

BODYBLISS NUTRITION

Relief! Gut Reset

3 Weeks to Improve GI Function
& Microbiome Balance



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GETTING STARTED

Welcome to the Gut Reset, Elimination Diet Challenge!

By following this plan, you are taking an important first step towards achieving better health. This simple to use guide will be your road map for the next three weeks outlining foods to eat, what to remove and how to reintroduce them. This reset is a time to get to know your own body, how it feels and how it actually responds to the food you eat. You may be surprised by what you find.



I invite you to approach this time with a spirit of curiosity, adventure and optimism to find out what's possible. You alone hold the unique power of determining what nutrients go into your body on a daily basis. While that may not sound all that important trust me it is. Food is the one thing that enters the body all day, every day that you get to choose. It can either be healing and supportive or trigger inflammation and deplete the most basic of cellular needs.

Allow yourself to be creative and explore ingredients and combinations of food you may not have been likely to use before. After-all that's part of the fun.

Diet is one of the key pillars in my Body Bliss Nutrition 6 Pillars of Health Method. You can read about the remaining 5 in my COVID and Beyond article series on the blog as well as the home page of the website at www.bodyblissnutrition.com.

I am so glad you've decided to take this first step toward feeling better and learning how to improve your health through nutrition.

I am honored to be your guide and support you!

XO,



Your Intestine is THE KEY to Health

Chronic Illness is on the rise. In a country of 328 million people, it's a sad fact that the majority will have at least 1 chronic health condition with 40% having two or more. These numbers are so shocking that I had to share them so you can understand what I'm talking about here and why nutrition is key.

- 50 million* Americans suffer with an autoimmune disease
- 54 million* are affected with arthritis
- 35%* of US adults are obese and another 34% are overweight
- 1.8 million* new cases of cancer are reported annually

*Cardiovascular disease including coronary heart disease, stroke, high blood pressure and heart failure affects nearly 48% of all adults in North America today. That means **every 40 seconds**, someone in this country will have a heart attack!

There are many more inflammatory conditions that I didn't even include here but I think you get the picture. All of these ailments involve chronic inflammation which is greatly influenced by factors like intestinal health, sleep, food quality, toxins, stress, microbes and the way these things interact with our genes.



In fact, wide-spread systemic inflammation actually starts with changes in the intestine. The balance of the trillions of microscopic organisms living there directly influence our own health by affecting every system of the body, the structure and function of the intestine and especially immune function. These microbes, collectively known as the gut microbiome, work closely with the human immune system helping it to maintain balance, tolerance and strength. If any of these

pieces is lost inflammation ensues along with damage to healthy cells.



The typical American diet is mainly comprised of low quality meat, unhealthy fats, sugar, simple carbs, processed foods, chemical additives, fried foods and refined grains. None of these foods feed health promoting bacteria, in fact, this diet leads to their death and instead promotes the growth of pathogenic strains, viruses, bacteria and yeast. The wall of the intestine is also damaged by this type of diet leading to “leaky gut” or intestinal permeability setting off the immune system and wide-spread inflammation. Unfortunately, the vast majority of people today eat these foods paving the way for those horrific numbers I quoted before.

But that’s all about to end. Now that you understand a bit about why changing your diet is the first step to changing your health, you are ready to move on to the next section and find out how to do it. The elimination diet includes all of the anti-inflammatory foods you need to nourish your microbiome and start to heal.

What can I expect from following an elmination diet?

Typically, people see improvements in:

- energy
- GI function
- skin
- mood
- sleep
- weight
- pain levels
- reduced inflammation

Plus, you'll learn how food is impacting your specific body.

What is an elimination diet?

This diet is a short-term tool to give you a glimpse of what it feels like to have less inflammation while helping to identify foods that may be contributing to your symptoms.

An elimination diet removes foods commonly eaten that may be triggering an inflammatory process in the body. While some are “common sense” foods like processed chips and candy, others are healthy foods that under certain conditions may become inflammatory themselves. In cases of gut permeability, any food may begin to set off the immune system if it is seen in the wrong context.

Before you start, be sure to familiarize yourself with the food list and have approved foods on hand to eat and use for recipes. Keep a journal of changes in your body and follow this plan for 3 weeks (21 days).

On day 22 you'll start reintroducing foods one at a time noting any changes that occur in your journal. Every 3 days, bring in another food while keeping track of anything that creates symptoms or changes.

Waiting 3 days before the next introduction is important because food reactions can be delayed. You may react on Wednesday to something you ate on Monday so having the time will allow you to understand which foods are the culprit.

If a food is included on the list and you know it makes you ill, please avoid it.

Before You Begin - 3 Weeks (21 Days) Elimination Diet:

- Dedicate a notebook to tracking daily food, symptoms and progress.
- Spend a few moments every morning thinking about how you'll proceed, bringing intention to your meals and eating times.
- Keys to success - plan ahead, be organized and prepare foods in advance.
- Set aside any packed/processed foods not on the list to remove temptation.
- Freeze or finish any perishables/leftovers not on the list prior to starting.

The Gut Reset: Elimination Diet

I recommend buying organic when possible to lower the amount of toxins absorbed through food. On a budget? No problem! Organizations like Misfits Market ship discounted organic produce. Look for local farmer's markets and CSA's (community-supported agriculture) organizations or start a garden. Since some produce holds more pesticides than others, check out the Dirty Dozen and Clean 15 lists, link below.

Delicious and Healing Foods to Include:

1. VEGETABLES: Vegetables including a wide variety of leafy greens, bright, colors and root vegetables. Choose organic when possible or at least follow the Dirty Dozen list for the most important organic picks and The Clean 15 for the safest non-organic foods to eat.

From the Environmental Working Group website:

"Dirty Dozen" and "Clean 15" food lists: <https://www.ewg.org/foodnews/summary.php>

2. FRUITS: including low glycemic, fiber rich varieties, organic when possible.
3. ANIMAL PROTEINS: choose organic, pastured and grass fed/finished when possible.
4. FISH: choose wild, small low-mercury varieties.
5. NUTS & SEEDS
6. HEALTHY FATS
7. NON-DAIRY PLANT MILKS
8. SPICES & HERBS

Foods to Avoid for 3 Weeks:

1. DAIRY: including animal milk products such as cheese, milk, cream, ice-cream, yogurt.
2. GLUTEN & GLUTEN-FREE GRAIN including corn.
3. SOY: all forms including soy sauce, tofu, etc.
4. EGGS
5. ALCOHOL
6. NIGHT SHADE VEGETABLES: including eggplant, tomatoes, potatoes (excluding sweet and yam).
7. SOME FRUIT: citrus - orange, grapefruit, high glycemic index fruit, such as watermelon and all fruit juice.
8. SUGAR: all forms - processed and substitutes, such as coconut sugar.
9. PEAS, LENTILS & LEGUMES (all beans)
10. HIGH MERCURY FISH. For a guide, visit:

<https://www.nrdc.org/sites/default/files/walletcard.pdf>
11. SHELL FISH (crab, shrimp and lobster)
12. CHOCOLATE (except in supplements)
13. PROCESSED MEATS: hot dogs, processed cured cold-cuts, smoked meat and sausage.
14. BEEF, VEAL & PORK

Recap: Foods to Eliminate

- Avoid dairy, gluten, grain, soy, eggs, alcohol, nightshades, certain fruits, sugar, peas, lentils, legumes, high mercury fish, shellfish, processed meat, beef, veal and pork.
- Search online for AIP style recipes to help you find great dishes to create. Simple eating works best on this plan like soups, stews, roasted chicken or fish with vegetables and mashed root veggies like cauliflower, celery root or even carrots. Chia seed pudding, home-made zucchini or sweet potato hummus, smoothies and coconut yogurt are great snacks.

Elimination Diet Food Chart

Foods	Include	Avoid
<p>Vegetables</p>	<p>Artichoke - all types Arugula Asparagus Bamboo Shoots Beets, beet tops Bok choy Broccoli, broccolini, broccoli rabe Brussel sprouts Cabbage Cactus Carrots (all colors) Cauliflower Celery, celery root, celeriac Chives Collards Cucumber Daikon Dandelion greens Endive Green/haricot beans Green leafy vegetables</p>	<p>Eggplant Pepper Tomato White potato</p>
Include cont.		
<p>Jicama Kale Kohlrabi Kombu Leeks Mushroom Mustard leaf</p>	<p>Nori Okra Olives Onion Palm Heart Parsnip Pumpkin</p>	<p>Radicchio Radish Rutabaga Sea vegetables Seaweed Snow peas Spinach</p> <p>Sprouts (bean, broccoli, etc.) Squash Sweet potato Swiss chard Yam Sunchoke/ Jerusalem artichoke</p> <p>Turnip Watercress Zucchini</p>

Elimination Diet Food Chart

Foods	Include	Avoid
Dairy	Plant milks including: Almond Cashew Coconut Flax Hemp Pea Coconut or other plant yogurt Ghee	Butter Cheese Cream Kefir Margarine Milk Yogurt
Nuts & Seeds	Almond, Brazil nut, Cashew, Chia, Coconut, Flax, Hemp, Pine nut, Pistachio, Pumpkin, Sesame, Quinoa & Walnut	Peanuts
Meats	Bison, Lamb, Rabbit, Collagen	Beef, Pork, Veal, Cold Cuts, Smoked or Cured
Poultry	Chicken, Cornish Hen, Duck Ostrich & Turkey	Eggs
Fish & Seafood	Anchovies, Butterfish, Catfish, Flounder, Haddock, Hake, Herring, Mackerel, (North Atlantic) Salmon (can, fresh), Sardine, Sole, Squid, Tilapia, Trout (freshwater), Whitefish, Whiting	Clam, Cod, Crayfish, Lobster, King Mackerel (Spanish), Muscles, Oyster, Scallop, Shark, Shrimp, Sword fish, Shellfish, Tuna Smoked fish

Elimination Diet Food Chart

Foods	Include	Avoid
Vegan Protein	Pea protein, Nuts, Seeds, Coconut aminos, Quinoa	Soy, Seitan, Tofu, & Tempeh
Beverages	Filtered & spring water Sparkling water Seltzer Coconut water Herbal teas: Green, Ginger, Dandelion, Green, etc.	Alcohol, Coffee, Fruit, juice, soda, & soft drinks Drinks sweetened artificially
Oils	Olive, Coconut, Sesame, Avocado, Ghee	Canola, Cottonseed, Hydrogenated fats, & Shortening
Spices & Herbs	Basil, Black Pepper, Cardamom, Chives, Cilantro, Cinnamon, Coriander, Cumin, Dill, Garlic, Fennel/Annise, Ginger, Garam Masala, Ginger, Lemongrass, Mint, Nettle, Parsley, Rosemary, Sage, Sea/pink/Celtic salt, Scallion, Shallot, Tarragon, Thyme, & Turmeric	Chocolate, Chili, Cayenne, MSG, & Paprika
Sweeteners	Raw honey, 1 tsp/day) Use in baking Maple syrup	Agave, Artificial, Sweeteners, High Fructose Corn Syrup & Sugar

Elimination Diet Food Chart

Foods	Include	Avoid
Grains/pseudo grains	Almond flour, Coconut flour, Cassava & Quinoa	Barley, Corn Gluten, Rye, Wheat, Oats & Rice
Beans & Legumes	None	All
Fruit	Apple/sauce, Avocado, Banana, Blackberry, Blueberry, Boysenberry, Coconut, Lemon/Lime, Pear, Raspberry & Strawberry	Canned, Dried, Fruit juice, fruit not on the list
Condiments & Miscellaneous	Avocado mayo, Bragg's Apple Cider vinegar, Bean-free hummus, Dairy-free, Pesto, Fermented Vegetables, Guacamole, Horseradish, Mustard, Olives, Tahini, Tapenade, Tahini & Vinaigrette	Soy sauce, Salsa, Teriyaki

REINTRODUCTION

Reintroduction Phase: How to Add Foods Back Into Your Diet



Congratulations you made it! I hope this was fun and you came away feeling better with some insights into your own body and eating patterns. Now, we'll reintroduce foods one at a time to see if anything changes. Here we go!

Get your journal ready and take notes!

Remember to add **ONE** new food and then wait 3 days before adding the next one. I recommend eating that food several times in the 3 days. Look for changes like worsening of GI symptoms - bloating, constipation or diarrhea; brain fog, skin rash, headache, fatigue, itchiness, abdominal pain, joint pain or anything else.

Make a note of the day, food eaten, symptom that started and whether it was mild or severe. If you have a big reaction, I recommend waiting a few extra days until your symptoms calm down before adding the next food in. With mild or no symptoms, add the next food in 3 days later as planned.

For example, if you eat cheese, notate the type of cheese, write down that it's dairy, the day eaten and your symptom. If you eat hard cheese, you should also test soft cheese separately since you can react to one but not the other.

GLUTEN. If you eat a gluten grain like wheat, barely or rye, notate the reactions. Then treat gluten free grains as a separate food group and try one of those. Oats, rice, millet, amaranth,

buckwheat, teff, sorghum and corn are all gluten free grains.

Once you have identified the foods creating symptoms, I strongly recommend you remove those from your diet. These are the culprits creating inflammation and cellular damage.



NEXT STEPS

The goal of this e-book is to help you gain some valuable insights on how your particular body is being affected by the foods you eat every day. By now, you should have some first-hand experience with the power of food and the ways it can heal or trigger inflammation.

In addition to improvements in GI function, you may have seen your skin brighten or a rash resolve, joint pain decrease and your mood and energy improve. The right food choices heal and support your entire body plus allow you to reconnect with what it FEELS LIKE TO BE HEALTHY.

You now have a taste of what that's like! Imagine if these changes in your body were permanent and you no longer spent time thinking about your pain or low energy levels. Imagine a life where health wasn't an issue. You'd be free to enjoy other aspects of your life to the fullest. Maybe this means returning to activities you used to enjoy, only this time around, you'll have more energy, stamina and focus.

Now that you've taken the first step in healing, it's the perfect time to jump in and work directly with me to maximize your progress and build momentum. I'll look at your specific needs and outline a plan to get you the next level by supporting the intestine, resolving the inflammatory process and going deeper.

Have questions? Let's talk! I am happy to offer you a free 15-minute consultation to discuss your particular health challenges and explain how my method can help you today.

Book your free 15-minute call at www.bodyblissnutrition.com to find out if a comprehensive functional evaluation is right for you.

ABOUT JENNIFER CLEMENTE

Hi - I am Jennifer. Thank you for downloading my e-book!

Here's a little bit about me. I hold a Masters of Science in Human Nutrition, am a Certified Nutrition Specialist® professional (National Board Certified), member of the Institute for Functional Medicine and am a clinically trained nutritionist. Health is my passion! I'm continuously studying with some of the greatest minds in functional medicine to stay up to date on cutting edge clinical methods and information as it evolves.



I got into this work because my own health failed. You see, my health had never been stellar. Through childhood, I suffered with unexplained abdominal pain, GI issues, a tick disorder and depression. By the time I was 20, things would slip from my hands because my fingers were painful and weak. Then came IBS, uterine fibroids and late stage pre-cancer. While it's so obvious now, at the time, I wasn't able to recognize my body's cry for help or connect the dots between what I ate and how I felt.

Thankfully, I found an alternative health practitioner who actually listened and shed light on my symptoms. She empowered me to re-evaluate the choices I was making including my food, career, stress and relationships. One step at a time I changed my life and reclaimed my health.

Today, in my 50's, I am healthy, vibrant and in remission from an autoimmune disease. I have spent the last decade studying all aspects of human health from a functional medicine perspective. My practice is dedicated to helping others uncover their hidden causes of sickness, make empowered choices through education and elevate those suffering by being a supportive health partner.

LASTLY...A gift for you.

I remember how tough it can be to adjust to a new diet and flavors.

One of the amazing things about this process is the way your taste buds will respond. After just a few days of healthful eating, you'll not only notice a diminished desire for very salty or sweet foods, your palate will actually become more sensitive and able to appreciate the natural vibrant taste of whole foods.

To help you along the way, I am sharing one of my favorite recipes that clients always love: Cilantro Lime Dressing. It's fresh, bold and bright and goes with just about everything. I've used it on fish, chicken and other meats, as salad dressing, a dip for veggies and even cooked with it. It's a perfect example of the simplicity of really good food and natural flavors.

It's on the last page of this booklet so you can print it out and post in your kitchen. It's just one of the many recipes from my collection that I share with clients who work with me one on one. I hope you love it as much as I do! Embracing whole foods and natural flavors will help you to transition and enjoy a more focused food list.

Give this recipe a try and share your photos or videos with me on instagram by tagging me at @bodyblissnutrition

XO,

A handwritten signature in black ink that reads "Jen". The signature is written in a cursive, flowing style.



Cilantro Lime Dressing

8 servings

5 minutes

Ingredients

1/2 Avocado (sliced)
2 tbsps Extra Virgin Olive Oil
1 tsp Sea Salt
1 tsp Ground Ginger
2 tbsps Lime Juice
1/4 cup Cilantro (finely chopped)
1/2 cup Organic Coconut Milk (from the can)

Directions

- 1 Add all of the ingredients into a blender and blend until completely smooth.
- 2 Season with additional salt or lime juice if needed. Transfer to an airtight jar or container and refrigerate until ready to use. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is equal to 2 tablespoons of dressing.

No Coconut Milk: Use almond milk or unsweetened oat milk instead.

Serve it With : Raw vegetables, on salads or on burgers.