



SCD Lifestyle

Surviving to Thriving

How to Start the Specific Carbohydrate Diet in 24 Hours and Survive the First 90 Days and Beyond

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Introduction

This book has been a long journey in the making. I have been through a lot of obstacles to get my health to where it is today. The SCD diet saved my life, and I want to pass on all the things I discovered while surviving one of the most difficult diets around. This book celebrates the life-long work of Elaine Gottschall, and strives to preserve the integrity of her legacy by helping others heal with this incredible diet.

This book is a little conservative in its presentation of the SCD diet, but this is for a good reason. Most people who start the diet get too liberal too fast, and don't stick with it long enough for the healing to take place. Being conservative during the first 90 days is critical to jumpstarting your road to health. I know because I have been there. The fact that you are reading this book tells me that you will connect with most of the experiences I have been through. Stay with me – there is light at the end of the tunnel.

Human beings have incredible coping mechanisms built into their brains. Every one of us has been astonished at some point in our lives by our brain's ability to keep us going no matter what the circumstances. I don't really

remember when I got sick or how long it took me to start feeling bad, I just remember that one particular day when I realized things were already bad...

One morning, during my senior year at college, I was getting ready for class with my roommate, who had the exact same schedule as I did – class every morning at 8:00 AM. After my second trip to the bathroom that morning, he asked me, “What the hell is wrong with you? What did you eat last night?” I began to realize that this was what I did every morning. There was nothing special about the turkey sub I had eaten the night before. I also realized that over the years during college I had adjusted my routine to get up a whole two hours before class every morning, just to make sure I would have enough time to hang out in the bathroom and get it all out before class started. I had written it off as beer, stress, not enough sleep, the “college kid diet,” and everything else under the sun as it became more normal to me. The reality was I was going through a package of Imodium AD a week, and always kept some in my wallet just to make it through my long days of classes.

I had a huge realization that I was not functioning normally. Then it all came flooding in – I was messed up bad, and something was very wrong

inside my body. Everything I ate was on fast-forward, day-in and day-out, and I felt like garbage. I finally called my doctor and made an appointment to begin the long road to healing.

My Doctor told me at first to eat more fiber... I ate more fiber and it came out faster and with a vengeance... I got sicker.

“You must have irritable bowel syndrome,” they said. Take this drug, Bentyl, and you will get better. I took their drug... everything was the same and the medicine made my brain a foggy mess... I got sicker.

Web MD had me absolutely convinced that I had cancer, so my family doc sent me to a gastroenterologist. She said I displayed typical IBS (irritable bowel syndrome) symptoms. I demanded a colonoscopy and endoscopy to prove me wrong (not a comfortable moment with the doc). She came around and scheduled both procedures for later that month.

All the initial tests from the scopes came back negative and normal... that is until the biopsies came back three weeks later. I had celiac disease, which was confirmed a week later through a blood test. I received a small

pamphlet in the mail from my doctor explaining that if I didn't eat gluten anymore I would be healed for the rest of my life. And that was it.

I mourned the loss of pizza and beer for a few days before becoming determined to get better. I mean, how many diseases are people diagnosed with that can be healed just by changing your diet, and don't require you to take medicine or have surgery? I was trying to consider myself lucky. Things really weren't that bad, and I finally had an answer to my problems.

I researched the gluten-free lifestyle for weeks and read everything on celiac disease and digestive disorders I could get my hands on to try to understand my body and what I needed to do to get better. I poured over all the details of gluten and what foods it is found in.

From my research I soon realized that my Mom had suffered from undiagnosed celiac disease her entire life, and that that was the demon that took her away at age 52 with gallbladder cancer. I knew that if I could get better, I would want to go out and save everyone else with this disease to try to make up for having been unable to prevent her struggle.

I spent the next year-and-a-half living gluten-free with the most obsessive strictness. I felt a little better at first... but I never really got better. I just kept thinking that I must have been getting gluten contamination from something. I donated everything in my kitchen to Goodwill and bought all new stainless steel pots, pans, Tupperware containers, and dishes. I became obsessed with my health. It consumed every aspect of my life and began to affect my wife and newborn son negatively.

Why wasn't I getting any better? What was wrong with me? I was following the gluten-free diet more strictly than anyone else I knew who was on it, and still I wasn't feeling any better. I was scared, and the what-ifs were controlling all my thoughts. What if I never feel better? How can I keep my job? How can I live the rest of my life like this?

I started developing very severe anxiety about my diarrhea and about being out in public or in any situation that would put me far away from a bathroom. It hit whenever, wherever, and without consistency.

I didn't trust my doctors anymore because they kept reassuring me that I would heal. They continued to tell me I had some form of IBS. I didn't

know where to turn or who to talk to anymore. I distinctly remember my thoughts shifting away from considerations about my future and becoming very short-sighted; I didn't even know if there would be a future.

I tried parasite cleanses, digestive enzymes, probiotics, and elimination diets. I got allergy skin tests, CAT scans, and MRIs. I eliminated dairy, then casein, then soy... still nothing changed. All I thought about was my stomach, and it consumed my entire life. I could see my family beginning to look at me differently – as if they were disappointed or saddened – they were sick of me being sick. I wasn't the same person I used to be anymore. I was angry and turning into a very selfish person, driven by my frustrations into a dark place.

Not only were my own concerns consuming my thoughts, I was also worried sick about not being able to take care of my family anymore, and I started making lists of all our accounts and the log-in information they would need if anything ever happened to me. I felt like I was wasting away slowly over time, and all the while I watched the medical bills suck the life out of our bank accounts. I was broken down and weary, watching my life pass by while I fell apart. I was willing to do anything, no matter what, to change

my circumstances. If something good didn't happen soon, I knew something bad would.

That is when I finally got an appointment with a very skilled holistic physician near me, and my life began to change. His diagnosis and prescription was to read *Breaking the Vicious Cycle: Intestinal Health Through Diet*, by Elaine Gloria Gottschall, and to start the diet before coming back to see him.

I remember leaving his office in disbelief. I had waited four months to get in to see this guy and he tells me to leave and go read a book that I had never heard of. What the hell? That was not the magic pill or potion I was looking for. It took me a couple of days to finally get over myself and order the book. But when I did, it started me on the path to healing.

Reading Elaine's book was an incredibly eye-opening experience. I was finally beginning to understand what was happening in my body and that there was a solution out there! When I completed the book, though, I felt pretty intimidated. I finally had the answer to my problems, but it was

really, really, confusing. How the hell do I start this diet? I had nothing but more questions:

- What do I do first to get started?
- How can I adhere to such a strict diet?
- What do I need to buy to have all the tools to prepare this food?
- How do I know when to eat new things?
- How do you peel, deseed, and cook the fruits and veggies?
- What am I going to eat at work?
- All the recipes in the book are for much later down the road. What can I eat now?
- When and how do I make this yogurt?
- How fast do I introduce new foods?
- How am I going to handle the stress of this diet?
- What do I need to talk with my doctor about when on this diet?
- What vitamins and supplements do I need to take?
- Where can I get a step-by-step plan to get this thing going?

These were just some of the concerns I had, as I am sure you probably had when you first read BTVC. I was paralyzed by all these questions and the overwhelming lack of knowledge I had about the answers, but I knew I

could at least complete Elaine's one-month challenge and see how it would impact me. Remember, I was willing to do anything!

I began a three-week research period during which I spent over 100 hours discovering the answers to all of my questions and more about how to begin the Specific Carbohydrate Diet (SCD diet). Over time I was able to answer all of the questions that Elaine seemingly had left out of BTVC. I exhausted each of the limited resources I could find online and spoke with numerous folks who were currently on the diet via different forums. Using all of this newfound knowledge, I put together an action plan and started the diet with 24 hours of preparation.

Elaine's basic diet, referred to as the Intro Diet by the SCD community, was intense and incredibly challenging. I experienced a die-off reaction that left me craving sugar and feeling like I was living underwater. It was comforting to remember that it was all because the bad guys were getting killed off, but it was a long four days.

After four days doing the Intro Diet, I transitioned to what I call Phase 1.

After being on the SCD diet for seven days, I was down to one bowel

movement each morning. That's right; I said one bowel movement a day! I was miserable for years, and in seven days I had experienced a huge transformation. Granted, this wasn't a textbook bowel movement, and I had a lot of digestive healing to do, but it was only once a day... and it was amazing.

It was interesting to move through the diet, taking each day at a time. I was very slowly experiencing improvements in many different aspects of my health. I went to see my holistic physician every three weeks to track my progress and monitor my digestive system. We focused on tweaking things as they came up here and there and he answered the multitude of questions I encountered.

We dialed in the supplemental elements of the diet such as probiotics, digestive enzymes, a multi-vitamin, a B-complex, calcium, and magnesium. In the first month I shed 20 lbs. and had to focus hard to keep my calorie intake up. On my 30-day celebration my head was spinning. I was feeling an incredible transformation in my body, and my future was once again beginning to materialize. I began thinking about doing things I had

wondered if I would ever be able to do again, like take the family on a road trip out west to see the national parks!

I completed Elaine's 30-day challenge and I was hooked. I was going to stay on this diet for my entire life if I had too. I wasn't getting sicker anymore, I was finally getting better.

I ran into a small setback after my 60-day celebration, just as Elaine mentions in her book. I pushed through it by staying the course and fine-tuning my digestive enzymes with my doctor, and everything smoothed back out. I made sure to very methodically move through Phase 1 and slowly into Phase 2 to ensure I didn't make any mistakes. I just lived the diet a day at a time and relished in my new lease on life. I would occasionally only have a bowel movement every other day, and I never even gave it a thought! It was incredible. I would wake up in the morning, head off to work, and think, "Wait a minute; I didn't even have to go to the bathroom this morning!"

Every aspect of my life began to improve around me because my health sub-structure was becoming rock solid. I felt like a new person, with a smile that no one in the world could take off my face. I did have days when the stress

of the diet would get to me. There were many awkward social situations at work (think expensive catered lunch meetings and me carrying in my giant red cooler with salmon and butternut squash inside).

I had many mentally tough days when I wasn't sure I could keep going because it was too much hard work. There were some days when I would experience a setback and think it was all worthless. But through journaling and a good memory, I knew that I was getting much better over time. The SCD diet was the most mentally challenging experience of my life, hands down, and the only thing that kept me going was the slow, day-to-day improvement of my health.

When I had my 90-day celebration I relished in the fact that I had survived the first three months of the SCD diet. This was something I didn't think I could do before I developed my plan and executed it. I am slowly working on transitioning into Phase 3 now, and the diet just continues to become more exciting and diverse. The best quality of this diet is that it is the most difficult in the beginning and gets easier and easier each day, with more diversity and freedom available as you go along.

I am on the road to healing and I want to bring you along with me. I am going to share with you my plan for starting the SCD diet in the next 24 hours and surviving the first 90 days and beyond... just like I did. I have blazed a trail, and I want others to follow on an easier path. I know that this diet is the real deal, and I owe my life to its teachings. I know it will work for you, too.

The following pages of this book will take you by the hand and guide you step-by-step through each day of the diet. If you follow the action steps and avoid the common mistakes I have outlined, I promise that you will survive the first 90 days of the SCD diet and beyond. I have put this information together through the 100 hours of research I completed before I began the diet, and through months of living through the most common mistakes and challenges everyone experiences.

You will save time, money, and stress by following in my footsteps and executing my plan. Your experiences and digestive problems may be different from mine, but your questions and concerns after reading BTVC probably are not. I look forward to sharing in this incredible journey with you and congratulating you at your own 90-day celebration. Read this guide

and use it as a reference manual every day as you begin to heal. Remember that you got here because you were willing to do anything to get better, just as I was, and now you must learn to eat to live, not live to eat.

One last thing – this book assumes you have read *Breaking the Vicious Cycle: Intestinal Health Through Diet*, (BTVC) by Elaine Gottschall. This book is supplemental to the information in BTVC. If you haven't read it, go out and buy it now before you continue on. It is the most important thing you will ever do for your health.

JR

Part 1: How to Start the SCD Diet in 24 Hours

In this section I am going to walk you through everything you need to do to get started on this diet. Don't get nervous when I throw some psychological things at you first, because they are important to wrapping your head around the journey before you. After you read through that stuff, I lay out exact, step-by-step details to get started.

Chapter 1: Your Commitment

You have made it this far and you're almost ready to start... congratulations!

Before you do, I want to go over a few things that will give you the edge to make it through the first 90 days of this diet and beyond. I was at a breaking point in my life last summer, and I was willing to do anything to get better.

When my doctor told me this was the start of a long journey, and kicked me out of his office with a book for a prescription, I was lost. It was in the days that followed that I discovered the amazing success stories of people just like us who followed the SCD diet and actually got better! I followed Elaine's advice and fully committed to 30 days of fanatical strictness on the SCD diet. My commitment to get better for myself and my family got me through the cravings, boring foods, and the ups and downs.

I want to challenge and encourage you to do something more than just commit to the SCD diet for a trial period. In the context of your entire life, these 30 days ahead are relatively short when compared to the long-term health gains that you will experience. At times it can be very hard to maintain a long-term focus on healing due to the pressures of social norms, friends, family, and people who just don't understand. In order for your body to begin the healing process and start to fully digest food again, you're

going to have to train your mind to pay attention to your body and help it stay on course. At the same time, your body will be training your mind to stop seeking those short-term pleasure foods that hurt you so much.

If you've ever fasted for any length of time you will understand what I'm talking about. During the initial stages of the fast your mind is full of small doubts and desires. As the hours wear on, your body begins signaling your brain for food. These hunger pains are usually short-lived and end quickly when the body receives the signal back that there will be no food for many more hours. After you reach the turning point, you may see or smell food and your thoughts of desire and want start to consume your mind, until you realize it's just a mental desire, and that you've come too far to blow it.

Your body is actually doing just fine without the food you are craving.

These are the same desires and mental pathways that will be tested deeply in the beginning of the SCD diet, not because you won't have any food, but because you will be drastically changing the foods that your body is used to receiving.

The western diet has trained us for years to place a high value on food. The multi-billion dollar restaurant industry spends millions of dollars a year

engineering food to provide us with the best flavors and textures. Giving up these “treats” and their carbohydrates was very mentally challenging for me, and probably will be for you, too. It requires shifting your mindset to think differently about the relationship you have with food. Bodybuilders and top fitness models use this mentality every day. Their jobs require a different mindset in which *they eat to live; they do not live to eat*. This was a very hard transition for me to make because, as I realized later, I valued food as a source of pleasure. I would eat it while I watched TV, while I surfed the Internet, or when I was depressed or stressed out. All the while it was the mindless eating of these processed pleasure foods that was making me so sick. **Bottom Line: You are sick, and it is time to realize that you now must eat to live, not live to eat!**

If you have not verbalized your commitment to complete Elaine’s 30-day challenge to your doctor, spouse, children, or a trusted friend, I recommend that you do so before you begin your 24-hour preparation. Having someone to share in your journey will provide incredible leverage against the challenges ahead. **Bottom Line: Share the diet with someone and tell**

them you're going to commit to it fully for at least 30 days to see what results you can get.

I have found there to be a strange, unexplainable link between my brain and my body when I write something on a piece of paper. I always seem to remember it much more vividly than if I say it or simply read it. I firmly believe this relates to making our mind and body commit to the same future. I'm going to ask you to write something down, and when you do, you will be forced to think the words through while physically transcribing them to a piece of paper. It is my experience that this causes a complete congruent commitment between mind and body. I believe this was my first true step to success on this diet and the long road to healing my gut.

I'd like you to consider challenging yourself a little beyond Elaine's 30-day challenge. I am confident you will feel the healing process begin very quickly, which will be a strong motivator for you to continue. I hope you will commit to 90 days on this diet, and start with that goal in mind. 90 days is a very small commitment, even compared to just the rest of this year. I know that once you celebrate that 90th day you will have seen the incredible healing process that your body is embarking on, and never even consider

turning back. **Bottom Line: Write down this commitment for yourself to make the first step real and make the promise that you will make it 90 days and beyond.**

I, _____, have made a firm and fully-committed decision to start the Specific Carbohydrate Diet. I am prepared, and have the courage to commit to this diet for 90 days. Therefore, on this, the _____ day of _____, 20____, I vow to myself that I will adhere to the framework of the SCD diet. I will successfully start my intestinal healing process on this diet through dedicated practice of the principles laid out in this book and *Breaking the Vicious Cycle: Intestinal Health Through Diet*. I will reach my 90-day milestone on the SCD diet on the _____ day of _____, 20_____.

Your signature

Witness (doctor/spouse/friend)

I placed a commitment much like the one above on my nightstand. During the Intro Diet I read it each morning when I woke up before I started my day. In the later weeks and months, I would review it any time I was dealing with a mental struggle related to the diet. I encourage you to review and reflect on it at least once a week. You may also choose to read it every morning if you wish.

Mental Tip for Success: One trick I used to keep my focus short and make it through one day at a time was to write the number of days I had been on the diet on the back of my hand. I would write it out every morning in black ink so that I wouldn't forget how far I had already come and what I would be throwing away if I didn't keep going. Eyes on the prize! If I was having a bad day, I would stare down at that number and push through it. As the number got larger and larger, it started to have more and more weight behind it. Now I look down at that three-digit number every day and smile with pride... it has been a long road, but very much worth it.

Chapter 2: Journaling Your Way to Success

So you've written out your commitment and you're getting ready to start the Intro Diet. Even if the only recommendations from this book that you follow during the diet are to read your commitment every day and write the number of days you have survived on your hand, you will be farther ahead than most people who start the diet. However, you're about to invest a great deal of time, energy, and most likely money in a diet that you're hoping will make you "healthy." If you're anything like me, you probably still have some lingering doubts and fears about getting started.

To hold up my end of the bargain and ensure that you're set up to survive the first 90 days and beyond with great results, I have included the following thoughts and ideas that have helped me. I urge you to follow along and complete all the exercises and tasks. If you're reading this and thinking, "I'm better and stronger than them. I have more willpower and don't need help," then you will likely need more help than most people. A smarter person than me once said, "Pride comes before the fall." Don't fall prey to your ego.

I started this diet because a doctor “prescribed” it to me. I don’t know what starting point you are coming from, but I do know that I have an end goal in mind, and you need one, too. “Healthy” is a very ambiguous term. Your definition of “healthy” is most likely different from mine, and different from the clinical version. In order to begin, and therefore to end, the healing process, each of us needs to define what being healed or healthy means in our own terms. I would be willing to guess that you have been feeling less than 100%, physically and mentally, for a long time, just like I did. You may be in a situation similar to the one I experienced, in which you’re not even sure what 100% healthy is or feels like.

I encourage you to take a moment and brainstorm about what you imagine a healthy future can be or would include. Some ideas to get you going are: never wondering where the nearest bathroom is, that one day you will be able to feast on your weakness meal that always makes you sick, or how about just having amazing amounts of clarity, focus, and energy to attack each new day! This is a personal journey that you must embark upon. You should strive to embrace the emotion of feeling free, both physically and mentally, from your intestinal troubles.

Before I started this journey, my definition of “healthy” included having to wake up over two hours before I needed to be anywhere just to make sure I had enough time in the bathroom before leaving for the day. When I started this diet, I decided to shift my paradigm of health to a definition in my own terms. It included being able to go to new places and be in public and not worry about where the nearest bathroom was, having a bowel movement on my own terms (when and where I was ready), having minimal gas and bloating after eating, never having my stomach problems cross my conscious mind, gaining weight back, and feeling full of energy. One day I want to have a new diet that I know is mine, and that allows me to eat pleurably without intestinal repercussions. It is important that you remove the gut chains you have attached to your mind and figure out what your definition of “healthy” is. **Action Step: Make your ideal future real. Write down on a blank sheet of paper what you imagine your new healthy life to be like. Be specific and imagine navigating through a day without thinking about your health for once. Feel what that would be like. Talk to the elephant in the room. Define a healthy you!**

Hopefully you spent some time dreaming up your new definition of “healthy.” Feel free to revise and update your definition as you think more

about it. Imagine yourself enjoying your new-found health like you were already living it. This should make you more and more excited. You might even be smiling and salivating at the idea of this new you (or the food). Capture how you're feeling right now, and make a mental note of this fresh, healthy feeling. Know that you can return to this place any time you want, simply by redoing the exercise above.

(WAIT! Go back up and read that last sentence again! I'm serious.

This diet isn't the easiest at times, and being able to see, feel, smell, and taste the prize is an essential skill for your SCD toolbox.)

It is important you realize that by setting goals, and more specifically, an end goal, you now have a guiding beacon at the top of the mountain. You're starting a very difficult and challenging healing process that is full of hard work, but one that should be enjoyed as much as possible. You may be thinking, "This guy is crazy!" Well, think about this: The healing process doesn't have to be negative and restrictive. Rather it should be an exciting re-awakening of your palette with each new food that is introduced or each new cooking method that is employed. Food-brick-by-food-brick, you are starting with a fresh slate and building a new diet and a healthy digestive

system. I'm giving you free range to start everything over, burn some food dishes, whip up some crazy flavors, and break all those cooking rules you never understood. If you see this more as a learning experience and a challenge than as a problem, you will already be half way up the mountain.

So you just climbed half way up the mountain – what now? It's time to make sure you keep your focus on that beacon at the top of the mountain. Not every action will be a positive one along your journey. You need to have a compass to keep you aligned in the proper direction to ensure success.

The methods I'm going to suggest are the same ones I used to survive the first 90 days, and still use to this day. The first method is a constant, honest monitoring of progress. Elaine knew this was an important piece of the puzzle as well, and briefly touched on it. But I needed more help than she advised, and I bet you could use it, too. If you weren't dissecting every page of BTVC, you might have missed it. On page 68, in paragraph 2, she recommends you track the intensity of your symptoms over time on a chart. She knew that we weren't going to stay on this diet for long if we didn't see any tangible results. I highly recommend you use a chart much like Elaine

recommends to track your symptoms (I have provided one for you in the Appendix). But I took it one step further, and I think you should, too.

Elaine's tracking chart is an excellent tool to see a quick snapshot of how your healing is progressing. It's easy and relatively straightforward – two good things, except for the fact that we are executing one of the most restrictive diets possible. As I've said before, it would be a waste of time wishing to improve without knowing what your improvement goal is. Along those same lines, it would be a big waste of time to not know if you are actually heading in the right direction. In an extra 15 minutes a day, I'm able to track exactly how this diet is affecting me physically and mentally in my journal, ensuring that I continue progressing up the slope. It can be very easy to get off track and even take steps backwards if you are not aware of the various daily changes that are taking place. Just as it took a long time to get sick, it is going to take a long time to heal. I personally want to get there as fast as I can and with as few hiccups as possible. The only way I can know which way I'm traveling is with the use of Elaine's chart and my daily journal entries. These items are my compass and keep me aligned in the proper direction.

It takes me about five minutes a day to update my chart, made just as Elaine described. Don't spend your time debating over four pluses or three pluses; instead, use those few minutes to make a journal entry in which you can write as much as you like. This is where you should describe your emotional and mental feelings, physical symptoms, and other corresponding experiences. Just as important is writing down all the little ways in which you begin to notice your body changing for the better. It does you no good to write down every negative detail without writing down every positive detail as well. It is better to create a daily record of how you are changing slowly over time. **Action Step: Go to the store and pick up a special pen and something to journal in. Doing this will make it more of a ritual for you. It can be an inexpensive composition notebook or a nice, bound journal – whatever will keep you motivated. Keep it next to your bed and complete it at a set time each day, like right before you go to bed.**

Write about your feelings each day. Did you start off on a good emotional foot or a bad one? Is there some other part of your life that is stressing you out besides the diet? If so make note of that. This journal is intended to track your emotional highs and lows, doubts, revelations, fears, and physical improvements or setbacks. If you have a setback, make sure you record

what you ate that day and the possible culprits. Then the next time you get sick, refer back to that day to see if there were any similarities. This is one way to eliminate problem foods and stresses from your life. If you're having any trouble getting started, answer these questions to get the process initiated:

- How did my stomach feel after each meal today?
- Did I introduce anything out of standard?
- What was my emotional state after each meal today?
- In detail, what were my bowel movements like?
- Were my thoughts clear today?
- How did my body feel – did I notice anything odd?
- How did I interact with family, friends, and co-workers today?
- Did I have any fears or doubts today? What brought them out?
- Did I have any huge accomplishments today? Letdowns?
- Final assessment: Where is my compass? Am I doing the right things to get to my image of healthy?

This is also a good place to track your thoughts – new thoughts since starting the diet, nightmares, or any other thoughts you are experiencing. Don't

forget to list the positive events that happen once the healing process begins. The first day in years that you only have one bowel movement better have a whole bunch of exclamation points and a large smiley face on it. Mine does! The point is you need to make a big deal out of these small victories.

Your new lifestyle is a challenge and an opportunity to reinvent yourself into a healthier version of you. The process must be thought of in that light, for misery loves company, and there are plenty of people out there who will try to drag you off this diet because they couldn't meet the mountain head on. You didn't just wake up sick one day, and you're not just going to hit 90 days and wake up completely healed. Slow gains over time will change your life. **Bottom line: Start journaling every day through this diet, if only for five-to-ten minutes. Keep a record of your physical and emotional states each day, and correlate them to what you're putting in your mouth. You need a compass to know where you're going and where you have been!**

Quick tip: I use colored post-it tabs in my journal to mark significant events, ideas or milestones during the diet. For instance, each time something good happens, such as the first time I had a regular bowel movement or my 30-

day milestone, I put a green tab on the edge of the page. Each time I have a setback I put a red tab on that page. I go even further by using yellow to mark foods that I think I may have had a reaction to. If it happens again, I change the yellow tab to a red one. I use other colors to mark great ideas or to highlight other good emotional states. You can use any method you like, but by organizing your journal this way you can easily refer back to your latest setback to check for similar symptoms and outcomes, or refer back to your latest positive outcome for an added shot of positive on a down day.

Chapter 3: How to Start the Intro Diet

The 24 hours of preparation before you start the SCD Intro Diet are laid out in detail in this chapter. I have developed this process based on my own experience and on speaking with others who began this diet. It is designed to maximize your time through preparing all the foods you will need to eat during the 2-5 days of the Intro Diet, allowing you to focus on pushing through to the transition into Phase 1. Often in life, having too many decisions to make paralyzes us. The goal here is to eliminate that paralysis and give you a defined path for getting started.

The purpose of the Intro Diet is two-fold: to starve out the bad pathogens in your gut while providing your body with gentle, easy-to-digest foods. While the bad guys begin to starve and keel over, you will experience some level of “die-off.” Die-off is what I and many other SCDers call the feeling of toxins being released as the pathogens expire. The average person with digestive problems has to kill off quite a few pathogens to begin healing. Your body will be working overtime to process these toxins out. While they remain in your system, you might experience some level of brain fog, fatigue, headaches, body aches, and sleepiness. The pathogens will also try to trick you into eating illegal foods by creating intense sugar cravings... but you

won't give in because you are willing to do anything to get better, right? It will be the most difficult period of the SCD diet. Your experience may vary substantially from that of others, depending on the level of damage in your system. Don't forget... the reaction you're having is a good thing. We don't want the bad guys inside you anymore.

Elaine has put together the basic diet, or Intro Diet, with each piece of the puzzle in a specific place for a specific reason. The chicken soup is incredibly important because it is very easy to digest and incorporates many natural anti-inflammatory properties to aid in your body's recovery. It is also going to keep a steady supply of vitamins, minerals, and hydration going while your body works hard to eliminate the pathogens it has been flooded with. The remaining foods are meant to be supplemental to the chicken soup, and to provide some variety throughout the day. **Bottom Line: Eat the soup!**

It is vitally important that you follow this Intro Diet for only 2-5 days before transitioning to Phase 1. Those who stay on it longer find that they experience excessive fatigue and get just plain sick of eating the same thing

over and over. This is not necessary. The main objective is to starve out the pathogens and cleanse your system before moving on.

It is completely at your discretion when you want to move forward into Phase 1. Listen to your body. If your die-off symptoms begin to clear up and you already feel a change or a slowing in your bowel movement activity, then it is a good time to move on. If your experience is exceptionally tough and you have symptoms for some time, then stay on the Intro Diet for all 5 days before moving on to Phase 1, but no longer than that. **Bottom Line: Do the Intro Diet for 2-3 days unless things are really intense for you. If so, then stay on it all 5 days. Then move on to Phase 1 (Chapter 4)!**

The Day Before

To make things easier, I will assume that you will start the SCD diet on a Sunday, making Saturday your 24-hour preparation day. Adjust the timeline I describe accordingly if you plan to start on a different day of the week. Whereas Elaine includes dry curd cottage cheese, yogurt, and cheesecake in her basic diet, I have put together this Intro Diet plan dairy-free. It has been

my experience that most people are intolerant of dairy products until further healing takes place; however that is not always the case. If you feel confident that you can tolerate dairy products, purchase some dry curd cottage cheese and begin food preparation on a Friday evening by following along with Chapter 6: Making SCD-Legal Yogurt on page 105. Then proceed with the Saturday process described below. Mix in the yogurt and dry curd cottage cheese with the rest of the menu I have at the end of this chapter. **Caution: The yogurt's highly effective probiotics will usually cause a die-off reaction of their own when first introduced, so it may be overwhelming to combine this with your Intro Diet experience. Choose wisely.**

When you complete your preparations, all you have to do Sunday morning is begin eating the food you made on Saturday and relax while your body gets to work. Lets get started; you have a lot of work to do.

Saturday 8:00 AM: First things first – get dressed and go to the store. We have to pick up a few kitchen tools and the food necessary to get started. The checklist on the next page covers everything you need. If you already have some of these items, then congrats, you just saved some money...

check them off the list. Otherwise find the best deals you can (not the most expensive or the best brand) on products that will serve the function of the items I have listed. The tools are followed by a price range that you can expect based on some comparative shopping I have already done for you. The recommended capacities are just general guidelines; if you have a different preference that is fine. If you want to save even more money, start this process the week before and find everything online for a better price. Make sure it will all get to your house before Saturday morning.

Begin forcing yourself to drink a lot of water. It will be important to be well-hydrated on Sunday and throughout the Intro Diet, so start the process early. Also, gluten and other grain proteins are very sticky (think cookie dough sticky). It is very important that you deep clean your counter surface and all the steel kitchen equipment you intend to use to make sure you're not going to contaminate your foods. Do not use old wooden, plastic, Teflon, or Tupperware because it can be next to impossible to remove the old grain proteins from the cracks and crevices in the material. Designate counter space in your kitchen as the "SCD Counter" and encourage other people to stay away from it with foods that are not SCD legal.

One note here before you head to the store: The meat on this list is subject to your own discretion. I have put together this plan to begin the Intro Diet as quickly and easily as possible. If you want to try other meats during the Intro Diet to provide a good balance with your chicken soup servings, you're more than welcome to substitute any of the following: broiled salmon, roasted turkey, broiled chicken breast, or roasted pork tenderloin (see Chapter 5: Meat Selection and Preparation on 82). Otherwise follow the detailed step-by-step process below. Alright, let's go!

First Trip to the Grocery Store Checklist

- ☐ 2 large stainless steel pots (3-6 quarts) (~\$50)
- ☐ Food processor (8 cup capacity is good... preferably one with two processing blades) (~ \$40)
- ☐ 1 or 2 (so you have an extra around) steel swivel peelers (~\$10)
- ☐ 1 6-8 quart slow cooker (~\$40)
- ☐ 2 Tupperware kits of assorted sizes(~\$20 each)
- ☐ 1 small, fine-mesh steel strainer (~\$4)
- ☐ 1 fine-mesh colander (~\$5)
- ☐ 2 lbs. of organic carrots
- ☐ Natural sea salt
- ☐ 2 lbs. of chicken thighs/legs (no natural flavoring added)
- ☐ 2 lbs. of ground turkey (no natural flavoring added)
- ☐ 2 lbs. of ground beef (90/10 sirloin if possible... it has less fat!)
- ☐ 2 dozen organic eggs
- ☐ 1 package of unflavored real gelatin (make sure ingredients are simply “gelatin”)
- ☐ 2 jugs of Welch’s 100% Grape Juice (without calcium added)

Saturday 9:30 AM: Good work. You now have everything you need to get started. **Go through and clean your new kitchen tools really well so we can get started preparing food.**

Saturday 10:00 AM: You need to get the chicken soup started first:

- Take out your slow cooker and dump in the 2 lbs. of chicken thighs and legs, skin and all.



- Grab 10 carrots and peel them. To peel the carrots hold them on one end and run your swivel peeler down the length of the carrot to remove a thin layer. Slowly rotate the carrot 360 degrees and peel around the carrot until you have done the entire surface. Switch the end you're holding and finish off the part where your hand was before.



- Cut the discolored part off each end.
- Drop the 10 carrots into the slow cooker.
- Sprinkle sea salt all over the carrots and chicken parts
- Fill the slow cooker $\frac{3}{4}$ full with water
- Set the slow cooker on high for 4 hours and write down what time you started it!

Saturday 10:30 AM: We're going to be making up a batch of peeled, cooked, and pureed carrots. The goal is to try to time these carrots to be done at the same time as the ones in the soup so that we can puree them all at the same time.

- Peel all the rest of your carrots.
- Cut off the discolored part from each end.
- Cut each carrot into one-inch sections (helps them cook faster).



- Drop them all into a large pot and fill it $\frac{3}{4}$ full with water.



- Put it on the stove on medium heat.
- Write down the time they started.

Note: On average, the carrots take about 4 hours to cook on the stove in mildly boiling water on medium heat. It is very important that you check on them every hour or so and add more water to the pot. If you fail to do this, the water will boil down and the carrots will burn! The smell is worse than the fact that you have to make new carrots all over again – trust me!

Saturday 11:00 AM: Now we're going to make a large batch of gelatin. It is going to be an unbelievable snack during your time on the Intro Diet.

- Grab a larger Tupperware container and pour in 1 cup of cold water.
- Put in 4 packets (1 tablespoon each) of gelatin.
- While the gelatin is dissolving for a few minutes, heat 3 cups of water to a rolling boil (use the microwave to save time) and pour it into the bowl while it is still rolling.
- Stir everything really well until the gelatin is well dispersed.
- Pour in 4 cups of the Welch's 100% Grape Juice.
- Mix the juice in well.
- Place it in the refrigerator to set up.

Saturday 11:30 AM:

- Stir your chicken soup.
- Add water to your boiling carrots and stir them well.

Saturday 12:00 PM: Now we're going to get some burgers going in the oven. I like to start by making all the beef burgers and turkey burgers first, since you will be rotating these in with a healthy dose of chicken soup to keep things lively. (If you have picked up meats other than ground turkey

and beef, please refer to Chapter 5: Meat Selection and Preparation on page 82 for help with how to get those cooking in place of this step).

Note: Another option, especially when completing the Intro Diet with a child, is to make all the ground meat into little meatballs rather than burger patties. The same instructions apply; just make smaller balls of meat. These are great to add to the chicken soup or to mix in with eggs in the morning for breakfast. You can also make both burger patties and little meatballs to experiment with both.

- Pre-heat the oven to 500° F.
- Get out the broiler pan.
- Form burger patties with the ground turkey and ground beef.
- Fit as many of them on the broiler pan as you can, ½ beef and ½ turkey, and put the rest in the refrigerator for later.
- Place the broiler pan on the middle rack and write down what time they went in. These don't take very long, so we're going to concentrate on not burning them. Watch them closely for decent browning, usually about 5-7 minutes on each side, depending on thickness.

- Turn them over to cook the other side until brown (another 5-7 minutes). The goal is to only flip them once to keep the moisture locked in.
- Cut into one or two to make sure they are cooked well all the way through.
- Take them out, put them in a nice, big Tupperware container, and put them in the refrigerator.
- Take out those that you put in the refrigerator earlier and cook the second round while the oven is already cranking.
- Add those to the Tupperware container in the refrigerator when they are completely cooked.

Saturday 12:30 PM:

- Add more water to your boiling carrots and stir them.

Saturday 1:00 PM: Now the chicken soup has been cooking for 3 hours and needs some maintenance. We're going to remove the parts of the chicken we don't want.

- Get out a plate and some tongs.

- Pull out each piece of chicken one at a time, and use a fork and a knife to scrape the skin off the chicken.



- Once the skin is cleared, cut all the chicken off of the bone and dispose of the skin, bones, and cartilage.



- Add the chicken meat back into the soup.
- Stir everything well.

Saturday 1:30 PM:

- Add more water to your boiling carrots and stir them.

Saturday 2:00 PM: We're going to remove the fat from the soup. It is hard to digest and not necessary for the Intro Diet.

- With your strainer, skim off the layer of fat that is forming on top of the soup (if the fat isn't forming a hard layer yet, you can always use a large spoon and spoon it out). Do this twice to remove as much fat as possible.
- Let the slow cooker run on high for another hour just to get everything nice and broken down.

Saturday 2:30 PM: Now it is time to puree the carrots that have been boiling.

- Take a fork and stab the carrots that are boiling. If they are ready, the fork should pierce through with no problem and almost make the carrot fall apart if you try to lift it out. If they are not done, let them cook for another half an hour and keep checking. Otherwise it's time to puree everything, starting with the carrots in the chicken soup.
- Pull out all the carrots from the chicken soup and put them on a plate.
- Cut them up into 1-inch sections.
- Fill your food processor about $\frac{3}{4}$ of the way with carrot chunks.

- Add about a ½ cup of water to the food processor (it helps break down the carrots).



- Run the food processor for about a minute until you don't see any more chunks left.
- Add the pureed carrots back into the soup and stir it up really well.
- Follow the same process with your boiled carrots.
- Dump all the boiled carrot puree into a Tupperware container and put it into the refrigerator.



Saturday 3:00 PM: Your chicken soup should be all set to go at this point.

If there is still a layer of fat on the top, skim it again with the strainer before you put it away. You can always leave it on low for a couple more hours to

make sure everything is cooked well, or just unplug it and put the container in the refrigerator. More fat will magically appear overnight which you will have to strain again in the morning.



Ok, take a break and spend some time relaxing the rest of the evening to get ready for Day 1. Make sure you have written out your SCD commitment and read over it again. Try to get eight hours of sleep so that you're well rested. Remember to stay hydrated. **Bottom Line: Tomorrow is the first day on your road to healing. It's like Christmas Eve... be excited. The hard part is over now that you have taken action!**

The Intro Diet

When you wake up on Sunday morning, feel good about the fact that you have almost all of your meals prepared in your refrigerator. Remember the

tip from the beginning of the book? Read your commitment again and write a number 1 on the back of your hand... the first day to healing starts now.

The following menu is a sample of how you could eat your meals during the 2-5 day Intro Diet. Again, this is without dairy, so dairy products can be added whenever you feel the need for a change. If you feel like you may be reacting to eggs, or you're worried about it, just don't eat them... better to avoid them than deal with an egg reaction. Substitute various meats in place of eggs and review Chapter 5: Meat Selection and Preparation for varying options.

Be cognizant of your reactions to foods. Some people find that they react to gelatin, for example. Keep this in mind during the Intro Diet. If you think you're still having diarrhea from something you're eating, eliminate the gelatin first, then the carrots. For no rhyme or reason, I still have bad diarrhea from gelatin. It's all trial and error in the beginning.

This is meant to be a guide – mix and match and swap in other options where you feel like changing it up. Just remember that the chicken soup is the pillar of the Intro Diet – eat that as frequently as you can. If at any time

you run out of any one food, just make more. You should get faster and faster each time you prepare it. **Remember: Skim the top layer of fat each time you take your soup out of the refrigerator until it finally stops forming. It will make it much easier to digest during the early going.**

Day 1:

- Breakfast: Eggs (hard boiled is best, then poached or scrambled with nothing added to the pan), grape gelatin, and if you're still hungry, a meat patty (or meatball)
- Lunch: Chicken soup, meat patty (or meatball), and grape gelatin
- Dinner: Chicken soup, pureed carrots, meat patty (or meatball), and Welch's 100% Grape Juice diluted 50/50 with water

Day 2:

- Breakfast: Eggs (cooked differently than Day 1), grape gelatin, and a hot mug of chicken soup broth if you're still hungry
- Lunch: Meat patty heated up in a bowl of chicken soup, and grape gelatin
- Dinner: Chicken soup, pureed carrots, meat patty (or meatball), and Welch's 100% Grape Juice diluted 50/50 with water

Day 3:

- Breakfast: Eggs (again, a different cooking method than the day before), grape gelatin, and a hot mug of chicken soup broth if you're still hungry
- Lunch: Two different meat patties with pureed carrots to dip them in, and Welch's 100% Grape Juice diluted 50/50 with water
- Dinner: Chicken soup, pureed carrots, and grape gelatin

Day 4:

- Breakfast: Chicken soup and Welch's 100% Grape Juice diluted 50/50 with water
- Lunch: Scrambled eggs with grape gelatin on top of a meat patty
- Dinner: Chicken soup with a meat patty heated up in it, pureed carrots

Day 5:

- Breakfast: Two different meat patties with grape gelatin
- Lunch: Chicken soup and pureed carrots

- Dinner: Chicken soup, meat patty, and Welch's 100% Grape Juice diluted 50/50 with water

If you start to get sick of your meat patty combination, turn to Chapter 5: Meat Selection and Preparation on page 82 to review how to broil some salmon or cod. It will provide a nice mix to the dinner menu and give you some great nutritional value. Use this menu as a good reference on how to mix and match the Intro Diet but just eat what sounds good to you. Forget about what you used to eat for breakfast. Breakfast foods are going to be much different from here on out, as you will sometimes be eating soup or meat patties instead of the eggs or cereal that you were used to in the past.

Push through any die-off reactions you may experience. Keep in mind that it is a positive thing that is happening, because it means you're getting better. Once you begin to feel better, usually around the end of Day 2, read on to Part 2: How to Transition into the SCD Lifestyle, and begin following the instructions to get ready for Phase 1. That way you can easily start Phase I just as you prepared for the Intro Diet.

Some tips for easing the die-off experience:

- Take Epsom Salt baths (Use 1 cup of salts at first, but no more than 2 cups).
- If your stomach is hurting, mix up a batch of ¼ teaspoon baking soda, ¼ teaspoon of sea salt, and 1 quart of hot water (stirred well) to balance the PH level in your stomach. It really helps a lot!
- Sleep! It will pass the time and rest your body as it works overtime to process out the toxins being released by the demise of the bad guys.
- Force yourself to drink a lot of water to help your body process the toxins.

Congrats! You have successfully started the SCD diet in 24 hours! Now move on to the next chapter to understand how you will transition into the next phase of the diet.

Key Points

Follow the grocery list! Go out and get the items on the list. It will make your life much easier. Then you will have all the tools you need to follow the steps I have laid out to prepare for the SCD diet. I have already gone

through the headaches of trying to find ways around buying these items and talked to others that have made similar mistakes... it is not worth the hassle.

Follow the Saturday schedule! I have discovered the best way to get this food prepared in the least amount of time and with the least amount of effort. Follow the steps the first time around and when it is time to make new batches, you can discover your own pathways for making them better/faster/cheaper/easier.

The Intro Diet is 2-5 days! Completing the Intro Diet is a critical step on your path to healing. Don't skip it, but don't stay on it too long. It will not sustain you for an extended period of time. Do it meticulously for a few days and move on.

Eat the soup! The soup provides some important fuel for your body to get through the die-off reaction. It is also very easy to digest and easy to make a large batch. Make it and eat it.

Follow the menu... sort of! Use the menu as a guideline and mix and match depending on what you want to eat. It is just a simple outline for a good

way to structure the meals based on my experience, and gives you some ideas for how to change things up a bit. If it gets hard to choke down the food, then buy a new meat and follow the instructions on how to broil it and substitute it in... just not in place of the chicken soup.

Push through the die-off! You will be fine; it's over in a few days. The bad guys are going down in a no-holds-barred death match... and trust me; you're going to win. It's part of healing and you should be excited about it taking place.

Part 2: How to Transition into the SCD Lifestyle

In this part of the book I am going to walk you through transitioning into Phase 1 of the Specific Carbohydrate Diet.

I will give you detailed menus for the first two weeks of Phase 1 and tell you about all the ways I have found to integrate seamlessly into the SCD lifestyle. You will find a meat selection chapter that provides an in-depth guide on how to cook each type of meat for each phase of the diet. You will also find a chapter on how to make SCD-legal yogurt and a detailed guide on how to peel, deseed, cook, and puree the fruits and veggies for Phases 1 and 2.

Chapter 4: Transitioning into Phase 1

Now that the Intro Diet is winding down, I am going to give you some background knowledge about how to advance through the diet and what that process looks like. I have also provided a detailed and specific step-by-step plan for how to transition out of the Intro Diet and into Phase 1 seamlessly. Once your feet are on solid ground, you can take the information I give you here to methodically advance through the first 90 days of the diet and beyond.

The transition into the first phases of the SCD diet is a very critical time period in the healing process. Your body has gone through the Intro Diet and is in a very fragile state. The emphasis here is to move very slowly through the phases. All those I have spoken with who survived the first 90 days of the SCD diet introduced their new foods slowly and systematically. I have taken this idea and coupled it with my own experiences to develop a guideline I call “Phasing into the SCD Diet.” These phases are based on the foundation stages put together by the amazing folks at pecanbread.com (reviews those diagrams at: www.pecanbread.com¹). It takes the groundwork that Elaine laid down and provides an avenue for you to take a

¹ <http://pecanbread.com/p/how/stages.html>

methodical, step-by-step approach to the progression of the diet. Doing this at the correct pace is the secret to surviving the first three months and beyond.

The Phasing into the SCD Diet approach is divided into groups of five food sources: meats, fruits, vegetables, eggs, and nuts. Each group contains the most generally tolerable foods as you step from the Intro Diet to Phases 1-5. To give you an idea of how long it can take to progress, you can expect to be working on Phase 2 and maybe just beginning Phase 3 at your 90-day celebration. The caveat here is that we have varying levels of damage from our intestinal problems, and everyone heals at a different pace. That being said, the plan is only a guideline, and only you will know if the time is right to try something new and when to remain in a holding pattern for a week or two. **Bottom Line: Follow the “Phasing into the SCD Diet” guide.**

Phasing into the SCD Diet

First things first: When you don't have anymore diarrhea, you can begin the phasing process. You will know when this happens because it will be a very gratifying experiencing that will start to change your life. One day during

the diet you will realize that you aren't worrying about your stomach as much anymore... that's when you know it is time to begin experimenting.

The basic rule of thumb is 4 days. Try introducing one new item to your normal routine and eat it once a day for 4 days before you make an assessment about any changes. I have found that at times I notice a negative reaction relatively quickly – within the same day. But other times it has taken up to 4 days for me to realize, by tracking my symptoms, that the new food was negatively impacting me. Reactions you want to be cognizant of range from brain fog, sore throat, sinus drainage, headache, and severe canker soars in the mouth, to diarrhea or constipation. You will notice symptoms like these now more than ever, because your stomach has been feeling better and you aren't so focused on it. You will really be aware of what else is being affected in your body after you have become reliant on the beginning foods.

I can't stress enough that when you are trying something new it is vital that the rest of your diet remains consistent with the go-to foods about which you're confident. If you deviate from this and have a bad reaction, you will be a mess trying to play around with your diet to figure out exactly what

triggered it. Each time you make this mistake it will set back your progress on the diet substantially. **Bottom Line: When you no longer have any diarrhea to worry about, introduce new foods via 4-day trial periods and monitor your body's reaction closely. (Don't forget to record the results in your journal.)**

Don't be too afraid to move on. Some people I have spoken with find themselves sitting in a holding pattern because things are going well. That is fine for a little while, but if you're healing well, introducing more freedom and diversity to your diet is going to further your healing. It's the best part of the diet.

You will experience the taste of foods that you were never able to appreciate before this, and you will feel great doing it. On the following page is the Phasing into the SCD Diet guideline that I have developed. Post it on your refrigerator and look forward to advancing to each new item, one day at a time.



INTRO DIET

Meat	Vegetables	Fruits
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COOKING STYLE

Roasted	Peeled, De-seeded, Well Cooked and *Pureed*	Peeled, De-seeded, Well Cooked and *Pureed*
Boiled		
Broiled		
Grilled		

FOODS

Chicken	Carrot	Grape Juice
Beef		Apple Cider
Turkey		
Lean Pork		
Lean Wild Game		
Fish		
Eggs		



PHASE 1

Meat

Vegetables

Fruits

COOKING STYLE

Roasted

Boiled

Broiled

Grilled

Peeled, De-seeded,
Well Cooked and *Pureed*

Peeled, De-seeded,
Well Cooked and *Pureed*

FOODS

Chicken

Summer squash

Pearsauce

Beef

Acorn Squash

Applesauce

Turkey

Buttercup Squash

Lean Pork

Butternut squash

Lean Wild Game

Spinach

Fish

Zucchini

Eggs

RAW

Banana

Nuts

Homemade Milks

Homemade Pecan Milks

Homemade Nut Milk Yogurt

Homemade Blanched Almond Milk

Meat

Vegetables

Fruits

COOKING STYLE

Baked

Peeled, De-seeded,
Well Cooked and *Pureed*

Peeled, De-seeded,
Well Cooked and *Pureed*

FOODS

Chicken	Garlic	Peach
Beef	Asparagus	Pineapple
Turkey	Green Beans	Plum
Lean Pork	Mushroom	Tomato
Lean Game	Pumpkin	Apricot
Fish	Winter Squashes	Avocado
Legal bacon	Artichoke	
Crisp pork	Cucumber	
Eggs	Peppers - green/yellow/red	
	Watercress	
	No spaghetti squash	

RAW

* I recommend you try each new Vegetable
and Fruit in pureed form to access tolerance *

Avocado

Nuts

Homemade Milks	Nut Oils	Nut Butters
Blanched Cashew	Pecan	Pecan
Blanched Hazelnut	Coconut	Blanched Almond
Macadamia Nut	Olive oil	
Coconut	Blanched Almond	

Meat	Vegetables	Fruits
COOKING STYLE		
Pan Fried	Peeled (as appropriate) & cooked	Peeled, De-seeded and well cooked
FOODS		
Chicken	Brussels Sprouts	Lime
Beef	Cabbage	Papaya
Turkey	Celery	Avocado
Lean Pork	Leek	Cantaloupe
Lean Game	Lettuce	Cherry
Fish	Lima Beans-Fresh	Fig
Legal bacon	Pea	Grapefruit
Crisp pork	Beet	Kiwi Fruit
Eggs	Broccoli	Kumquat
	Cauliflower	Lemon
	Collards	Mango
	Eggplant	Passion Fruit
	Kale	Watermelon
	Olive	Rhubarb
	Onion	Blackberry
	Spaghetti Squash	Blueberry
	Bok Choy	Cooked dried fruit
	Water Chesnut	Date
		Orange
		Raisins - cooked
		Strawberry
		Tangerine
		Raspberries
		Boysenberries
		Cranberries
		Loganberries
Nuts		
Nut Flours	Nut Oils	Nut Butters
Pecan	Cashew	Blanched Cashew
Blanched Hazelnut	Hazelnut	Blanched Hazelnut
	Macadamia	Macadamia Nut

PHASE 4

Meat	Vegetables	Fruits
COOKING STYLE		
Deep Fried	Raw	Raw, Peeled if appropriate
FOODS		
Chicken	Cabbage	Lime
Beef	Celery	Papaya
Turkey	Leek	Pear
Lean Pork	Lettuce	Apple
Lean Game	Spinach	Cantaloupe
Fish	Mushroom	Cherry
Legal bacon	Olive	Fig
Crisp pork	Onion	Grapefruit
Eggs	Kale	Grapes
	Collard	Kiwi Fruit
	Broccoli	Kumquat
BEANS	Carrot	Lemon
Haricot Beans	Cauliflower	Mango
Lentils	Bok Choy	Rhubarb
Lima Beans	Cucumber	Passion Fruit
Navy Beans	Peppers - green/yellow/red	Peach
Split Peas	Watercress	Pineapple
	Hot pepers	Watermelon
	Water Chesnut	Melons
		Date
		Apricot
		Avocado
		Orange
		Plum
		Tangerine
		Tomato
		Loganberries
		Raspberries
		Boysenberries
		Cranberries
Nuts		
Nut Flours	Nut Oils	Nut Pieces
Blanched Hazelnut Flour	Peanut Oil	Pecan
Cashew	Peanut Butter	Shredded Coconut
Macadamia Nut		Blanched Almond
Walnut		
Coconut		

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²Before trying peanut butter or peanut oil read about them at <http://pecanbread.com/p/tanya/peanut.html>

Meat	Vegetables	Fruits
COOKING STYLE		
Dried Jerky	Cooked or Raw	Cooked or Raw
FOODS		
Chicken	No Restrictions	Pear
Beef		Nectarine
Turkey		Fig
Lean Pork		Grapes
Lean Game		Peach
Fish		Apple
Legal bacon		Cherry
Crisp pork		Apricot
Eggs		Blueberry
		Blackberry
		Date
BEANS		Plum
Black beans		Raisin
Kidney Beans		Strawberry
		Tomato
		Dried Fruits
		Prunes
Nuts		
Whole Chewed Nuts		
Sunflower	Pine nuts	Blanched almond
Pecan	Pistachio	
Blanched Hazelnut	Sesame Seed	
Cashew	Macadamia Nut	
	Walnut	

I have labeled some of the foods with an indication of the level of the chemical compound phenol in the food. The lower levels are at the top of each section with the lighter colors and the amount increases down the list with the darker color transitions. There has been a lot of research done on this chemical, which is naturally present in a lot of the foods we eat.

Salicylates, a type of phenol, are produced by plants for use as a natural pesticide. As it turns out, salicylates are very similar to the man-made version of aspirin.

Dr. Feingold is probably the most widely-known individual to study this chemical, as he developed what is now referred to as the Feingold Diet. He began his work in the 1960s as a pediatrician and allergist studying children's reactions to aspirin. Through his work, he began to realize that many other dietary chemicals were causing physical and even behavioral reactions. He developed the Feingold Diet to eliminate all food additives, colorings, and salicylates.

It is very important that you are aware of foods that are high in phenols because of the “leaky gut” potential that exists in our damaged digestive system. You may not react to them at all, but initially I would recommend

eating those fruits and veggies that are low in phenols, and work up to the ones with higher levels, to really get a feel for how your body processes them. It is something I experienced myself, and it really knocked me off kilter until I got a handle on it. **Bottom Line: Work up through the guide's fruits and veggies from low to high, as you need to understand the impact of phenols on your body.**

Now we're going to get started on Phase 1 of the diet. It's time to go shopping again! We're going to pick up all the foods you will need to get started with the transition period. I encourage you to pick up a wide selection of meats to allow for a nice rotation through the week. (Turn to Chapter 5: Meat Selection and Preparation on page 82 for a quick understanding of what meats to grab.)

Second Trip to the Grocery Store Checklist

- ☐ 2 lbs. of organic carrots
- ☐ 7 days worth of meat rotation (see Chapter 5: Meat Selection and Preparation for ideas)
- ☐ 6 pears (Bartlett are a good selection. They ripen from green to yellow.)
- ☐ 6 apples (pick your favorite... I like Gala)
- ☐ 1 butternut squash
- ☐ 2 dozen organic eggs
- ☐ 1 package of unflavored real gelatin (make sure ingredients are simply “gelatin”)
- ☐ Welch’s 100% Grape Juice (without calcium added)

The goal of this guide is to get you settled into a smooth routine that will provide the foundation to grow within the SCD diet. On the last night of the Intro Diet, you're going to prepare the food for your transition into Phase 1. (Reminder: Your transition should begin when the "D" stops.)

Use Chapter 7: How to Peel, Deseed, Cook, and Puree Phases 1 & 2 Fruits and Vegetables on page 117 as a reference for how to prepare each of these food items the night before you start transitioning. You're going to use the carrots as your base confidence food and see how the pears introduce. After a few days of no noticeable reaction, prepare some butternut squash to supplement the carrots and pears, and follow the same protocol. If the squash checks out ok, then work into the apples.

Near the end of the week and into the following week, you will want to see how a banana will treat you, but start out with just half the first day. It will be your go-to snack if you tolerate it well, because it can be eaten in the raw form – a great time saver and calorie booster. Always be aware of what might be changing in your body. I lived on bananas during the first two weeks of Phase 1, and I soon found that my mouth was riddled with canker soars and I had indigestion. Once I stopped the bananas, those symptoms

were gone in one day. Now I have a banana about once a week as a treat, and I have no issues with them.

Quick Tip: At most supermarkets, ripe bananas are discounted ridiculously cheap because they don't have much shelf life left... but that's the kind we want! I can usually pick up a whole bundle for about \$0.75, and they are ready for me to eat. It sure beats buying them at full price and waiting a week for them to ripen. Remember to reach for the organic when you can.

1st Week

Below is a sample menu for your first seven days transitioning into Phase 1. Feel free to mix and match the meats with any ideas you might get from reading Chapter 5: Meat Selection and Preparation on page 82. In an ideal world, we would implement a four day rotation of all our foods to avoid reactions to them over time, but there is no way you can do this very easily right now. Just focus on getting settled in and strive to establish a four day rotation of foods as you grow and expand within the diet.

If you decided to wait on the yogurt until after the Intro Diet... good work.

Wait one more week or so until you can gauge how you're settling into

Phase 1. Once you're good, get to work making the yogurt using Chapter 6:

Making SCD-Legal Yogurt on page 105.

This menu is dairy-free for the same reasons as before. If you're confident

you can handle it, by all means introduce the dry curd cottage cheese and

any other items that are SCD-legal at this time (maybe some goat's milk

cheddar cheese). Otherwise, take some time to get a good solid base of go-

to foods that will allow you to ease into dairy and be able to identify

potential reactions. **Bottom Line: Don't complicate things! Make sure**

you're concentrating on building your confidence foods which treat you

well so you can experiment further beyond that. Begin to rotate your

meats and try different ways of cooking them. Note: new foods are

shown in italics.

Day 1:

- Breakfast: Eggs (hard boiled is best, then poached or scrambled),
pear sauce
- Lunch: Leftover meat from the night before, carrot sauce

- Dinner: Broiled pork tenderloin w/sea salt and pepper, carrot sauce, Welch's 100% Grape Juice diluted 50/50 with water

Day 2:

- Breakfast: Eggs (cooked differently than Day 1), grape gelatin
- Lunch: Leftover pork tenderloin and pear sauce
- Dinner: Broiled wild-caught cod fish with sea salt and pepper, carrot sauce, Welch's 100% Grape Juice diluted 50/50 with water

Day 3:

- Breakfast: Eggs (again, a different cooking method than the day before), pear sauce
- Lunch: Leftover cod, grape gelatin
- Dinner: Broiled chicken breasts with sea salt and pepper, carrot sauce

(If things are going well, make some butternut squash this evening)

Day 4:

- Breakfast: Turkey burger, pear sauce

- Lunch: Leftover chicken breasts, *butternut squash sauce*, gelatin
- Dinner: Broiled beef burger patties, carrot sauce, Welch's 100% Grape Juice diluted 50/50 with water

Day 5:

- Breakfast: Turkey burger, pear sauce
- Lunch: Leftover beef burger patties, carrot sauce
- Dinner: Broiled pork chops, butternut squash sauce, grape gelatin

Day 6:

- Breakfast: Eggs (scrambled), pear sauce
- Lunch: Leftover pork chops, carrot sauce
- Dinner: Broiled steak, butternut squash sauce, grape gelatin

(If things are going well, make some apples this evening)

Day 7:

- Breakfast: Eggs (different than previous day), pear sauce, Welch's 100% Grape Juice diluted 50/50 with water
- Lunch: Leftover steak, butternut squash sauce, *apple sauce*

- Dinner: Broiled salmon, carrot sauce, gelatin

2nd Week

So now we have starting building the foundation of foods you know are good to you. I am willing to bet that you are starting to feel a noticeable difference in your health at this point (remember to journal). During week two, we're going to focus on introducing the raw banana and mixing in very small amounts of the yogurt, if you can handle it. Elaine recommends starting off with very small amounts and working your way up, because of the powerful effects of the probiotics the yogurt contains.

These items will get you through another week with even more diversity and freedom. Feel free to experiment with honey, to add a tasty treat and to enhance the flavor of any meal while adding some much-needed calories. Beware; because honey triggers reactions in some people... the same rules apply here.

Day 1:

- Breakfast: Eggs (hard boiled is best, then poached or scrambled), pear sauce
- Lunch: Leftover salmon, carrot sauce
- Dinner:, Broiled chicken thighs and legs, apple sauce, Welch's 100% Grape Juice diluted 50/50 with water

Day 2:

- Breakfast: Eggs (cooked differently than Day 1), grape gelatin
- Lunch: Leftover chicken thighs and legs, apple sauce
- Dinner: Broiled beef (or turkey) burger patties, carrot sauce, Welch's 100% Grape Juice diluted 50/50 with water

(If things are going well, pick up some bananas at the grocery store)

Day 3:

- Breakfast: Eggs (again, a different cooking method than the day before), *half of a banana*
- Lunch: Grape gelatin, leftover burger patties, apple sauce
- Dinner: Broiled pork tenderloin, butternut squash sauce

Day 4:

- Breakfast: Turkey burger, pear sauce
- Lunch: Leftover pork tenderloin, butternut squash, half of a banana
- Dinner: Broiled mahi mahi, carrot sauce, Welch's 100% Grape Juice diluted 50/50 with water

Day 5:

- Breakfast: Turkey burger, half a banana
- Lunch: Leftover mahi mahi, carrot sauce
- Dinner: Broiled chicken patties, butternut squash sauce, grape gelatin

(If things are going well, make your first batch of yogurt... see page 105 for help on that.)

Day 6:

- Breakfast: Eggs (scrambled), pear sauce *with 1/8 tsp of yogurt*
- Lunch: Leftover chicken patties, carrot sauce

- Dinner: Broiled steak, butternut squash sauce, grape gelatin

Day 7:

- Breakfast: Eggs (different than previous day), pear sauce *with 1/8 tsp of yogurt*, Welch's 100% Grape Juice diluted 50/50 with water
- Lunch: Leftover steak, butternut squash sauce, apple sauce
- Dinner: Broiled pork chops, carrot sauce, gelatin

This should give you a good idea how this works over time. It's time to take off the training wheels and let you try to peddle while I hold the seat. Keep up more of the same for week 3, and try to introduce acorn squash, honey, and some goat (or cow) cheddar cheese and butter. These fillers will help immensely to give you much-needed calories and spice up your meals. Try very hard not to use dairy products every day at first if you can. Just treat yourself every four days or so. Remember, you're still eating the yogurt on top of this.

Soak up all the knowledge I have put together for you in the meat selection chapter and the fruit and veggie chapter. In later chapters I will address your

concerns as you turn this diet into a lifestyle and incorporate optimization techniques. Use this book as a guide and refer to the later chapters often to help you through the mental roadblocks that can and will surface. It's here to help you settle into the diet for the long haul and normalize your life. Keep journaling every day, read your compass, and make sure you're not lost in the fog! You have made it almost 30 days on the diet already without even blinking. Always think about how far you have come and not the road ahead.

When you have built up your portfolio with the majority of Phase 1 foods, begin to transition into Phase 2 items. Add in the Phase 2 items just as I have shown you how to do above, and continue into all 5 Phases over time. Each new item will broaden your spectrum a little bit further and provide the variety that you are yearning for. If you do things properly and don't move too quickly, you will slowly build a good variety of foods to settle into the diet with. Experiment with different foods and enjoy the process as you grow and heal.

Key Points

Read through “Phasing into the SCD Diet!” This guide is the secret to surviving the first 90 days of the SCD diet and beyond. Know it, understand it, and put it up on your fridge.

Rule of thumb is 4 days! Introduce new foods slowly with 4-day grace periods in order to really understand and diagnose any reactions they might cause. This is one of the most important steps you can follow in this book... do it without exceptions.

Phenols! Understand the phenol ratings and how the fruits and veggies are laid out in the chart so that you can introduce them from low to high. Keep it in mind when you’re introducing new foods. Your journaling will help you be aware of any effect that phenols might have on your body.

Hit the grocery store again! Sit down and plan out your meat selection for the week to save time and money. Head to the store and make sure you have everything you need to execute week 1.

Go through week 1! Week 1 will transition you slowly from the Intro Diet into a more solid foundation of foods that you know are good to you. Follow the sample menu and fit it into your lifestyle and diet execution. Take it slow and introduce two new items.

Go through week 2! Week 2 will build on your foundation and give you some quick and easy options for adding filler calories throughout the day. Introduce the yogurt at this point if you haven't yet and if you're feeling well enough. It will really bring you up to the next level.

Keep it going! In the weeks following, you are going to continue introducing new foods from Phase 1 and filling your toolbox with foods to rotate through. Add new items in slowly through Phase 1 and then move into Phase 2 foods. Once you have everything in Phase 2 down go ahead and move into Phase 3 items and so on through to Phase 5. Always journal so you know what is going on – you have to keep your direction in the fog.

Chapter 5: Meat Selection and Preparation

Let's focus on rotating our meat selection and how to cook the meats. I have studied these techniques for quite some time, through the research I have done and speaking with my allergy doctor. I rotate all of my meats in a four-day rotation, and I also try to rotate the cooking method as much as I can.

There are two reasons that I do this. The first is that the SCD diet is a meat-intensive diet, and it's very easy to become sick of eating the same meats over and over again. It happened to me when I transitioned out of the Intro Diet and I was eating way too much of the same few meats. It made it very tough to stay on the diet, and I don't want you to go through the same mental challenges I had at that crucial time in the diet.

The second is that most people committing to the SCD diet are going to have some level of a "leaky gut." This means that the intestines let a little bit more absorb into your bloodstream than a person with a healthy gut. It results in foreign objects floating around in there that are not supposed to be there. When your immune system sees them, it attacks the invaders and you feel some level of a reaction (I personally get a sore throat, drainage, and a runny nose). I have found that rotating your meat selection every four days

minimizes your immune response to the foreign objects. **Bottom Line:**

Rotate your meats every four days and vary the way you cook them as much as possible.

With those points in mind, you should work on building a rotation of beef, chicken, turkey, fish, and pork. Any kind of fish will work, and changing your selection frequently will also keep things fresh. I rotate from salmon to mahi mahi, cod, and tuna. Ground turkey is a great selection because you can cook it in all the same ways you would ground beef, and it provides a completely different taste and experience. In addition, any wild game meats that you have access to will taste incredible as substitutes in your rotation. I frequently rotate venison into my diet, as I have a freezer full every fall here in Michigan.

If you can afford it, the health benefits of meats from animals on which antibiotics and growth hormones are not used are well documented. When it comes to buying fish, look for wild-caught rather than farm-raised. Taking it a step further, buying beef from grass-fed cows helps immensely. Your liver is going to be working overtime while it filters out toxins and other bad chemicals from your body. The last thing you want to do is eat meats that

make your liver work harder. The cost will be the final deciding factor. If you can't afford the higher-priced meats, then just buy what you can and concentrate on getting better. **Bottom Line: Buy good quality meats when you can. Try to mix it up between beef, chicken, turkey, fish, pork, and wild game.**

Now let's put it all together. Pick a day of the week to be your meal-planning day. I usually complete this task right before I head to the grocery store to stock up for the week ahead. I use a dry erase board posted on my refrigerator, and mark each day of the week and what meat I will be eating that day, spacing the meats at least four days apart. I note the way I am going to cook it alongside the entry. You can get yourself a dry erase board or simply use a sheet of paper with a magnet, but plan it all out so that you can buy the right amounts and varieties of meats when you get groceries. It might look something like this:

Sunday: Grilled T-bone steaks

Monday: Baked chicken thighs

Tuesday: Sautéed pork chops

Wednesday: Baked salmon

Thursday: Broiled turkey burgers

Friday: Broiled beef burgers

Saturday: Sautéed chicken breast

Even though I eat these meats on a four-day rotation, I generally eat the same meat again the next day for lunch. I buy and cook twice what I would normally cook for dinner so I'll have the leftovers to take with me to work for lunch the next day. Most of us have jobs and need to operate under this system to stay on the SCD diet with some level of sanity. It follows the four-day rotation principle because you're eating the meat again in such a short window that it is still in your system.

If you are in a position to make fresh lunches every day, then take the meat rotation to another level and try not to have the same meat for lunch the next day. For the rest of us, buy twice what you need to make and capitalize on the time saving benefits of leftovers. The SCD diet is time-consuming enough as it is, and some compromises must be made. **Bottom Line: Plan out your meals to save time and money, and stay organized to excel on this diet!**

Quick tip: Since you will be buying all your meats for the week and freezing them, move your meats from the freezer to the refrigerator the night before you need them. Then they will be ready to go when it's time to make dinner. Make it a habit, and it will save you a lot of time.

The variety of your cooking methods will expand as you progress through the diet, but initially you are stuck with broiling and boiling. The reason for this is to prevent the meat from absorbing all the fat it releases during the cooking process. It is difficult for you to digest these fats without some healing. Broiling is the best method, and it is easy. Simply pre-heat the oven to 500° F and use the broiling pan (one comes with most ovens, so most people already have one lying around).

If it is warm out, grilling is a great option because it allows all those byproducts to fall onto the hot coals, and grilled foods taste great (a George Foreman grill is an option, however they are very small).

Using a crockpot to slow cook meats such as the chicken soup we all eat during the Intro Diet is a great way to make a meal. Each of the meats here can be cooked in a crockpot to make a stew concoction. The most important

step is to let the stew settle down and skim the fat layer from the top at least twice before you eat it. Taking the time to do this step correctly makes stew a very easy-to-digest and great-tasting meal.

When you progress to Phase 2, you can begin to bake, and then Phase 3 will allow for some sautéing. The difference is in the amount of fat that you consume along with the meat.

Ground Beef

Phase 1 – Ground beef is very versatile, and most people are familiar with different ways to cook it. During Phase 1, I made burgers because they were quick, easy, and tasted good. You can either broil them in the oven on a broiler pan, or if the weather is right, grill them outside. Just remember to buy a lean burger, such as a 90/10 sirloin.

To use the oven, set the temperature at 500° F and cook the meat on a broiler pan to for about 5 minutes on each side. The key to a good burger is not to flip it more than once (it holds the moisture better that way). Season with pepper, sea salt, and whatever spices you have tried and know you can

handle. If you have had any success with either cow or goat cheese (SCD-legal, of course), then make sure to melt some onto your burgers for a nice taste and increased calories.

Phase 2 – During Phase 2, I was able to tolerate cooking burgers in a pan with no oil added. I simply cooked them on medium heat in a large skillet for about 10 minutes on each side. This is a great way to expand the taste of the burgers. You can also just brown the ground beef in the skillet for whatever recipes you might be making that call for it.

Phase 3 – The same as Phase 2, with oils added. You can work with olive oil, or if you have started testing any of the nut oils such as almond oil, those will taste great. They add more calories and additional flavor to the meat. This is essentially pan-frying.

Pork

Phase 1 – Pork Chops are a fatty meat, and one should always cut the fat from around all sides of the meat after it is cooked to make digestion easier. During Phase 1, you can either broil them in the oven at 500° F on a broiler

pan or, if the weather is right, grill outside. Broil in the oven for about 8 minutes on each side. The key to a pork chop is to let it get slightly crispy on the outside. Season with pepper, sea salt, and whatever spices you have tried and know you can handle.

You can also boil the pork chops if you have a large enough skillet. Put about ½" of water in the pan and let the chops cook at low to medium heat. They will begin to turn white when they are ready to flip. The key is to only flip them once if you can, let them cook about 10-15 minutes depending on thickness. They are done when they are a dense white all the way through.

Pork stew is also a great meal, especially in the winter months. Cut all the pork chops up into bite-sized pieces and dump them into the crockpot. Fill it up with water and add sea salt, spices, and some pureed veggies (carrots and butternut squash are great). Cook on high for 4 hours or on low for 8 hours. Always skim the fat layer from the top of the stew before you serve it and double-check the meat to see that it is completely cooked.

Pork tenderloin is an incredibly tender and delicious cut of pork. Initially you can broil this just as you would a pork chop at 500° F for 8-10 minutes on a side.

Phase 2 – During Phase 2, I expanded on the skillet cooking by first cooking the pork in ½" of water until almost done. Then dump out the water and sauté the outside just a bit to give the outer surface of the meat a little bit of crispiness.

You can also bake them in a glass baking dish at 350° F for 35-40 minutes for a nice change of pace and a time saver (less labor-intensive).

To bake incredible pork tenderloin, simply put it in a glass baking dish and preheat the oven to 425°. Bake it for 30 minutes and then place the dish on a heat-resistant pad on the counter. Quickly seal up the dish with foil and let it sit for 15 minutes while it cools. This trick locks in all the moisture in the tenderloin and makes it extremely tender.

Phase 3 – The same as Phase 2, with oils added. You can work with olive oil, or if you have started testing any of the nut oils such as almond oil, those

will taste great. They add more flavor and calories to the meat. This is essentially sautéing; you're cooking the pork chop in a skillet with just oil on medium heat for 10-12 minutes on each side, or until browned.

Fish

Quick tip: I have done a lot of research trying to discover a quick snack meat that I can use when I am on the go. The best I have come up with at this point is a can of tuna. If you really look into it, most cans of name-brand tuna have broth added, even though the ingredients list only tuna and water. This broth can contain beans, cabbage, carrots, celery, garlic, onions, parsley, peas, potatoes, green or red bell peppers, spinach, or tomatoes (a lot of items we can't have yet). I did find that Starkist Low Sodium Chunk Light and Very Low Sodium Albacore are simply tuna in water with nothing else added. I love having a can of tuna with some honey added for a quick snack and calorie booster that tastes great (I love honey).

Phase 1 – Most of the fish I eat can all be cooked the same way, whether it is salmon, mahi mahi, cod, or tuna. During Phase 1, you can either broil it in the oven at 500° F on a broiler pan or, if the weather is right, grill outside.

Broil in the oven for about 8-10 minutes on each side. Check to see if it is done by scraping a fork across the top to ensure that it flakes. Season with pepper, sea salt, and whatever spices you have tried and know you can handle. Again, if you can tolerate it, add SCD-legal cow or goat's butter for a calorie booster and additional flavor.

Phase 2 – During Phase 2, I started baking all my fish. It is a really easy and quick way to make a meal. Just put the fish on a baking sheet (add a layer of foil for easy clean-up), and preheat the oven to 425° F. Bake for 10-12 minutes and use the flake test to make sure it's done. Again, adding SCD-legal butter will make all the difference in the world if you can tolerate it. Season with pepper, sea salt, and whatever spices you have tried and know you can handle.

Phase 3 – The same as Phase 2, with oils added. You can work with olive oil or, if you have started testing any of the nut oils such as almond oil, those will taste great. They add more flavor and calories to the meat. I did not work into sautéing fish until later in the diet because of the large amount of fat used in sautéing. I simply add oils when baking to provide more calories and a variety of flavors.

Chicken

Phase 1 – Chicken breasts are extremely versatile and easy to cook. During Phase 1, you can either broil them in the oven at 500° F on a broiler pan or, if the weather is right, grill outside. Broil in the oven for about 10 minutes on each side. The key to a chicken breast is to keep the moisture in. Adding water to the broiler pan steams the chicken while it is broiling, and provides that moisture content you're looking for. Season with pepper, sea salt, and whatever spices you have tried and know you can handle.

You can also boil chicken breasts if you have a large enough skillet. Put about ½" of water in the pan and let them cook at low to medium heat. They will begin to darken when they are ready to flip. The key is to only flip them once if you can. Let them cook about 10-15 minutes depending on thickness. They are done when they are a dense white all the way through.

Chicken soup is another great option. Cut chicken breasts (and/or legs) up into bite-sized pieces and dump them into the crockpot. Fill it up with water and add sea salt, spices, and some pureed veggies (carrots and butternut squash are great). Cook on high for 4 hours or on low for 8 hours. Always

skim the fat layer from the top of the soup before you serve it and double-check to see that the meat is completely cooked. Remove the skin and bones before serving.

Phase 2 – During Phase 2, I expanded on the skillet cooking by first cooking the chicken in ½" of water until it is almost done. Then dump out the water and sauté the outside just a bit to give the outer surface of the meat a little bit of crispiness.

At this stage you can try using thighs and drumsticks. Baking these is one of my favorite dinners. Simply put all the pieces in a glass baking dish and preheat the oven to 425° F. Make sure to place them skin side up in the beginning. Cook them for 30 minutes, then take the pan out and flip each piece over. Cook them for another 30 minutes. I wouldn't recommend eating much of the skin, but by cooking them skin down for the last half hour, they get very crunchy and provide a nice change of pace. This is a high-calorie, delicious meal.

You can also bake chicken breasts in the same fashion at 350° F for about 30 minutes.

Phase 3 – The same as Phase 2, with oils added. You can work with olive oil or, if you have started testing any of the nut oils such as almond oil, those will taste great. They add more flavor and calories to the meat. You can sauté the chicken breasts in a skillet with just oil on medium heat for 10-12 minutes on each side, or until browned. Either way, adding the oils allows for variety of flavor, if you tolerate them well.

Beef Steaks

Before I started rotating meats, I usually ate steak only at restaurants or Sunday BBQs. But as I became aware of the health benefits of rotating meats, and got sick of eating the same types of meats all the time, I decided to dive into the confusing world of steak cuts. Due to the large variety of cuts and sizes, shopping for steak can be intimidating. If you're a steak aficionado, just skip down to Phase 1. However, if you don't know a flank from a rib eye, and would rather not spend countless hours researching your steak purchases, follow along. Note: this is intended to be a quick and dirty guide to steak selection specific to the SCD diet... there are plenty of steak gurus, and with a quick Google search you can bring up days of information.

General Knowledge: When selecting steak, there are two factors that should influence your choice: grade of cut and marbling. Steak is assigned a grade by the USDA during the slaughtering process to describe the quality of the beef. You only need to be concerned with the grades “prime,” “choice,” and “select.” Prime is the best, followed by choice and select. You will most likely only find choice and select cuts in your local meat market, as prime cuts are usually shipped to restaurants for fine dining and can be hard to find.

Marbling refers to the amount of fat in the cut. In general, the leaner the cut, or less marbled, the less flavor. During the first phases of the SCD diet, when cooking techniques are limited and your gut isn’t able to handle fats well, use lean steaks. However, a well-marbled steak usually has a richer flavor.

Cut selection is important, as different cuts are suited to certain cooking techniques, and knowing how you’re going to cook your steak determines what cut to buy and makes shopping faster and easier.

When grilling or broiling, I usually go for a porterhouse or T-bone cut, which contain a bone, and are near the fillet mignon and NY strip in the cow. The T-bone is the porterhouse's younger sibling, and is usually slightly less tender but, in turn, more budget-friendly. If you prefer no bones, I would choose one of the following: rib eye, NY strip or tenderloin. If you're looking to save yourself some money, look for top sirloins and flank steaks. These should be marinated and pounded to get the best bang for your buck.

Quick tip: Pan-sautéing any steak with a bone is not recommended, as the bone causes the meat to cook unevenly.

Slow cooking – Slow cooking steak can produce some wonderful meals that I really enjoy, not to mention the time saved and the easy clean-up. When cooking a pot roast in the crockpot, look for a steak cut that has “blade” or “chuck” in the name. Bottom rounds work also, though they're not quite as tasty. If you get confused just grab the ugliest, cheapest cut you can find.

Quick tip: Once your health has progressed enough to allow for pan-frying, first pan-sear all sides of the roast in a dry pan so that it has a nice, brown

exterior. This causes an enzyme reaction in the outer layers of meat that releases the steak's flavor later in the slow cooker.

Phase 1 – Ease into steak slowly, because the fat content of steak can result in an intense digestion process for your gut. I love a good T-bone, and hopefully, after trying a couple of different cooking methods, you will fall in love with a particular steak cut, too.

During Phase 1, you can either broil steak in the oven at 500° F on a broiler pan or, if the weather is right, grill outside. Broil in the oven for about 3-10 minutes on each side. Cooking time varies drastically, depending on the thickness and cut of your steak. Keep an eye on it for decent browning, and flip it when it's nicely browned. Flip it only once to keep the moisture locked in. Doneness depends the level of pink that you're comfortable with; check doneness by cutting into the middle to see how much pink is left. Season with pepper, sea salt, and whatever spices you have tried and know you can handle.

Beef stew or pot roast tastes great as well. For a stew, cut up your steak into bite-sized pieces and put them into the cooker. Fill it up with water and add

sea salt, spices, and some pureed veggies (carrots and butternut squash are great). Cook on high for 4 hours or on low for 8 hours. Always skim the fat layer from the top of the stew before you serve it, and double-check to see that the meat is completely cooked.

For a roast, just put the entire hunk of meat into the slow cooker. Be very careful when adding the water. Add only as much water as is needed during the cooking process to keep the meat from sticking to the cooker. If you are going to set it and forget it, better to start with 2-3 cups of water and adjust downward the next time you cook it, if needed. Season as desired, leaving the vegetables out. The slower, 8-hour cooking time results in a more flavorful roast.

Quick tip: When using the braising technique for your pot roast, verify that the cover of your cooker has a secure seal. You want to keep as much natural moisture in as possible to avoid having to add liquids later.

Phase 2 – During Phase 2, I didn't change much except I started to dry pan-sear my roasts before putting them into the slow cooker. I found that baking removes too much moisture from beef, but you're more than welcome to

experiment with it. Season with pepper, sea salt, and whatever spices you have tried and know you can handle.

Phase 3 – The same as Phase 2, with oils added. You can work with olive oil or, if you have started testing any of the nut oils such as almond oil, those will taste great. They add more flavor and calories to the meat. You can begin sautéing your steaks in a skillet on medium heat with oils added. Cooking time depends on the thickness of the cut, so just watch for browning. Do your best to flip it only once. Steak tastes amazing when sautéed properly. Season with pepper, sea salt, and whatever spices you have tried and know you can handle.

As you progress into the later phases, you can start trying some marinating techniques. Fresh lime or dry wine make great marinades for your steak. Put your steak in a plastic freezer bag and add the juice of about 5-6 fresh limes, or some dry wine, and your favorite salts and peppers. You want to have enough lime juice in the bag so that the steak is fully coated on all sides. (This does not mean it needs to be submerged.) Leave it in the refrigerator for at least a ½ hour and no longer than 1 ½ hours. The lime juice or wine will break down the steak and add some amazing flavors. Feel

free to experiment with other flavors like honey, and more spices. Just remember to keep it fresh and SCD-legal – no store-bought, pre-made marinades. It seems everyone I meet has their favorite marinade, and I'm sure with a little experimentation you will find your own SCD-legal version. Cook marinated meat in the same ways; the marinade just makes it more flavorful and tender.

Turkey (Breast and Ground)

Phase 1 – Utilizing turkey meat is a great way to mix up your meat rotation. You can buy turkey breasts or ground turkey, and they will provide a nice change of pace. Cook ground turkey exactly the same as you would ground beef. Cook turkey breasts exactly the same as you would chicken breasts. Season with pepper, sea salt, and whatever spices you have tried and know you can handle.

Phase 2 – During Phase 2, you can begin baking the turkey breasts just like the chicken breasts, and sautéing the ground turkey just as you would ground beef. Turkey burgers cooked this way are amazing. You can also just

brown the ground turkey in the skillet for whatever recipes you are going to experiment with.

Quick Tip: To add more calories at breakfast, seek out a nice turkey sausage patty to mix into your breakfast menus. I found a company called Shelton that makes a turkey sausage patty out of non-hormone/non-antibiotic meat, which contains only turkey meat, turkey fat, sea salt, and spices. This is about as close to a pre-cooked meal as you can get. Simply sauté them for about 5 minutes on each side and they taste incredible. See what you can find in your area, but watch for added ingredients and avoid meat casings.

Phase 3 – The same as Phase 2, with oils added. You can work with olive oil or, if you have started testing any of the nut oils such as almond oil, those will taste great. They add more flavor and calories to the meat. You can sauté turkey breasts in a skillet with just oil on medium heat for 10-12 minutes on each side or until browned. Either way, adding the oils allows for variety of flavor, if you tolerate them well.

Key Points

Rotate your meats! Avoiding allergic reactions and boring my taste buds was enough to get me to utilize this method. Don't overdo it on the easy meats, especially in the beginning.

Take it to the next level! If you can afford it, buy non-hormone-injected and antibiotic-free meats to give your liver a break. Otherwise, just make do with what you can, as they are expensive.

Plan your meals! Write out your meat rotation at the start of each week, preferably right before you go get groceries, and post it on your refrigerator. Then follow your menu and get your meat out of the freezer the night before, so it is thawed and ready to cook at dinner time the next day (or the previous morning to be ready for slow-cooking the next morning). It will save you a lot of time and energy.

Use leftovers! Double the meat you cook at dinner and take the rest for lunch the next day. It will keep you focused and honest with the diet, and save you a lot of time and money in the long run.

Experiment! Cooking meats differently is fun and a great learning experience. Change it up as you progress through the phases and try different things. It will keep your taste buds on their toes and give you some confidence in your ability to survive this diet. Follow the basic outline I have provided here and work through it to find your own tips and tricks.

Chapter 6: Making SCD-Legal Yogurt

Now let's tackle the whole "making your own yogurt" mystery. This was a difficult step for me to achieve, but the dividends of introducing yogurt into the diet were well worth the effort. It is actually a much easier task than it may seem at first.

Yogurt is a foundation of the SCD diet, and I waited until almost my third month to start it because I was so hung up on how hard it seemed. Don't wait as long as I did. Just wait until things settle down and you're experiencing more regular digestion. When you do decide to get started, don't begin introducing any other foods during the yogurt's introduction. Just stick to your go-to foods and track the introduction of the yogurt for a week to get a good understanding of how your body reacts to it. **Bottom Line: The yogurt is important... make it and eat it as soon as you can!**

If you are at all doubtful or unsure about what the yogurt will do to you, read this article from the American Journal of Clinical Nutrition called, [Yogurt and Gut Function](http://www.ajcn.org/cgi/content/full/80/2/245)³.

³ <http://www.ajcn.org/cgi/content/full/80/2/245>

Step One – Buy a Yogurt Maker

Purchase a yogurt maker as soon as possible. There are ways to make yogurt with your stove, and other methods, but you cannot be sure to get the desired results with these methods. To save you time, I have outlined my thought process below, but you can do your own research if you prefer. The yogurt maker is well worth the expense.

There are quite a few yogurt makers available that are fully capable of making SCD-legal yogurt. Most are designed for the typical 4-6 hours of fermentation that it takes to make standard yogurt. However, SCD-legal yogurt must be heated for at least 24 hours to get the desired effect. Here are some of the differences I found in yogurt makers:

- **Yogurt Containers:** Some have one large container for bulk storage and some have many individual containers.
- **Heating Element:** Some float the container in a water bath to evenly disperse the heat across the yogurt and some do not.
- **Capacity:** Volume of yogurt per batch differs.
- **Price:** Prices differ widely.

In the interest of my needs (saving time and money), I went with a yogurt maker that other SCDers use, and that makes the largest quantity of yogurt possible. Remember that it will stay fresh for up to three weeks in your refrigerator, so why not make as much as possible? I also looked for the water bath feature because it gives me peace of mind that the heat is being evenly dispersed across my yogurt to ensure the best quality product possible. The container size is a personal preference; I wanted to be able to make one large container to keep my process of weekly bulk storage of all my foods consistent. I had no interest in individual containers and the extra steps involved to use them.

Based on these considerations, I chose to purchase the Yogourmet Multi Yogurt Maker, for \$59.95. You can make up to 2 quarts in one container, and it is about as easy to use as they come. It also ships with a clip-on thermometer for the milk pasteurizing process. **Bottom Line: Order that one, or one you like, and get it in the mail!**

Step Two – Buy a Yogurt Starter

Next in the ordering process is the yogurt starter. The starter provides the good bacteria we need to heal our guts. Here are some things to consider:

- Are you having any reactions to dairy at this point?
- Have you tried cow and goat's milk butter or cheeses?
- If you are reacting, are your symptoms manageable?

Yogurt starters can be dairy-based, but there are some that are created in a lab and are dairy-free. Either is fine, but I react strongly to dairy products from cows, so I decided to use a starter that was dairy-free, offered by GI Pro Health (www.giprohealth.com), called GI ProStart, for \$39.95 (makes up to 90 quarts).

In Elaine's book, she makes reference to the Yogourmet Freeze-Dried Yogurt Starter, which retails for about \$42.00 (makes up to 76 quarts). Just keep in mind that this is a dairy-based starter. Go with your instincts. If you suspect you react to dairy products, then avoid them. Otherwise go ahead

with the dairy-based starter. **Bottom Line: Decide which one fits your situation and order it!**

If you're still worried about which one to try because you aren't sure if you will react, get some cheddar cheese (that has been aged 30 days or more) and try it. If you react to it in any way, you will want to avoid the dairy-based starter.

Step Three – Choose Your Milk

For me this choice was easy. The benefits of goat's milk over cow's milk have been quite extensively documented. I react pretty strongly to cow's milk, but tolerate goat's milk cheddar (aged 60 days) relatively well. I made my yogurt with goat's milk without hesitation. If you're interested in comparing them, read the information from the folks at www.Pecanbread.com⁴.

If you are having a strong reaction to goat's milk products, you can transition to almond milk if you are a bit further along in the diet (beyond 30

⁴ <http://www.pecanbread.com/p/yogurt1.html#goatcow>

days). Be sure to test it out before you make your yogurt, to ensure you can tolerate the almond milk.

When selecting your milk, always buy organic, and use pure milk without vitamin additives whenever possible. If you have to use almond milk, buy plain, blanched almonds and follow the recipe below to make the milk immediately before the yogurt. **Bottom Line: Choose a milk to make your yogurt. If you react – no big deal – you can always try a different kind next time.**

Step Four – Make the Yogurt

Follow these steps and keep it simple:

Cow or Goat's Milk Yogurt

1. Pour 1 or 2 quarts milk (depending on what your yogurt maker will hold) into a large pot and start heating on low. Check the temperature every 15 minutes or so with the thermometer and stir the milk. Each time you check the milk, increase the heat until you reach medium

heat. The idea is not to heat the milk too fast because it will scorch if you do. Once it reaches close to 180° F, turn off the stove (that temperature will assure that all the bad bacteria are killed off).

2. Remove the pot from the stove and allow it to cool slowly. Stir it occasionally and check the temperature. Once it has reached about 80° F, it is ready to go. This will take quite a bit of time!
3. Take 1 cup of the milk out of the pot and pour it into a new container. Add 1/8 teaspoon of the GI ProStarter for every 2 quarts (or equivalent of your preferred starter). Whisk the milk well so that everything is dissolved.
4. Add this back into to the original pot. Whisk the full batch well to ensure the starter is completely dissolved.
5. Pour the batch into the container for your yogurt starter.
6. In my case, I add 1 ½ cups of room temperature water to my Yogourmet Yogurt Maker before I put the batch container in the unit.

This allows the container to “float” in water and evenly distribute the heat.

7. Plug in your yogurt maker in an out-of-the-way area of your house where the temperature will not change during the fermentation (for instance, not next to the stove where you will be cooking).
8. Leave the top off of the batch container and use the top provided with your yogurt maker to allow moisture to leave the yogurt and disperse.
9. Ferment for at least 24 hours and no more than 34 hours.
10. Unplug the yogurt maker and carefully place the yogurt batch container in the refrigerator for 8 hours. The yogurt has live cultures that are very sensitive to movement until everything is set up. Once it has set up for 8 hours stir gently and serve cold. It will stay fresh for 2-3 weeks.

Non-Dairy Milk Yogurt

1. Pour 4 cups of water into a blender. Add 2 ½ cups of blanched almonds (or 2 ¾ cups of blanched almond flour) and 2 ½ tablespoons of honey. Set the blender at a low speed for 10 minutes.
2. Let the mixture settle for about 3 minutes with some gentle stirring.
3. Add room-temperature water until you have 2 quarts (half all ingredients for 1 quart).
4. Blend the mixture again for a couple of minutes and check the temperature. It has to cool to below 77° F to be ready for yogurt.
5. Add 1/8 teaspoon of the GI ProStarter for every 2 quarts (or equivalent of your preferred starter) and blend gently to ensure it is mixed.
6. Add the mixture to the batch container.
7. In my case, I add 1 ½ cups of room-temperature water to my Yogourmet Yogurt Maker before I add the batch container into the

- unit. This allows the container to “float” in water and evenly distribute the heat.
8. Plug in your yogurt maker in an out-of-the-way area of your house where the temperature will not change during the fermentation (for instance, not next to the stove where you will be cooking).
 9. Leave the top off of the batch container and use the top provided with your yogurt maker to allow moisture to leave the yogurt and disperse.
 10. Ferment for at least 9 hours and no more than 12 hours.
 11. Unplug the yogurt maker and carefully place the yogurt batch container in the refrigerator for 8 hours. The yogurt has live cultures that are very sensitive to movement until everything is set up. Once it has set up for 8 hours stir gently and serve cold. It will stay fresh for 2-3 weeks.

While integrating yogurt into your diet, it is important to start small with 1/8 teaspoon mixed in with some of your other foods to get a good idea of how

your body handles it. I experienced some additional die-off once I started the yogurt because of its powerful probiotics. Go with 1/8 teaspoon per day for a week and then move it up to 1/4 teaspoon if things are going well. The die-off should get better after a week or so. If it doesn't, then it's probably a reaction to the yogurt you're experiencing and not die-off. At that point you should reevaluate the milk you chose to use, and figure out a new approach to get the probiotics in your diet. (If you're further along, you can try almond milk. Otherwise, turn to page 163 to read about picking up some probiotic supplements.) Don't forget that Elaine tells us not to exceed 2 cups of yogurt in a day. **Bottom Line: Take it slow!**

Key Points

Don't wait too long to start making the yogurt! Get started soon to help advance the diet, but try not to introduce anything else new during the first two weeks of trying the yogurt, so that you can get a clear picture of your personal reaction to it, if any.

Order a yogurt maker! Don't try to make the yogurt on the stove or any of the other complicated ways you may be able to find. Keep it simple; you

can't go wrong with the Yogourmet Multi Yogurt Maker for around \$60 if you don't want to do your own research.

Buy a yogurt starter! Decide on dairy or dairy-free, and get it ordered. If you want dairy-free like I use, then get online and order the GI ProStart for around \$40.

Choose your milk! Dairy, goat, or nut-based milk all work fine. Goat milk is the best for your body, dairy is the best for your wallet, and if you react to dairy, a nut-based milk is the way to go. Make small batches until you know which yogurt you can tolerate.

Follow the Recipe! It really is easy. Start during the early evening after dinner and in a couple of hours it will be ready for the yogurt maker. Then the next evening it will be ready for the refrigerator, and after cooling overnight, you can start eating it for breakfast the next morning.

Enjoy it! It tastes great. Add it to any of your fruit sauces or simply mix in some honey. Remember what Elaine says about starting with smaller amounts and working up to 2 cups. It is really powerful stuff.

Chapter 7: How to Peel, Deseed, Cook, and Puree Phases 1 & 2 Fruits and Vegetables

This chapter will walk you through how to peel, deseed, cook, and puree most of the fruits and vegetables for the Intro Diet, Phase 1, and Phase 2.

Believe it or not, this was my biggest hurdle when I started the diet! I went from buying frozen fruits and veggies that I heated up in the microwave to buying organic and fresh produce that I had to process into a puree... that is a giant leap.

I have spent a lot of time perfecting the methods used in this chapter by talking with professional cooks through online forums, as well as experimenting each week as I prepared these items. I put together all the quick tips and tricks into a step-by-step guide from raw form to puree. By following the steps outlined for each item, you will save the time, money, and energy that I have already exhausted to learn all of this. The foundation that you build while learning these processes will carry you through into the later phases of the diet and provide a good base to experiment from.

A couple of quick tips before you get started:



Batch your foods... make as much at one time as you can fit on your stove.

This step alone will save you enough time to make your SCD lifestyle somewhat normal.

Set up your garbage can at a comfortable height and peel all the items right into the garbage. Don't forget to keep the garbage can close for discarding the parts of the food that you can't use. This will save you a clean-up step later and makes things move much more quickly.

Puree the items while they are still hot. The food processor will work much more efficiently and give you a smoother puree if you can do this.

Have fun and don't be afraid to try different tricks and techniques to speed up the process for your application. The faster and more easily you can

prepare the food on this diet, the more seamlessly it will integrate into your lifestyle.

Butternut Squash

Butternut squash is a veggie that takes a little more effort to prepare, but it makes a lot of food for the cost.



Pros: Makes a lot of food, very good for you, good bang for your buck

Cons: Labor-intensive to prepare, slimy and awkward to peel

- Begin by peeling the skin off the squash with your swivel peeler by holding one end of the squash and peeling lengthwise first. It will be tough to get a nice slice going, so put extra pressure on the rear blade and it will cut much more smoothly. Rotate around the center section until the middle is all clear.



- Peel the top and bottom as close to the stem as you can.



- Cut the squash in half just above the bottom “bulb.”



- Cut each end off to remove the stems.



- Stand the bulb up for an easy lengthwise cut in half.



- Scrape the seeds out with a spoon.



- Stand each side up and continue to cut lengthwise to form many smaller wedges.



- Cut up the wedges into small pieces and place them in a large pot.
- Stand up the other half of the squash and make many lengthwise cuts to form similar wedges.



- Cut the wedges into smaller pieces and add them to the pot.



- Fill the pot with water so all the squash is covered.
- Boil on medium heat, stirring occasionally.



- It will take roughly 45 minutes to 1 ½ hours, depending on how ripe the squash is.

- Do the fork test to see when it is done. The water will start to get very cloudy and the squash will crumble apart when it is ready.

That will give you the best puree.



- Drain the squash using your colander.
- Fill your food processor $\frac{3}{4}$ of the way full and add some water. If it is too thick, it won't puree as well.



- Pour each batch into a large Tupperware container.



Apples

Apples are very quick and easy to prepare.

Pros: Easy to peel and cut, cook in an hour or so, makes a lot of food

Cons: Can be high in phenols and tends to want to boil over

- Begin by peeling the skin off the apple with your swivel peeler around the middle section all the way around first (or use an apple peeler machine if you have access to one).



- Peel the top and bottom as close to the stem as you can.



- Once all the apples are peeled, cut the four sides off of the apple while holding on to the center section.



- The center section can now be discarded because it is full of seeds and difficult-to-digest strands.
- Cut the four sides of the apple into smaller pieces and place them in a large pot so it is $\frac{3}{4}$ of the way full.



- Fill the pan with water just to the top of the apples.
- Boil on medium heat.
- They take roughly 45 minutes to 1 $\frac{1}{2}$ hours, depending on how ripe they are.
- **Watch the pot well!** The sugars in the apples tend to foam up the water, and they will want to boil over without some strategic stirring every 20 minutes or so.



- Do the fork test to see when they are done. Apples usually darken and appear almost see-through when they are done, and tend to crumble apart on your fork.



- Drain using your colander.
- Fill your food processor $\frac{3}{4}$ of the way full and add some water. Apples are very moist, so you don't need too much water.



- Pour each batch into a large Tupperware container.



Pears

Pureed pears are my favorite to make, and they're easy. They cook fast and puree the best.



Pros: Easy to peel and cut, cook in an hour or so, low in phenols, makes a lot of food

Cons: Successful cooking is subject to how ripe they are (the riper they are the better they cook and puree)

- Begin by peeling the skin off the pear with your swivel peeler around the middle section all the way around first.



- Peel the top and bottom as close to the stem as you can.



- Once all the pears are peeled, cut the four sides off of them while holding on to the center section.



- The center section can now be discarded because it is full of seeds and difficult-to-digest strands.
- Cut the four sides of the pear into smaller pieces and place them in a large pot so it is $\frac{3}{4}$ of the way full.



- Fill the pan with water just to the top of the pears.
- Boil on medium heat and stir about every 20 minutes or so.
- They take roughly 45 minutes to 1 ½ hours, depending on how ripe they are.



- Do the fork test to see when they are done. Pears will usually darken and appear almost see-through when they are done, and tend to crumble apart on your fork.



- Drain using your colander.
- Fill your food processor $\frac{3}{4}$ of the way full and add some water.

Pears are very moist, so you don't need much water.



- Pour each batch into a large Tupperware container.



Raw Avocado

Raw avocado is a great, quick snack that provides a nice infusion of calories.

It's one of my favorites.

Pros: Very quick, can take them anywhere, taste great

Cons: Can cause gas, so be aware of that

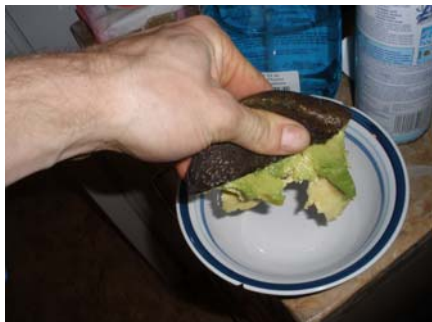
- Grab the avocado lengthwise and slide a knife in until you hit the seed in the center.



- Rotate the knife around the seed until the avocado is cut all the way around, and pull the two halves apart gently (twisting helps).



- Pop the seed out and simply squeeze the skin to get out the edible part, and place in a bowl. Repeat with the other side.



- Take a knife and a fork and slice the sections into small pieces.



- Finish mashing up the pieces with a fork, and you're all set.



- Season with sea salt and pepper. If you're handling honey well, mix some in – it tastes amazing!
- If you can't finish it all, stirring in some lime juice will prevent it from turning black in the refrigerator.

Acorn Squash

Acorn squash is labor-intensive to prepare, but it tastes great and provides more vegetable variability.



Pros: Makes a lot of food, very good for you, good bang for your buck

Cons: Labor-intensive to prepare, lots of steps to complete, difficult to peel

- Bring a pot of water to a rolling boil, drop in the acorn squash, and roll it around a few times while it boils for about 5 minutes, so all sides get equal heat. (The purpose of flash-boiling is to make it softer for the steps ahead.)



- Pull it out and cut it in half at the equator.



- You will now have two equal sides full of seeds.



- Scoop out the seeds from each half with a spoon.



- Cut each half into ½" wide rings and discard the sections at each end.



- Using a very sharp chef's knife, cut the skin off while rotating the ring around in your hand.



- Now you will have all the rings left with no skin on them.



- Cut these into very small pieces, then put them back into the pot on medium heat, with enough water to cover them.



- The squash will take 45 minutes to an hour, depending on how much it flash-boiled and the size of the pieces. Do the fork test to see if it will fall apart as mush when stabbed.



- Fill the food processor about $\frac{3}{4}$ full, add water, and puree'.



- Transfer each batch into a Tupperware container and serve it up with sea salt and pepper.



Tomato

Tomato can be prepared a lot of different ways. The following method is the most efficient and effective way to make it into a nice paste to use with any meat.



Pros: Great addition to any meat, cooks fast

Cons: Labor-intensive to prepare, doesn't make a lot of food, can be messy

- Begin by bringing a small pot of water to a rolling boil and drop one tomato into the pot for 1 minute. You will see the skin on the tomato begin to wrinkle and that's when it's time to pull it out.



- Notice the skin just wants to fall off the tomato.



- Scrape off the skin with a fork or dunk it in cold water long enough to make it easy to pull the skin off with your fingers.



- Repeat one at a time until you have a plate of naked tomatoes.



- Cut each tomato by holding the center section and cutting all four sides from it, leaving the thin center section with the stem to discard. (If the stem is soft and pink, rather than tough and white, you can use all of the tomato.)



- Cut the sections into small pieces for cooking.



- Place all the pieces in a pot on medium heat with just enough water to cover the tomatoes. You will be boiling all the water off to make the paste.



- Every 10 minutes or so, whisk the paste with a fork to break up the chunks as they cook.



- When most of the water has boiled off from the paste, dump it into your food processor.



- Puree until thick and pour into a fine-mesh strainer or colander over a Tupperware container.



- Work the liquid through the strainer by pushing it with the bottom of a spoon.



- When you're done, you will have mostly seeds left in the strainer (they can be discarded).



- Scrape the rest of the paste from the bottom of the strainer and add it to the other. This is a nice paste for adding to any meat.



Carrots

Carrots are the foundation of the Intro Diet and a very easy food to digest.

They take forever to cook.



Pros: Easy to peel and cut, makes a lot of food, easy to digest

Cons: Take 4 hours to cook – easy to forget about and burn

- Start by holding one end of the carrot and peeling lengthwise until it's peeled all the way around. Then switch and hold the other end to peel what's left.



- Gather up all the peeled carrots.



- Cut the ends off and then slice them into 1" chunks.



- Dump them into a large pot, fill it all the way up with water, and cook on medium heat. Most of the water will burn off, so it will need to be checked on, stirred, and water added every 45 minutes for 4 hours.



- After about 4 hours, the carrots will finally be soft enough to puree. Check by stabbing them with a fork and making sure that it passes through very easily.



- Fill the food processor ½ way up with carrots and the rest of the way with water. Carrots don't puree very easily, so don't put too many in, and use a lot of water to help keep things from getting too thick.



- Pour each batch into a large Tupperware container.



Pineapple

There are a lot of steps to go through to prepare pineapple, but it cooks quickly and tastes great when added as a topping on any meat, or just as a snack.



Pros: Makes a lot of food, tastes great on any meat, very sweet taste

Cons: Lot of steps to get processed, somewhat tough to digest, expensive

- Snap off the top of the pineapple.



- Cut it in half at the equator.



- Cut each end off the pineapple (tough to cut, push hard).



- Cut the pineapple into 4 quarters.



- The pineapple has a center core section that you will see is white or a lighter shade of color than the rest. It has to be removed for easy digestion. Simply cut a V shape out of each quarter to remove the middle.



- Split the 4 quarters into 8 pieces right down the middle of the V-cut.



- Grab each piece in one hand and run your knife along the inside of the skin to remove the hard surface so you're left with just the meat.



- Cut up the sections into small chunks for cooking.



- Add them to a pot and fill it with water. Cook on medium heat for 45 minutes to 1 ½ hours. The ripeness of the pineapple will affect the cooking time. Check it with a fork. It will not get as soft as other fruits you will cook, but it will still puree just fine.



- Fill your food processor $\frac{3}{4}$ full and add water. Pineapple purees very nicely.



- Pour each batch into a large Tupperware container.

Green Beans

Green beans are relatively easy to prepare and cook. They don't puree all that well, so at times they can be more difficult to digest.



Pros: Easy to prepare and puree

Cons: Take longer to cook and can be tough to digest

- Start by holding each green bean and twisting off both ends, as they are difficult to digest.



- Dump them into a pot, fill it with water, and cook them on medium heat. They can take up to 1 ½ hours, so check on them every 30 minutes or so and stir, then add more water.



- When they are done cooking, they will be very wrinkly and soft.



- Fill the food processor ½ way up with green beans and the rest of the way with water, and puree'.



- Pour each batch into a large Tupperware container.



Chapter 8: Optimizing the SCD Diet for the Long Run

This chapter covers the basics of how to integrate this diet into your lifestyle for the long haul. A painless integration into the way you're already living your life will allow you to heal without unnecessary distractions.

Money, Family Life, Work Life, and Time Management

You can save the most time by batching whatever you can on this diet. Pick one or two days during the week when you can prepare your fruits and veggies. You will have to experiment with the amounts you're making to dial in how much you need for the days between scheduled cooking. Having all your foods prepared and in the refrigerator will free you up on the other days. Simply heat up your side dishes to add to the meat you have prepared for each meal, and you can live your life normally those days. You can also experiment with batching your meat cooking, though maintaining a 4-day meat rotation as outlined in Chapter 5: Meat Selection and Preparation can be a challenge. I still make my meats fresh each night at dinner time.

Bottom Line: Schedule your food prep in batches!

If you have a family like I do, it can be tricky to implement your diet without impacting them. If you can limit the extent that it affects their lives, it will increase the level of support they provide you while you're working on healing. What I do in our house is lay out a meat menu for the week that I will be making for the entire family. My wife looks at what meats we will be having each night and buys side dishes for her and my son, such as rice, frozen veggies, pasta, potatoes, or whatever else will go along with the meats we eat.

At dinner time each night I prepare the meat that the entire family will eat and she prepares the side dishes for her and my son. When all the cooking is done I just heat up my pre-made side dishes to go along with the fresh meat. This way we can all sit down and share a meal as a family and my diet does not negatively impact everyone else, something I consider very important.

Bottom Line: Include your family in meal planning to limit your diet's impact on their lives.

I can't stress enough the importance of making enough food at dinner time so that you can pack your lunch to eat the following day. Taking the time to follow this pattern every day will allow the SCD to integrate seamlessly with

your work life. If your co-workers ask you anything about your food, just say something along the lines of, “Yeah, I am on a weird diet for a while because of some food allergies I am experiencing. It is extremely healthy and if you ever want to know more about it, let me know. Since I have been on it, I feel incredible.” I have found that this usually satisfies their curiosity and puts the ball in their court to find out more, but most do not ask again.

Giving them just enough information to let them know that you are not trying to exclude yourself, but are merely doing it for health reasons, is all that is needed. As the information about different digestive diseases spreads, many people will think of you as a strong person for making positive changes to help your body. **Bottom Line: Always eat your leftovers for lunch the next day; make enough food the night before!**

Believe me, I have attended some very high-class meetings with catered lunches, and I just hauled in my big, ugly cooler, asked for a microwave, and proceeded to eat some leftover pork tenderloin on a paper plate! People are very understanding when you feed their curiosity a little; it has not affected my career in any way.

If your workplace is a very social place, and business is frequently conducted at restaurants, don't be afraid to go right along and bring your own food. I have never had a problem explaining to the maitre d' that "My co-workers and I will be having a lunch meeting here and providing you with a lot of business. It is important that I attend. However, I have a lot of food allergies so I have to bring my own food. I trust that it will be fine if I heat it up and join my colleagues?" This always works, and the service staff has always been great about accommodating me. Don't forget to chip in on the tip, though. **Bottom Line: You're trying to heal your body to live a long and healthy life. People will admire that. Don't be shy!**

Elaine has touched on outsourcing your food preparation many times in her talks about the SCD. If time is your toughest roadblock, consider having someone else prepare your foods. Elaine often refers to retired parents, grandparents, or a treasured neighbor who would be willing to help you in exchange for some extra money. If this is an option for you, all you have to do is print this manual and give them a copy so they can understand what needs to be done to properly prepare your items for you. Provide them with the kitchen tools they will need and a menu for each week. The most ideal arrangement would have them cooking all your food in your kitchen,

because it will be SCD-ready and you won't have to worry about any cross-contamination of foods that you cannot have. Just make sure you trust them!

Bottom Line: If you can, outsource your cooking!

It's tough to save money on this diet. You will see an increase in your grocery bill from the volume of meats you're eating, however you will see a decrease in your eating out costs (it can be very difficult to find a place with SCD-legal foods). If you take it to the next step and buy healthier meats and organic fruits and veggies, it will be even more expensive. If you find a meat on sale, buy as much as you can fit in your freezer. Some of the big chain membership stores such as Sam's Club or Costco can provide a good avenue for buying cheaper bulk meats. Both of these options require a membership fee that you will make back very quickly with lower food costs.

Decide where you want to spread out your value. Make it a priority to get organic fruits and veggies if you can afford it. Consider joining a local grocery co-op so you can order your organic fruits and veggies at lower cost. In warmer months, I get my fruits and veggies from the local farmers' market where I can find a deal (no overhead costs for them to transport the foods).

The initial expense of the cooking supplies and kitchen tools is also tough to get around. Once you purchase them, you will be able to use them over the life of the diet and beyond, so they do pay for themselves. Consider this as an investment in your long-term health that will compound over time into a better life. In other words, it's a necessary expense, so consider cutting back in other areas. (Let's see, would I rather have cable or not be sick anymore... hmm.) **Bottom Line: Save money where you can and spend it on your diet as an investment in your long term health.**

SCD-Legal Foods

As you progress through the diet, you will become comfortable with how to introduce new items to spice up and diversify your menu. Follow the "Phasing into the SCD Diet" to know when to introduce new foods. As you grow with the diet and you are wondering what is considered SCD-legal, I would encourage you to refer to the SCD-legal/illegal list from Elaine's website. Obviously, this is the most reliable source.

http://www.breakingtheviciouscycle.info/legal/legal_illegal_a-c.htm

You can also search Google. For instance: “SCD-legal tomato juice” will bring you to quite a few blogs and forums where others before you have asked the same question. Make sure you feel comfortable with the person’s credibility before following any of their advice about what is SCD-legal and what is not. When all else fails, getting a written statement directly from the manufacturer is the best way to tell if a product is truly SCD-legal.

When in doubt, wait and check it out further!

Optimizing Your Health: You and Your Doctor

It is absolutely critical that you establish a relationship with a doctor while you’re following the SCD diet. Your body will undergo an incredible change and you will have questions as things come up. The most important step is to find a doctor who has heard of the SCD diet and supports your decision to follow it. Don’t be intimidated; I am sure you’re full of frustrations with your doctor up to this point anyway. Call your doctor’s office and tell them, “I am calling because I am going to be starting the Specific Carbohydrate Diet to heal my digestive system. I wanted to touch

base with Dr. X to gauge his understanding of the diet and ask him some questions. Would this be something he would be willing to do over the phone or do I need to come in?”

If they are not very open to the idea of the diet, please, please, do an online search in the SCD forums and work your tail off to find a doctor in your area who is familiar with the diet. It is counterproductive to be working with a doctor who doesn't know anything about it or is not supportive. The diet is becoming very well known as time goes on, so you should not have too much difficulty finding a new doctor. During my first three months, I scheduled appointments every three weeks to visit my doctor with a list of questions and concerns that came directly from my journal. **Bottom Line: Find a doctor to work with who is familiar with the SCD diet, and schedule regular appointments during the first three months.**

I can't express to you how much better this made the diet experience for me. Things will come up that your doctor can help you with. For instance, I experienced being knocked off kilter by low magnesium levels, intolerance to digestive enzymes, severe dairy reactions, low body weight, and B12

deficiency. These things were not specifically because of the SCD diet, but became more apparent as I got rid of my stomach problems over time.

My doctor worked with me to get some B12 shots, tinker with my vitamins, work on calorie-increasing techniques, and substitute Betaine HCL in place of digestive enzymes. These things got me right back on track and gave me a quicker path to a healthy lifestyle. Without talking to my doctor, I would not have been able to dial in my health to this extent. Here are some starting points to talk over with your doctor during the diet:

- Bring in the list of SCD-legal vitamins that Elaine recommends and talk over the appropriate levels of each for your specific situation.
- Discuss taking digestive enzymes to help aid in digestion.
- Discuss taking probiotics to rebuild good bacteria (especially if you can't have the yogurt for any reason).
- Ask about candida overgrowth and treatment with Nystatin (common in people with digestive damage) to see if you have these symptoms.

- Talk over getting a baseline blood test to see where your vitamin and mineral levels are when you begin.
- Discuss seeing an allergist to explore what might be giving you additional problems.

If your doctor can find you a good allergist in your area, you will be forever grateful. There are some basic differences in allergists and the approach they take to allergies and how they affect our bodies. There are two types of allergic reactions: immediate (IgE) and cyclic (IgG). An immediate reaction occurs directly after the food is eaten and is generally life threatening. Many people with immediate allergic reactions cannot be anywhere near seafood or peanuts, for example, without having a severe reaction. The cyclic type of reaction is dependent upon how much of the food you eat and how often you eat it. These are never life-threatening symptoms, but they do impact your health negatively. If you're interested in getting tested, find an allergist that utilizes the Serial Endpoint Titration (SET) testing method for the best results.

It generally takes a food three to five days to leave your body. If a food that is causing a reaction is eaten frequently, it will never clear out of your body and allow you to know what feeling good is like. Symptoms of these types of reactions are: being tired, excessive fatigue, brain fog, runny nose, sinus drainage, headache, mood swings, anxiety, body aches, sore throat, and hyperactivity. If you can strive to rotate your foods every four days, you can generally avoid the symptoms of these items building up in your body. It can be difficult at first, but once you're advancing in the diet, the wide array of food choices will enable you to implement the rotation. Discovering you react poorly to a particular food and eliminating it can drastically improve your life when you weren't even aware that it was bothering you.

Vitamins and Supplements

Taking vitamins and supplements during the SCD diet can dramatically aid in healing. I am not a doctor and I am just speaking from my personal experience, but work with your doctor to determine whether my recommendations are right for your personal situation. Supplements can make a world of difference for some people, but for others they may cause more harm than good.

Refer to *Breaking the Vicious Cycle: Intestinal Health Through Diet* for information about how many vitamins to take. I highly recommend you do take the vitamins, especially if you're having reactions to dairy products. Freeda makes some of the most used SCD legal vitamins. You can buy them from either www.freedavitamins.com (find them in their SCD products section), or you can get them from Lucy's Kitchen Shop at www.lucyskitchen.com, a great SCD resource. I have taken all three of the SCD-legal vitamins offered in the past: Multivitamin, B-Complex, and Calcium Complete. These vitamins are free of everything you would ever worry about. GI Pro Health has incredibly good quality vitamins and supplements that are SCD legal and I am currently using all of their SCD legal products. Spend some time on their site at www.giprohealth.com.

Bottom Line: Do research, talk to your doctor, and get some SCD-legal vitamins!

I take probiotics in the form of Lactobacillus Acidophilus, and I trust GI ProHealth to obtain this, the same folks that make a dairy-free yogurt starter. They offer a dairy-free probiotic. They clearly identify all of their products that are SCD-legal, and the one that I use is the SCD-Legal Scdophilus 3+

which is 3 billion counts of the L. Acidophilus bacteria. Again, you can find the products here: <http://www.giprohealth.com/>. I don't have to say it enough, talk this over with your doctor, but remember that most people in the SCD diet world don't recommend using any form of the L. Bifidus bacteria, at least initially, because it can take over your gut and get out of control. The benefits of probiotics are well documented and they can aid in healing the gut much faster than without them. It is a great tool in your toolbox if you decide to use it. **Bottom Line: Do research, talk to your doctor, and get some SCD-legal probiotics!**

Digestive enzymes are another tool that will help aid in digestion of foods while your gut is healing. They can also promote cell re-growth within your intestinal lining. Their benefits have been well-documented, and they can help those on the SCD diet heal much faster. Talk it over with your doctor and make sure it is right for your situation. I took a GI ProHealth SCD-legal digestive enzyme called ProZymes available at www.giprohealth.com.

These really helped me finally maintain proper digestion until I developed an intolerance to them after two months, which my doctor said was rare but does happen on occasion. The problem was solved by turning to a chemical called Betaine HCL, available from Freeda, a supplement taken before

eating to encourage the stomach to produce more acid and balance the PH level. I was back to normal in no time. These are some items you might want to consider and talk over with your doctor as to whether or not they are right for you. **Bottom Line: Do research, talk to your doctor, and get some digestive enzymes!**

Quick Snacks, Calories, Energy, and Weight

It can be tough in the initial phases of the SCD diet to get enough calories, especially if you're like me and can't tolerate dairy products. I would encourage you to count the calories you're consuming in a day and keep track of this in your journal. I experienced a weight loss of 25 lbs. during the first two months on the diet, but I was able to work with my doctor and bring my weight back up after I stabilized. To add calories in small ways throughout the day, and to provide quick snacks:

- Use honey as a topping on your meats and mixed into your fruits and veggies.

- During Phase 1, eat very ripe bananas, but be aware that you may not be able to tolerate them every day.
- Begin to slowly integrate olive oil into your cooking during Phase 2 to provide a nice calorie boost. If it goes well, ratchet it up during Phase 3.
- During Phases 2 and 3, begin to slowly introduce an almond or macadamia nut oil to provide additional flavor, and rotate it with the olive oil.
- If you can't tolerate dairy products, slowly try goat's milk cheddar cheese and goat's milk butter. To remove impurities, heat it up in the microwave and skim off the impurities on the top before adding it to your foods.
- During Phase 2, adding in raw avocado will give you a great high-calorie snack, but be aware that you may not be able to tolerate it every day.

- Try finding the Starkist Low Sodium Chunk Light Tuna, Very Low Sodium Chunk White Albacore, or other broth-free tuna, for a nice, quick snack if you're on the run. Try it with honey – you will be surprised how tasty it is.
- Try the Shelton's Turkey Sausage Patties to really ratchet up the calories at breakfast.
- Eat more meat. Buy more than you ever have before and cook it all.

Implementing these tips will add calories and give you more energy throughout the day. Be patient and let things settle down after the initial shock of starting the diet. Once you are in a dietary routine, I highly recommend you discuss an exercise routine with your doctor and start immediately. If you're starting from nothing, even brisk walking for twenty minutes each day will provide profound benefits. If you can, step it up a level and do some weight training along with your low-intensity cardio. This will help you keep and add muscle mass that you may have lost during the past years of sickness. Once again, always check with your doctor before you begin any new exercise routine.

You are now eating an extremely healthy diet based on whole foods that have not been processed, filling your body with new and better nutrients. Capitalize on this effect by regaining and surpassing your previous fitness levels, and it will make every area of your life better! **Bottom Line: Do all the little things to add calories, count them, and do some weight training if you're up to it!**

Keep some canned tuna, bananas, and avocado stocked, as well as some extra frozen cooked meat, fruits, and veggies in case of emergency. If for some reason you run out of food, and something prevents you from preparing more, you will have a stash that will last you a few days. I wrap cooked meats and vegetables in individual, single-serving sizes, and keep them in the freezer. This allows me to have an SCD TV dinner with the help of the microwave anytime I am short on time. This is like having an emergency fund in your bank account – it's hard to fund it initially, but you will be glad it's there when you need it. **Bottom Line: Have some emergency prepared foods in the freezer... for an emergency!**

Travel

When it comes to traveling, the SCD lifestyle can be a tough one to follow. I have only traveled a few times on this diet, and I made it work without much issue. If you're driving, just pack the cooler with pre-made meals that will get you through your trip. Call ahead to your hotel and make sure you will have access to a microwave (if not, take one). Most hotels have mini refrigerators that you can rent per night. For longer trips, you can even bring a small hot plate to boil foods and your food processor to puree them in your room! Another option is to call around and find an "extended stay" hotel that is usually geared toward business customers that are staying somewhere for a long term assignment. They are very nice, usually only a little more expensive, and include a full size fridge, stove, and microwave in the room!

If you are flying, you will want to bring quick snacks like banana, avocado, and canned tuna to make it through the trip. Call ahead to locate a health food store that carries what you need and a grocery store for meats and have printed out directions to both locations from the airport. Write down a meal plan for each day so there will be no surprises. Again, verify that you will have access to at least a microwave and a refrigerator and then plan your

schedule so you have time to prepare your foods when you arrive. Pack an extra suitcase for checked luggage that contains all your pots, pans, food processor, silverware, and Tupperware. Don't let traveling interrupt your diet. Just overcome the difficulties with proper planning. **Bottom Line: Proper planning makes traveling on the SCD diet a breeze!**

Quick Tip: The last time I flew I was able to freeze containers of apple sauce, pear sauce, and squash sauce and bring them on the plane in my carryon luggage. They were fine as long as there is no liquid and they are completely frozen solid. Once I arrived at my destination I allowed them to thaw out and it bought me some time before I needed to run around getting groceries and making new batches of food. It works great for keeping other food cold as well because you are not allowed to carry on ice or a cold gel pack. Call the airline ahead of time and verify that this policy is still valid before making plans, but it worked great for me!

The Long Term

You will get better over time. Remember to always look back at how far you have come, not how far you have left to go. When you're having bad days, read through your journal and relish in your accomplishments. It has

been a long road and it will continue to be... but your journal is your compass, and you know you're going in the right direction. Your body will continue to grow and change over time, and you will begin to notice this very slowly. You will have little "ah-ha" moments when you realize you didn't think of your stomach today, or you didn't have any anxiety today, or you haven't had a headache in two months, or you sleep through the whole night – so many little things that are specific to your experience will improve that you will be shocked.

You will survive beyond the first 90 days. After that, you will enjoy new options and the freedom to experiment as you heal. This is a long-term investment for a healthy life... just take it a day at a time. Don't concern yourself with how long you will be on the diet. Instead, keep your mind in the present, and just focus on all the cool new foods you get to experiment with at each phase. If you get extreme cravings, do what I do and just squirt some honey in your mouth straight out of the bottle, or take a shot of pure Welch's Grape Juice. The taste will curb the craving and you will still be SCD-legal – no reason to forfeit your investment in the diet for a passing craving. Remember to write that number on your hand! **Bottom Line: Don't cheat. Ever. No excuses!**

As you get confident on the diet and start branching out, get in touch with others on the diet. Be a mentor and share your experiences with others who are just beginning. Communicate through forums and blogs with the vast community of SCDers who have been in your shoes and give us all hope. You may even find someone in your town that is following the diet, and you can get together and share stories and meals! **Bottom Line: Reach out to others; we are all in this together!**

The End Is Just Beginning

I hope the experiences and discoveries I have shared with you will give you the confidence to move forward and start healing today. You have all the tools necessary to start the SCD diet in 24 hours and survive the first 90 days and beyond. I do not want our relationship to end here. I want to begin forming a long-term friendship with you as you heal and grow the same way I did. I have a blog and social community where SCDers can get together and share experiences. If you ever need inspiration or more information, please come visit us at www.scdlifestyle.com. This is also a good place to find more information about the SCD diet when you get to the “beyond” part... see you there soon! **Bottom Line: Good work getting this far. Keep journaling and come to the blog and let me know how you’re doing!**

I wish you the best ~ JR & SW

APPENDIX 1: The Tracking Chart

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