



MUMMA'S OWN

# BONUS SECTION

## GUT HEALING ESSENTIALS

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# GUT HEALING ESSENTIALS

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These gut healing essentials will get you through not only this 6 week program but will also put you on track for a lifetime of good gut health.

Once you have the essentials and understand their purpose in your long-term health you'll find it difficult to live without them.

## GOOD KITCHEN EQUIPMENT

Get yourself some large stainless steel pots or a large slow cooker (or two) for making meat stock.

If you're keen to continue this as a life long plan then I would also recommend a second freezer to allow you to cook in bulk and freeze meals.

## SALT

Get rid of all the processed salt you have in the cupboard and replace it with good quality Rock Salt or Sea Salt (whichever you prefer).

## GOOD QUALITY FOOD

Food is thy medicine so make sure whatever you're buying is good quality, free range or organic, with grass fed being better than grain fed.

Find yourself a trusted source and where possible (especially in the case of your meat), purchase in bulk from your local farmer that way you can keep the bones, fat and liver as well if you like.

## FERMENTED FOODS

These are the cornerstones of any gut healing plan so you want to get started early as they can take a bit of time to prepare.

Alternately, thanks to the popularity of fermented foods and gut healing protocols such as The GAPS™ Diet and SCD Diet it's actually possible to purchase good quality, organic fermented foods such as Kimchi and Sauerkraut so don't feel pressured to make them.







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## CHICKEN, FISH AND MEAT STOCKS

Prepare a variety of stocks in advance and freeze them to have ready for when you get started as you do use quite a bit throughout the program.

Where possible vary the types of stocks you're consuming between chicken, fish and meat so you can enjoy a variety of nutritional benefits.

## GOOD FATS

Get yourself some good quality animal fats (ghee, tallow and duck fat are great starters) all of which can either be made or purchased easily.

Additionally make sure you also have some good quality, cold pressed oils such as Coconut and Olive Oil.

## FILTERED WATER

Water is the cornerstone of life, in particular whilst doing this program as it will flush out toxins as your body is detoxifying.

There's a detoxification / die off process which will happen as you go through each week (which will lessen) so supporting your body in flushing out those nasties is a must.... just make sure it's filtered.

## PROBIOTICS

For a variety of reasons, sometimes consuming probiotic food isn't enough so we should be taking a good quality probiotic capsule or powder to support good gut health.

Generally you're looking for something which is a great all rounder, providing a number of different bacterial strains such as Lactobacili, Bifidobacteria, Saccharomyces boulardii, E.coli, Enterococcus faecium or Streptococcus faecalis and Bacillus subtilis.

