

# **Your Microbiome Superfoods**

## **Raphael Kellman, MD**

### **The Microbiome Diet**

Natural probiotics, which replenish your microbiome with additional healthy bacteria

- Fermented vegetables, such as sauerkraut and kimchee
- Fermented dairy products, such as kefir and yogurt made from sheep's or goat's milk
- (Beet or Lime Kvaas; Coconut kefir; Fermented carrots with ginger;)

Natural prebiotics, which nourish the healthy bacteria already in your microbiome

- Asparagus
- Carrots
- Garlic
- Jerusalem artichoke
- Jicama
- Leeks
- Onions
- Radishes
- Tomatoes

Your Microbiome Superspices

- Cinnamon, which balances blood sugar and, therefore, insulin, helping to prevent insulin resistance and thereby cuing your body to burn fat rather than store it
- Turmeric, a natural anti-inflammatory that helps heal the gut, support the microbiome, and promote good brain function

#### **To REMOVE unhealthy bacteria from your intestines**

- Berberine
- Caprylic acid
- Garlic
- Grapefruit seed extract
- Oregano Oil
- Wormwood

#### **To REPLACE stomach acid and digestive enzymes**

- Hydrochloric Acid
- Amylase, which digests starches
- Apple cider vinegar
- DPP 4, which helps digest gluten and casein (milk protein)
- Lipase, which digests fat
- Protease, which digests protein

#### **To REINOCULATE with probiotics and prebiotics**

A good probiotic:

- Contains many diverse species
- Contains at least these three types of Lactobacillus: acidophilus, ramaneses, planataris
- Contains different types of Bifidobacter. A bonus is if it contains Acidophilus reuterii
- Should contain between 50 billion and 200 billion bacteria— the more, the better.
- Most probiotics do not contain Acidophilus gasseri, but it has shown to be extremely effective in promoting weight loss. You can buy it separately (see Resources ) or buy a probiotic that contains it (see Resources ).

Prebiotics:

- Arabinogalactans
- Cal-mag butyrate
- Inulin powder

### **To REPAIR the gut wall**

- Carnosine
- DGL (diglycerinated licorice)
- Glutamine
- Marshmallow
- N-acetyl glucosamine
- Quercitin
- Slippery Elm
- Zinc

For weight loss

- Garcinia mangostana
- Green Coffee Bean extract
- Irvingia (African mango)
- Meratrim
- Sphaeranthus indicus

Key Benefits of Inulin

- Feeds healthy bacteria in your microbiome
- Improves digestion
- Inhibits the absorption of glucose so you feel full while absorbing fewer calories
- Supports your body's production of vitamins B and K
- Boosts your metabolism
- Improves Bone Health

### **ARABINO GALACTANS: A NATURAL PREBIOTIC**

Arabinogalactans is a type of natural prebiotic found in the following Microbiome Superfoods and Microbiome Superspice:

- Carrots

- Onions
- Radishes
- Tomatoes • Turmeric
- Pears, kiwi, and the bark of the larch tree are also rich in arabinogalactans. Pears and kiwi are also featured in the Microbiome Diet. I also include arabinogalactans in your Microbiome Supersupplements.

## **THE SIX KEY BENEFITS OF ARABINO GALACTANS**

- Feeds healthy bacteria in your microbiome
- Kills E. coli and klebsiella, which is associated with excess weight and autoimmune conditions
- Supports production of epithelial cells, which strengthen the gut wall
- Anti-inflammatory, which helps combat excess weight
- Overall immune support, which helps prevent autoimmune conditions
- Lowers ammonia levels, which protects your liver

## **FOODS TO REMOVE**

The following are the foods we are removing in the Four Rs phase of the Microbiome Diet. After twenty-one days, when your gut is healed and your microbiome is beginning to come into balance, we can add a few of these foods back in. For these twenty-one days, however, I would like you to follow the meal plans and restrictions very closely. Think of this diet as a medical prescription that is helping your system to heal.

Please avoid all of the following foods:

- Processed or packaged foods
- High-fructose corn syrup
- Trans fats
- Hydrogenated fats
- Dried or canned fruits
- Juices
- Gluten
- All grains, including rice and quinoa
- Corn and cornstarch
- All sugars and sweeteners, natural or artificial, except Lakanto
- All dairy products— milk, yogurt, cheese— except butter and ghee (clarified butter)
- Eggs
- Soy, including soy milk, soy sauce, tofu, tempeh, and all forms of soy isolate protein such as are found in many protein bars, protein shakes, and protein powders (check the label!), except soy lecithin
- Processed meats or deli meats
- Peanuts or peanut butter
- Canola oil or cottonseed oil
- Potatoes, sweet potatoes, or yams

- Legumes: black, white, red, or kidney beans; fava beans; and string beans (yes, these are legumes), **except** chickpeas/ garbanzo beans and lentils
- Iceberg lettuce

I'd like you to basically avoid alcohol in Phases 1 and 2 because of its potentially stressful impact on the microbiome. In Phase 3 you can include some alcoholic beverages as part of your 30 percent indulgence. In all three phases I advise limiting your caffeinated coffee intake to one or two eight-ounce cups per day, and your caffeinated tea intake to three to five eight-ounce cups per day.

## **YOUR MICROBIOME SUPERSUPPLEMENTS**

**To remove unhealthy bacteria from your intestines, you have two choices:**

1) You can look for a combination product that contains the following ingredients:

- Berberine
- Wormwood
- Caprylic acid
- Grapefruit seed extract
- Garlic
- Oregano Oil

I have recommended a few good combination products in the Resources section. Just follow the directions on the bottle for dosage.

2) You can take a single product. Choose either:

- Garlic, 5000 micrograms, three times a day OR
- Berberine, 200 mg, three times a day

### **To Replace Stomach Acid**

- Hydrochloric acid, 1000 mg with each meal OR
- Apple cider vinegar, 1 teaspoon diluted with 5 to 6 teaspoons of water, with each meal. Gradually increase the dose until you are drinking 3 to 4 teaspoons of vinegar with each meal.

**To Replace Enzymes Find a good combination product that includes:**

- Protease, which digests protein
- Lipase, which digests fat
- Amylase, which digests starches

## **REINOCULATE WITH PROBIOTICS**

Find a good probiotic with the following qualities:

- The more diverse species, the better

- Should contain at least these three types of Lactobacillus: acidophilus, rameneses, planataris
- Should contain different types of Bifidobacter
- A bonus if it contains Acidophilus reuterii

Should contain between 50 billion and 200 billion bacteria— the more, the better Take one pill or packet a day. I have recommended some good brands in Resources. For weight loss take Acidophilus gasseri, which you will have to buy separately unless you have purchased one of the few probiotics that contains it. I have recommended some sources in Resources. Take as directed.

## **REINOCULATE WITH PREBIOTICS**

1. Take inulin powder: 4 to 6 grams a day, divided into two doses
2. Take arabinogalactans, 500 to 1000 mg, two times a day You can also look for a combination of inulin and arabinogalacatans. I have recommended some good combination products in Resources.
3. Take cal-mag butyrate, 200 to 300 mg, one to two times a day. Butyrate is both a prebiotic and a weight loss supplement.

## **REPAIR WITH SUPPLEMENTS**

When you look for supplements to repair the gut, you'd do best to find a combination product, either in pill or powder form— I prefer powder. Some of the individual ingredients to look for include the following (or you can take them individually in the doses listed):

1. Glutamine: 1 to 5 grams a day
2. Quercitin: 100 to 500 mg a day; look for "iso-quercitin," which is better absorbed
3. Zinc alone or with carnosine. If in combination, 100 to 150 mg a day. If you take zinc by itself, take 30 mg a day, and then take carnosine in a dose of 100 to 500 mg a day.
4. N-acetyl glucosamine, 1000 mg a day
5. DGL (diglycerinated licorice), 400 mg a day
6. Slippery Elm, 200 mg a day
7. Marshmallow, 100 mg a day 8. Gamma Oryzanol, 300 mg to 1.5 grams a day You can also take a combination product. I recommend several in Resources.

## **ADDITIONAL WEIGHT LOSS AIDS**

1. Meratrim: 400 mg, two times a day, thirty minutes before breakfast and dinner.
2. Sphaeranthus indicus and Garcinia mangostana. You can buy them separately and follow the directions on the bottle, or look for a formula that includes those compounds and meratrim. Some combinations include capsicum, which offers additional weight loss benefits, as well as zychrome, which helps to balance blood sugar. See Resources for some suggestions.

3. Green coffee bean extract, 400 mg, two times a day OR Irvingia (African mango), 150 to 300 mg, two times a day