



Modbiotics are antimicrobial, antifungal, antibacterial compounds which help alter the ratios of good and bad bacteria within the stomach flora. Modbiotics contain the missing link in our diet which are the polyphenols. Polyphenols are toxic to bad microorganisms within the gut flora and help starve the bad microbes. By using modbiotics regularly we can control the likes of candida, disbiosis and SIBO 🍌

You want to starve out the bad bugs, so avoid sugar and then drop in some modbiotics to poison them.

EAT	
Condiments and sweeteners	Herbs and spices Vinegar – apple cider, pomegranate vinegar Garlic, ginger, radish Sea salt and Pepper Traditional maple syrup, molasses, Stevia, unprocessed honey
Dairy	Hard and sharp cheeses only Yogurts - sour and traditionally made
Fruit	apple banana – green or harder less ripe bananas or banana resistant starch kiwi fruit papaya – green or ripe pineapple berries cherries dark grapes with seeds and skin cranberry
Grains	Millet Barley Brown, black and wild rice Rice made into resistant starch Pasta made into resistant starch Noodles made into resistant starch Potato made into resistant starch
Legumes	Fermented soy only – black bean, miso, tempeh Peanuts with skin on Beans and pulses
Nuts, seeds & spices	Nuts - with husk and skin where possible Dorrigo pepper (Tasmania stipitata) Mountain pepper (Tasmania lanceolata) Black cumin seed, cumin seed Cashews Macadamia

	Pistachio Walnuts Brazil nuts Hazelnuts Pepita - pumpkin seeds Anise seed / star anise and fennel seed, anise myrtle and liquorice Caraway seeds cardamom pods Sesame seeds Coconut, coconut milk and cream full fat not light
Oils	Extra virgin olive oil, Coconut oil, Ghee, Butter, Duck fat, Beef tallow
Protein Supplements	ATP science NOWAY protein Hydrolysed collagen with bioactive peptides Brown Rice protein
Proteins	Grass-fed free-range organic Seafood from the sea not farms (Chicken free-range more important than organic.) Free range Eggs
Vegetables & Herbs	Small potatoes with skin on and the more colour the better make into resistant starch Lettuce Parsley Rocket Coriander Mint Basil Oregano Thyme Radishes, red, daikon Broccoli, bok choy, pak choy, cabbages and watercress Mushrooms Capsicums, chili and peppers Onion Garlic Ginger Turmeric Vietnamese hot mint (Persicaria odorata, Polygonum odoratum), Perilla leaves Green beans and peas Tomato Sea vegetables – wakami, nori, kelp Fermented vegetables

Whenever or wherever possible follow these rules

- Eat local
- Eat in-season
- Organic / free range / biodynamic
- Sit down to eat (do not eat on the run)
- Eat the peels, pips, skins, pulp, seeds and fibre.