

# 30 Day Repair Program

## “The Big Idea”

The Repair Program has three main goals:

- **Massively De-inflame you.**
- **Make sure your GI tract is NOT being made leaky and inflamed by foods.**
- **Balance and regulate your blood sugar**

The digestive tract is the part of our body that allows absorption of what we eat into our internal environment. It is a long tube that starts in the esophagus and ends in the colon and rectum.

Once food is eaten, the digestive system releases enzymes to break it down into small particles so they can be absorbed by the intestinal lining. The tight junctions between intestinal cells allow for the absorption of tiny digested food particles.

If the digestive system is working properly, we have maximum absorption of nutrients, giving us energy and vitality. When the digestive system is not working well, we may develop bloating, inflammations, skin rashes, food sensitivities, constipation, abdominal discomfort, fatigue and many other symptoms.

Any of the following can damage the digestive tract:

- a diet high in refined sugar and low in fiber
- antibiotics
- medications
- stress
- parasitic infections
- bacterial infections
- nutrient deficiencies
- alcohol use

These may cause intestinal inflammation and may lead to increased intestinal permeability--a Leaky Gut.

### **The Leaky Gut Problem: Increased Intestinal Permeability**

When the lining of the small intestine becomes too porous, it allows toxins, microorganisms, and undigested food particles to enter into the bloodstream. This triggers an inflammatory immune system response. Intestinal barrier

compromise has been associated with: multiple food sensitivities, increased inflammation, fatigue, autoimmunity and many gastrointestinal symptoms.

When the digestive tract mucosa (lining) is inflamed, the tight junctions (bricks in the wall) of the intestinal mucosa are compromised. The tight junctions become widened, “loosened” and allow large undigested compounds, toxins, and bacteria to cross over. This is a “leaky gut.”

The intestinal immune system then reacts against these large compounds, leading to an exaggerated immune response in general. This creates a vicious cycle of further intestinal inflammation and greater loss of intestinal barrier integrity.

After the intestinal mucosa becomes damaged, the damaged cells are unable to properly digest food and produce the enzymes necessary for digestion.

This leads to **malnutrition**....more intestinal inflammation....more permeability....the development of food sensitivities....bacteria, and yeast overgrowths...and weakened integrity of the intestinal immune system.

These vicious cycles are difficult to unwind (like a knot) unless we use aggressive and comprehensive dietary and lifestyle changes.

### **The Repair Program Diet:**

The Repair Program requires a strict diet necessary for supporting intestinal membrane. **The dietary restrictions are not based on calories (not based on the quantity of food), so you are allowed to eat whenever you are hungry.**

However, you must only eat from the list of allowed foods. The goal of the dietary program is to remove certain known dietary triggers that may cause intestinal inflammation...and to provide the nutrients necessary to support healthy intestinal microflora.

The dietary restrictions include sugary foods and starchy carbohydrates that promote intestinal yeast overgrowth, inflammatory proteins (dairy, gluten, etc.), lectins, and alcohol. These all promote destruction of the intestinal membranes.

You should make a strong attempt to eat frequently to maintain stabilized blood glucose levels. It is not a good idea to fast during the Repair Program, since it may further compromise the intestinal mucosa.

**You should never be hungry during the Repair Program. However you may have urges to eat food on the restricted list that must be avoided.**

The complete avoidance of restricted foods cannot be overemphasized. Even small snacks or bites of the inflammatory foods can create an immune reaction in the intestinal membranes that may last for several days and compromise the successful outcome of the program.

You must stay hydrated and drink plenty of water, especially if you begin eating more fiber than you are accustomed to. Hydration will help support normal bowel function as you increase fiber in your diet.

The first few days of the diet are the most difficult, since you may suffer from food cravings and may need to spend more time and energy preparing your meals.

As you get past the first few days of the program, it should become much easier. It is always best to preplan your meals and snacks when you are in this program.

**If you have any questions, please email me:  
[members@doctordavidclark.com](mailto:members@doctordavidclark.com)**

# Foods to AVOID on the Repair Program Diet

## **Sugars: including**

- agave
- candy
- chocolate
- corn syrup
- fructose
- high fructose corn syrup
- honey
- maple syrup
- molasses
- sucrose.

## **High Glycemic Fruits, including:**

- bananas
- canned fruits
- dried fruits
- mango
- pineapple
- raisins
- watermelon and melons of all kinds

## **ALL Grains, including:**

- amaranth
- barley
- buckwheat
- bulgur
- corn
- couscous
- kamut
- millet
- oats
- quinoa
- rice (all kinds)
- rye
- spelt
- wheat & wheat germ.

## **ALL Nuts and seeds, including:**

- almonds, peanuts
- sunflower seeds, sesame seeds.

## **Gluten-containing compounds, including:**

- barbecue sauce, binders, bouillon, brewer's yeast
- cold cuts, condiments (safe only if labeled as gluten-free)
- emulsifiers, fillers, gums
- hot dogs, hydrolyzed plant and vegetable protein, ketchup, soy sauce,

- lunch meats, malt and malt flavoring, malt vinegar, matzo, modified food starch, monosodium glutamate
- nondairy creamer
- processed salad dressings, seitan
- some spice mixtures, stabilizers
- teriyaki sauce, textured vegetable protein

## **ALL Eggs**

### **All Milk & Dairy products including:**

- butter
- ALL cheeses
- cow's milk
- cream
- frozen desserts
- goat's milk
- margarine
- mayonnaise
- sheep's milk
- whey
- yogurt

### **Soy, including:**

- edamame
- miso
- soy milk
- soy protein, soy flour
- soy sauce
- tempeh
- tofu.
- NOTE: soy lecithin is allowed

**Fungi:** edible fungi and all mushrooms.

**Alcohol:** all alcohol

**All Beans and Legumes, including:** black beans, lentils, peanuts, peas, pinto beans, soybeans.

### **Nightshade foods, including:**

- eggplant
- paprika
- peppers of ALL kinds (even in salsas, Tabasco)
- potatoes (not sweet potatoes or yams)
- tomatoes & tomatillos

### **Other:**

- canned foods
- coffee
- processed foods
- Artificial Sweeteners (Splenda, Equal, NutraSweet)

# Foods To Eat on The Repair Program Diet

## Most organic vegetables, including:

- anise
- artichoke
- asparagus
- avocado
- beets
- bok choy
- broccoli
- cabbage (all kinds)
- carrot
- cauliflower
- celery
- chives
- cucumber
- garlic
- kale
- kohlrabi
- leeks
- lettuces (all kinds)
- mustard greens, collard greens
- onions
- parsley
- radish
- rhubarb
- shallots
- spinach
- squash (all kinds)
- sweet potatoes
- water chestnuts
- watercress
- yams
- zucchini

## Fermented foods – OPTIONAL but helpful

- Kombucha tea -- **ONLY THIS BRAND:** GT's Organic Raw Kombucha Original Flavor
- Pickled ginger -- **ONLY THIS BRAND:** The Ginger People Organic Pickled Sushi Ginger
- Sauerkraut -- "Bubbie's" is the best brand
- Live Culture pickles (make your own, recipes on web)
- Coconut Kefir -- **all of these are OPTIONAL**
  - SoDelicious brand Original Coconut Milk Kefir
  - Inner Eco brand Original Dairy-free Probiotic Kefir
  - Inner Eco brand Wild Berry Flavor Dairy-free Probiotic Kefir
  - Tonix brand Coconut Water Kefir

## Low Glycemic organic fruits – including

- apples
- apricots
- avocados
- berries
- cherries
- grapefruit
- grapes

- lemons
- oranges
- peaches
- pears
- plums
- coconut
- kiwi

## Meats, including:

- beef and pork
- chicken
- fish -- Fish should be ocean-caught (not farmed) with a low mercury content. *Swordfish, most tuna and king mackerel are very high in mercury.*
- shrimp
- lamb
- turkey
- Choose hormone-free and antibiotic-free chicken, turkey, and lamb.
- Choose beef & pork that is grass-fed, hormone-free, and antibiotic-free.

## Coconut, including:

- coconut butter
- coconut cream
- coconut milk
- coconut oil
- unsweetened coconut flakes

## Noodles:

- brown shirataki yam noodles (sold in Asian grocery stores)

## Herbs and spices: including

- basil
- black pepper
- cilantro
- coriander
- cumin
- ginger
- lemongrass
- mint
- parsley
- sage
- **Non-iodized** sea salt

**Herbal teas** - ONLY herbal teas *without* any caffeine or licorice such as:

- chamomile
- peppermint
- rooibos
- these can have "flavors" such as vanilla, peach etc

NOTE: Avoid Celestial Seasonings brand until further notice

**Apple Cider Vinegar** - Bragg's brand is a good one.

**Olive oil & Olives** -- Organic if possible.

## Sample Menu

### Breakfast:

- Fresh vegetable juice
- Turkey sausage (gluten free, soy free)
- Sauteed Zucchini Squash
- Berries

### Snack:

- Cucumber with sea salt
- Buffalo Jerky
- Herbal tea

### Lunch:

- Green Salad with chicken and dressing of olive oil and lemon juice

### Snack:

- Lettuce wraps with turkey and avocado
- Kombucha tea

### Dinner:

- Sauerkraut
- Lamb
- Mixed vegetables (sauteed or steamed)