♥ Sauerkraut, kimchi (spicy), or other fermented vegetables
- ♥ Miso (made from soy, OR other legumes and grains)
- ♥ Yogurt (if you don't tolerate dairy, you can also make from cashews or coconut)
- ♥ Kefir (water, coconut, dairy)

Probiotic and Prebiotic Supplements

- ♥ Especially consider if you have a history of significant use of antibiotics, or long-standing consumption of conventionally grown food, (presumably with herbicide and pesticide residues in them.)
- ♥ We prefer **Klaire Labs** because of their outstanding manufacturing practices, their primary focus on probiotics, and their probiotic mixtures tailored to different life stages and conditions.

Support for Repair of Intestinal Permeability

- ♥ **In addition to all of the above**, add bone broth or homemade chicken soup.
- ♥ Avoid alcohol
- ♥ Consider supplemental products containing L-glutamine for GI membrane repair. There are many. We use products from Apex, Metagenics, Designs for Health, and Nutrition Dynamics, depending on the specific circumstances.