

STELLAR *Life*

Hosted by *Orion*

The Healthy Foods That Hurt You: What to Eat for Gut Healing and Optimal Health

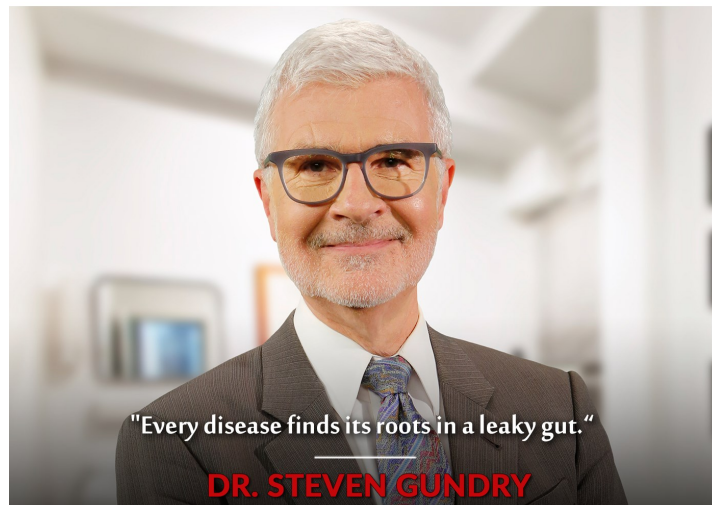
10 Point Checklist

Dr. Steven Gundry

Want to gain as much knowledge as possible out of this episode? Here is your **10 point checklist** that gives you actionable steps you can take **TODAY** to start living a Stellar Life!

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10 STEPS YOU CAN TAKE TODAY

**Take charge of your health, wellness, and success.
Here are 10 steps that can move you closer to your goals – today.**

- Pay attention to how your body reacts to different foods and adjust your diet accordingly. Avoid gluten and prioritize whole, unprocessed foods over packaged and processed options.
- Opt for organic and locally sourced foods whenever possible. This helps to minimize your exposure to harmful chemicals. Completely cut out wheat, rye, barley, and oats from your diet.
- Seek professional guidance. Consult healthcare professionals or nutritionists for personalized advice and support on gut health management.
- Avoid or detoxify nightshade vegetables such as white potatoes, tomatoes, peppers, eggplant, and goji berries to reduce your inflammation.
- Enjoy fruit in moderation, preferably in season, as modern varieties are often hybridized for increased sugar content. Sugar can lead to issues like fatty liver and insulin resistance.
- Consider the Plant Paradox Diet or Gut Check Diet. These diets emphasize eliminating or detoxifying harmful plant compounds while incorporating gut-friendly foods.
- Consider vitamin D and timed-release vitamin C supplements to support your overall health, especially if you have a leaky gut or autoimmune issues.
- Prioritize quality sleep for overall health and gut repair. Aim for downtime to allow your body to repair its systems, including the gut wall.
- Allow your gut time to rest and recover. Practice intermittent fasting and avoid eating constantly throughout your day.
- Explore Dr. Gundry's [website](#), [podcast](#), and [social media channels](#), for more information on gut health.