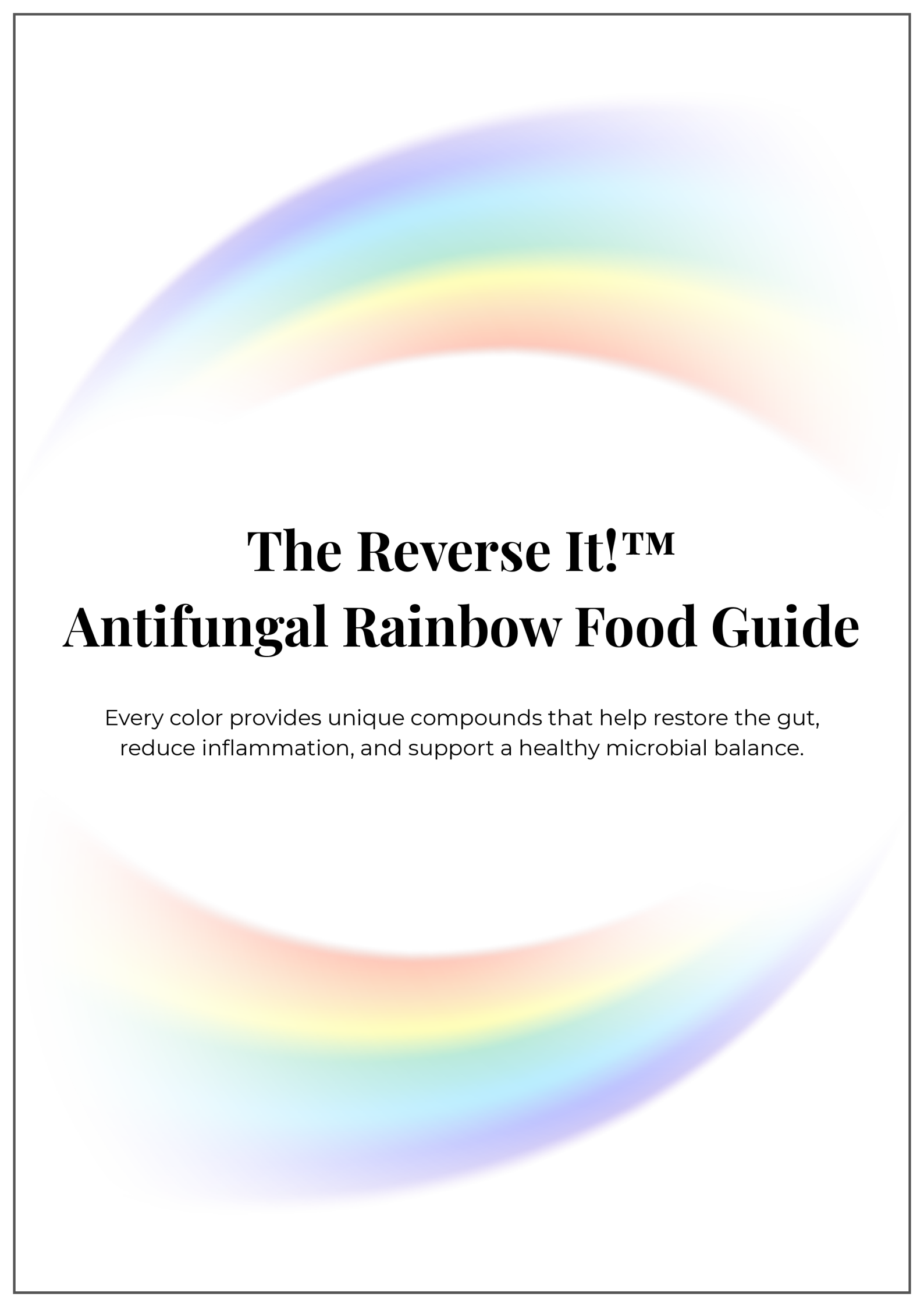




The Reverse It!™

Antifungal Rainbow Food Guide

Every color provides unique compounds that help restore the gut,
reduce inflammation, and support a healthy microbial balance.

RED

Protect • Circulate • Defend

These foods are rich in polyphenols and antioxidants that support immune function.

Eat Freely	Enjoy in Moderation
• Tomatoes • Red bell peppers • Radishes • Red cabbage • Hibiscus • Radicchio	• Strawberries • Raspberries • Cranberries (unsweetened)
Guyana Favorites	Best Herbs
• Red bora • Cherry tomatoes • Sorrel (unsweetened)	✓ Cayenne (small amounts) ✓ Paprika

ORANGE

Heal • Repair • Restore

Orange foods are rich in beta-carotene and support healthy mucosal tissues.

Eat Freely	Moderate
• Pumpkin • Carrots • Orange bell peppers	• Butternut squash • Sweet potato (small portions)
Guyana Favorites	Spices
• Pumpkin • Sweet potato • Green papaya • Yellow pumpkin	✓ Turmeric ✓ Ginger

YELLOW

Digest • Detox • Support Immunity

Eat Freely	Moderate
• Yellow squash • Lemons • Yellow bell peppers	• Fresh pineapple • Yellow tomatoes
Guyana Favorites	Daily Additions
• Golden apple • Lemon • Lime	✓ Garlic ✓ Onion

GREEN

Detox • Balance • Rebuild

This is the largest section because green vegetables are the foundation of an antifungal eating pattern.

Eat Freely	Guyana Favorites	Herbs
• Kale • Spinach • Collards • Mustard greens • Bok choy • Broccoli • Cabbage • Brussels sprouts • Cucumbers • Zucchini • Celery • Asparagus • Green beans	• Callaloo • Bora • Ochro (okra) • Christophene (chayote) • Karaila (bitter melon) • Pak choi • Dasheen leaves	• Parsley • Cilantro • Thyme • Oregano • Rosemary • Sage

BLUE & PURPLE

Protect • Repair • Renew

Rich in anthocyanins that help calm inflammation and support immune resilience.

Eat Freely	Moderate	Guyana Favorites
- Purple cabbage - Eggplant	- Blueberries - Blackberries	- Purple cabbage - Eggplant

WHITE

Nature's Antifungal Pharmacy

I would make white its own section because these foods are among the strongest natural supports.

EVERY DAY	HERBS & SPICES (DAILY) These should be included every day regardless of color.	EAT FREELY Fill your plate with these foods at every meal.
- Garlic - Onion - Mushrooms - Cauliflower - Coconut - Radish	- Garlic - Ginger - Turmeric - Cinnamon - Cloves - Oregano - Thyme - Rosemary - Sage - Parsley - Cilantro	- Non-starchy vegetables - Herbs - Leafy greens - Cruciferous vegetables - Garlic - Onion - Mushrooms - Avocado - Lemon - Lime

ENJOY IN MODERATION Choose appropriate portions based on your pathway and stage of healing.	REINTRODUCE LATER (IF TOLERATED) These nutritious foods are best added back after gut healing has progressed and symptoms are well controlled. See more below.	AVOID
• Beans • Lentils • Sweet potato • Pumpkin • Squash • Whole grains (after detox) • Low-sugar fruits • Breadfruit • Green banana • Plantain (later phases)	• Mango • Pineapple • Ripe papaya • Grapes • Dried fruit • Larger servings of higher-starch vegetables • Higher-glycemic whole grains	• Sugar • Sweetened beverages • Candy • Syrups (pure maple syrup and honey are better choices use in moderation) • White bread • White rice • Pastries • Cakes • Cookies • Alcohol • Ultra-processed foods • Artificial sweeteners • Processed meats • Pesticides

Dr. Helen's "Rainbow Plate"

Challenge yourself to include at least five colors every day.

Aim to include:

- ♥ One red food
- 🍊 One orange food
- 🟡 One yellow or white food
- 🍃 Two green foods
- 💜 One blue or purple food
- 🌿 At least one antifungal herb or spice

Remember: Every color nourishes a different part of your body. When you eat the rainbow, you're not just feeding yourself—you are helping create an environment where beneficial microbes thrive, inflammation settles, and fungal overgrowth has fewer opportunities to flourish.

How Will I Know My Gut Is Healing?

Healing is rarely one dramatic moment.

More often, it's a series of small victories that begin to add up.

As inflammation decreases and your gut barrier becomes healthier, you may notice:

DIGESTION

- ✓ Less bloating after meals
- ✓ More regular bowel movements
- ✓ Less gas
- ✓ Less abdominal discomfort
- ✓ Better tolerance of healthy foods

ENERGY

- ✓ More energy throughout the day
- ✓ Fewer afternoon crashes
- ✓ Wake up feeling more refreshed
- ✓ Better stamina

BRAIN

- ✓ Clearer thinking
- ✓ Better memory
- ✓ Improved focus
- ✓ Less brain fog
- ✓ Better mood

IMMUNE SYSTEM

- ✓ Fewer colds
- ✓ Better recovery from illness
- ✓ Less chronic congestion
- ✓ Improved resilience

SKIN

- ✓ Clearer skin
- ✓ Less itching
- ✓ Fewer rashes
- ✓ Improved complexion

INFLAMMATION

- ✓ Less joint pain
- ✓ Fewer headaches
- ✓ Less stiffness
- ✓ Reduced swelling

METABOLISM

- ✓ Better blood sugar readings
- ✓ Reduced sugar cravings
- ✓ Clothes fitting differently
- ✓ Gradual weight loss, if needed
- ✓ Improved cholesterol and triglycerides

SLEEP

- ✓ Fall asleep more easily
- ✓ Stay asleep longer
- ✓ Wake up rested

EMOTIONAL WELL-BEING

- ✓ Improved patience
- ✓ More positive outlook
- ✓ Less anxiety
- ✓ Greater sense of well-being

What Your Body May Be Telling You

Sometimes the best signs aren't found on a lab report—they're found in everyday life.

- You don't think about your stomach after every meal.
- You have steady energy instead of relying on caffeine or sugar.
- You feel satisfied after eating instead of constantly craving more.
- You recover more quickly from stress and illness.
- You have fewer "bad days" and more good ones.

Remember...

Healing isn't measured by one perfect day.

It's measured by the growing number of good days that begin to outnumber the difficult ones.

Healing isn't perfection. It's progress. Every healthy choice lowers inflammation, strengthens your gut, and moves you one step closer to lasting health.

Reverse It!™ Protein & Healthy Fat Guide

Protein: Build, Repair & Restore

Choose plant proteins most often.

Eat More Often

- Beans
- Lentils
- Split peas
- Chickpeas
- Black-eyed peas
- Kidney beans
- Pinto beans
- Tofu
- Tempeh
- Edamame

Animal Protein (Limit)

- Fish: 2–3 times per week
- Poultry: occasionally
- Lean meat: no more than the size of your fist, 2–3 times per week
- Eggs: up to 1 per week

Avoid

- Pork
- Processed meats (bacon, sausage, hot dogs, deli meats)
- Shellfish
- Fried meats

Healthy Fats

Healthy fats help reduce inflammation when used in moderation.

Choose Most Often

- Avocados
- Olives
- Walnuts
- Almonds
- Pecans
- Pistachios
- Brazil nuts (1–2 daily)
- Pumpkin seeds
- Flaxseed
- Chia seeds
- Hemp hearts (optional if used in your program)
- Unsweetened coconut

Oils

Remember: Oil is a concentrated fat. A little goes a long way.

Limit total added oils to no more than 3 tablespoons per day.

Best Choices

- Avocado oil (excellent for cooking)
- Coconut oil (use sparingly)
- Extra-virgin olive oil (best added after cooking or used in dressings)

Tip: Avoid cooking with extra-virgin olive oil over high heat. Use it to finish vegetables, salads, soups, or grain dishes after cooking.

Limit or Avoid These Fats

- Butter
- Lard
- Shortening
- Bacon grease
- Margarine
- Hydrogenated oils
- Palm kernel oil (in many processed foods)
- Deep-fried foods
- Highly processed snack foods

Healthier Ways to Cook

Choose cooking methods that preserve nutrients and reduce inflammation.

- Bake
- Broil
- Steam
- Roast
- Air fry
- Pressure cook
- Slow cook
- Sauté lightly with water or broth, or use a small amount of avocado oil if needed

Protect Your Omega-3 Fats

To preserve the delicate omega-3 fats in seeds:

- Sprinkle ground flaxseed onto oatmeal, smoothies, salads, or cooked vegetables after cooking.
- Add chia seeds to smoothies, yogurt alternatives, or overnight oats.
- Use pumpkin seeds and walnuts as toppings rather than roasting them at high temperatures.

Build Your Plate Without Meat

On days you skip animal protein (as often as you can), build your meal around:

- Beans or lentils
- Tofu or tempeh
- Chickpeas
- Black-eyed peas
- Edamame
- Split pea soup
- Lentil stews
- Hummus with vegetables
- Bean chili
- Three-bean salads

Easy Plate Formula

½ plate: Non-starchy vegetables

¼ plate: Plant protein (beans, lentils, tofu, or tempeh)

¼ plate: Whole grains or starchy vegetables (based on your program phase)]

Finish with: Healthy fats, fresh herbs, and spices

BUILD A PLATE INFLAMMATION

1/2 Plate Non-Starchy Vegetables

Examples:

spinach, kale, collards, broccoli, zucchini, okra, asparagus, green beans, bell peppers, mushrooms, cucumbers, tomatoes, carrots, cauliflower.

1/4 Plate Low-Glycemic Carbs

Examples:

quinoa, millet, steel-cut oats, barley, wild rice, sweet potato, butternut squash, beans/lentils (counted here if not in protein section).

1/4 Plate Plant Protein

Examples:

lentils, black beans, chickpeas, split peas, tofu, tempeh, edamame, quinoa, pumpkin seeds, sunflower seeds, almonds, walnuts, cashews.

- Fill your plate with colorful, non-starchy vegetables
- Always include plant protein and health fats
- Choose whoever, low-glycemic carbs for steady energy
- Drink water 10-15 minutes before meals
- Avoid refined grains, added sugars, and processed meats