

# Joint Pain **NO MORE**

*(30-day Gut Reset)*



**Alexandria St. Rose MSN, APRN, AGNP-C, FMACP**

# **Joint Pain, NO MORE**

*(30-day Gut Reset)*

**BY**

**Alexandria St. Rose MSN, APRN, AGNP-  
C, FMACP**



# ELITE FUNCTIONAL MEDICINE SOLUTIONS

**Text Copyright © Alexandria St. Rose MSN, APRN, AGNP-C, FMACP**

All rights reserved. No part of this guide may be reproduced in any form without permission in writing from the publisher except in the case of brief quotations embodied in critical articles or reviews.

**Legal & Disclaimer**

The information contained in this book and its contents is not designed to replace or take the place of any form of medical or professional advice; and is not meant to replace the need for independent medical, financial, legal or other professional advice or services, as may be required. The content and information in this book has been provided for educational and entertainment purposes only.

The content and information contained in this book has been compiled from sources deemed reliable, and it is accurate to the best of the Author's knowledge, information and belief. However, the Author cannot guarantee its accuracy and validity and cannot be held liable for any errors and/or omissions. Further, changes are periodically made to this book as and when needed. Where appropriate and/or necessary, you must consult a professional (including but not limited to your doctor, attorney, financial advisor or such other professional advisor) before using any of the suggested remedies, techniques, or information in this book.

Upon using the contents and information contained in this book, you agree to hold harmless the Author from and against any damages, costs, and expenses, including any legal fees potentially resulting from the application of any of the information provided by this book. This disclaimer applies to any loss, damages or injury caused by the use and application, whether directly or indirectly, of any advice or information presented, whether for breach of contract, tort, negligence, personal injury, criminal intent, or under any other cause of action.

You agree to accept all risks of using the information presented inside this book.

You agree that by continuing to read this book, where appropriate and/or necessary, you shall consult a professional (including but not limited to your doctor, attorney, or financial advisor or such other advisor as needed) before using any of the suggested remedies, techniques, or information in this book.

Table of Contents

Introduction .....7

    What is Functional Medicine? ..... 8

    Auto-immune Statistics in America Today.....9

    The Gut Connection .....10

    What is a Leaky Gut? .....10

        Signs/Symptoms of a Leaky Gut ..... 11

    Toxins Overload ..... 11

Chapter 1..... 12

Understanding the 30-day Gut Reset..... 12

    Key Dietary Guidelines for the 30-day Gut Reset ..... 13

        Reading Food Labels ..... 13

        Avoiding Grains and Gluten..... 14

        Eliminating Processed Foods, Dairy, Eggs, Sugars, Alcohol, Nuts, Legumes,  
        Nightshades, Sweetened Juices, and Caffeine ..... 15

    Permitted Condiments ..... 16

    Focusing on Organic Whole Foods ..... 17

        Importance of Organic Foods ..... 17

    Recipe Ideas .....18

Chapter 2 ..... 23

Life After the 30-day Gut Reset..... 23

    How to Reintroduce Foods Safely After the 30-day Gut Reset .....23

Maintaining an Anti-inflammatory Diet .....	24
Restaurant Recommendations .....	25
Choosing Safe Dining Options .....	26
Pre-restaurant Checklist .....	27
Grocery Store Guide.....	28
Where to Shop for Healthy Foods.....	28
Conclusion .....	29
References .....	30

## Introduction

I wasn't always a believer in the power of functional medicine. Like many, I was conditioned to trust the traditional medical system, believing that the pills and prescriptions handed out would provide the relief I desperately sought. But as the years rolled on, I found myself in a constant battle with joint pain that refused to relent. Each new medication promised hope, yet the pain remained a stubborn companion.

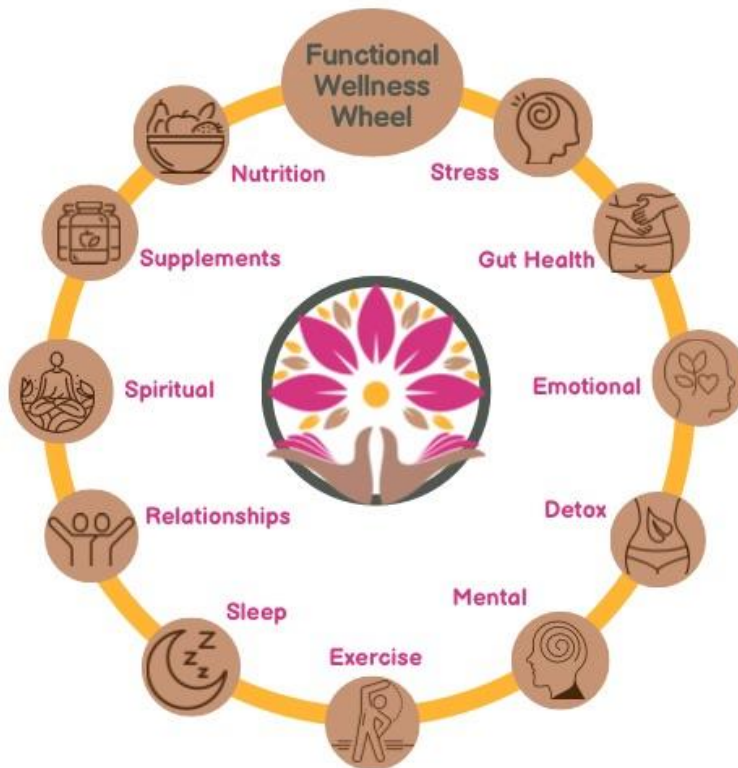
This journey with joint pain led me down a path I never anticipated—one that took me beyond the confines of conventional medicine. I began to ask questions, searching for solutions that went deeper than merely treating symptoms. That's when I stumbled upon functional medicine, a holistic approach that looks at the body as an interconnected system, addressing the root cause rather than just the symptoms.



As I adopted the principles of functional medicine, I discovered a connection between my gut health and the persistent joint pain I had endured for so long. It was an eye-opening realization that led me to a 30-day gut reset, a program that transformed not just my joints but my overall well-being.

Today, I am pain-free and passionate about sharing this journey with others who might be facing similar struggles. My story is not unique; it's a testament to the power of looking beyond traditional medicine and embracing a holistic approach to health. You can read more about my journey and the principles of functional medicine on my website: [elitefunctionalmedsolutions.com](http://elitefunctionalmedsolutions.com).

## What is Functional Medicine?



Functional medicine is a new way of looking at healthcare that focuses on finding and treating the main reason for a disease. Instead of just treating symptoms with medication, it looks at the body as a whole system. Functional medicine understands that all parts of the body are connected, and problems in one area can affect other areas. This method involves understanding a person's history, lifestyle, and genes to find out what is causing their illness. By doing this, it hopes to find the real reasons for sickness so that treatment can be personalized and more effective.

For example, if someone has joint pain, conventional medicine might give them anti-inflammatory drugs to help with the pain. This can make them feel better for a short time, but it doesn't fix what is causing the inflammation. Functional medicine would



instead look at things like gut health, diet, and stress levels to figure out why the inflammation is happening. In essence, functional medicine offers a more comprehensive approach to healthcare. It doesn't just treat the symptoms but seeks to restore balance to the body, promoting long-term health and well-being.

## **Auto-immune Statistics in America Today**

Auto-immune diseases are on the rise in the United States, affecting millions of individuals and placing a significant burden on the healthcare system. According to recent statistics, nearly 24 million Americans suffer from an auto-immune condition, with some estimates suggesting that the actual number could be even higher.



Conditions like rheumatoid arthritis, lupus, and multiple sclerosis are becoming increasingly common, affecting not just the elderly but individuals of all ages. The exact cause of these diseases remains a mystery to conventional medicine, leading to a reliance on immunosuppressive drugs that often come with severe side effects.

The rising prevalence of auto-immune diseases highlights the need for alternative approaches like functional medicine. By focusing on the underlying causes, such as gut health, toxins, and dietary factors, functional medicine offers a promising avenue for managing and even reversing these conditions. As the incidence of auto-immune diseases continues to climb, it's crucial to explore these alternative methods that go beyond symptom management, offering hope for a healthier future.

## The Gut Connection

Functional medicine emphasizes the importance of understanding how the gut affects overall health. The gut does more than just digest food; it is a complex system that influences immune system strength, mental well-being, and even joint discomfort.

### What is a Leaky Gut?



Leaky gut syndrome, also known as increased intestinal permeability, is a condition where the lining of the small intestine becomes damaged, allowing toxins, undigested food particles, and other harmful substances to leak into the bloodstream. This can trigger an immune response, leading to inflammation and a host of health issues, including joint pain.

## **Signs/Symptoms of a Leaky Gut**

The symptoms of leaky gut can be wide-ranging and often overlap with other conditions, making it challenging to diagnose. Common signs include chronic diarrhea or constipation, bloating, fatigue, headaches, and, significantly, joint pain. Some individuals may also experience skin rashes, mood swings, or food sensitivities. Recognizing these symptoms is the first step in addressing the root cause of the problem. Functional medicine practitioners often focus on healing the gut as a primary strategy for treating various chronic conditions, including auto-immune diseases and chronic pain.

## **Toxins Overload**

In today's world, we are constantly exposed to toxins from various sources—processed foods, environmental pollutants, medications, and even stress. These toxins can accumulate in the body, overwhelming the liver's ability to detoxify and leading to systemic inflammation. When the gut is compromised, its ability to act as a barrier against these toxins is diminished, allowing them to enter the bloodstream and wreak havoc on the body. This can worsen conditions like leaky gut and contribute to chronic inflammation, which is a key driver of auto-immune diseases and joint pain. Addressing toxins overload is a crucial component of functional medicine. By focusing on detoxification and supporting gut health, functional medicine aims to reduce inflammation and restore balance to the body.

## Chapter 1

# Understanding the 30-day Gut Reset



Starting a 30-day gut reset can be a life-changing experience that can greatly improve your health, especially if you have been dealing with joint pain. The gut is important for controlling inflammation and immune reactions, which are essential for joint health. Resetting your gut allows your body to heal from within, tackling the underlying issues of inflammation and discomfort.

The 30-day gut reset is more than just a diet; it's a holistic approach to wellness that involves removing foods that may be contributing to gut permeability (leaky gut) and inflammation, while also nourishing the body with nutrient-dense, anti-inflammatory foods. This process allows the gut lining to repair, reduces the toxic load on the body, and can lead to significant improvements in joint pain, energy levels, and overall well-being.

During this reset, you'll be focusing on eliminating certain foods that are known to worsen gut issues and embracing a diet rich in organic, whole foods. The goal is to create an environment within your gut that supports healing, reduces inflammation, and ultimately alleviates joint pain. Let's examine the key dietary guidelines that will guide you through this process.

## Key Dietary Guidelines for the 30-day Gut Reset

### Reading Food Labels



One of the most important skills you'll develop during the 30-day gut reset is the ability to read and understand food labels. Many of the foods we consume daily contain hidden ingredients that can irritate the gut, trigger inflammation, and contribute to joint pain.

#### Why is reading food labels so crucial?

Many processed foods contain additives, preservatives, artificial sweeteners, and hidden sources of gluten, dairy, and sugars—all of which can compromise gut health. By carefully reading labels, you can avoid these harmful ingredients and ensure that what you're putting into your body is aligned with your goal of healing the gut.

Here are some tips for reading food labels effectively:

- Check for hidden sources of gluten: Ingredients like malt, modified food starch, and hydrolyzed vegetable protein can be hidden sources of gluten.
- Avoid artificial sweeteners and additives: Aspartame, sucralose, and high-fructose corn syrup are common culprits that can disrupt gut health.

- Look for whole, recognizable ingredients: The fewer ingredients listed, the better. Aim for foods that are as close to their natural state as possible.
- By becoming a savvy label reader, you'll be able to make informed choices that support your gut reset journey and help you avoid foods that could derail your progress.

## Avoiding Grains and Gluten



Grains, particularly those containing gluten, are a major source of inflammation for many people, especially those with autoimmune conditions. Gluten, a protein found in wheat, barley, and rye, can be particularly problematic because it's difficult to digest and can cause the gut lining to become more permeable—leading to leaky gut syndrome.

During the 30-day gut reset, it's essential to eliminate all grains and gluten from your diet. This might seem challenging at first, especially if you're used to eating bread, pasta, and cereals, but the benefits can be profound.

## Why avoid grains and gluten?

When the gut lining becomes more permeable due to gluten consumption, it allows undigested food particles and toxins to pass into the bloodstream. This triggers an immune response, leading to systemic inflammation that can manifest as joint pain and other autoimmune symptoms.

By cutting out grains and gluten, you give your gut a chance to heal and reduce the inflammation that could be contributing to your joint pain. Focus on replacing these foods with nutrient-dense alternatives like vegetables, fruits, and gluten-free grains such as quinoa or rice (if tolerated after the reset).

## Eliminating Processed Foods, Dairy, Eggs, Sugars, Alcohol, Nuts, Legumes, Nightshades, Sweetened Juices, and Caffeine



The 30-day gut reset involves eliminating a wide range of foods that are known to irritate the gut and contribute to inflammation. While this may sound restrictive, it's a powerful way to identify which foods are causing issues and allow your body the time it needs to heal.

Here's a breakdown of why each of these food groups should be avoided:

**1. Processed Foods:** Often packed with additives, preservatives, and unhealthy fats, processed foods can wreak havoc on the gut. These foods are typically low in nutrients and can lead to inflammation and poor gut health.

2. **Dairy and Eggs:** Many people are intolerant to dairy and eggs without even realizing it. Dairy products can be difficult to digest and may contribute to inflammation, while eggs can trigger sensitivities in some individuals.

3. **Sugars and Alcohol:** Both sugar and alcohol are highly inflammatory and can disrupt the balance of good bacteria in the gut. Eliminating them during the reset will help stabilize your blood sugar levels and support gut healing.

4. **Nuts and Legumes:** These foods, while healthy for some, contain anti-nutrients like phytic acid and lectins, which can irritate the gut lining and interfere with nutrient absorption. During the reset, it's best to avoid them to see if they're contributing to your symptoms.

5. **Nightshades:** This group of foods includes tomatoes, peppers, eggplants, and potatoes. For some individuals, nightshades can cause inflammation and worsen joint pain. By eliminating them during the reset, you can determine if they're affecting you.

6. **Sweetened Juices and Caffeine:** Both can be harsh on the digestive system and contribute to blood sugar imbalances. Eliminating them will give your gut a break and allow for better digestion and nutrient absorption.

By removing these foods from your diet, you'll reduce the overall inflammatory load on your body and give your gut the chance to heal and repair. After the 30 days, you can gradually reintroduce these foods one by one to see which ones you tolerate well and which ones might be causing issues.

## Permitted Condiments

While the 30-day gut reset is restrictive in many ways, there are still some condiments that you can use to add flavor to your meals. The key is to choose condiments that are free from added sugars, preservatives, and artificial ingredients. Coco-aminos and mustard are two condiments that are allowed during the reset. Coco-aminos, made from coconut sap, is a great alternative to soy sauce and can be used to add a savory flavor to dishes without the inflammatory effects of soy. Mustard, particularly when made with simple, natural ingredients, can also be a flavorful addition to your meals. These condiments can help you stay on track with your gut reset without feeling like your meals are bland or boring.



## Focusing on Organic Whole Foods



## Importance of Organic Foods

One of the core principles of the 30-day gut reset is focusing on organic, whole foods. Organic foods are free from pesticides, herbicides, and genetically modified organisms (GMOs), all of which can negatively impact gut health.

### Why organic?

Pesticides and herbicides used in conventional farming can disrupt the gut microbiome, leading to inflammation and gut permeability. By choosing organic foods, you're reducing your exposure to these harmful chemicals and supporting your body's natural healing processes.

Whole foods, which are foods in their most natural and unprocessed form, are packed with the nutrients your body needs to repair and thrive. These include fresh fruits and vegetables, grass-fed meats, wild-caught fish, and healthy fats like avocados, coconut oil and olive oil.

Avocado oil, coconut oil, and olive oil are excellent choices for cooking due to their healthy fats and beneficial properties. However, seed oils like canola, sesame, sunflower, flaxseed or soybean oil are best avoided as they are generally considered

unhealthy. Choosing oils with healthier fats supports overall well-being and a balanced diet.

By prioritizing organic, whole foods during the gut reset, you're giving your body the best possible chance to heal from the inside out.

## Recipe Ideas

To help you get started with the 30-day gut reset, here are some sample recipes sourced from [unboundwellness.com](http://unboundwellness.com):

### Zucchini Noodles with Pesto



Replace traditional pasta with spiralized zucchini noodles and top with a homemade pesto made from fresh basil, olive oil, and garlic.



### **Sweet Potato and Ground Beef Skillet**



A hearty and satisfying dish made with diced sweet potatoes, grass-fed ground beef, and a mix of organic vegetables.

### Coconut Chicken Curry



A flavorful curry made with coconut milk, organic chicken, and anti-inflammatory spices like turmeric and ginger.

## Berry Smoothie Bowl



A refreshing and nutrient-packed smoothie bowl made with frozen berries, coconut milk, and a sprinkle of chia seeds.

These recipes are not only delicious but also aligned with the principles of the gut reset, making it easier for you to stick to the program and enjoy the journey to better health.

## Chapter 2

### Life After the 30-day Gut Reset



The 30-day gut reset has provided a solid foundation for healing your gut and reducing inflammation, but the journey doesn't end here. As you transition out of the reset, it's important to carefully reintroduce foods to identify which ones may trigger symptoms. This process will help you create a personalized diet that supports your health and minimizes joint pain.

### **How to Reintroduce Foods Safely After the 30-day Gut Reset**

Reintroducing foods after the gut reset requires patience and careful observation. The goal is to determine which foods your body can tolerate and which ones may cause adverse reactions. To do this effectively, follow these guidelines:

- 1. Introduce One Food at a Time:** Start by reintroducing one food every four days. This slow approach allows you to accurately assess how your body responds to each food without confusion.

**2. Track Your Symptoms:** Keep a detailed food diary where you note what you eat, how much you eat, and any symptoms that arise. Symptoms might not always be immediate, so continue tracking your body's reactions over the four-day period before introducing the next food.

**3. Start with the Least Inflammatory Foods:** Begin with foods that are less likely to cause inflammation, such as non-gluten grains (like quinoa or rice), then gradually move to more potentially inflammatory foods like dairy or nightshades.

**4. Watch for Common Symptoms:** Pay attention to any changes in your digestion, energy levels, mood, skin, and joint pain. Symptoms like bloating, fatigue, headaches, or a return of joint pain could indicate that a particular food is problematic for you.

**5. Be Patient and Persistent:** This process requires time and mindfulness. It's essential to listen to your body and not rush the reintroduction of foods. Your goal is to create a sustainable, long-term diet that supports your health.

## Maintaining an Anti-inflammatory Diet



After completing the gut reset and reintroducing foods, it's important to continue with an anti-inflammatory diet to maintain your health and prevent the return of joint pain. Here are some tips to help you maintain a balanced, anti-inflammatory diet:

**1. Prioritize Whole, Organic Foods:** Continue to focus on organic vegetables, fruits, lean proteins, and healthy fats. These foods are nutrient-dense and support overall health.



2. **Avoid Gluten and Processed Foods:** Even if you tolerate some foods well, it's advisable to avoid gluten and heavily processed foods, as they can still contribute to inflammation over time.
3. **Incorporate Anti-inflammatory Ingredients:** Include spices like turmeric, ginger, and garlic in your meals, as they have potent anti-inflammatory properties.
4. **Monitor Your Body's Signals:** Stay attuned to your body's responses. If certain foods start to cause issues again, consider reducing or eliminating them from your diet.
5. **Stay Hydrated:** Proper hydration supports digestion and helps flush out toxins that could contribute to inflammation.
6. **Balance is Key:** Allow yourself some flexibility while keeping the focus on overall health. The goal is to create a diet that is both nourishing and sustainable for the long term.

## Restaurant Recommendations



Maintaining your anti-inflammatory diet doesn't mean you have to give up dining out. With a little preparation, you can enjoy meals at restaurants while staying true to your dietary needs. Here are some restaurant options and tips for dining out after the 30-day gut reset:

## Choosing Safe Dining Options

1. **True Food Kitchen:** Known for its anti-inflammatory menu, True Food Kitchen offers a variety of dishes that cater to your dietary needs, making it a great choice for post-reset dining.
2. **Fresh Kitchen:** This restaurant focuses on fresh, healthy ingredients with customizable bowls that allow you to choose gluten-free grains, lean proteins, and plenty of vegetables.
3. **Seasons 52:** With a menu that changes seasonally, Seasons 52 emphasizes fresh, locally-sourced ingredients. They offer gluten-free and dairy-free options, making it easier to stick to your diet.
4. **Planta:** A plant-based restaurant that offers a range of creative, healthy dishes free from gluten and dairy, Planta is an excellent option for those following a strict anti-inflammatory diet.
5. **Just Salad:** A great spot for a quick, healthy meal, Just Salad allows you to build your own salad with organic ingredients, making it easy to avoid inflammatory foods.
6. **Meraki in Palm Beach County, FL:** Known for its Mediterranean cuisine, Meraki offers a variety of dishes that focus on fresh, whole ingredients, and they are often willing to accommodate special dietary requests.

## Pre-restaurant Checklist



Before heading out to a restaurant, it's wise to do a little homework to ensure your meal aligns with your dietary needs. Here's a checklist to help you manage dining out:

1. **Check the Menu Online:** Most restaurants post their menus online, allowing you to review options and choose dishes that fit your anti-inflammatory diet.
2. **Research Ingredients:** If you're unsure about certain menu items, don't hesitate to look up ingredients or call the restaurant to ask about preparation methods.
3. **Ask for Modifications:** Most restaurants are willing to accommodate special dietary requests, so don't be afraid to ask for modifications like swapping out gluten-containing ingredients or avoiding sauces that may contain hidden sugars or dairy.
4. **Be Mindful of Portions:** Restaurant portions can be large, so consider sharing a dish or asking for a half portion to avoid overeating.
5. **Stay Hydrated:** Drink water with your meal to support digestion and help flush out any potential toxins.

## Grocery Store Guide

To continue your journey of maintaining an anti-inflammatory diet, it's important to know where to shop for healthy, whole foods. Here's a guide to some of the best grocery stores that offer organic, high-quality ingredients:

### Where to Shop for Healthy Foods

1. **Sprouts Farmers Market:** Known for its wide selection of organic produce, Sprouts is a great place to stock up on fresh fruits, vegetables, and natural foods.
2. **Trader Joe's:** This popular store offers a variety of affordable organic options, from fresh produce to gluten-free and dairy-free products.
3. **Aldi:** Aldi has expanded its selection of organic and gluten-free products, making it a budget-friendly option for healthy shopping.
4. **Whole Foods Market:** Whole Foods is renowned for its extensive selection of organic and non-GMO products. Although it can be pricier, the quality of the food makes it a worthwhile investment in your health.
5. **Publix:** A popular grocery chain, Publix offers a decent selection of organic products and fresh produce, especially in its GreenWise Market sections.

By shopping at these stores, you'll be able to maintain a diet rich in organic, whole foods, supporting your continued journey toward better health and reduced joint pain.

## Conclusion

The journey through the 30-day gut reset is just the beginning of a lifelong commitment to better health and well-being. By taking the time to heal your gut, you've addressed the root causes of inflammation and joint pain, setting the stage for a more vibrant and pain-free life. The reset has not only provided relief from physical symptoms but also empowered you with the knowledge and tools to make informed choices about your health moving forward.

As you transition from the reset into everyday life, remember that maintaining the benefits requires continued mindfulness and dedication. The foods you choose to reintroduce, the meals you select when dining out, and the ingredients you purchase at the grocery store all play a role in sustaining the progress you've made. This journey is not about perfection, but about finding balance and making choices that support your body's unique needs.

The principles of the 30-day gut reset can serve as a foundation for your long-term health strategy. Whether it's sticking to an anti-inflammatory diet, being vigilant about reading food labels, or choosing organic whole foods, these habits will help you maintain the gains you've achieved and prevent the return of joint pain and other inflammatory symptoms.

It's also important to listen to your body. As you continue to reintroduce foods and go through life after the reset, stay attuned to how different foods and lifestyle choices affect your well-being. Your body is your best guide, and by staying in tune with its signals, you can continue to make adjustments that promote health and vitality. Finally, remember that you're not alone on this journey. Whether you're seeking further guidance, recipes, or community support, there are resources available to help you stay on track. My website, [elitefunctionalsolutions.com](http://elitefunctionalsolutions.com), offers additional information, tips, and inspiration to support you as you continue your journey toward optimal health.

Remember the 30-day gut reset is more than just a temporary diet; it's a powerful tool for transforming your health from the inside out. By committing to this process, you've taken a significant step toward living a life free from the pain and limitations of inflammation. I encourage you to carry the lessons learned during this reset forward, using them as a guide to create a healthier, more fulfilling life. Here's to your continued success and well-being!

***-- Alexandria St. Rose MSN, APRN, AGNP-C, FMACP***

## References

- Axe, J. (2016). *Eat dirt: Why leaky gut may be the root cause of your health problems and 5 surprising steps to cure it*. Harper Wave.
- Ballantyne, S. (2014). *The Paleo approach: Reverse autoimmune disease and heal your body*. Victory Belt Publishing.
- Bhan, M. K., and Iyer, R. (2015). The gut microbiome in health and disease. *Journal of Applied Microbiology*, 119(4), 952-963. doi:10.1111/jam.12999
- Fasano, A. (2012). Leaky gut and autoimmune diseases. *Clinical Reviews in Allergy & Immunology*, 42(1), 71-78. doi:10.1007/s12016-011-8291-x
- Gundry, S. R. (2017). *The plant paradox: The hidden dangers in "healthy" foods that cause disease and weight gain*. Harper Wave.
- Myers, A. (2015). *The autoimmune solution: Prevent and reverse the full spectrum of inflammatory symptoms and diseases*. HarperOne.
- Perlmutter, D., & Loberg, K. (2013). *Grain brain: The surprising truth about wheat, carbs, and sugar--your brain's silent killers*. Little, Brown and Company.
- Sisson, M., & Kearns, B. (2016). *The primal blueprint: Reprogram your genes for effortless weight loss, vibrant health, and boundless energy*. Primal Nutrition.
- Wahls, T., & Adamson, E. (2014). *The Wahls protocol: How I beat progressive MS using Paleo principles and functional medicine*. Avery.
- Wentz, I. (2017). *Hashimoto's protocol: A 90-day plan for reversing thyroid symptoms and getting your life back*. HarperOne.



**Alexandria St. Rose MSN, APRN, AGNP-C, FMACP**

*“Striving for wellness, healing within...”*