

# Dr. Ritamarie's

## HAPPY BELLY CHECKLIST

Learn the Truth About the Foods, Nutrients,  
and Herbs that Either Hurt or Heal Your Gut

If you want a happy belly free of bloating, gas, pain, and malabsorption (and who doesn't), it's a good idea to know about the foods that are your friends and those that are not so friendly. Take inventory. Are you eating more gut hurters than gut healers?

### Take Action NOW:

- Check off the foods on the **Gut Hurting** list that you have currently removed.
- Check off the foods on the **Gut Healing** list that you currently include.
- Make a plan to phase out the **Gut Hurting** foods and phase in the **Gut Healing** foods.

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# TOP 10 FOODS THAT HURT YOUR GUT

**GLUTEN**  
Wheat, rye, barley, spelt, kamut, triticale – damages gut lining, difficult to break down and digest, and creates inflammation

**GLUTEN**  
☐

**CAFFEINE**  
Coffee, black tea, soft drinks – thin the digestive lining

**CAFFEINE**  
☐

**DAIRY PRODUCTS**  
(There are lots of hidden sources): milk, cheese, ice cream, sour cream, and most commercially baked goods – create mucous and inflammation, which interferes with absorption

**DAIRY PRODUCTS**  
☐

**ALCOHOL**  
Causes intestinal permeability by suppressing the production of anti-inflammatory prostaglandins

**ALCOHOL**  
☐

**PROCESSED MEATS**  
Cold cuts, commercially raised animal products, and farmed fish – disrupt the gut flora

**Processed Meats**  
☐

**SWEETS**  
High fructose corn syrup, sugar, molasses, rice syrup, agave, artificial sweetener, and all forms of sugar (except possibly low-glycemic whole fresh fruit) feed yeast and undesirable bugs

**SWEETS**  
☐

**REFINED FOODS**  
White flour, white rice, processed packaged foods, crackers, cookies, bread – deficient in vitamins and minerals, imbalance blood sugar, and feed unfriendly gut microbes

**Refined Foods**  
☐

**UNSTABLE OILS**  
Hydrogenated, trans fats, all commercial oils (except olive, coconut oil, flax, and hemp), and all heated polyunsaturated oils – disrupt omega-3-to-6 fat balance, leading to inflammation that disrupts the gut lining

**UNSTABLE OILS**  
☐

**ARTIFICIAL**  
Colorings, flavorings, and sweeteners, i.e. aspartame – damage the gut lining

**Artificial**  
☐

**ALLERGENS**  
All known and suspected ones – create inflammation, and contribute to leaky gut

**ALLERGENS**  
☐



# THE TOP EVERYDAY FOODS THAT HEAL YOUR GUT

Contains sulforaphane which has been shown to be a potent gut healer and detoxification inducer

**BRASSICAS**  
including broccoli,  
cabbage, cauliflower,  
kale, Brussels  
sprouts

Contains inulin, a prebiotic that supports healthy gut flora and digestion

**CHICORY  
ROOT**

Contains inulin, a prebiotic that supports healthy gut flora, bitters that help bile flow, and stomach acid production

**DANDELION**

Especially good for enhancing detoxification and as an anti-cancer food

**BROCCOLI  
SPROUTS**

Contains inulin, a prebiotic that supports healthy gut flora

**JERUSALEM  
ARTICHOKES**

Mucilage, intestinal broom, rich in anti-inflammatory essential fats

**CHIA SEED**

Contains inulin, a prebiotic that supports healthy gut flora

**JICAMA**

Mucilage, intestinal broom, rich in anti-inflammatory essential fats

**FLAX SEED**



# THE TOP EVERYDAY FOODS THAT HEAL YOUR GUT

Contain limonene which soothes and heals the digestive tract's mucous membrane and supports detoxification

**CITRUS  
FRUIT  
PEELS**

Contains inulin, a prebiotic that supports healthy gut flora, anti-parasitic, antimicrobial

**GARLIC**

Anti-parasitic, anti-inflammatory, supply zinc, which helps in the repair and regeneration process and immune system

**PUMPKIN  
SEEDS  
(RAW)**

Contains inulin, a prebiotic that supports healthy gut flora, anti-parasitic, antimicrobial

**ONION**

Especially good for enhancing detoxification and as an anti-cancer food (broccoli, kale, cabbage, radish, mustard, etc.)

**SPROUTS**

Provide protein and nutrients to aid in leaky gut repair and detoxification

**Green Leafy  
Vegetables  
and their juices**

Anti-fungal, anti-viral, helps decrease candida overgrowth

**VIRGIN  
COCONUT  
OIL**

Contains inulin, a prebiotic that supports healthy gut flora

**BURDOCK**



# TOP 12 HERBS THAT HEAL YOUR GUT

## ALOE VERA

Anti-parasitic,  
mucilage



## GINGER

Anti-inflammatory,  
soothing to the  
GI system



## TURMERIC

Anti-inflammatory,  
antioxidant,  
antimicrobial



## OREGANO

Antimicrobial



## THYME

Antimicrobial



## ROSEMARY

Anti-parasitic,  
mucilage



## CHAMOMILE

Soothing and  
calming



## FENNEL

Antimicrobial



## MUSTARD

Especially good for  
enhancing  
detoxification and as  
an anti-cancer food



## LICORICE

Repairs damaged  
mucous membranes  
(avoid if you have high  
blood pressure)



## SLIPPERY ELM

Mucilage, healing  
to damaged  
mucous membranes



## MARSHMALLOW

Mucilage, healing  
to damaged mucous  
membranes

