

Plant Based 4R Gut Healing Guide (remove, replace, reinoculated, repair)

This program was created with the following key considerations in mind:

Probiotics & Prebiotics

[Probiotics](#) are live microorganisms that provide health benefits when consumed in adequate amounts. These beneficial bacteria help restore balance to the gut microbiome, promoting gut health, immune function, and overall well-being. This plan introduces [probiotic-rich foods](#) like yogurt, kimchi, miso, and tempeh. Prebiotics support digestive health by feeding good bacteria and are added to this plan through fiber-rich foods like asparagus, garlic, onion, oat bran, and apples.

Anti-Inflammatory Foods

This gluten and sugar-free plan removes inflammatory foods including processed foods, refined sugars, gluten, and additives. Instead, it incorporates [anti-inflammatory foods](#) for optimal gut nutrition, such as fresh fruits and vegetables, whole grains, lean protein like tempeh and legumes, healthy fats like olive oil and nuts, probiotic-rich foods, and herbs and spices like garlic and cinnamon.

Repairing Nutrients

Certain foods and nutrients are included in this plan to provide essential building blocks for tissue repair and healing such as [omega-3 fatty acids](#) from ground flax seed and chia seeds, [vitamin A](#) from nori sheets, and [zinc](#) and selenium from whole grains, nuts, and seeds.

High Fiber Foods

This plan incorporates fresh fruits and vegetables and whole grains like brown rice, buckwheat, and oat bran to help you reach your daily fiber goals. Fiber lowers [C-reactive protein \(CRP\)](#), a substance in the blood that indicates inflammation and provides the body with the necessary building blocks for improved digestive health.