

<http://www.byrdie.com/microbiome-diet/slide4>

FOODS TO REMOVE:

Processed foods of all kinds are out of the question, as are sugar, soy, gluten, dairy, yeast, and dried fruits. Even gluten-free grains like quinoa and brown rice and starchy vegetables like potatoes and kidney beans are off-limits, as the simple starches and sugars in those foods can feed bad bacteria.

FOODS TO ENJOY:

Most non-starchy veggies and low sugar fruits are fine, with a special emphasis on fermented foods like pickles, sauerkraut, kimchi and kombucha (which contain digestion-friendly bacteria strains). Chickpeas and lentils are the only legumes permitted (other than peanuts), and Kellman advises sticking with coconut oil or ghee. For protein, pasture raised beef, chicken, low-mercury fish, lamb, and shellfish are all fine (though as low-processed as possible).

Kellman also suggests a variety of bacteria-promoting supplements to ingest daily, the most important of which being a probiotic. And here's where things take a turn for the amazing: A couple cups of coffee per day are allowed, as are wine and beer, since they're fermented. ([A study came out just last week](#) noting that coffee and wine are great for your gut. Cue the happy dance!)

Microbiome Foods to Eat

<https://www.everydiet.org/diet/microbiome-diet>

Wild salmon, grass-fed meat, free-range eggs, goat's yogurt, sheep's yogurt, fermented vegetables (sauerkraut and kimchi), asparagus, carrots, garlic, Jerusalem artichoke, jicama, leeks, onions, radishes, avocado, apples, cherries, coconut, almonds, cinnamon, turmeric, lakanto sweetener.

Sample Diet Plan

Breakfast: Minted Fruit Salad with Brazil nuts (with supplements and Carlson's fish oil)

Morning Snack: Celery and parsnip sticks with almond butter

Lunch: Traditional Chicken Soup with green vegetables (no noodles or rice or starchy root vegetables)

Afternoon Snack: Curried Roasted Cauliflower, a few mixed nuts

Dinner: Pan-Roasted Salmon, Fennel Salad with Lemon Vinaigrette/olive oil, Watercress and mixed greens, 2 ½ tablespoons fermented beets, sauerkraut or Kimchi

Pros

- Encourages consumption of a variety of fresh, unprocessed, organic foods.
- May provide relief from a wide range of health conditions including digestive disorders, chronic fatigue, low immunity and arthritis.
- Provides an alternative for dieters who have been unsuccessful with conventional weight loss programs.
- Does not involve calorie counting or measuring portions.
- Includes five weeks of meal plans with recipes (in the book **The Microbiome Diet**).

Cons

- The first phase is very restrictive and requires elimination of a variety of foods.
- Dieters may experience fatigue and other detox symptoms for the first week or two.
- Will involve a fair amount of time for food preparation.
- Difficult to eat out and stay on the program.

Weight Loss Due to Calorie Restriction

The Microbiome Diet helps to repair your digestive system and rebalance intestinal flora. This can result in improvements in general health, energy, mental function as well as natural, healthy weight loss. While no calorie counting is required, calorie restriction will occur naturally because of the [very low carb nature](#) of The Microbiome Diet.

This will encourage weight loss more so than having the right balance of microbes in your system.

Foods That May Aggravate Arthritis

- Some report that vegetables from the *solanum* (or *nightshade*) family cause problems – potatoes, capsicums, eggplant, and tomatoes.
- Foods high in saturated fat – such as full-fat dairy, fatty meat, baked foods.
- Dairy products

What indeed is going on with wheat?

<http://www.realfarmacy.com/reason-toxic-wheat/>

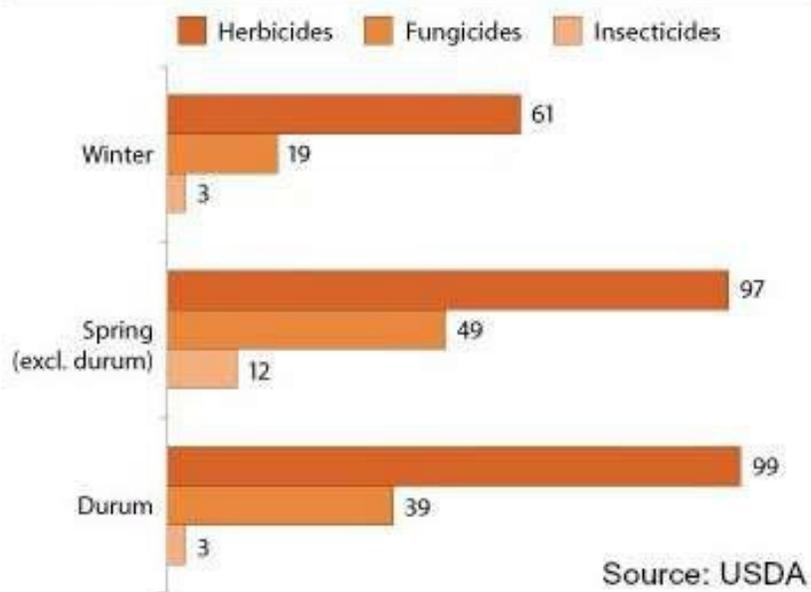
For quite some time, I secretly harbored the notion that wheat in the United States must, in fact, be genetically modified. GMO wheat secretly invading the North American food supply seemed the only thing that made sense and could account for the varied experiences I was hearing about. I reasoned that it couldn't be the gluten or wheat hybridization. Gluten and wheat hybrids have been consumed for thousands of years. It just didn't make sense that this could be the reason for so many people suddenly having problems with wheat and gluten in general in the past 5-10 years. Finally, the answer came over dinner a couple of months ago, with a friend who was well versed in the wheat production process. I started researching the issue for myself, and was, quite frankly, horrified at what I discovered.

The good news is that the reason wheat has become so toxic in the United States is not because it is secretly GMO as I had feared (thank goodness!). The bad news is that the problem lies with the way wheat is harvested by conventional wheat farmers. You're going to want to sit down for this one.

Wheat harvest protocol in the United States is to drench the wheat fields with Roundup several days before the combine harvesters work through the fields as withered, dead wheat plants are less taxing on the farm equipment and allows for an earlier, easier and bigger harvest

Pre-harvest application of the herbicide Roundup or other herbicides containing the deadly active ingredient glyphosate to wheat and barley as a desiccant was suggested as early as 1980. It has since become routine over the past 15 years and is used as a drying agent 7-10 days before harvest within the conventional farming community.

Fig. 4. Pesticides Applied to Wheat Planted Acres, by Type, 2012
(% of planted acres)



According to Dr. Stephanie Seneff of MIT who has [studied the issue in depth](#) and who I recently saw present on the subject at a nutritional Conference in Indianapolis, desiccating non-organic wheat crops with glyphosate just before harvest came into vogue late in the 1990's with the result that most of the non-organic wheat in the United States is now contaminated with it. Seneff explains that **when you expose wheat to a toxic chemical like glyphosate, it actually releases more seeds resulting in a slightly greater yield:** *"It 'goes to seed' as it dies. At its last gasp, it*

releases the seed" says Dr. Seneff.

According to the US Department of Agriculture, as of 2012, 99% of durum wheat, 97% of spring wheat, and 61% of winter wheat has been treated with herbicides. This is an increase from 88% for durum wheat, 91% for spring wheat and 47% for winter wheat since 1998.

Here's what wheat farmer Keith Lewis has to say about the practice:

I have been a wheat farmer for 50 yrs and one wheat production practice that is very common is applying the herbicide Roundup (glyphosate) just prior to harvest. Roundup is licensed for preharvest weed control. Monsanto, the manufacturer of Roundup claims that application to plants at over 30% kernel moisture result in roundup uptake by the plant into the kernels. Farmers like this practice because Roundup kills the wheat plant allowing an earlier harvest.

A wheat field often ripens unevenly, thus applying Roundup preharvest evens up the greener parts of the field with the more mature. The result is on the less mature areas Roundup is translocated into the kernels and eventually harvested as such.

This practice is not licensed. *Farmers mistakenly call it "dessication." Consumers eating products made from wheat flour are undoubtedly consuming minute amounts of Roundup. An interesting aside, malt barley which is made into beer is not acceptable in the marketplace if it has been sprayed with preharvest Roundup. Lentils and peas are not accepted in the market place if it was sprayed with preharvest roundup but wheat is ok.. This farming practice greatly concerns me and it should further concern consumers of wheat products.*

The currently accepted view is that glyphosate is not harmful to humans or any mammals. This flawed view is so pervasive in the conventional farming community that Roundup salesmen have been known to foolishly drink it during presentations! However, just because Roundup doesn't kill you immediately doesn't make it nontoxic. In fact, the active ingredient in Roundup lethally disrupts the all important shikimate pathway found in beneficial gut microbes which is responsible for synthesis of critical amino acids.

Friendly gut bacteria, also called probiotics, play a critical role in human health. Gut bacteria aid digestion, prevent permeability of the gastrointestinal tract (which discourages the development of autoimmune disease), synthesize vitamins and provide the foundation for robust immunity. In essence:

Roundup significantly disrupts the functioning of beneficial bacteria in the gut and contributes to permeability of the intestinal wall and consequent expression of autoimmune disease symptoms

In synergy with disruption of the biosynthesis of important amino acids via the shikimate pathway, glyphosate inhibits the cytochrome P450 (CYP) enzymes produced by the gut microbiome. CYP enzymes are critical to human biology because they detoxify the multitude of foreign chemical compounds, xenobiotics, that we are exposed to in our modern environment today.

As a result, humans exposed to glyphosate through use of Roundup in their community or through ingestion of its residues on industrialized food products become even more vulnerable to the damaging effects of other chemicals and environmental toxins they encounter! What's worse is that the negative impact of glyphosate exposure is slow and insidious over months and years as inflammation gradually gains a foothold in the cellular systems of the body.

Dr. Steele: so perhaps some fresh made sour dough bread, made with organic whole grain flour and yeast, allowed to rise/ferment for two days prior to baking might be ok on occasion in reasonable amounts? Very likely, if you still have a little ketosis going on, continuing to burn fat as fuel and keeping our abdomens slim and not feeding our cancers.