Week 2, 3, and 4 “Your Healthy Gut” Diet Recommendations (from The Rest and Repair Diet)

Please note: The information provided in the course/webinar is not a substitute for licensed, professional healthcare or consultations, diagnosis or treatment of physical or mental conditions and should not be used for that purpose.

Prep Diet: Detox

Continue all the recommendations for week 1 including:

Herbal digestive/clearing tea:
This traditional Ayurvedic tea should be sipped throughout the daylight hours. It is very easy to make.
Recipe: Bring about 5 cups of water to the boil, and add 1/2 teaspoon each of cumin, fennel & coriander seeds. Boil for about 5 minutes. Pour the liquid through a strainer into a thermos bottle, and sip it through the day.

Because it may cause you to urinate more than usual, it’s best not to drink it after dark (or you may wake up in the night).

Triphala:
This is also a traditional remedy from Ayurveda. Triphala is considered to be one of the most important remedies in the vast herbal knowledge of India. Triphala is made from three dried fruits, and it gently assists elimination, while also supporting digestion, lowering inflammation, improving energy and eyesight, etc etc.

Dose: Take one gram of triphala (usually one tablet) every evening about 30-60 minutes before bed, with warm water. That’s about one teaspoon if you are using triphala in powdered form.

NOTE: If you are having at least one normal bowel movement daily, stay with that dose of triphala. If things are a bit slow, you can safely increase the dose.

Digestive Aid:
Before lunch and dinner, prepare a traditional pre-meal Ayurvedic digestive aid, consisting of a mixture of fresh ginger juice, lemon juice, and little salt.
**RECIPE:** To make the ginger juice: grate fresh raw organic ginger, put the gratings in in a piece of cheese cloth, and squeeze the juice into a small glass.

Add fresh organic lemon juice and salt to taste

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**Rest and Repair Diet**

**General Guidelines**
*We strongly recommend that you check with your doctor before beginning this diet*

**GLUTEN:** Reduce or better avoid all gluten-containing foods, like breads, pastas, white rice (except for Basmati rice), baked goods, and most grains and grain-containing products. There are non-gluten flours which you can use to make crepes or waffles — a tasty change in the dietary routine.

**SUGAR:** Reduce or better avoid all sugar and artificial sweeteners on the diet — you can use stevia or honey if you wish (but don’t cook with honey, as it changes its chemical makeup and renders it indigestible, which can cause problems).

**DAIRY:** Reduce or better avoid all dairy — you can have lassi.

**Breakfast options:**

You have several breakfast options.

1- Stewed apples (you can add up to 50% pears with the apples), stewed with cloves.

**Here is a good RECIPE:**
Apples, peeled, cored & cut into quarters. Push one clove into each quarter (take the cloves out before you eat) Some Flame or Thompson raisins, and/or dried apricots, and/or
Medjool dates – but not too many!
Add a little cardamom and cinnamon powder. Grated fresh ginger is also good in this recipe (ginger powder would be ok)
Water
Optional: 5-10 Blanched almonds (skins removed)
A little sweetener (eg. maple syrup or jaggery)

Cooking method:
Boil the water with all the ingredients in it. Then reduce the heat to low and cover until the apples are soft (5 minutes).
If you prefer to puree this mixture, you may, but remove the cloves first, as their taste can be a bit strong. Also, be VERY CAREFUL if you puree such a hot mixture in a machine! It would be better to use a blending wand (also carefully).

2- Cooked oatmeal (or quinoa or buckwheat) with raisins, cardamom, cinnamon and ginger is also a good breakfast.
You can mix whey or brown rice or hemp seed protein powder into the oatmeal, etc. if you like – a tasty way to get about 20 grams of protein in an easily-digestible form.

**ALERT**: Oatmeal contains some gluten, but is well-tolerated by most people. If you don’t have an obvious wheat or gluten intolerance, oatmeal should be fine.

3- As we mentioned earlier, for egg-eaters, a couple of organic eggs will be very suitable for breakfast while you are on this diet.

4- You could even heat up leftover dhal or kitchari from the night before (as long as it has been refrigerated overnight). It’s not ideal to eat leftovers too often, but this is a high-protein, digestible breakfast for those in a hurry.

5- Also, if you are short of time, you can prepare a delicious chia seed & coconut milk pudding for breakfast. You prepare this the night before. See below under “Snack” options.

**Protein shake RECIPE**: Simply blend together 8 oz water (almond milk or rice milk, with a little water added) and the desired amount of protein
powder of your choice, along with a pinch of cardamom and of cinnamon. You can add fruit and/or seeds, along with honey or stevia as a sweetener.

**Lunch & dinner options:**

1. Kitchari with vegetables or mung dhal/mung beans with vegetables (see recipes for examples). You can add ground nuts &/or seeds &/or avocado.

2. Rice choices: If you are preparing the meals yourself, you can use Basmati rice or brown rice or wild rice interchangeably, as you prefer.

**“Snack” options:**

It’s a fact of life that we sometimes need a snack, usually mid-morning or mid-afternoon.

1. A suitable snack on this diet could be rice cakes with ghee & avocado. You can also have soaked nuts or seeds (preferably ground up).

2. You could also try a chia & coconut milk pudding, either as a snack or as breakfast.

**Here is a Chia & Coconut milk pudding RECIPE (prepared the night before):**

- 2 cups of coconut milk
- 1/2 cup of chia seeds
- A pinch of cinnamon and/or cardamom if desired
- A little vanilla
- A little honey, stevia or maple syrup if you like it sweeter.

**To prepare:**

Blend the ingredients together, then add the chia seeds and mix them in thoroughly. Pour the mixture into a jar or bowl and refrigerate overnight. The chia seeds will gel and the result is naturally sweet and delicious, and contains about 5-6 grams of protein. Let stand to warm up before you eat it – which will make it easier to digest.
Optional protein shakes:

If you want to “top up” your protein intake, you can have a “protein shake” as breakfast, or in the mid-afternoon (well away from other meals). It can be made with whey protein, or with hemp or brown rice protein powders. Unsweetened almond milk, water, or rice milk can be used. **ALERT:** If you are lactose-intolerant, avoid whey protein to be on the safe side.

A useful herbal supplement:

As a supplement, it can be helpful to take about 1/2 gram (1/2 teaspoon if powdered) of Ashwagandha and Brahmi (Bacopa Monniera), to balance cravings and support the brain. Ashwagandha is an adaptogen, which assists your body in handling changes and stressful situations.

Take these herbs together, with warm water, in the morning and the early evening or late afternoon. **ALERT:** If you suffer from hyperthyroidism (Graves disease) check with your medical adviser to be sure that this is suitable for your situation.

Vegetarian or meat eater

This dietary process is designed to be suitable for vegetarians, but can also include chicken bone broth, which is very healing and nourishing for the whole gut (a recipe is included). Cooked vegetables can also be added to the prepared broth, for a tastier and more complete meal. It is recommended to take this broth 2 to 3 times a day.

Questions and Answers

**Should I continue my medications?**

Yes

We don’t want to interfere with your normal medical treatment

**Should I continue with my vitamin and mineral supplements, herbal supplements, or probiotics?**

Yes

Especially if recommended by a doctor

**Can I have raw vegetable juices during the Rest and Repair Diet?**

No, avoid all raw vegetables, including salads

Raw vegetables are hard to digest and you want to give your gut a time to repair itself
What if I go off the diet?
Don’t worry.
Simply pick it up again and continue. Only do as much as you can.

Should I start probiotic supplements?
You can continue them now
We recommend waiting until after you are finished your Rest and Repair Diet

Should I stop caffeine and alcohol?
It is best to cut back or eliminate caffeine, but do it slowly
You may have a small amount of alcohol (1/2 cup of red wine is acceptable, but no beer since it contains gluten)

I am a vegetarian but I am allergic to rice. What can I do?
Avoid it
Either substitute it with another non-gluten grain or have dhal by itself

I am a vegetarian but I can’t handle dhal. What should I do?
Avoid it
You can either substitute with another legume or have a rice soup cooked with a few vegetables and water

What about weight loss?
You will probably lose some weight, but it is better not to lose too much all at once.

This course is not intended to be a “sudden weight loss program”, but a planned, progressive and gentle reduction of unnecessary material that has built up in your body. This allows for the healing of your entire digestive system.

If you lose more than about two pounds a week, start to eat more of the denser, heavier foods, such as soaked nuts and seeds, and avocados, and add more good oils to your food, such as olive oil, ghee and/or coconut oil. It is best to always include some of these in each meal anyway. If you happen to lose too much weight, ease off the full diet, and eat some of your usual meals and fewer diet meals, in order to let your weight stabilize.

What is enough protein?
Science generally agrees that the average female needs about 45-50 grams of protein daily, while the average male 50-60 grams a day. 20g protein at one meal is optimum for protein synthesis, so protein needs
to be spread out over three meals a day, with no more than about 20 grams per meal.

**Why are mung beans in this diet?**
Mung beans are a rich source of good-quality protein. One cup of cooked mung beans contains about 14 grams of protein, along with 15 grams of fiber, and many nutrients. They are a rich source of magnesium, B-Vitamins, manganese, and zinc.

Mung beans are known to have excellent anti-inflammatory effects, along with high levels of amino acids (from which proteins are formed in our body). Mung beans also promote a healthy balance of bacteria in our digestive tract, and this helps with nutrient absorption and immune system functions. Combined with whole grains, mung beans make a very complete protein, which is also highly absorbable by the body. This is why kitchari (made with basmati rice and mung dhal/beans) is a part of our diet.

Also for those who eat eggs, a couple of organic eggs for breakfast will give you about 15 grams of high-quality protein. For those who are not comfortable eating mung dhal in the evening, substitute rice and vegetables.

**What if I go off the dietary routine?**
Simply pick it up again from there. Even if you’re not perfect, we have a very forgiving approach – just do it as much and as fully as you can.

**How long should I stay on the diet?**
Feel free to do the diet for up to 3 weeks, if you are feeling comfortable and are able to be reasonably consistent.

The recipes are designed to give you variety, while nourishing you and accomplishing the healing job you want from the course. Boredom with the food should be minimal. Vary the ingredients to your taste.

**Is there anyone who should not be on this diet?** A thin Vata person should generally not follow this diet for longer than two weeks.

If you are thin and are losing more than two pounds a week, then, as we said before, eat heavier foods and add more oils. If you lose too much weight, ease off the full diet — eat some usual meals and fewer diet meals.

This diet should not be given to those who are overly weak, emaciated, devitalized, very old or very young, nor should it be continued if the individual becomes debilitated.
Signs of excess detoxifying diet include insomnia, palpitations, low energy, fainting, absence of menstruation, and long-term loss of appetite.

**Final Recommendations**
Find and buddy and stay in daily contact.
Post recipes or experiences on the Your Healthy Gut Facebook group at

[https://www.facebook.com/groups/miuguthealth/](https://www.facebook.com/groups/miuguthealth/)

Start keeping a Food Journal and record your experiences