

## High Soluble Fiber Foods (Organic)

These foods are Mother Nature's detoxifiers. They feel "slimey" or gelatinous when cooked. They are extremely beneficial for your microbiome and feed the "good guys" resulting in decreased inflammation. They are also powerful detoxifying agents and will remove many environmental toxins, including mold toxins from your body. They stabilize blood sugar, and promote the healing of "leaky gut." Maximize your consumption of these foods. They are listed in order of efficacy.

- Okra. If you don't like the vegetable, it is available online in a capsule form.
- Sweet potatoes & Yams
- Carrots and Parsnips
- Tapioca and tapioca flour
- 100% pure wild rice (NOT a blend with other rice). This is actually a "grass" and not a grain and is available at Vitamin Cottage in the refrigerated section or online.

Limit consumption to no more than 3 times a week.

- Beans, Lentils, Split peas.

Best cooked in a pressure cooker to decrease lectin content.

- Jerusalem Artichokes (not green globe artichokes)
  - Apricots
  - Chia Seeds and Flax Seeds
  - Winter Squash (Butternut, Acorn, etc.)
  - Avocado
  - Rhubarb
  - Grapefruit
  - Leeks
  - Asparagus
  - Broccoli
  - Oats, whole, steel cut or rolled (gluten free), not instant or quick cooking
- Limit to twice a month.