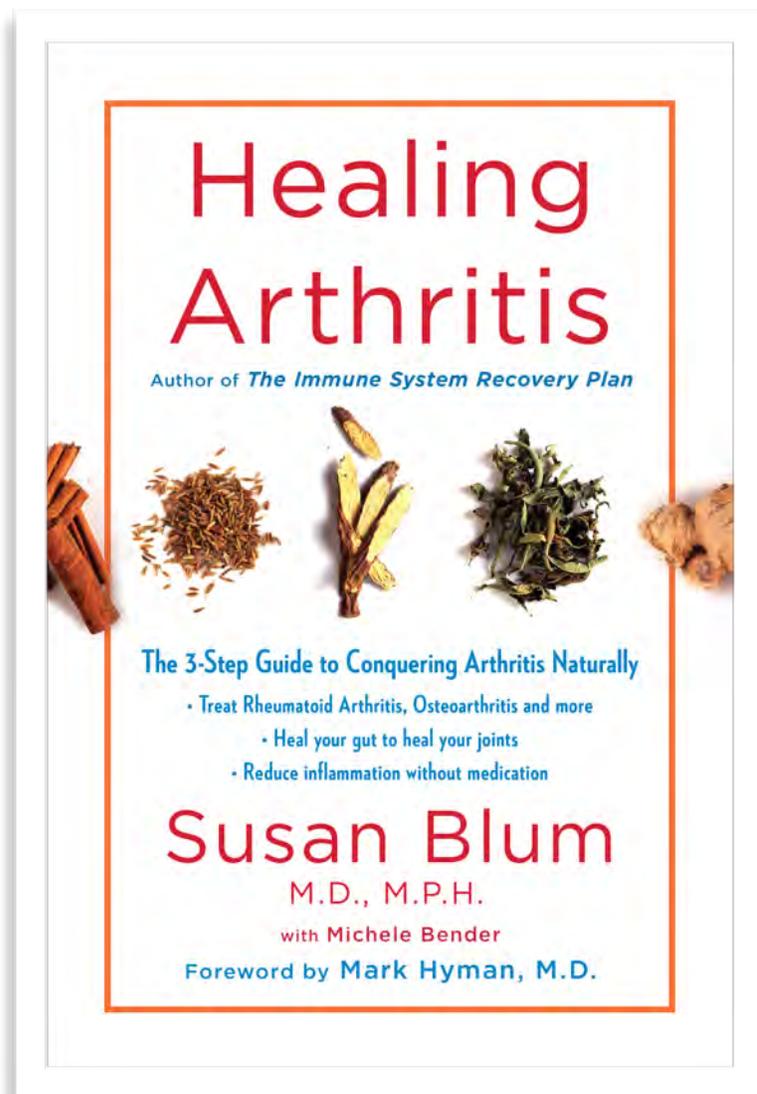


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# Leaky Gut Diet for Arthritis

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# STEP 1: GETTING STARTED

The Leaky Gut Diet for Arthritis outlined in this guide is the first step of the 3-Step Arthritis Protocol from Dr. Blum's book, *Healing Arthritis*.

In addition to the book, the next two steps can be found in the guidebook for the Simply Arthritis Group Group Coaching Program on my website [blumhealthmd.com](http://blumhealthmd.com).

## Leaky Gut Diet for Arthritis

Thousands of studies and health books on food and diet have been published in the past decade and hundreds more get published each year. While additional information is great, it causes confusion about what to eat. Most food plans focus on removing foods from your diet, which isn't always easy, and because many well-intentioned people find this difficult to maintain over long periods of time, they simply give up.

This program is different.

Over the next three months, you will discover and create your own personalized food plan which focuses on foods that are best for your health and reduce the pain and inflammation of arthritis.

To do so, you *will* need to remove some things from your diet at the beginning of the program, because right now you have a leaky gut and some of these foods are likely causing inflammation in your joints. Therefore, for the first 10 weeks, you will follow what I call the Leaky Gut Diet for Arthritis, which is a basic elimination diet (gluten, dairy, soy, corn, eggs, sugar, peanuts, alcohol and coffee) that also removes the nightshade family of vegetables (tomato, potato, eggplant, peppers) because they are known arthritis triggers. However, this is just part of an experiment to determine if you have any food sensitivities, and later on, you will see if you can eat these foods again without triggering any problems. You will also learn the basics of eating clean and following an anti-inflammatory diet.

On week 11, we will show you how to transition out of the Leaky Gut Diet for Arthritis. The next step is to transition into the Simply Blum Food Plan, which focuses on what you should be eating for life long good gut health and wellness. This is part of Step 3 of the Arthritis

# Your Leaky Gut Diet for Arthritis Food Plan

Protocol, and can be found in my book, *Healing Arthritis*, in the *Simply Arthritis* guidebook, and in the *Simply Arthritis Group Coaching Program* all available on my website [blumhealthmd.com](http://blumhealthmd.com).

Now, let's get started!

The goals for the Leaky Gut Diet are to help you feel better, teach you how to eat to heal your arthritis, and to identify which foods might be a problem for you so that you can create your personalized food plan.

## Foods to Enjoy:

First, we start with the foods to enjoy.

These suggestions are lifelong recommendations that you should begin now:

- Eat a rainbow of colorful vegetables and fruit. These are filled with antioxidants that support your immune system and fiber that feeds your healthy gut bacteria (also known as flora).
- Enjoy coconut products such as coconut oil, milk, yogurt and kefir. Coconut is filled with medium chain triglycerides, which feed the cells lining your intestines, and has yeast-killing properties. It's also an easy-to-burn fuel source that feeds your brain and muscles. Use coconut products in place of cow dairy.

- Discover ghee. People with dairy sensitivities can eat this clarified butter because all the milk proteins are removed and it is pure fat. Also, ghee contains butyrate, a critically important fatty acid for the care and feeding of cells in your colon.
- Eat only organic, non-GMO foods. These are low in pesticides, which can alter your flora and damage your intestinal lining, causing leaky gut and autoimmunity.
- Incorporate healthy anti-inflammatory oils and fats. These include fish, flax, olive oil, coconut oil, nuts, seeds and avocado.
- Eat only grass-fed, pasture-raised or free-range organic animals when possible. This limits your exposure to hormones, antibiotics and pesticides. Also, the meat from grass fed animals has higher quality, anti-inflammatory fats than corn fed animals.
- Include Cruciferous vegetables. These include arugula, bok choy, Brussels sprouts, broccoli, broccoli rabe, cabbage, cauliflower, Chinese cabbage (napa), collard greens, daikon (a type of radish), kale, kohlrabi, mustard greens, radish, rutabaga and turnips.

As you will see, there is plenty to eat and you will not go hungry!

## Foods to Avoid:

For the next 10 weeks you will follow an anti-arthritis elimination diet. As mentioned earlier, this will help you feel better quickly, and also help you identify which foods might be a problem for you. By eliminating these foods from your diet and then reintroducing them later, one at a time, you can discover if you have a food sensitivity, and then create your personalized food plan. (Don't worry, we will guide you through this process!)

You will avoid the following foods:

- Processed foods that are high in sugar, white flour, food dyes and preservatives. These promote the growth of the wrong kind of bacteria in your gut. Eating this way should be a permanent change. This includes fruit juices, high sugar fruit, dried fruit, all added sugar and artificial sweeteners except stevia. It also includes processed white flour products like muffins, cakes, breads, cookies and crackers.
- All nightshade vegetables. These contain a chemical called solanine, which causes inflammation and joint pain in arthritis sufferers. Avoid tomatoes, white potatoes, all peppers, eggplants, paprika, salsa, chili peppers, cayenne, chili powder.
- Gluten, dairy, soy, corn, eggs and peanuts. These foods are the most common triggers for reflux, constipation and abdominal discomfort, as well as other non-gut related symptoms.
- Foods high in histamines including shellfish, processed/smoked meats and sausages and wine. Many people experience histamine intolerance, which is caused by the body's inability to

break down histamine. These reactions can be similar to allergic reactions, including nasal congestion as well as headaches, dizziness and digestive discomfort.

All alcohol. This causes inflammation in the body and stresses your gut and detox systems.

### Foods to Avoid Summary

For the next 10 weeks you will eliminate:

sugar, nightshades, gluten, dairy, soy, corn, eggs, peanuts, alcohol, and foods high in histamines, such as shellfish, processed/smoke meats, sausages and wine.

## IF YOU HAVE DIGESTIVE DISTRESS

If you suffer from gas, bloating, diarrhea, gurgling, reflux or nausea, you might have a type of Irritable Bowel Syndrome (IBS) called Small Intestinal Bacterial Overgrowth (SIBO). The Leaky Gut Diet for Arthritis is designed to treat this too, but for now, to help control your symptoms, you can also avoid foods high in Fermentable Oligo-, Di-, Monosaccharides and Polyols (FODMAPS). In people with SIBO, (and sometimes in people with severe autoimmune disease) removing these foods provides much needed digestive relief.

Here is our Blum Center FODMAP food list, which is modified to highlight the worst offenders.

Remove:

All Legumes, except mung and adzuki beans. (For example, no beans, chickpeas, lentils, peas, or green beans.)

All grains, except quinoa and wild rice. (Rice, buckwheat, millet, teff, tapioca, sorghum and gluten-free oats are excluded even though they are gluten-free.)

Onions, garlic, cauliflower, artichokes, avocados, apples, cashews, and fermented vegetables like sauerkraut.

Peanuts, cashews and pistachios.

## YOUR FOOD LIST:

### WHAT TO INCLUDE AND WHAT TO AVOID

Category	Food To Include	Food To Exclude
<b>Fruits</b>	Fresh or unsweetened frozen: apricots, berries (blackberries, blueberries, raspberries, strawberries), cherries, grapefruit, kiwis, lemons and limes, melons, oranges, nectarines, tangerines, peaches, persimmons, plums, pomegranates.	Dried fruit, goji berries. all fruit juice.
Vegetables	All fresh or frozen: arugula, asparagus, avocado, bamboo shoots, beets, box chop, broccoli, broccoli rabe, Brussels sprouts, cabbage (all types), carrots, celeriac root, celery, cucumber, endive, fennel, greens (beets, chard, collard, chicory, dandelion, escarole, kale mustard, purslane, riddiccio), green beans, horseradish, jicama, kohlrabi, leek, lettuce, mushrooms, okra, parsnips, peas (snap and snow only), potatoes (sweet or yam), radishes and daikon, sea vegetables (seaweed, kelp, dulse, hiziki), sprouts, spinach, squash, turnips, watercress, water chestnuts.	Avoid nightshades: tomatoes, white potatoes, eggplants, bell peppers, paprika, salsa, chili peppers, cayenne, chili powder.

Grains	gluten-free grains (quinoa, wild rice, millet, buckwheat, gluten-free oats).	Products containing gluten (wheat, rye, barley, oats, spelt, kamut).
Legumes	adzuki beans, mung beans, black beans, chickpeas, hummus, kidney beans, lentils.	Soy products including edamame, soybeans, soy milk, soy sauce, tofu, tempeh.
Nuts	almonds, Brazil nuts, cashews, coconut (including coconut milk and flaked coconut), hazelnuts and fiberts, Macadamia nuts, pecans, pine nuts, pistachios, walnuts.	peanuts, peanut butter,
<b>Seeds</b>	chia seeds, flaxseed, hemp seeds, pumpkin seeds, sesame seeds, sunflower seeds.	
Meat Choose low mercury fish; 100% grass-fed meats, hormone- and antibiotic-free poultry	Beef, buffalo, elk, lamb, venison, wild game.	All processed meat, canned meat, cold cuts, (a thumbs-up, though, for products from Applegate Farms), meat products in casing (frankfurters, sausages).
<b>Poultry</b>	chicken (skinless), Cornish hen, turkey	eggs
<b>Fish</b>	anchovies, cod, char (Arctic, farmed), halibut, herring, salmon (Alaskan), sardines, Remember, you can have fish stocks of the above, if they do not contain excluded foods (MGS, gluten).	Remember to skip smoked preparation of fish.
<b>Plant Proteins</b>	veggie or mushroom burger: be sure all processed products do not contain other excluded foods	

Dairy Products and Milk Substitutes Choose unsweetened	rice, hemp, cashew, quinoa, almond, coconut milks, other nondairy, noisy milk	butter, cheese (all including cottage cheese), cream, kefir, milk (dairy), nondairy creamers, yogurt, frozen yogurt, ice cream.
Fats and Oils	<u>For cooking</u> : avocado, safflower, coconut, grape seed oils; ghee <u>Low or no heat</u> : olive, sesame <u>No heat</u> : flax, walnut, pumpkin, or almond oils	Butter, margarine, mayonnaise, shortening, processed (hydrogenated) oils such as canola, vegetable, spreads, processed spreads such as shortening.
Beverages	Choose unsweetened: tea (herbal), seltzer or mineral water, coffee or caffeinated tea (organic) - limit to one cup per day, filtered water,	Alcoholic beverages, fruit juices, soda, soft drinks, or any beverage made with artificial sweeteners.
Herbs & Spices and Condiments	cardamom, cinnamon, clove, coriander, cumin, curry, ginger, nutmeg, turmeric. All herbs such as basil, black pepper, bay leaves, chives, cilantro, dill, fennel, lemongrass, mint, parsley, oregano, rosemary, sage, iodized or pink Himalayan salt, tarragon, thyme. Condiments: apple cider, balsamic vinegar, Dijon mustard, olives, black or green.	chocolate, chutney, ketchup, mayonnaise, MSG, pepper (chili or cayenne), relish, soy sauce, tamarin, or teriyaki, salsa or sauces with a tomato or pepper base.
Sweeteners	<u>Small amounts of</u> : Stevia, honey once per day - as little as possible.	Agave, artificial sweeteners such as aspartame and Splenda; brown sugar, corn syrup, evaporated cane juice, high fructose corn syrup, sugar

# Shopping List

## Fruits

- o Apricots, fresh
- o Blackberries
- o Blueberries
- o Cherries
- o Grapefruit
- o Grapes
- o Kiwi
- o Melon, all
- o Nectarine
- o Orange
- o Persimmon
- o Plums
- o Pomegranate
- o Raspberries
- o Strawberries
- o Tangerines

## Vegetables - Non-starchy

- o Arugula
- o Asparagus
- o Bamboo shoots
- o Bok choy
- o Broccoli
- o Broccoli rabe
- o Broccoli sprouts
- o Brussels sprouts
- o Cabbage — all types
- o Carrots
- o Cauliflower
- o Celeriac root
- o Celery
- o Chard/Swiss Chard
- o Chives
- o Cilantro
- o Cucumber
- o Endive
- o Fennel
- o Greens (beet, collard, chicory, dandelion, escarole, kale, mustard, purslane, radicchio)
- o Green beans
- o Horseradish
- o Leek
- o Lettuce, all varieties
- o Microgreens
- o Mushrooms
- o Okra
- o Parsley
- o Radish, daikon
- o Sea vegetables — seaweed, kelp, nori, pulse, hiziki

## Vegetables — Con't

- o Snap peas/snow peas
- o Sprouts, all
- o Spinach
- o Summer squash
- o Watercress
- o Water chestnuts
- o Summer squash
- o Watercress
- o Water chestnuts

## Vegetables — Starchy

- o Beets
- o Butternut squash
- o Root vegetables
- o Sweet potato/Yam

## Gluten-free Grains

- o 100% Buckwheat
- o Millet
- o Oats –gluten free
- o Quinoa
- o Rice -brown, wild

## Legumes

- o Adzuki
- o Chickpeas
- o Lentils
- o Mung beans
- o Non-GMO soy

## Nuts & Seeds -and their

### butters

- o Almonds
- o Brazil nuts
- o Coconut flakes, unsweetened
- o Cashews
- o Pecans
- o Pine nuts
- o Walnuts
- o Seeds: Chia, flax (ground), hemp, pumpkin, sesame (tahini), sunflower

All of the above can be consumed as nut butters and spreads (e.g., tahini)

## Dairy Products and Milk

Substitutes: Non-dairy milk, yogurt, kefir made from unsweetened:

- o Almond milk
- o Coconut milk
- o Hazelnut milk
- o Hemp milk
- o Oat milk
- o Rice Milk

## Meats & Fish

Fish: Choose wild-caught, low mercury fish

- o Cod
- o Mackerel
- o Wild salmon (Alaskan)
- o Halibut
- o Herring
- o Sardines

Meat: Choose free-range, grass-fed, organically-grown meats

- o Beef
- o Buffalo
- o Elk
- o Lamb
- o Venison
- o Wild game

## Poultry:

- o Chicken (skinless)
- o Cornish hen
- o Turkey

Fats and Oils - Minimally-refined, cold-pressed, organic, non-GMO

- o Coconut milk, regular (canned) - preferred
- o Coconut milk, light (canned)
- o Olives, black or green
- o Oils, cooking: Avocado, coconut, Ghee/clarified butter, safflower, cold-pressed
- o Oils, no heat: Flaxseed, hemp seed, olive oil (cold pressed), pumpkin seed, sesame, walnut.

## Beverages

- o Coffee, organic and decaffeinated
- o Herbal tea, non-caffeinated
- o Mineral, sparkling water
- o Filtered water
- o Spring water

## Herbs & Spices and Condiments

- o Apple cider vinegar
- o Carob
- o Cinnamon
- o Clove
- o Cumin
- o Dill
- o Ginger
- o Mustard
- o Oregano
- o Parsley
- o Rosemary
- o Tarragon
- o Thyme
- o Turmeric

Sweeteners – small amounts

- o Honey
- o Stevia

Kudos!

After 10 weeks, you have completed the Leaky Gut Diet for Arthritis food elimination step of the program! The hardest parts are behind you and next, you will begin to focus on reintroducing foods.

### Transitioning Out of the Leaky Gut Diet for Arthritis

After 10 weeks, it is time to begin to reintroduce the foods you have been avoiding.

These include:

- gluten
- dairy
- soy
- corn
- eggs
- beef
- shellfish
- peanuts
- alcohol
- caffeine
- Also, nightshades will be reintroduced one at a time

Reintroduction is where the magic happens, and we consider this the most important step on your path to determining if you have food sensitivities. This is where you create your personalized nutrition plan and learn which foods are the source of your discomfort and negatively impact your health.

Take this step very seriously!

### YOUR FOOD REINTRODUCTION PLAN:



This is the most important step in determining your food sensitivities. Having a plan in place when you begin reintroduction will insure your success. Here's how to do it:

1. The foods can be added back, one at a time, in any order but it is best to start with eggs, then soy and then corn as these three foods are in other foods. Before you reintroduce beef, be sure that you tolerate corn because animals are fed corn and there can be a cross reaction. In other words, if you don't tolerate corn, beef may be hard to tolerate, unless you choose grass fed beef, which is our recommendation.

**ACTION STEP:** Write down the order of all the foods you will be reintroducing.

2. Add one food back at a time. Introduce one food at a time, every 3 days, including the nightshades (tomatoes, potatoes, eggplant, peppers). This means that you will be adding approximately two foods each week.

**ACTION STEP:** Take out your calendar and write in the foods you will be introducing on their corresponding dates.

3. Eat that food several times over 2 days. A food sensitivity may be immediate or delayed 72 hours. A reaction could be headache, rash, brain fog, fatigue, digestive reaction, irritability, food cravings or any other symptom. If you react, stop eating that food and the reaction should go away within a day or two. Record the symptom/s and try the next food once the symptoms are relieved.

**ACTION STEP:** Use your Reintroduction Response Chart (found 2

pages away) and keep track of any reactions you have to the foods you reintroduce.

4. If still no reaction over the first 2 days of eating the food, don't eat it again on day 3 and simply observe how you feel. If no reaction, add the next food on day 4.
  - If you tolerate that food, keep it in your diet like you normally would.
  - Again, if you do have a reaction, such as headache, rash, brain fog, fatigue, digestive reaction or any other symptom, stop eating that food and the reaction should go away within a day or two. Remember to write it down in the chart on the next page or a food journal so you don't forget later. A place you keep notes on your phone will work fine. Once you know a particular food isn't good for you, remove it again for 3-6 months, while you continue to heal your gut. Then you can test it again. You might find that you can now eat it in small amounts.

**ACTION STEP:** Continue to use your Reintroduction Response Chart (found 2 pages away) to keep track of any reactions you have to the foods you reintroduce.

5. Try the next food.

## IF YOU HAVE FOLLOWED THE FOOD PLAN FOR DIGESTIVE DISTRESS

For those of you who have been following a low FODMAP food plan, you will also be reintroducing these foods, but not quite yet.

We suggest you begin reintroduction with all the foods from the Leaky Gut Diet for Arthritis -- eggs, corn, soy, sugar, caffeine, peanuts, alcohol, nightshades, gluten, dairy, shellfish, processed/smoked meats, sausage and wine.

Once you have reintroduced those foods continue on with eliminated FODMAP foods.

These include:

- All Legumes, including all beans, such as black beans, chickpeas, and lentils, as well as peas and green beans.
- Gluten-free detox-approved grains, such as gluten-free oats, rice, buckwheat, millet, teff, sorghum and tapioca.
- Onions, garlic, cauliflower, artichokes, avocados, apples, cashews, and fermented vegetables like sauerkraut.
- All nuts except peanuts. You can now eat cashews and pistachios.

We highly recommend adding these foods back one at a time, too.

- Eat the food several times over 2 days. Observe on day 3. If no reaction, add the next food on day 4.
- If you have a reaction after the first time you eat it, you don't need to keep testing it.
- If you do have a reaction, remove the food again, make a note so you don't forget, and try to eat it again in another month. Sometimes you will find you can tolerate small amounts but not often.

### The Importance of a Reintroduction Plan

Remember, the transition out of the elimination diet is when you will discover whether or not you have food sensitivities. You worked hard to eat clean for the past 10 weeks, now is the time you will reap extra rewards for your commitment! Here are some extra tips to help you get the most out of this part of the program.

- For many of you, gluten and dairy may never come back into your food plan as you know they are an issue so you do not need to test them. If you feel some foods are questionable, take the time to test them.
- Watch out for these common mistakes that people often make:
  - Desperate to add food back, you jump the gun and start eating pizza, or macaroni and cheese! These foods have both gluten and dairy in them and it will be difficult to determine which food is making you feel unwell. So be

*careful to add only one food at a time and observe for symptoms.*

- You like the Leaky Gut Diet for Arthritis so much that you want to stay on it! This is great, however, you have an opportunity right now to test for food sensitivities and it would be smart to take advantage of this. After testing foods and getting the information about food sensitivities, you can remove them again and stay on the Leaky Gut Diet for as long as you want, but you will know which foods are a MUST to be avoided.

Please take the reintroduction step very seriously. You have worked hard to get here!

## Next Steps

Has the Leaky Gut Diet for Arthritis helped you? Keep going! This diet is just one portion of the three-step process to healing your arthritis. For information on your transition to the Simply Blum Food Plan or for the full Simply Arthritis guidebook and Simply Arthritis Group Coaching Program visit us at our website [www.blumhealthmd.com](http://www.blumhealthmd.com). We're here to support you on your journey in every way we can.

## Additional Resources & Support

My Website and Blog: [www.blumhealthmd.com](http://www.blumhealthmd.com)

My Store: [www.blumhealthmd.com/shop/](http://www.blumhealthmd.com/shop/)

Healing Arthritis:

The Immune System Recovery Plan: [www.blumhealthmd.com/the-immune-system-recovery-plan/](http://www.blumhealthmd.com/the-immune-system-recovery-plan/)

Blum Center for Health: [www.blumcenterforhealth.com](http://www.blumcenterforhealth.com)

Healing Arthritis Summit: [www.thearthritissummit.com](http://www.thearthritissummit.com)

## Join Me on Social Media:

Facebook: [www.facebook.com/susanblum/](http://www.facebook.com/susanblum/)

Twitter: [www.twitter.com/susanblummmd](http://www.twitter.com/susanblummmd)

You Tube: [www.youtube.com/user/blumcenterforhealth](http://www.youtube.com/user/blumcenterforhealth)

A complete and comprehensive guide to Healing Arthritis is available at [blumhealthmd.com](http://blumhealthmd.com)



# Healing Arthritis

Author of *The Immune System Recovery Plan*



## The 3-Step Guide to Conquering Arthritis Naturally

- Treat Rheumatoid Arthritis, Osteoarthritis and more
- Heal your gut to heal your joints
- Reduce inflammation without medication

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Foreword by Mark Hyman, M.D.