Food Filters: Find The Right Guide For Your Diet Transcript

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Day Six Introduction and Expert Lineup

Welcome to day six. We've made it this far. Let's dive into lifestyle and food today. On reversing chronic gut conditions. I'm your host Sinclair Kennally and today I have a wonderful lineup of experts for you to dive in with me.

I thought these would be some of the best people alive to teach you about food and lifestyle and what are those pieces that we keep overlooking accidentally and what's really in our control when we're working on healing from chronic conditions.

So we have the amazing Cynthia Thurlow, Tedx celebrity, and I think her TEDx talks have been viewed over 14 million times. And she's bestselling author on the topic of intermittent fasting.

And she's here to share all of her secrets with us today, which is amazing Natalie. Jill, another bestselling author talking about how to achieve well-being in midlife and what happened to her when she had a chronic gut condition that could not be figured out.

And there's a lot of twists and turns along the way in that one. Such a story of hope. We also have Wendie Trubow, who's an amazing MD, who's here to talk about why your gut hasn't healed because of lifestyle factors and what you can do to actually turn that around very quickly.

She's got a great story of hope and how to keep things really doable.

Food Filters and Bioindividual Gut Healing

Amish Shah is talking about Ayurvedic wisdom and how he's circled the globe looking for answers to his gut conditions and found his healing in aggravated wisdom and how to heal your gut from that perspective.

We also Trina Felber, talking about lifestyle products and how to support your gut through your oral microbiome. And of course, my friend Lisa Jendza, who's here to help teaching and teaching prevention techniques for kids and how to teach kids to cook for themselves, even when they're super sensitive and they're developing conditions earlier and earlier, which is so true for our little ones today.

Over half of our kids have a chronic condition. This is not okay. Like the statistics are not in our favor, but she's here to make it feel doable and manageable to empower our kids to make great choices for themselves.

She has the sweetest stories. And of course, I wanted to talk to you today about food filters. So Michael and I, in our approach, in our practice, you will never hear us endorse one way of eating, one dietary guideline, one diet guru for you and say this is the only way to heal your gut, because that would be ridiculous.

We deeply believe in your bio individuality and that what you need is going to be very different than what another person needs. One of the ways we help you navigate that, whether you're in our practice and we're working one on one or if you're in one of our group courses, I grab a get reset.

So we give you these food filter guides and we help you understand which food filter would be most advantageous to layer in first and which food filters may not apply to you at all.

For example, we talk about the seven, you know, common irritants that a lot of people cover for you. You already know that stuff because you already know about gluten and soy and how irritating those can be to the gut, corn, dairy, eggs, those are not great for everybody.

Not everybody can tolerate those. While you're healing your gut doesn't mean they're bad foods, but they may not

be right for you while you're working on your health.

But we actually spend a lot more time talking about the lectern food filter for those of you who have a leaky gut, for those of you who have autoimmune conditions and for those of you who are histamine sensitive, we've got to become histamines literate, which means you're going to spend time exploring that histamine sensitivity food filter.

So you've got to know coming in, what are those high histamine foods? What are the histamine liberating foods and how can you prepare your food in a way that doesn't accidentally increase the histamine load for you?

So that means even staying away from leftovers and thinking about frozen or fresh or freshly cooked. How can you do that so that you can reduce the ability of your food to irritate you?

Or perhaps you're somebody whose whole health is going to be unlocked by exploring the oxalate food filter. I don't know about you, but I did a lot of food swaps when I was stepping away from the standard American diet or the sad diet.

And I ended up doing things like dark chocolate instead of a lot of other treats. And I was trying to, you know, really get in my spinach greens and my beets and my beet greens and my kale and juicing a lot.

And I ended up accidentally backing myself into a corner with a lot of high oxalate foods and even adding to my joint pain and my gut distress, which can easily happen on a high oxalate diet.

So none of this is to scare you. It's more to empower you and to help you understand that you may actually benefit from leaning on one food filter for a period of time and then cycling around to a new one.

Once you reach a certain stage of healing, or you may actually do best if you even layer two on top of each other and whatever foods make it through those two food filters, those are your power foods.

And it really is different for every person, whether you're vegan, vegetarian, carnivore, it all counts. All these choices matter. And that means that we want to unpack and step away from these these diet fads of, you know, paleo and keto.

And these are some of the most toxic foods on the market are hidden in kiddo treats that are supposed to be super healthy for you because they don't spike your blood sugar, but they're just full of synthetic poison.

So synthetic poison doesn't matter if the poison is synthetic. Not really, but yeah, synthetic foods, which are really just poison. So I want to empower you with this framework and for you to start looking at things with fresh eyes so that when somebody comes at you and said and says, this is the only way to eat, you know, enough to say not necessarily.

You know, I got really sick and, you know, over juicing certain things. So many juice recipes out there from some of the biggest know it alls in the space that are sure they have it you know direct from up above that you know these are your your smoothie and your juice recipes and do it or else those can be histamine and oxalate bombs and that might be why you're not getting well as fast as you could.

It's not that foods that come from the ground are bad, it's just that we may be using them in a way that's a little bit too hard on you when you're already on the back foot.

So what you want to become an expert at when it comes to food is, first of all, calming down, being really gentle with yourself because you don't want to stress out about food.

Food is really here to support you. You do not have to be hard on yourself about this and just understand that when you when your guide has already been on the back foot and it's been hard for you to digest food and absorb nutrients because those are two different things ability to break down food and ability to absorb nutrients.

If you've not been able to do that optimally for quite some time, years or even decades, then yeah, you're going to need to ask a different set of questions about what might be right for you.

You might have to step away from the superfoods, all that natural health food marketing about it has goji berries and it has ashwagandha, and it has all these things that actually contain a ton of irritants for you, and they're really hard on a distressed gut to break down Ashwagandha is an amazing, amazing plant, but it's also a nightshade.

So if you have leaky gut and you're really in a state of high distress, may not be right for you. And, you know, a lot of us are dealing with leaky gut because we're exposed to glyphosate, which you learned all about on day one with Dr.

Stephanie Seneff. So this all makes sense if you just put it together in the right order, you know, seeds and nuts, they have amazing nutrients hidden within them, but they're also coated in anti nutrients and they're really expensive for the body to break down.

So is that how you want to spend your energy every day eating foods that are actually irritating to you and then getting frustrated with your body? That's not healing fast enough.

I think that I think one of the best ways to approach deep gut healing is to consider what are the right food filters for you, which is why we only spend such substantial time on this in our protocols.

And to ask yourself what would be gentlest on my body? What would be the least amount of work for my body right now, given the symptoms that I have so that I can digest and absorb food and then I can go right back to healing the rest of the day and evening. And that's what really matters.

We don't want to waste our time battling inflammation that's food driven, you know, and I, I love the phrase, you know, that they food, be they medicine.

But I also think that that doesn't really apply in this day and age anymore, not with these toxins, not with these complexities on board where we're dealing with a body that has been under nutrition, under supported for years, if not decades, just because of the way we grow and process our food.

So we want to be really gentle with the food choices we make. We want to keep things really simple, simple meaning like the last number of elements for a period of time, the better.

Just keep your meals to a few easy ingredients. It's easier on you to prepare and then you don't have to force your body to eat like these 70 ingredient raw vegan bowls where it's like every color of the rainbow has to be in every meal.

And, you know, it's fine to talk about eating the rainbow in principle in terms of cycling through different sources of nutrients. But if your body is already on the back foot and it already doesn't have enough energy or capacity to absorb what you're giving it, why would you give it so much work?

Right, so we can step away from the seven ingredient bowls? We want to put down some of those superfoods that actually contain a lot of anti nutrients and are really costly for the body to break down.

And instead consider what are the simple fixes we can do in a food in a food plan itself for you, what is the top food filter that you need right now?

I'm thinking of, you know, one nutritionist that came to us that was very attached to her smoothies in the morning, and she had every freaking superfood packed in there.

There was literally over 40 ingredients in there. And she had unsolvable gut issues, was how she described it to us. I'm coming to you guys because I have unsolvable gut issues and I know that no one else can fix me.

It has to be you. And of course, the first thing we asked was, What are you eating? And she very proudly described all of the superfoods that she was loading into the smoothie in the morning and said, How do you think your body's responding to that?

And she said, Well, I don't know how else I would get in these these foods and what we have. But how do you think your body's responding to that? And it was a big, big deal to get her off of this smoothie that she had really bought the marketing hook, line and sinker.

Like, I'm a nutritionist. I would know that. Great. Have you tried going without that and seeing how fast you heal on these other protocols? No, I would never.

I have to get my superfoods in now. And then once we finally got her off of it, she started seeing major gains in her progress because she was actively holding herself back with all these superfoods.

We finally got her attention by saying, I hate to tell you this and but you know that what you are doing would bring a healthy person's gut to its knees.

Everything that you were forcing in that is so irritating every day. So we want to unpack what is going on in our bodies separate from the marketing that we've taken in, and just really ask what would be the gentlest thing for us.

So whether you resonate with the Food Filters Guide approach or not, I really encourage you to consider what would be gentlest for you and think that through throughout each of the talks today that are really there to help you just unpack and take the next step.

Different lifestyle steps, different aspects of your day to day experience so that it's easier and faster for your gut to heal than ever before. Let's get started.