MY TOP 7 THERAPEUTIC FOODS
Sauerkraut

Why: Traditional cultures used fermentation as a pre-refrigeration preservation technique. The lactic acid-producing microbes that act on the cabbage are diverse and contribute greatly to replenishing the beneficial bacteria in our guts. Given the inherent limitations of our constantly evolving understanding of the gut micro-biome, food-based probiotics are an intelligent way to support our immune system, metabolism, and inflammatory response.

How: Start with 1/4 teaspoon of the juice from a lactofermented sauerkraut, kimchi, or pickles. Work up to a daily serving of 1 tablespoon or more. Hawthorne Valley, Bubbies, and Wildbrine are good brands to purchase until you are ready to make your own!

Liver Powder

Why: Liver is a lost superfood and the best multivitamin money can buy. A unique source of fat-soluble vitamins such as preformed A, D, K, and E, minerals, usable iron, antioxidants, and B vitamins. Grass-fed liver should be consumed about a twice a week, and a desiccated liver powder can make that easier.

How: Radiant Life brand liver can be incorporated into soups, stews, or even smoothies with minimal alteration of flavor. Start with 1 tablespoon twice a week.
Sole

**Why:** Himalayan sea salt boasts over 80 ionized minerals encrusted into the earth more than 200 million years ago. Consumption of this salt supports electrolyte balance, hydration, pH, detoxification, and may also contribute to bone health, cardiovascular wellbeing, and even hair and skin radiance.

**How:** Fill a glass jar 1/4 of the way with Himalayan Sea Salt or Real Salt, and fill with filtered water. Let sit overnight. Take one teaspoon of this saturated mixture and put into a glass of filtered water to drink first thing in the morning. “Kits” can also be found online with salt rocks and jars.

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Potato Starch

**Why:** Starch comes in two varieties, one of which is not enzymatically broken down and serves as a source of fermentable fiber in the intestines, producing anti-inflammatory saturated fats such as butyrate. After one month of a no grain, no added sugar, high natural fat diet, introducing resistant starch can contribute to beneficial changes in the intestine which contribute to blood sugar balance and metabolism support.

**How:** 4 tablespoons daily of Bob’s Red Mill Potato Starch (or equivalent) in food or in water (you can do it as a shot with each meal).
Gelatin

**Why:** Because our diets are heavily focused on muscle meat consumption, we lost out on the benefits of consuming bones, skin, and tendons as was ancestral practice. Traditional bone broths are used in gut healing protocols such as the GAPs diet for mucosal repair, while the high-glycine content of gelatin may help with insomnia, anxiety, joints, hair, and skin.

**How:** Use Great lakes gelatin for warm foods and/or making easy jello snacks (1 tablespoon of gelatin mixed with 1/4 cup of almost boiling water and 1 and 1/4 cups of organic juice, put in the fridge for 3 hours), and use the green Hydrolyzed Collagen to put 1-2 tablespoons in any liquid or food as it dissolves flavorlessly.

Coconut Oil

**Why:** A primary source of traditional fat throughout the tropics, coconut oil has a unique profile in its saturated fat content – specifically medium chain triglycerides. These fats don’t require pancreatic enzymes for digestion and are immediately available for energy. Studied for cognition, lipid balance, immune support, and metabolism, this food is a must for transitioning to a fat-burning metabolism for mind and body.

**How:** Add half a tablespoon to morning hot water/tea, cook with it, or add to smoothies. Work up to one tablespoon daily.
Turmeric

**Why:** This herb has been studied for immune modulation, anti-inflammatory, liver detox, and even antidepressant qualities demonstrated to have comparable efficacy to over a dozen different drugs.

**How:** Best absorbed when warmed with oil and pepper, add to savory foods or make into a Golden tea with coconut milk – make a paste with 2 tablespoons of organic turmeric in 1/4 cup of water, then warm with milk, a teaspoon of coconut oil, and raw honey to taste.