

# GUT HEALTH

## Shopping Cheat Sheet

### Bone Broth

Homemade, or a clean brand without flavoring, yeast extract, or msg. Pacific, Kettle & Fire, Thrive Market all meet requirements.



### Probiotic Cap

High quality, take before bedtime if possible. Store in fridge once opened. Young Living Life 9 is great.



### Antioxidants

Produce: Berries, mushrooms, all fruits, carrots, brightly colored veggies, green tea, antioxidant supplements.



### Probiotic Foods

Kombucha, Kefir, Water Kefir, Kvass, Yogurt (no additives), fermented veggies/pickles, raw dairy.



### Essential Oils

Peppermint – Frankincense – Cardamom –  
Fennel – Ginger – Thyme  
Young Living Vitality to use in capsules.

### Helpful Buzz Words

Paleo + Whole 30 are "best" grocery store choices. Grain Free is also usually safe. Gluten-free and Dairy-free are not perfect but better!

### Skip These

MSG, Colors/Dyes, Chemicals that you don't know what they are.  
Grains, Legumes, Seeds/Nuts soak or buy "sprouted."



### Quick-Fix Choices

Nitrate-Free Cold Cuts, Simple Mills crackers/cookies, Raw Cheese, Grassfed Jerky, Berries + Coconut Butter, Microwaved Potato + Ghee + Everything Bagel Seasoning, Frozen Berries + Cacao Nibs, Flavored Collagen Powder (Vital Proteins, Dr. Axe) + Coconut or Raw Milk