

SCD Lifestyle

SURVIVING TO THRIVING

Master the First 90 Days of the Specific
Carbohydrate Diet - Take Control of Digestive
Diseases, Stop the Drugs and End Stomach Pain

JORDAN REASONER & STEVEN WRIGHT
www.SCDLifestylebook.com

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Introduction

This book has been a long journey in the making. Both of us have been through a lot of obstacles to get our health to where it is today. The Specific Carbohydrate Diet (SCD) saved our lives, and we want to pass on all the things we discovered during this life-changing experience. At first this diet seemed restrictive but now we realize it is actually an amazing food celebration. 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. Many 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. We know because we've been there. The fact that you are reading this book tells us that you will connect with most of the experiences we have been through. Stay with us – there is light at the end of the tunnel.

While we bucked conventional medicine, took control of our health, and never felt better, it wasn't always blue skies and perfect poops. We wanted to start things off by sharing our stories about how we overcame digestive warfare in our bodies and started on our own paths to intestinal healing. Take some time to read through our stories before you start yours. If you don't feel like reading another story about being sick and just want to get started, skip down to page 21 and get to work!

Jordan's Story

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...

I Really Am Sick

So, I was this broke college kid sitting at my computer one morning trying to come up with some sort of a budget to make it easier to get by. I started

going through my grocery bills and found that I was spending \$50 a month on Imodium AD! In that moment, I lost it and broke down, finally admitting to myself that I was sick and that popping Imodium AD like breath mints at \$50 a month was probably not a good sign. I had written it off as beer, stress, not enough sleep, the “college kid diet,” and everything else under the sun as my disorder became more normal to me. I realized it was time to figure out what was going on, so I called my doctor. That was in May of 2007.

My doctor gave me **Prescription #1:** Eat more fiber. So I ate more fiber and it came out faster and with a vengeance, and I kept getting sicker.

So I went back.

Prescription #2: “You must have irritable bowel syndrome [IBS],” he said. “Take this drug, Bentyl, and you will get better.” I took the drug and everything was the same. Plus the medicine made my brain a foggy mess and I got even sicker.

One morning as I was getting ready for school, sat down for the usual bathroom battle and glanced down at nothing but blood pouring out. My heart was racing, my breath got stuck in my throat, and I kept thinking, “This is it, this is cancer, this is dying.” My girlfriend (now my wife) rushed me to the ER while I sat in the passenger seat reflecting on my life. I was 23, about to graduate from college, and I was being rushed to the hospital while I sat on towels and bled through two of her maxi pads. *How in the hell did I get here?*

Diagnosis: After nine hours waiting in the ER, a doctor explained I had a large fissure hemorrhoid from excessive diarrhea. It was back to the doctor for me.

Prescription #3: Go see a gastroenterologist because that’s what they are good at. The gastroenterologist said I displayed typical IBS symptoms, but by this time WebMD had convinced me I was dying with cancer, so I demanded a colonoscopy and an 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 until the biopsies came back three weeks later.

Diagnosis: 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.

Gluten-Free Living

I mourned the loss of pizza and beer for a few days before becoming determined to get better. 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.

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 be getting gluten contamination from something. 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 a Celiac, and I still 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 warning.

I didn't trust my doctors anymore because 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 wasn't the same person I used to be. Not only were my own concerns consuming my thoughts, I was also worried sick about not being able to take care of my family. I was broken down and weary, watching my life pass by while I fell apart. At that point, 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. Seriously, I would have eaten dog poop if someone told me I would get better.

Finally, Some Hope

That is when I finally got an appointment with a very skilled holistic physician, and my life began to change.

His **Prescription #4**: Read *Breaking the Vicious Cycle: Intestinal Health Through Diet*, by Elaine Gloria Gottschall, and to start the diet before coming back to see him.

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 finished the book, though, I felt pretty intimidated. I finally had the answer to my problems, but I was lost in the details. 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 restrictive diet?
- How do I know when to eat new things?
- How do you peel, deseed, and cook the fruits and veggies?
- When and how do I make this yogurt?
- How am I going to handle the stress of this diet?
- How am I going to find the time to follow this diet?

The hardest part for me was that I had just graduated from college and, let's be honest, I couldn't cook a damn thing to save my life. I was paralyzed by all these questions and the lack of someone to turn to for 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!

Elaine's book presented the SCD as a superhighway to health. The challenge I faced was finding my own personal on-ramp to merge onto the

superhighway. It felt like I was standing still while everyone else on the diet was speeding by at 80 mph.

I began a three-week research period during which I spent over 100 hours figuring out how to begin the SCD. I exhausted every resource I could find online and spoke with anyone I could who was on the diet. Using all of this newfound knowledge, I put together an “on-ramp” action plan to merge up to speed, and started the Intro Diet.

Giving the SCD Diet a Shot

Elaine’s basic diet, referred to as the Intro Diet by the SCD community, was intense and incredibly challenging. My die-off experience left me craving sugar and feeling like I was living under water. 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 on 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.

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 to. I wasn’t getting sicker anymore, I was finally getting better.

Every aspect of my life began to improve because my health foundation 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. Most importantly, I have always followed the diet with strict adherence because of my fear of being sick again.

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 hadn't thought I would be able to do before I developed my plan and started the diet. The best part about 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. It has truly become a LIFESTYLE choice that I no longer view as temporary or burdensome. I actually take pride in how I eat and I am forever grateful to have been afforded this new lease on life.

Jordan Reasoner

Steve's Story

When I started this journey, my problems were completely undiagnosed. Of course, multiple doctors had told me I had IBS. The idea that I had an incurable nuisance problem for the rest of my life did not sit well with me. Now, much later in my healing journey, I've learned that I had bacterial and Candida overgrowth issues. But I'm getting ahead of myself, so backing up, I'll tell you how I ended up where I am today.

As far back as I can remember I've had cramping and horrible, room-clearing, I'm-not-even-proud-to-claim-it gas. Looking back I'm assuming I was reacting to foods, but it wasn't until my high school years that my digestion took a turn for the worse.

Invasion of the Good Bacteria

During high school I developed moderate cystic acne. I hated it! I had a horrible self-image and tried everything I could get my hands on to get rid of it. I tried every over-the-counter product I could before finally getting my mom to take me to a dermatologist. After months of trying different combinations of medicine, I was put on a daily antibiotic called Batrium DS. It provided a slight improvement with my acne, and at that point I would have done anything to have clear skin. Unfortunately, no one warned me that while I was killing bad bacteria and helping my acne, the antibiotic was also killing certain good bacteria.

Near the end of my sophomore year at college, while I was working full time, I started feeling really fatigued. One day I started having extreme bouts of diarrhea and was frantically popping pills to try to make it through the day. I thought for sure I had caught a "food sickness," so I tried to continue going to work and popping anti-diarrhea pills. Each day I was getting worse, but figured it would pass soon. Then I collapsed at work. I was rushed to the ER and spent the rest of the day receiving treatment for dehydration and getting bowel cultures taken.

Later that afternoon the cultures came back and revealed that I was suffering from an extreme overgrowth of *L. bifidus* bacteria. How could this be? They were telling me I didn't have some crazy sickness but an overgrowth of good bacteria?!? It made zero sense to me. I just wanted to take some pills and make it all go away, but they instead told me that taking my acne

medication for the last four years was most likely the problem. The prescription was to avoid all antibiotics and start taking Lactobacillus acidophilus, a probiotic, a form of good bacteria that would help my body heal itself. Wait...I had too much good bacteria and now I should take more?

It wasn't until years later that I finally figured out what had happened. Broad spectrum antibiotics (such as Bactrim) cannot target specific types of bacteria. Instead they kill off good and bad bacteria alike. L. bifidus, while a beneficial bacteria that is needed for good digestion, is also very aggressive and tends to overgrow if left unchecked. This is the reason that Elaine does not recommend it for use on the SCD diet. If conditions are right, such as with a severely compromised digestive tract or a distorted bacteria balance, it can easily multiply and crowd out all forms of good and bad bacteria that are not as aggressive. The take home point here is not that L. bifidus is bad, but that even good bacteria, if not kept in check by a healthy bacteria balance, can cause horrible digestive problems.

My Normal College Lifestyle

I stuck to that for about three months, but because the refrigerated probiotics got in the way of my go-go college social life and class schedule, I resumed my normal college habits of drinking copious amounts of beer and eating everything that came out of a deep fryer 24-7. I was having diarrhea daily, joking with others who had similar bathroom rituals, and telling myself that it was normal and just “the beer poops” after all. Not once did I question pooping 5 to 8 times a day. I thought that's what everyone in college did. I had the occasional bloody stool or bloody toilet paper wipe, but because of my self-diagnosed fissure, considered it something I had to live with.

Taking Charge of My Health

After graduating from college, overweight and out of shape, I set out to get healthy. Since the age of 15 (and on-and-off during college) I had worked out and actively researched supplements for muscle-building and/or fat loss.

At this point in my life, I started to become interested in mental and physical health as well as trying to look better. I was unhappy with the way I looked and most days were filled with stress, bad attitudes, and mini depression cycles. I worked hard to “clean up” my diet and lose fat. I tried just about every weight loss diet out there and found out that low-carb diets worked wonders for my body. I was also becoming aware of my bowel movements

and gas, and noticed that when I was on a low-carb diet I had much less gas and drastically reduced bathroom visits.

Then I changed jobs and moved to Chicago. This took my stress level to a whole new high. I was trying to maintain my health in a new city devoted to eating out and daily happy hours. I continued to work out, but my diet started suffering. I was eating restaurant and processed food much more often. My digestive health continued to decline as I started traveling for my job. My body was revolting against these restaurant foods by producing horrible gas and stomachaches after eating; some days they would leave me incapacitated for hours. My bowel movements had improved since college (3-4 per day) but the gas and cramping was affecting my work and every other part of my life.

Enough is Enough - Time for a Change

During a rather severe cramping and diarrhea session that kept me up all night, I called Jordan. He had been telling me about his amazing results on the SCD diet and I was finally ready to learn more. I made a promise to myself and to him that I would start the diet soon. So I read *Breaking the Vicious Cycle* by Elaine Gottschall. The book was an amazing read – the first time I had come across anything explaining why gut problems happen and what to do about them. While excited to learn new information, my first reaction was, “Ah hell, no, I can’t do this diet!” For one, I ate out several times a week for work and at bars with friends. How was I supposed to have any kind of social life?

Second – “How do I start?” Of course there was an Intro Diet plan in the book, plenty of great web resources like pecanbread.com, and I had Jordan to answer my questions. But up until then, salads and baked chicken were the limit of my kitchen repertoire. I owned two pans and had never peeled a vegetable in my life! I was completely intimidated; the kitchen was essentially a foreign place to me.

Jordan reassured me that if he could do it, I could, too. I was skeptical to say the least. I wasn’t even convinced the diet would work for me, so forgoing my social life and spending hours in the kitchen seemed especially pointless. However, I had made a promise, and when I weighed the pros and cons, it was clear that I was mentally and physically a wreck because of my digestion problems – I needed a change.

Starting the SCD Diet

For me, the Intro Diet wasn't too hard. With Jordan's step-by-step directions, I was able to bumble my way around the kitchen and slowly figure things out. I didn't suffer much die-off, only some mental fogginess, low energy levels, and mood issues. I did deal with some extreme carb cravings. I mean, some days it would be so bad that thinking about candy would just take over my mind. By the next week, however, amazing changes were taking place in my body: I no longer had any gas, the cramping was gone, and I was pooping about once a day. There were actually several weeks during which I would go a day or two without pooping. Honestly, it was a weird experience, because I've never been constipated in my life!

I was excited, though, and ready to move through this diet to find a new level of digestive health. As I started adding foods into the diet, I had to call Jordan repeatedly each time I tried to add a new fruit or vegetable. I would search the internet for hours but just wasn't ever able to find directions about how to properly prepare these foods. It shouldn't have been that hard, but I had no confidence that I would get it right, and in a diet where the slightest mishap can cause a setback, I wasn't about to waste my time.

Two Steps Forward, One Step Back

Everything was going well until about six weeks into the diet. I was committed and seeing great progress. I had informed my friends about my diet, and for the most part they appreciated what I was trying to do for myself, but would still invite me out, most of the time tempting me to cheat. Well, that was about when I had my first slip. I was becoming lonely, and when my friends would tell me about their weekend partying, I felt like I was really missing out on all the good times. So I cheated because of the social pressure to hang out, but also because I had a false sense of accomplishment regarding my digestive health. I figured one beer, burger, or restaurant meal wouldn't really matter.

This false sense of security and achievement, wrapped up with feeling sorry for myself because I couldn't live my old life, started to drag me down. The alcohol and candy cravings returned with a vengeance. During one particularly bad episode when a bunch of friends came to visit, I let loose. I consumed beer, candy, and bread, which was amazing in the moment because I finally fit in again and wasn't the outsider with special needs. The aftermath was horrible. All of my symptoms returned – the gas, bloating,

cramping, and diarrhea – for several days. The worst symptom of all was mental. I had unintentionally launched myself into another mini depression cycle. I was mad at myself for not having more will power. Why couldn't I have resisted? Even worse yet, I was completely embarrassed to tell Jordan and my family. I felt like I had not only let myself down, but also everyone else who was pulling for me and helping me.

The Destruction of Cheating on the Diet

My energy levels were a mess, my insomnia and anxiety came back, and there were those damn cravings again. Every time I passed a vending machine, I swear there was a packet of plain M&M's just calling to me. It was bad. Here I was completely upset with myself, embarrassed, and yet the happiness I got from fitting in, even for just a 12-hour cheat window, was calling my name again. It wouldn't go away!

In between cheat windows, I was seeing great digestive results, but my false sense of accomplishment would creep up and kick my butt again! Instead of a 12-hour cheat window, I caved in to a little candy, which led to a multiple-day candy binge that came to a head at a family party. I'm not sure if your family parties are like mine, but mine revolve around FOOD. That's really it. I mean, there is usually enough food to feed us twice and make most people sick of eating for a week. The talk was about food, the Easter egg hunt was for food, even the food was talking about food. Of course, there I am trying to recover from cheating, all pissed off, embarrassed, and not feeling well, so I gave in. No more questions! Sure I can eat it all! Stop trying to please me, already!

I was already feeling bad mentally and physically, but after I was alone and had to answer to myself is when the real pain train came. Once again, it wasn't the bad digestion and diarrhea, but the lack of energy, not being able to think, not wanting to do anything, and the general disappointment in myself that was killing me. And to do it several times, after I already knew the consequences!

How the SCD Diet Has Helped Me

I know the diet works for me. I know that I have amazing energy and clarity, and actually get excited to wake up and do my hobbies when I'm on it. What I also know now, is that this isn't a short-term battle, and I can't lead a double life or be embarrassed or afraid of what others may think about my need to be an outsider when it comes to processed food. The pain I

cause myself and the time I lose by trying to fit in with my family and friends isn't worth it. I also know that cravings are normal, and I'm not the only one who gets them, and that it is my choice to not give in to them.

The transformation in my body and mind cannot be described. If I had to pick the two effects that I love the most about this diet, they would definitely be: (1) having control of my mind again, without anxiety or stress about my stomach, poop, or gas; and (2) not losing hours of productivity due to cramping, stinky gas, and energy crashes. When I was sick I did not realize how much of my time was wasted on thoughts related to digestion and food. As I've reached each new level of health, I've realized how many more fruitful and worry-free hours are available each day. As these new levels have stacked on top of each other, I am no longer consumed by my bad digestion, and this has been the best blessing I never asked for.

Steven Wright

How to Use This Book

This book is designed to take you beyond where *Breaking the Vicious Cycle* left off and allow you to take control of your health, by giving you the mental strength and the action steps to get you going. Elaine Gottschall created a superhighway that leads to permanent healing of the root causes of your digestive symptoms, whether they be chronic diarrhea, constipation, gas, stomach cramping, acid reflux, low energy, brain fog or digestive anxiety. Her superhighway also works to heal digestive diseases such as ulcerative colitis, Crohn's disease, celiac disease, IBS, diverticulitis, and many autoimmune diseases that begin with digestive problems. The SCD will work for you if it is properly started, followed, and customized to meet your body's needs. Our book is designed to be your GPS for finding the on-ramp to your personal superhighway of health.

The SCD is like a long road trip during which you will be travelling many miles before reaching your destination. Our book is your GPS, and includes all the necessary instructions you need to find your way. When you go on a long road trip you need to know where the gas stations are, where to stop to eat, and how far to drive each day. For your SCD journey, our book will provide you with the proper mindset and the cooking skills, tips and tricks for integrating the diet into your normal routine. Most importantly, our guide provides the help you need to customize the diet for your body so that you can be successful and start feeling better.

First Things First – Get Your Head Straight

Many people overlook the mental aspects involved in starting this diet, and really struggle later on when they realize that it is a life-changing experience. The SCD is likely very different from anything you have ever experienced. At times it can be frustrating, but in the end it's extremely empowering and rewarding. We've been in your shoes and we want to make sure you're set up to have the fastest success possible. This starts with how you think and feel about health and food, and your commitment to the Specific Carbohydrate Diet.

That is why our first chapter is dedicated solely to the mental side of the diet. Reading about and understanding the psychology of Specific

Carbohydrate Dieting will put you in the correct mindset for long-term success. If you don't do the exercises that we suggest, your chances of taking control of your digestion in the fastest time possible drop off significantly. Each exercise has been specifically formulated and tested by us and many others to ensure it is adding the most value to your healing journey.

The information you will learn in Chapter 1: Your Commitment will be your guide throughout the rest of the diet. You can return to it at any time and practice the exercises to renew your commitment to the diet, experience your health goals, and remind yourself how to tell if you're actually getting better.

Second Thing – Execution is the Key

After you have the right mindset, we will take you through several chapters about SCD cooking. If you use the instructions we have laid out for you, we guarantee you'll be making the easiest-to-digest, healthiest, and most nourishing food for your stomach. The first step in this cooking process is reading all about the Intro Diet to understand what you will be doing and what you should expect as you begin.

We've laid out food plans, shopping lists, and cooking instructions with everything you will need in the first few weeks on the diet. This area of the book is designed to be used as a reference. It doesn't need to be read right now, but should be referred back to often when it is time to introduce new foods or move on to new phases of the diet.

Third – Live the Lifestyle

After the cooking chapters is Chapter 8: Living the SCD Lifestyle. This is the part of the book where we tie all the loose ends together. If you read, understand, and use the tips, tricks, and ideas we explain, you will be well on your way to adopting the SCD lifestyle. It is empowering, rewarding, and truly life-changing. We will address everything from time management, family and doctor interactions, and supplementation, to traveling on the diet, and much more.

This section of the book can be read as you begin the diet, but it's most helpful to return to as you progress through the different phases in the diet. As you learn and grow into the Specific Carbohydrate Diet, new challenges will present themselves, and this portion of the book is where you will find the answers to overcome them.

Action Steps to Take – What to Do Next

Step 1: Get the proper mindset to put yourself in the best possible position for lasting SCD success. So read chapters 1 and 2 and do all the exercises before moving on. Remember, these chapters were designed from our successful use of the SCD to heal our digestive diseases, and have been used by many others who are also healing on the diet. We cannot stress to you enough that if you fail to take action and learn these concepts, you are risking failure on the diet before you even begin.

Step 2: Pick a start date for the diet. Then print off the shopping list on page 40 and go to the store. Some people do better practicing change and easing into the diet. If you feel better about doing that, then go for it. Start by eliminating grains for a week, then starches, then sugars. Once you have all those out, then pick a day to start the Intro Diet. The point is: you just need to go for it!

Step 3: Turn to page 41 and read about how to cook the food needed to start the Intro Diet.

After that it would be a good idea to skim over the rest of the book so you understand where everything is and what is in each section. This will give you a good overview of what is to come but won't bog you down with information and steps that you don't need just yet.

Step 4: Start the Intro Diet. You have read all about the mental side, gone shopping for all the tools you need, and read about how to cook everything. The only thing left is to stick to your date and start the diet. Your digestive health is in your hands now. All you have to do is go do it!

One More Thing

We NEED your help! There are many other people in this world who are suffering through the same problems we had and that you are going through right now. We want to reach as many as we can.

If you have a couple of minutes, please tell us what your top three fears or frustrations are right now as you are starting this adventure.

All you have to do is click this link jordanandsteve@scdlifestyle.com and it will open a new email for you to send to us.

We want to continually improve our book and make sure we are helping as many people heal as possible. If you send us your top three fears or frustrations, we guarantee we will respond with some insights and also make sure that others with the same issues can get the same help in the future.

We want to thank you in advance for taking time out of your busy life to do this. Any information you provide will help others in your shoes.

Note: The “I” speaking to you throughout this book is a combination of the two of us. Both our experiences, along with the best practices of others we have helped, were used to create this guide. It was too confusing to indicate which sections were written by whom, as we developed them together. So we created one new person to narrate the book.

Stay in touch and good luck!

Steve and Jordan

Part 1: How to Properly Start the SCD Diet

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 for getting 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 an edge for making it through the first 90 days of this diet and beyond.

I was at a breaking point in my life, 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 beginning 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 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 a 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.

Western culture has trained us to place a high value on food. The multi-billion-dollar restaurant industry spends an enormous amount of money engineering food to provide us with the best flavors and textures. Giving up these processed treats 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. The SCD diet still allows food to be a pleasure, but one that is healing rather than harmful. **Bottom Line: You are sick, and it is time to realize that you now must eat to live, not live to eat destructively!**

Find a Success Partner

You may not realize it yet, but as you start this journey, there will be times when you will want someone to talk with. It may be that you need to vent one day because you are frustrated with the diet, or it could be that you're inches away from eating a whole bar of chocolate. Or worse yet, you may be discouraged by the fact that you're still stuck in the bathroom, and give up before healing has a chance to take place. The point is that there will be some discouragements that cannot be planned for, and having an encouraging, familiar face that can help you out is very important. If the person you choose has done the SCD diet before, great! – they will be a huge resource for you. But what is more important than experience is that you are surrounded with love and support.

If you can't find someone like that in your life, send us an email at jordanandsteve@scdlifestyle.com and we will get on the phone with you. Seriously, just click that link and tell us you need help.

After you've found your success partner, 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. A loved one who knows about your commitment to the journey ahead will provide incredible leverage against the challenges you may face. **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.**

You don't have to email me the answer, but I want to ask you a question: Have you ever fully committed to something with your whole mind and body? Even if you haven't, what's important is to reflect on what it means to fully commit to your goal. In the past I have found that, due to forces I don't understand, I have a hard time fully committing to an action. When either my mind or my body is not really up for the challenge, it makes the journey much harder. It is because of this that I sought a time-tested strategy to align my goals, and I want to share it with you.

What I found is 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 stretching 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. The 90-day commitment is actually very small compared to an entire year, and I know once you celebrate your 90th day, you will never consider turning back. **Bottom Line: Write down your commitment to make your first step an earnest one and to promise that you will make it 90 days and beyond; make this the first entry in your handwritten or online journal.**

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 my commitment (much like the one above) on my nightstand and read it each morning of the Intro Diet. I also committed to regularly re-reading the two key chapters in *Breaking the Vicious Cycle* about introducing the diet. In the later weeks and months, I would review my commitment and *Breaking the Vicious Cycle* 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 sharp 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 because it has been a long road, but very much worth it. You may want to go "hands free" and tick off the days on a calendar or cell phone instead.

Chapter 2: How to Ensure Your SCD Success

So, you've written out your commitment and you're getting ready to start the Intro Diet. Even if the only two recommendations you ever follow from this book are reading your written commitment and writing down the number of days you have survived SCD, you will be further along than most people ever get on this diet. However, you're about to invest a great deal of time, and energy, 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 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.

What is Your Definition of Healthy?

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. Perhaps to you it means a comparative state of wellness. Your definition of healthy is most likely different from mine, and different from the clinical version. In order to begin and 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.

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 without worrying about where the nearest bathroom was, having a bowel movement when I was ready, minimal gas and bloating after eating, never having 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.

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: one day being 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. **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. Reflect on your new image often, revising and clarifying it as needed. Imagine yourself enjoying your newfound 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). Do everything you can to capture how you're feeling right now and make a mental note of this fresh, healthy feeling. The clearer your definition of healthy is – including sight, sounds, tastes, and smells – the easier this diet will be for you. 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.)

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 challenging healing process that is full of hard work, but one that should be enjoyed as much as possible. Each step you take toward your beacon, by meeting and overcoming challenges, will give you a boost of confidence. These little victories will build day-by-day until you have so much positive steam behind you that nothing can stop you from making it to the top!

How Are You Fueling Your Journey?

You are aware that your body has the ability to run on several fuel sources: processed crap, natural foods, and even stored energy. Well, just like your body runs better when a constant high-quality fuel source is used (SCD), your mind is no different. Each and every day you feed your brain a steady diet of information and thoughts. Depending on the nature of these thoughts, your mind and body react differently. Ever have one of those days, when every step you take just gets worse? Me too. Then I learned a little secret: The bad thoughts don't have to snowball out of control. Bad thoughts and bad things happen, but learning to approach each day with an attitude that allows me to accept them and laugh at them is the best fuel I can provide for my brain.

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 reawakening 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 recipes, 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.

Tracking Your Progress

As you are headed up this mountain of health, on your healing path, you will need some way to ensure you are headed in the right direction with each step you take. Close monitoring of your progress is a very essential skill for

success with SCD. So much so that I think it is important that you incorporate several methods of tracking your progress. These records of how you are feeling and changing, as well as what your eating and supplementing with, are indispensable. They are used for troubleshooting, encouragement, inspiration, reflection, and personal triumph.

In the pursuit of progress, not every choice results in a positive experience along your journey. Sometimes we just can't control how we react to situations. The same goes for foods. It's very important that when a good, well-reasoned decision results in a negative experience, you remember that no one climbs the healing path straight up. You will be momentarily knocked off your path due to factors both within your control and outside of your control. In order to evaluate these occasions and correct them, it's imperative to have a compass to keep you aligned in the proper direction and 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. While these methods vary, the consistent, honest monitoring of your progress should not. Each of these tools is best utilized on a daily basis. Elaine knew this was an important piece of the puzzle and briefly touched on it. 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. Elaine's tracking chart is an excellent tool for 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 a massive diet change that Elaine said requires fanatical adherence. I highly recommend you use a chart much like Elaine recommends to track your symptoms (see Appendix 1), but I took it one step further, and I think you should, too.

Journaling to Success

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. Elaine's charting is a very good snapshot of how you're progressing, and can be very motivating when hung on a refrigerator.

However, it is only an overview. The details are left out. And in a diet with so many details to consider, not recording those details is counterproductive. Using a journal to explicitly track my experience was the number one reason why I succeeded on the SCD. Journaling is like any new skill you have to learn, like changing your eating habits. It was a new and different experience for me, but it quickly became a cherished habit.

I think this skill is so essential to your success that I want to walk you through the skill of journaling. 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. Your 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. 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 going:

- 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? Let downs?
- 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 mental state – 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 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 are unable to meet their own 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 or 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!**

In 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 may even take you less time as I tend to be detailed and expansive in my thought process. 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.

Choosing your medium to journal in is just as personal as the questions you regularly pose. There are no wrong ways to journal and it really comes down to personal preference. I do want to give you a couple of successful ideas that I've used and that others I've interviewed have used. The traditional way is buy a nice bound paper journal. A pocket-sized book works better for those who can take advantage of down-times during their day, such as on the train on the way home. Jotting down notes on a scrap piece of paper and then transferring them over to a large notebook at night is another way to do it. If handwriting isn't your style, using a computer is a great way to journal. Any word processing program will do the trick, but using a spreadsheet, such as Excel, or a database, such as Access, can really take your tracking to higher levels. The main point is to be comfortable with the medium you choose and not be fighting it all the time. You want to establish this habit as easily as possible.

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.

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. Create a daily record of how you are changing slowly over time. After updating Elaine's overview chart, I update my journal, which takes no more than 10 to 15 minutes a day. Using Elaine's chart and my daily journal entries ensures that my compass is aligned and I'm heading in the proper direction. **Action Step: Go to the store and pick up a special pen and something to journal in. It can be an inexpensive composition notebook or a nice bound journal – whatever will keep you motivated. Even better, create a blog or a special SCD file on your computer. If you choose a written journal, I recommend that you keep it next to your bed and complete it at a set time each day, like right before you go to bed. If you decide to keep an electronic journal, try to pick a certain time of day to update it regularly (when you wake up, before bed, at lunch, etc.).**

Chapter 3: Start the Diet and Start Healing

You're about to learn why the Intro Diet is so important to your healing process, how to do the Intro Diet step-by-step, and then how to properly transition out of the Intro Diet. Skipping any of these steps will greatly reduce your chances of creating a stable foundation for properly healing your digestion. The internet is full of people who skipped these crucial steps and ended up starting over after several months of not feeling better. My goal is to make sure you don't waste your time and energy like we have seen so many do.

If you use the techniques I'm about to explain, you will get relief from your diarrhea, constipation, acid-reflux, gas, indigestion, bloating, and fatigue faster. You will also get the benefit of knowing that you are addressing your digestive problems in a specific way that will create a new bacteria balance in your digestive tract and allow you to rebuild your diet and your body.

Said more simply, you will have the peace of mind that you did everything in your power to take control of your health the right way. You will have the proper base for rebuilding your diet, rebalancing your digestive bacteria to accelerate your healing, and reducing inflammation in your body so it can start to heal.

Here's Why

The vicious cycle is the process that Elaine Gottschall identified as the root problem that is currently causing the diarrhea, constipation, acid-reflux, gas, indigestion, bloating, fatigue and many other digestive symptoms in your body. She describes it in full detail in *Breaking the Vicious Cycle*. I fully recommend you buy her book so that you can completely understand the science behind the SCD diet. I will give you a brief overview here because I think it's important that you understand what you are up against.

The vicious cycle, in simple terms, is a process in which damage to your intestines causes improper food digestion which leads to bacteria overgrowth (too much bacteria). The bacteria release waste products after eating the undigested food that your body didn't absorb. These wastes commonly

affect the brain, stomach, intestines, and many other body organs. They cause even more damage to the intestines and the cycle continues, giving you even worse diarrhea, constipation, gas, indigestion, fatigue, and all the other digestive problems controlling your life.

I think it is important that you really understand a few key concepts here, the first being that *your intestines are damaged*. The initial reaction to damage in the intestines is for the entire area to become inflamed as your body tries to protect against the damage. This response is the same as when you sprain your ankle: your body surrounds the damaged ankle with fluid to protect it, which causes inflammation (swelling).

The second key concept is that *because your intestines are now inflamed, they are not working properly*, which makes it really hard to absorb nutrients from the food you eat. When your body is not properly absorbing the food you eat, the bad bacteria step in, thriving on the undigested food particles. As they feed on these particles, they release all kinds of gases and toxins that create even more inflammation and cause the stomach pain, bowel movement inconsistency, and gas that we talked about above.

As you can see, the process is quite complex, and in order to solve it we must address several factors all at the same time. What happens if we only address one issue and leave the others untouched? Let's go back to the swollen ankle idea. In order for the ankle to heal, the first thing that has to happen is the inflammation must stop. That's why the first thing you do for a sprain is put ice on it to reduce the swelling. If the swelling goes down enough, then the body can get extra blood cells and nutrients to the ankle so it can slowly repair the damage caused by the sprain. What if you continue to walk on your ankle, even if you periodically apply ice? In that case, no healing is going to take place because you continue to cause more damage and more inflammation. This is important to understand because this is the same thing as doing 95% of the SCD instead of 100%. It's just not enough to do *almost* everything right.

So what if you eat 100% SCD-legal but don't do the Intro Diet? Returning to the example above, it's like continuing to walk on a sprained ankle without reducing the inflammation first. You may be able to limp along for a while, and maybe your ankle will heal after many months, but it is not guaranteed, and it will take much longer than if you had taken all the proper steps.

So What Makes It All Work?

Now that you have a basic understanding of the vicious cycle that is causing your digestive suffering, I want to explain the history of the basic diet, or Intro Diet, and why it is so vitally important to healing your gut. Here is the history of how this amazing technique was discovered

While Elaine was doing research for the SCD diet, she discovered a specialized medical diet called the Elemental Diet¹. The Elemental Diet requires the use of a feeding tube to provide a patient with easily-digestible sugar (glucose) and some fats. This corrected poor absorption (malabsorption) in the intestines quickly and efficiently, relieving the symptoms of ulcerative colitis and patients with Crohn's disease². In the 1970s and 1980s, over 600 scientific publications appeared showing the effectiveness of the Elemental Diet³. The problem with this diet is that because it is administered with a feeding tube, patients cannot stay on it very long. However, Elaine wisely took the scientifically proven principles from the Elemental Diet and created the basic diet, or Intro Diet.

She realized that in order to start healing correctly, most people needed an intervention type of diet, similar to the Elemental Diet, that would rebalance the gut flora (bacteria) and reduce inflammation in a matter of days. By eating the Intro Diet foods, which are essentially the same as the Elemental Diet, you stop feeding the overgrown bad bacteria and provide an ample supply of nutritious vitamins and minerals to your body. Elaine was smart, and took the Elemental Diet one step further by realizing that you must fight the inflammation at the same time. To do this, Elaine figured out a one-two punch to reduce the harmful inflammation. Remember that inflammation is one of the main factors that cause diarrhea, constipation, bloating, and gas.

The first punch for reducing the inflammation is to eat only easily-digestible foods that are thoroughly cooked and will not cause any more harm in your digestive tract. If you remember from above, in the Elemental Diet patients were fed a liquid diet. This removed the first step of digestion – chewing. By delivering the food already broken down into very small pieces, most of the digestion work that is done in the mouth and stomach was already taken

¹ <http://www.newtreatments.org/scdietproof.php>

² <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1441790/>

³ Breaking The Vicious Cycle – Page 2

care of. In order to mimic this approach as closely as possible, we advocate that you start eating your well-cooked vegetables and fruits in puréed form. This is the only way to guarantee that your food is in its easiest-to-digest state.

The second punch is to flood the body with natural anti-inflammatory vitamins and minerals such as those found in bone broth soups. Together these ideas create an effective dietary intervention that works to break the vicious cycle.

We took Elaine's basic diet and made it into what we call the Intro Diet. We've eliminated dairy during the Intro Diet, as it has been proven that dairy intolerance is prevalent for people with digestive disease especially those with celiac disease⁴. We've also taken the time to lay out meal plans and cooking instructions to make sure you know exactly what you need to eat and how to cook it.

If you want to start healing your digestive symptoms properly, you must eliminate overgrowth of bad bacteria (pathogens), eliminate foods that promote inflammation, and give your body the proper anti-inflammatory compounds that will reduce inflammation quickly. By taking the following steps, you will properly stop the vicious cycle in your gut and prepare it to allow your body to start healing.

How to Properly Start the Intro Diet

All the steps you need to start the SCD Intro Diet are laid out in detail in this chapter. I have developed this process based on my own experience and those of others I have spoken with who began this diet. It is designed to maximize your efficiency in preparing the foods you need for the Intro Diet, allowing you to focus on pushing through to the transition to Phase 1. Having too many decisions to make often paralyzes us. The goal here is to eliminate that paralysis and provide a defined path for getting started.

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

⁴ <http://www.ncbi.nlm.nih.gov/pubmed/15775678?dopt=AbstractPlus>

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

Beyond the 2-5 day timeframe, 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 (die-off is good, but more on that later), 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 phases are similar to the Stages that were created by pecanbread.com. They are not required if you feel confident adding foods at your own discretion, however they worked for me and for the people I've helped by prioritizing foods by their ease of digestion!**

The Basic Diet Versus the Intro Diet

Whereas Elaine includes dry curd cottage cheese, yogurt, and cheesecake in her basic diet, my Intro Diet plan is dairy-free. It has been my experience that most people are at least slightly intolerant of dairy products (as with wheat) until further healing takes place; however, that is not always the case. The casein protein that is in dairy products is a very common intolerance for people with digestive diseases. The choice is yours, but I want to remind you again that I and many others who successfully used the SCD diet did not use dairy products at the beginning of the diet because of negative reactions to them. I've found it is better to first build a solid foundation of foods and achieve some new levels of healing in order to truly evaluate whether you react to dairy products. I have included a dairy Intro Diet, and if this is the route you choose, please go to Appendix 2 to get started. **Caution: Many people have dairy problems. I used and advocate a dairy-free Intro Diet, allowing you to achieve some healing progress before testing your reaction to dairy products. The choice remains yours.**

Alright, let's get started! You have healing to do!

Step 1: First things first – grab the list on page 40 and go to the store. You 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 and you can check those 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. There are also internet sources for popular SCD kitchen and cooking equipment. 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 a week early and find everything online for a better price.

Step 2: Begin forcing yourself to drink a lot of water. It is important to be well-hydrated throughout the Intro Diet, so start the process early.

Step 3: Gluten and other grain proteins are very sticky (think cookie dough sticky). It is very important that you deep clean your counter surfaces 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 utensils, Teflon pans, or plastic food containers, because it is next to impossible to remove the old grain proteins from the cracks and crevices in these materials. 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. If you want to try other meats to provide a balance with your chicken soup servings, you can substitute any of the following: broiled salmon, roasted turkey, broiled chicken breast, or roasted pork tenderloin (see Chapter 5: How to Cook meat the SCD Way on page 74). Elaine never mentioned pork or turkey as part of her basic diet, just chicken, beef, and fish, so keep that in mind while making your selections. 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, approx. \$50)
- Food processor (8 cup capacity is good, preferably one with two processing blades, approx. \$40)
- 1 or 2 (so you have an extra around) steel swivel peelers (approx. \$10)
- 1 6-8 quart slow cooker (approx. \$40)
- 2 food container kits of assorted sizes (approx. \$20 each)
- 1 small, fine-mesh steel strainer (approx. \$4)
- 1 pair of metal kitchen tongs (approx. \$10)
- 2 lbs. of organic carrots
- Natural sea salt
- 4 lbs. of organic chicken breasts/thighs (no natural flavoring or broth 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 the only ingredient is gelatin)
- 1 jug of Welch's 100% Grape Juice (no sugar or calcium added)
- 2 onions
- Fresh parsley
- Fresh celery

Step 4: Good work. You now have everything you need to get started. **Go through and clean your new kitchen tools really well so you can get started preparing food.**

Step 5: You need to get the chicken soup started first:

- Take out your slow cooker and dump in the 4 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.
- Add two chopped onions.
- Add fresh parsley.
- Add a few chopped celery stalks.
- 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!

Step 6: You're going to be making up a batch of peeled, cooked, and puréed 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 you can purée them all at the same time.

- Peel and prepare all the rest of the carrots as for the soup.
- 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!

Step 7: Now you'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 food container (at least 8 cup capacity) 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.

Step 8:

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

Step 9: You're going to get some burgers going in the broiler section of your oven. Broiling is cooking under the flame or heating element, rather than over it. I like to start by making all the beef burgers, since you will be rotating these in with a healthy dose of chicken soup to keep things lively.

Note: Another option, especially when preparing the Intro Diet for 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 each.

- Preheat the oven to the broil setting.
- Get out the broiler pan.
- Form burger patties and/or meatballs with the ground beef.
- Fit as many of them on the broiler pan as you can and put the rest in the refrigerator for later.
- Place the broiler pan on the broiler 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 large food container, and put them in the refrigerator.
- Take out the uncooked ones you put in the refrigerator earlier and cook the second round while the oven is already cranking.
- Add those to the food container in the refrigerator when they are completely cooked.

Step 10:

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

Step 11: By 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.



- Run the soup through a strainer to remove the parsley, celery, and onion (they add great flavor to the soup, but are very fibrous and difficult to digest during the Intro Diet).
- Add the chicken meat back into the soup.
- Stir everything well.

Step 12:

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

Step 13: We're going to remove the fat from the soup. It is hard to digest and not necessary for the Intro Diet.

- With a large spoon skim off the layer of fat that is forming on top of the soup (the fat isn't forming a hard layer yet, but it will be a

layer of oil on top of the water). Do this once, let it sit for a moment, and then do it again to remove as much fat as possible.

- Cook for another hour just to get everything nice and broken down.

Step 14: Now it is time to purée the carrots that have been boiling.

- Take a fork and stab the carrots. 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 purée 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 $\frac{1}{2}$ 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 puréed carrots back into the soup and stir it up really well.
- Follow the same process with your boiled carrots.
- Dump all the boiled carrot purée into a food container and put it into the refrigerator.



Step 15: Your chicken soup should be all set to go at this point. You can always leave it on low for a couple more hours to make sure everything is

cooked well, or just put it in a container in the refrigerator. A fat layer will magically appear overnight which you will have to skim off 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 Sample Menu

When you wake up on the morning of Day 1, 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 of healing starts now.

The following menu is a sample of how you could eat your meals during the 2-5 day Intro Diet. 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. If you can't do eggs, don't panic. Just eat your meat for breakfast. It's weird at first, but you will get used to it.

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, try eliminating the grape juice first, then the carrots (replace with another Phase 1 or 2 veggie). It's all trial and error in the beginning. The grape juice is very high in sulfites, a preservative that is used to keep the juice fresh. If you think you might be reacting to the grape juice, the sulfites might be the culprit, or

the high sugar content, so keep that in mind while you push through the Intro Diet.

This is meant to be a guide – mix and match and swap in other options where you feel like changing it up (like salmon or mahi mahi). 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 after it has been chilled in the refrigerator. 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, and grape gelatin
- Dinner: Chicken soup, puréed carrots, meat patty, 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, puréed carrots, meat patty, 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: Meat patties with puréed carrots to dip them in, and Welch's 100% Grape Juice diluted 50/50 with water
- Dinner: Chicken soup, puréed carrots, and grape gelatin

Day 4: (not many people need to be on the Intro Diet beyond 3days, but it's here if you feel you need it)

- 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, and puréed carrots

Day 5:

- Breakfast: Two meat patties with grape gelatin
- Lunch: Chicken soup and puréed carrots
- Dinner: Chicken soup, meat patty, and Welch's 100% Grape Juice diluted 50/50 with water

If you start to get sick of eating meat patties, turn to Chapter 5: Learning to Cook Meat SCD Style on page 74 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 for 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.

How to Make Sure You're Eating Enough

The menu laid out above is missing one crucial piece of information – calories per meal. This was done on purpose because every individual's calorie requirement is different. Understanding your specific calorie requirement is important to weight loss, hunger and energy. It's not necessary to figure this out before you start the Intro Diet, but it is a worthwhile exercise for some point during the first month of the diet. For people who have a specific fear surrounding this issue it will be very reassuring in the beginning of the diet to know that you are eating the right amount of calories.

The first step is to determine approximately how many calories you need. The quickest and easiest way to do this is by using online calorie calculators. Please note that these calculators are only an estimate, and have built-in variance, usually between 10 and 20 percent. Below are several useful calculators. Entering your stats into several and taking the average is the best approach.

http://www.freedieting.com/tools/calorie_calculator.htm

<http://weightrainer.net/MRcalc.html>

http://www.my-calorie-counter.com/calorie_calculator.asp

After you've established the approximate range of your calorie needs, such as 2200 per day, the next step is to weigh and measure your foods and record them in a journal (or get a free account at <http://www.fitday.com>). You'll need a small food scale. There is no need to invest in an expensive one unless you want to – the cheapest available will do just fine. The goal here is not to measure every piece of food exactly but to get a good estimate to help you learn the difference between a 4 oz. piece of meat and an 8 oz. piece of meat.

I recommend that you try measuring and weighing your food for at least one week to get a better understanding of portion sizes and their corresponding calories. If at any point later in the diet you want to add weight or reduce weight, it is useful to repeat this exercise until your goals are met.

If you haven't been eating enough to meet your calorie requirement, you can modify your approach. For instance, you can eat more at each meal, eat 4 to 6 meals a day instead of 3, or increase your meat portion size. Remember that your stomach has been trained to receive a certain volume of food all your life, and that volume may have been made up of processed foods, which are significantly higher in calories than a corresponding volume of natural foods. Most people can expect to have an adjustment period when they feel like they are eating way too much natural food just because of the volume. Tracking your caloric intake is a way to reinforce the idea that you need to maintain or even increase the amount of food your are eating and to alleviate any fears about wasting away or not getting enough calories on the SCD diet.

Expect Cravings

For most people starting the Intro Diet, it's going to be the first time in a long time that you won't be eating your standard diet of processed foods. Your body and mind are so used to receiving those foods that when you suddenly remove them, cravings are sure to pop up. Sugar is especially powerful, so be prepared if you have been a life-long candy or chocolate lover. You are likely to experience some withdrawal symptoms. These cravings can come at any time, and sometimes will be for foods or vices that

you've never thought of as appetizing. The trick is to hang tough and realize that this is all part of the normal detoxification process that your body must go through to make the successful transformation into the new healthy lifestyle that you are visualizing. To beat the cravings, call your success partner or rewrite and fully live out your new definition of healthy. The cravings will pass. Think of this as a short-term challenge in which self control and willpower will be rewarded handsomely.

What is Die-Off?

It is very important that you understand what die-off is and how it will affect you during your recovery. To review, the goal of the Intro Diet is to kill off any bad bacteria in your system and reduce inflammation as fast as possible. This is where die-off comes into play. Die-off is a normal, positive sign of healing, and to be expected. In other words, for a short time your symptoms are expected to get worse before they get better.

Die-off is a term that was created to describe the Herxheimer reaction. A Herxheimer reaction happens when the body is detoxing and cannot properly process all of the toxins in the body. When the toxins overwhelm the body's available resources to get rid of them, you begin to experience side effects. These side effects are different for each individual but usually include flu-like symptoms: body aches, headaches, fever, nausea, vomiting, diarrhea, brain fog, etc.

Toxins are released into the body when bad bacteria (pathogens) die in your digestive tract. 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. 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? Your experience may vary substantially from that of others, Some experience no reactions but it will all depend on the level of damage in your system. Don't forget that the reaction you're having is a good thing. We don't want the bad guys inside you anymore and they will do anything to stay alive!

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 or 3,

read on to Part 2: How to Transition into the SCD Lifestyle on page 53, and begin following the instructions to get ready for Phase 1. That way you can easily start Phase 1 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). It's important to hydrate well when taking Epsom salt baths because they are very dehydrating.
- If your stomach is hurting, mix up a batch of ¼ teaspoon of baking soda, ¼ teaspoon of sea salt, and 1 quart of hot water (stirred well) to balance the PH level in your stomach. Drink a cup at a time. 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 flush the toxins.
- Call your SCD success partner, tell them how you feel, and remember that this is a necessary and important step. It always helps to talk to someone about your experience, even if they haven't been through it.

Congrats! You have successfully started the SCD diet! Now move on to the next chapter to understand how you will transition into Phase 1 of the diet.

Key Points

Here's what to do right now to properly start the SCD Intro Diet and begin healing your digestive system to eliminate your diarrhea, constipation, stomach pain, gas, and fatigue.

First, print out the shopping checklist on page 40. Take it into your kitchen and mark off any kitchen tools you already own. Then either use our links and order what you need or go to the nearest supermarket and buy what is on the list.

Second, pick the day you are going to prepare all your food that you just bought using the Intro Diet steps. I recommend doing it on a Saturday so that you start the diet on a Sunday.

Third, the Intro Diet is only to be followed for 2-5 days, so use the sample menu to start with and feel free to make changes if your taste buds desire something else.

Fourth, prepare for the die-off but stay positive. Remember that die-off is a necessary step for you to get healthy. Most people experience a range of symptoms from body aches, brain fog and fatigue to insomnia and nightmares, but this is a necessary step. If you start to experience these symptoms, it is actually a positive sign that the Intro Diet is working. Use the techniques I gave you on page 51 to help cope with the symptoms.

Fifth, make sure you properly transition into Phase 1 of the diet. You do not want to have to do the Intro Diet again and properly starting the rest of the diet will make sure you don't waste all of the hard work you've done during the Intro Diet.

Part 2: How to Transition into the SCD Lifestyle

In this section, 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 purée 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 why, when and how to advance through the diet. My goal is to make sure you completely understand the process of adding new foods to your diet so that you can successfully build your personal version of the SCD diet. I have provided a detailed and specific step-by-step plan for transitioning seamlessly out of the Intro Diet into Phase 1. But more important is that you understand the principles I'm going to teach you because you will rely on them for the rest of the time you are on the diet. If this information is learned it will give you the confidence to advance through all the foods allowed on the SCD diet.

The transition into the first phases of the SCD diet is a very critical time period in the healing process. Your body is experiencing a dramatic realignment in gut flora as a result of your hard work during the Intro Diet. During this state of flux, in which the good and bad bacteria are fighting for position, your health is at a critically fragile state. It is in your best interests to continue to aid those good bacteria and do everything in your power to keep inflammation as low as possible. The emphasis here is to move very slowly through the phases. In other words, your body is working overtime to clean out toxins, repair your gut cells, and clean out the digestive inflammation. Carefully adding foods over the next two weeks is crucial! Rushing into hard-to-digest foods at this juncture only steals resources that your body needs right now to heal properly.

When to Introduce New Foods

By now you should have a good record of how your bowel movements and digestive symptoms are changing after the Intro Diet. It is time to start introducing new foods as your system stabilizes. This process is different for each person. For me, my diarrhea had stopped but I was still going to the bathroom several times a day with low-quality stools. Your experience will likely be different than mine, but the key point here is that you're experiencing some positive improvement in symptoms.

It's a very rewarding and gratifying experience to start adding in new foods. The most useful mindset I've found for this aspect of the diet is to approach it like a curious kid. This is the first time you are trying these foods with an improved digestive system. Make each choice its own fun experience. It is very important to remember to not be afraid to move on. Some people I have spoken with find themselves sitting in a holding pattern because things are going well. It's ok to treasure this experience, but if you're healing well, introducing more freedom and diversity to your diet is going to further the healing process. You will experience the taste of foods that you were never able to appreciate before this, and you will feel great doing it. It's the best part of the diet.

The basic rule of thumb is four days. Introduce one new item to your normal routine by eating it once a day for four 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 four 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.

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 in which you're confident. If you deviate from this approach, adding more than one variable at a time, and have a bad reaction, it can be a mess trying 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 your symptoms start improving, or after five days on the Intro Diet, introduce new foods via four-day trial periods and monitor your body's reaction closely. (Don't forget to record the results in your journal.)**

Many people who fail on the SCD diet do so because they begin by eating everything that is considered SCD-legal instead of introducing foods one by one. Everyone has a different level of damage and requires a different, custom version of the SCD diet to start healing. A specific key is needed to unlock the healing process, and everyone has a unique lock, so don't just stick any old key in there – it's not going to work! You have to fine tune the diet to figure out what foods you, specifically, can tolerate. You will end up

with a diet that is customized to heal your particular body and get you on the quickest path to feeling better.

How to Introduce New Foods on the SCD Diet

Let's consider the sprained ankle example that we talked about before. This stage in the diet is like the stage in the ankle injury at which you've managed to get rid of the swelling and most of the pain, and you're thinking it is time to get on your feet right away. If you did, you would probably hobble around for the next month or so, getting through each day but not really healing. If, instead, you went to physical therapy several times a week in order to rebuild your strength and mobility, your chances of a faster and full recovery would be greatly increased. Going the rehab route means investing more time, energy, and pain into getting your ankle healthy again, but it is designed to get you a full recovery in the least amount of time possible.

The same principle applies at this point in the diet. The majority of people who successfully managed or cured their diseases using the SCD diet slowly introduced new foods into their diet. By going slow and evaluating each food, they quickly created a diet "safe zone." In other words, they added the easiest-to-digest foods first and built a small but very reliable variety of safe zone foods. Once this safe zone was in place, they had the confidence to build upon their custom diet, knowing that when they encountered a food reaction they could return to these foods and feel better right away. There are a very few people who are able to jump headlong into all the SCD-legal foods and do well. For someone looking to take the tried-and-true path to healing and build their custom diet, the best method is to add one new food variable at a time, based on the phases.

Think of the phases of the diet as your ankle rehab schedule. These phases are based on the foundational stages put together by the amazing folks at pecanbread.com (review those diagrams at www.pecanbread.com). They expand upon the groundwork that Elaine laid down and provide an avenue for you to take a methodical, step-by-step approach to the progression of the diet by introducing foods that are easier to digest first. I have taken this idea and coupled it with my own experiences to develop a guideline I call "Phasing into the SCD 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. Everyone has varying levels of damage from 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 or remain in a holding pattern for a week or two. **Bottom Line: Follow the Phasing into the SCD Diet guide.**

How The Phases Work

When creating a new habit like the Specific Carbohydrate Diet, it is very important to achieve small successes to keep motivation and compliance high. The easiest way I found to achieve these small successes was to add the easiest-to-digest foods back into my diet first. I have taken this to the next level for you; I want to make your healing path as easy and stress-free as possible. I was surprised when I first tried the Pecanbread stages to find that some of the foods I theoretically should have had no problem with caused me digestive discomfort. After thoroughly researching this, I learned about natural substances called salicylates that are found in many of the foods we eat. I realized that I was reacting to salicylates, and that many others do, too.

There has been a lot of research done on these chemicals. Salicylates, a type of phenol, are produced by plants as a natural pesticide. As it turns out, salicylates are very similar to the man-made version of aspirin. It wasn't until further into my research that I learned why I and most people with digestive problems have problems with otherwise natural, healthy foods that contain salicylates. It is very important to understand what salicylates are and how they may affect you. You could be one of the lucky few who have no problem at all with them, but I want you to understand the science so you can recognize whether you are suffering from salicylate intolerance.

Foods that are high in phenols have the potential to cause significant reactions in people who have "leaky gut." Leaky gut is a result of various digestive problems and occurs when the small intestine becomes too damaged to properly filter the size and types of food particles and chemicals that enter the bloodstream ([for more on leaky gut read this](#)). When these

improper particles are allowed to repeatedly enter the bloodstream, the body tries to get rid of them by triggering an immune system response. Because phenols and salicylates are common in most foods, a person with a leaky gut has much higher than normal levels of these chemicals in their blood and can very quickly develop intolerance to these specific particles.

Dr. Feingold is probably the most widely-known individual to study salicylates, 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.

Understanding salicylates and leaky gut allowed me to tailor which foods I added into my diet first and which foods I waited to introduce until further healing had taken place. Doing this allowed me to achieve small steps forward when adding foods, minimizing SCD setbacks. Because of the proven science, I created the phases of the SCD to take into account salicylate levels naturally present in foods.

When looking at the charts, you will see that I have labeled the foods with an indication of the level of the chemical compound phenol in the food. I broke the amount of phenols down into three categories: low, medium, and high. The lower levels are at the top of each section in the lighter colors and the amount increases down the list with the darker color transitions.

You may not react to all the foods with higher levels of phenols, but I recommend initially eating those fruits and vegetables that are low in phenols and working up to the ones with higher levels in order to get a feel for how your body processes them. It will maximize your success on the diet. I've been there and dealt with it, and it really knocked me off kilter until I got a handle on it. I don't want you to have to reinvent the healing path. **Bottom Line: Work through the guide's fruits and vegetables from low to high phenol content, as you need to understand the impact of phenols on your body.**

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.

INTRO DIET

Meat	Vegetables	Fruits
------	------------	--------

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

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		

PHASE 2

Meat	Vegetables	Fruits
------	------------	--------

COOKING STYLE

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

PHASE 3

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

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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⁵Before trying peanut butter or peanut oil read about them at <http://pecanbread.com/p/tanya/peanut.html>

PHASE 5

Meat	Vegetables	Fruits
COOKING STYLE		
Dried Jerky	Cooked or Raw	Cooked or Raw
FOODS		
Chicken		Pear
Beef	No Restrictions	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	

The goal of this guide is to get you settled into a smooth routine that will provide the foundation for growing 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.

Use Chapter 7: How to Peel, Deseed, Cook, and Purée Phases 1 & 2 Fruits and Vegetables on page 103 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 affect you. 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 in the apples.

Near the end of the week and into the following week, you will want to see how spinach treats you. It is important to focus on adding vegetables before fruits. Fruits tend to be harder to digest and easier to overeat, causing reactions. I and many others I've helped have fallen prey to eating large amounts of fruit. Therefore I have found that building a base of vegetables first is much more important than fruits. Beware of bananas. While allowed in Phase 1, they are extremely high in sugar, and most people, including me, have had very bad experiences with them.

Second Trip to the Grocery Store Checklist

- 2 lbs. of organic carrots
- 7 days worth of meat rotation (see Chapter 5: How to Cook Meat the SCD Way 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 the only ingredient is gelatin)
- Welch's 100% Grape Juice (without calcium added)

Phase 1: 1st Week Sample Menu

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: How to Cook Meat the SCD Way on page 74. 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.

Remember you are building a foundational base of foods, starting with pears, butternut squash and apples. It may be slow, but it works. Be excited about being well on your way to your custom diet.

Bottom Line: Don't complicate things! Make sure you're concentrating on building your confidence foods, which will establish your personal "safe zone." 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, fried, or scrambled) and *pear sauce*
- Lunch: Leftover meat from the night before and carrot sauce
- Dinner: Broiled pork tenderloin w/sea salt and pepper, carrot sauce, and Welch's 100% Grape Juice (or apple cider) diluted 50/50 with water

Day 2:

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

Day 3:

- Breakfast: Eggs (again, a different cooking method than the day before) and pear sauce
- Lunch: Leftover cod and grape gelatin

- Dinner: Broiled chicken breasts with sea salt and pepper, and carrot sauce

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

Day 4:

- Breakfast: Turkey burger and pear sauce
- Lunch: Leftover chicken breasts, *butternut squash sauce*, and gelatin
- Dinner: Broiled beef burger patties, carrot sauce, and Welch's 100% Grape Juice (or apple cider) diluted 50/50 with water

Day 5:

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

Day 6:

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

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

Day 7:

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

Phase 1: 2nd Week Sample Menu

So now we have started building the foundation of foods that will become your safe zone. 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 2, you're going to focus on continuing to build a rock-solid foundation of

foods that are easy to digest. Remember, in order to really build this safe zone, stick to vegetables. This week we will introduce spinach and zucchini.

Day 1:

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

Day 2:

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

(If things are going well, pick up spinach at the grocery store.)

Day 3:

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

Day 4:

- Breakfast: Turkey burger and pear sauce
- Lunch: Leftover pork tenderloin, butternut squash, and spinach
- Dinner: Broiled mahi mahi, carrot sauce, and Welch's 100% Grape Juice (or apple cider) diluted 50/50 with water

Day 5:

- Breakfast: Turkey burger and carrot sauce
- Lunch: Leftover mahi mahi and spinach
- Dinner: Broiled chicken patties, butternut squash sauce, and grape gelatin

(If things are going well, head to the grocery store and pick up some zucchini)

Day 6:

- Breakfast: Eggs (scrambled) and pear sauce
- Lunch: Leftover chicken patties and *zucchini*
- Dinner: Broiled steak, butternut squash sauce, and grape gelatin

Day 7:

- Breakfast: Eggs (different than previous day), zucchini, and Welch's 100% Grape Juice (or apple cider) diluted 50/50 with water
- Lunch: Leftover steak, butternut squash sauce, and apple sauce
- Dinner: Broiled pork chops, carrot sauce, spinach and gelatin

This should give you a good idea of 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, banana, and some spices such as cinnamon on your squash or carrots.

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 in Phase 1, and continue into all five phases over time. Remember to focus on the vegetables first. They are much more important to your healing progress than the fruits. As you continue to add items in Phase 2, you continue to build your safe zone of easy-to-digest foods. Building this platform is what prepares you for Phase 3 foods, which are much harder to digest for most people. If you use this simple formula for introducing foods, you will build your own custom SCD diet. Some of the foods may not digest well for you; each person is different. If you run into a food reaction, don't panic. Just back up to where you were before that food, wait 3 to 4 days, and then pick a new food to try.

Experiment with different foods and enjoy the process as you grow and heal. Once you have some good, customized safe zone foods, your healing will be well on its way. As you get farther along, you learn to settle into a routine with your favorite foods and you'll be amazed at the quality of SCD-legal food and the endless possibilities for delicious recipes. You are not relegated to a life of monotony, but to build your custom diet you must take it slow. Try different spice combinations to keep things interesting if needed.

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!

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 four days! Introduce new foods slowly, giving yourself four days to really understand and diagnose any reactions they might cause before moving on. This is one of the most important steps you can follow in our book... do it without exceptions (while Elaine didn't discuss this in *BTVC*, we feel strongly that it will help identify reactions to new foods more easily).

Phenols! Understand the phenol ratings and how the fruits and veggies are laid out in the chart so you can introduce them from low to high. 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 begin to round out your safe zone foods. This is a very important place to build for the later phases in the diet when you are more likely to have reactions as you build out your custom diet.

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 Phase 5. Always journal so you know what is going on – you have to keep your direction in the fog.

Chapter 5: How to Cook Meat the SCD Way

In this chapter, I am going to explain how to cook the meat selections in different ways as you advance on the diet. I have everything divided up based on the animal it comes from and how to progress through the phases with your cooking methods. There are two important parts to this equation: (1) rotate your meats; and (2) keep the fats down in the beginning.

If you follow this equation when you first start the SCD diet you will feel better much faster. The important thing to remember is that as you heal, fats are going to help you, so get them added back in as soon as you can. There's more on that below.

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

There are two reasons that I do this. The first is that the Standard American Diet (SAD) is centered on grains, and most people eat meat as a side dish. When I transitioned to the SCD diet I was unaccustomed to eating meat as the featured part of my meals. As I transitioned out of the Intro Diet, I quickly became sick of eating the same meats prepared with the same cooking techniques over and over again. It made it very tough to stay on the diet, and I don't want you to struggle through the same mental challenges I had at that crucial time in the diet.

The second reason is that most people committing to the SCD diet are going to have some level of leaky gut. As I mentioned earlier, in a normal, healthy gut the intestines only allow specific, good nutrients into the bloodstream. But for many people with digestive problems, the inflammation causes the intestines to malfunction and absorb foreign particles right along with the good nutrients. These foreign objects floating around in the blood are not supposed to be there, and when your immune system senses them, it attacks the invaders and causes you to feel some level of a reaction (I personally get a sore throat, drainage, and a runny nose). I have found that rotating my meat selection every four days minimizes my 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 between salmon, mahi mahi, cod, and tuna. If you are concerned about mercury content, salmon has the lowest rating, with cod, tuna, and mahi mahi rated just slightly higher⁶. Ground turkey is a great selection because you can cook it in all the same ways you cook 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.

While the cost will be the final deciding factor, it is important to remember that this is not money wasted. Each piece of food you put into your body should be viewed as an investment in your future health. If cost is going to be a major factor when picking out food, the health costs of eating lower-priced meats are much higher than those of eating the cheapest, mass-produced meats. So while organic, non-antibiotic, non-hormonal meats may seem to break your bank, think about how they may be breaking your gut. 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 from your trusted local butcher when you can... they are worth the investment in your health. Mix up your meats as often as possible, try to eat fish at least twice a week, and incorporate any wild game you can find in between the normal diet meats of beef, chicken, turkey and pork.**

⁶ <http://www.americanpregnancy.org/pregnancyhealth/fishmercury.htm>

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 write down what meat I will be eating on each day of the week, 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: Baked chicken thighs
Monday: Baked salmon
Tuesday: Sautéed pork chops
Wednesday: Grilled T-bone steaks
Thursday: Broiled turkey burgers
Friday: Baked mahi mahi
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.

If you want to start feeling better relatively quickly on the SCD diet, it is very important that you limit your fat intake at first, but only until you start taking some digestive enzymes. With intestinal injury and inflammation, normal digestive processes involving bile salts and PH level are all out of whack, and until you get those corrected (for instance, by taking digestive enzymes), you might find that you struggle with fats. But fats are important for healthy nutrition and healing, so start out broiling your meats to lower the fat, but get going on some digestive enzymes so you can move on! For more info on digestive enzymes and where to get some check out page 145.

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. Broiling is the best method, and it is easy. Simply preheat the oven to the broil setting and use the broiler pan (one comes with most ovens, so most people already have one lying around). NOTE: During Phase 1, baking of meats is allowed if you use a broiler pan to allow the fat to drain off. A lower cooking temperature, usually 350° F, is used in baking.

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. Most meats can be cooked in a crockpot to make a stew concoction. The most important step is to skim the fat layer from the top after it has chilled in the refrigerator. Taking the time to do this step correctly makes stew a very easy-to-digest and great-tasting meal. If you prefer non-electric appliances, try cooking your food in a large ceramic casserole in the oven.

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

Spices are a great way to vary the flavor of your meats. When just starting the Intro Diet, it is important to limit them to only salt and pepper. Using pre-ground black pepper is sufficient, but pepper freshly ground in a pepper mill will really enhance the flavor of your meats. There are many spices

allowed on the SCD diet, however there are some special considerations to keep in mind.

Make sure to check spices for synthetic anti-caking agents. These additives can cause major problems in a compromised gut. It is safe to assume that unless you get written testimonial from a company to the contrary, all spice combinations contain anti-caking agents. For example, spice mixtures such as curry powders and chili powders, unless verified, contain anti-caking agents to keep them from clumping because of all the spices mixed into them. Most garlic and onion powders are not SCD-legal because they are notorious for clumping and usually contain anti-caking agents. Read the labels. There are some higher-end spice companies that will provide written proof that their powders do not contain illegals, and many brands available at health food stores are made without additives. Making your own homemade garlic or onion powder is fairly easy and tastes much better. You can find the recipes on the internet. There really aren't any phases for spices; you can start introducing them as soon as you like. However, they should be respected and treated just like any new food. Adding a new spice is adding a new variable into your diet and you should wait four days to assess any reactions you may have.

Ground Beef

Phase 1 – Ground beef is very versatile, and most people are familiar with different ways to cook it. During Phase 1, I relied on burgers because they were quick, easy, and tasted good. You can either broil them on a broiler pan, or if the weather is right, grill them outside. Just remember to buy lean burger, such as 90/10 sirloin. Bison is also a great alternative to beef. It is more lean and easier to digest, with a slightly sweet taste, and it is becoming more widely available.

To use the broiler, preheat the oven to the broil setting and cook the meat on a broiler pan for about five minutes on each side on the top shelf so that it's only a few inches away from the heating element. 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 on 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 loose 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, butter, or ghee, 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.

For the more advanced SCDers, try adding some almond flour or eggs and finely minced raw onion to the burger patties before you cook them. Finish them off with a little mustard and honey for one awesome burger!

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 on a broiler pan or, if the weather is right, grill outside (just make sure not to burn them). Broil for about eight 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 during the winter months. Trim the fat and cut 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 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 on the broil setting 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 dumping the water so that I could sauté the outside for a crispy outer surface.

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° F. 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. Once you have introduced some spices, one trick is to heat an oven-proof skillet that is as big as your tenderloin on medium high heat. Wash your tenderloin and pat it dry with paper towels. Then create a dry spice rub and rub it on all sides of the tenderloin. Next, place it in your skillet, the heat should be hot enough to brown each side of the tenderloin in about 4 minutes (make sure to use tongs so as not to puncture the outer skin of the tenderloin. You want to keep all those juices in there). Once it is browned on all sides, place it in the oven at 450° for about 20 minutes, or if you have a meat thermometer, until the internal temperature is 155°. Your tenderloin will continue to rise in temperature when it is pulled out. Pork is considered fully cooked at 160° F, so let it sit for 10 minutes before serving, allowing it to fully cook.

Phase 3 – The same as Phase 2, with oils added. You can work with olive oil, butter, or ghee, 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. Add the oils to your sauté pan or drizzle them on top of your pork before baking. If you're cooking the pork chop in a skillet with some oil, it usually takes about 10-12 minutes on each side at medium heat, or until browned and cooked white throughout.

Fish

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 on a broiler pan or, if the weather is right, grill outside. Broil 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 butter for a calorie booster and additional flavor. If you want to save on the clean up, cook the fish right on parchment paper or foil and just throw that away when you are done.

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 or ghee 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/thighs are extremely versatile and easy to cook. During Phase 1, you can either broil them on a broiler pan or bake them in the oven at 350° F on a broiler pan or, if the weather is right, grill outside. Broil for about 10 minutes on each side. When baking, there is no need to flip them. If the chicken breasts/thighs are frozen, cook for 30 minutes longer. The key to a chicken breast/thigh is to keep the moisture in. Adding water to the broiler pan steams the chicken while it is cooking, 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/thighs 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/thighs up into bite-sized pieces and dump them into the crockpot. Fill it up with water and add sea salt, spices, and some 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 and take out the veggies to purée them before you eat it.

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 bit of crispiness.

At this stage, baking thighs or drumsticks 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 a pan 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 butter, or ghee, 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 three factors that influence your choice: grade, marbling, and cut. 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 sirloin or flank steak. These should be marinated, pounded, and cut on a slant to get the best bang for your buck.

The same choices apply to roasts; they are just cut thicker and are designed for roasting.

Partially frozen steaks can be sliced paper thin in a food processor and used in a stir-fry for a nice meal.

Quick tip: Pan-sautéing a steak with a bone in it 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 more 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 on a broiler pan or, if the weather is right, grill outside. Broil for about 3-10 minutes on each side. Cooking time varies drastically, depending on the thickness, cut of your steak, and desired doneness. 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 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 braised 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 much of the 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 butter, or ghee, 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 makes a great marinade 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 marinade 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 or 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 it 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, try making your own turkey sausage patty to mix into your breakfast menus. I use a recipe from the Yahoo! Groups that looks something like this (you can use any kind of ground meat that you would like):

The Famous Turkey Sausage Recipe

4 lbs. of ground turkey
3 tsp. sea salt
2 tbsp. water
2 pinches of thyme
2 pinches of black pepper
2 pinches of sage
2 pinches of cayenne

I roll the ground turkey into a long tube on foil in a pan. Then I add the water, salt, and spices. The important thing is to kneed the spices into the meat and then make it into a perfect log. Next wrap the foil around the log

and poke holes through it. Bake it at 300° F for about 2 hours and check the temperature. It is done when it reaches 165° F. Cut it up into patties and freeze them for a great breakfast treat.

Phase 3 – The same as Phase 2, with oils added. You can work with olive oil, butter, or ghee, 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 use this method. Don't overdo it on familiar meats, especially in the beginning, and be willing and excited to experiment.

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 can be 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. Because it takes quite a while for foods to completely process through your system, eating meats for dinner and the following day for lunch will still allow you to follow a four-day rotation cycle because you are eating the meat again while it is still in your system.

Get digestive enzymes in your life! Digestive enzymes are critical to helping you heal your damaged gut in the beginning. Autoimmunity and inflammation mess with the complicated pieces of the digestion puzzle and more than likely you're going to need a little help. Get a hold of some SCD-legal digestive enzymes and start taking them. They will help immensely as your body breaks down fats and proteins.

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.

Why Do I Need To Eat The Yogurt?

It is estimated that there are over 100 trillion bacteria in the human digestive tract⁷. These bacteria can be roughly grouped into three categories based on their relationship to the host (your body). If they help us, they are considered good; if their by-products hurt us, they are considered bad; and if they don't necessarily do either, they are considered neutral. While the science in this area is still developing, what is understood is that for optimal digestion, all three categories of bacteria should be present in a balanced ratio. Fixing the balance is one of the main goals of the SCD diet.

Right now there is a battle raging in your gut between the good and bad bacteria. It is vitally important to your success on the diet that you do everything in your power to encourage growth of the good bacteria. This is accomplished in two steps. The first is reduction of bad bacteria. This is done during the Intro Diet and by continuing to eat a balanced diet of SCD-legal foods. The second step is encouraging the growth of the good bacteria strains. The best way to encourage good bacteria populations is to provide the digestive tract with a constant supply of them. This can be accomplished many ways, but the two easiest and proven methods are using fermented foods and probiotics (supplemented good bacteria).

Elaine Gottschall made yogurt a main pillar of the SCD diet for a very good reason: It is a fermented food delivering a huge dose of over 700 billion colony-forming units (CFUs) of good bacteria in every cup⁸. Each cup of SCD-legal yogurt you eat is like sending in reinforcement troops to help the good guys in the battle that is raging in your gut. I saw massive

⁷ http://www.nytimes.com/2010/07/13/science/13micro.html?pagewanted=1&_r=1

⁸ http://www.breakingtheviciouscycle.info/beginners_guide/yoghurt/yog_importance.htm

improvements in my digestion when I added yogurt, and most successful people on SCD figure out a way to get a constant supply of probiotics to help this war.

How to Add Yogurt into Your Diet

It is important to wait to start the yogurt until your symptoms settle down and you're experiencing more regular digestion. I recommend waiting until the fourth week of the diet, but let your digestion be your guide. It is important, though, that you start the yogurt as soon as you feel ready, because the yogurt provides new beneficial bacteria to take the place of the harmful bacteria that is leaving your body. When you decide to get started, don't introduce any other foods during the yogurt's introduction. Just stick to your newly-created safe zone 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. You must repopulate your gut with beneficial bacteria as soon as possible, so start eating it as soon as you can!**

It is worth noting that adding yogurt into your diet is going to be a trial-and-error exercise. **Yogurt is so powerful and good for you that it can cause another round of die-off symptoms.** These mini die-off symptoms should clear up in a few days as you ease into the yogurt, but for some they might not. If this happens to you, do not worry. Just try freezing part of the yogurt batch and eating it frozen. Freezing kills off the good bacteria, so this will tell you if are actually reacting to the milk and not the good bacteria. If this is the case it might be time to try some goat milk or almond milk yogurt. If after several different combinations of milk and starter cultures you are still getting negative symptoms, then the best approach is to pick up some probiotic pills to supplement your diet with instead of using yogurt. Check out page 145 for more info on what to buy and where to get it.

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](#).

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 you can try if you are interested (check the internet for more info). To save you time, I have outlined my thought process below on how to use a yogurt maker to make the yogurt, but you can do your own research if you prefer. The yogurt maker is well worth the expense in my opinion.

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 and no longer than 28 hours to get the desired probiotic effect. Here are some important characteristics to keep in mind when evaluating 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. Other yogurt makers use a vacuum chamber or dehydrator to obtain the required temperature.
- **Capacity:** Volume of yogurt per batch differs widely.
- **Price:** Prices differ widely.

In the interest of saving time and money, I went with a yogurt maker that other SCDers use which makes the largest quantity of yogurt possible. My thought process was since it will stay fresh for up to three weeks in the refrigerator (probiotics start declining rapidly after two weeks⁹), 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.

⁹ http://www.breakingtheviciouscycle.info/beginners_guide/yoghurt/yog_faq.htm

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: Whether you order the Yogourmet or another one you like, it is important to get it sooner rather than later!**

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 or goat 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 (makes up to 90 quarts).

In Elaine's book, she makes reference to the Yogourmet Freeze-Dried Yogurt Starter (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! Special Note: In the past there has been talk on the web of using old batches of yogurt as starter cultures for new batches, but this can be a bad idea as bacteria strains can easily become contaminated after sitting in the refrigerator. It is best not to gamble with your healing process. Use fresh yogurt starter for each batch. For more on what Elaine had to say about this [click here](#).**

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 milk over cow milk have been quite extensively documented. I react pretty strongly to cow milk, but tolerate goat milk cheddar (aged 60 days) relatively well. I made my yogurt with goat milk without hesitation. If you're interested in comparing them, read the information from the folks at [Peacanbread](#).

If you are having a strong reaction to goat milk products, you can transition to homemade almond milk if you are a bit further along in the diet (beyond 30 days). Be sure to test it out before you make your yogurt, to ensure you can tolerate the homemade 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:

Traditional Cow or Goat Milk Yogurt Instructions

1. Pour 2 quarts milk (or the amount 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 ensure 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 100° F, it is ready to go. This will take quite a bit of time! If you want to save time, cover the milk with a tea towel and allow it to cool

- for 15 minutes and then set it in cold or ice water (or the refrigerator) until the temperature goes down to 100° F or less.
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 2 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. Ferment for at least 24 hours and no more than 28 hours.
 9. 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 3 weeks, however the good bacteria will start dying after the second week.

For pictures of how to make traditional stove-top yogurt, visit [Elaine's website here](#).

How to Save Time Making Yogurt

1. Pour 2 quarts of milk into a 2.5 quart glass bowl. Place the bowl in the microwave and heat on high for 10 to 15 minutes until the milk reaches 180° F. Everyone's microwave is different and it may take a couple of batches to figure out your specific time, but mine is 14

minutes. The first time you try this it is a good idea to heat it for 10 minutes and check the temperature, then continue heating in 1 minute intervals until you reach 180° F (Note: You do not need to start over if you accidentally heat the milk too hot)



2. Remove the bowl from the microwave and allow it to cool uncovered, but be careful as the bowl will be very hot. Stir it occasionally and check the temperature. Once it has reached about 100° F, it is ready to go. It usually takes around 1 to 1 ½ hours to cool, but this time will vary depending on your room temperature.



3. Once the milk has cooled, a separated layer of milk will have formed at the top of the bowl. This layer will make your yogurt lumpy, so remove it by pouring the milk from the bowl through a fine mesh strainer and into the Yogourmet container. Discard any clumps that are caught in the strainer.



4. Add 1/8 teaspoon of the GI ProStarter for every 2 quarts (or equivalent of your preferred starter). Whisk the milk very well so that everything is dissolved.



5. In my case, I add 2 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.



6. 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).



7. Ferment for at least 24 hours and no more than 28 hours.
8. 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

up to 3 weeks, however the good bacteria will start dying after the second week.

Can't Do Dairy? How to Make Non-Dairy 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 2 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. Ferment for at least 9 hours and no more than 12 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.

How to Drip Yogurt to Improve Texture and Flavor

Dripping yogurt is a great way to improve the texture and flavor. It is very easy and can be accomplished using a coffee filter or cheese cloth, a strainer, and a deep bowl. I use an 8" strainer and commercial coffee filters made by Bunn because they allow me to strain ½ of my yogurt batch at a time (about 1 liter). However, if smaller batches are desired, any size strainer or filter will work. For some reason I thought this process was more complicated than the steps below and I waited months to try it while eating soupy yogurt. Trust me, it is as simple as outlined below and makes a world of difference in how SCD-legal yogurt tastes.

It is worth noting that dripping yogurt does not remove any of the probiotic content, instead it helps separate out the water that is a byproduct of the fermentation process. Also, dripped yogurt can be used as a replacement for dry curd cottage cheese (DCCC) in the various SCD recipes.

- Put the filter in the strainer, set the strainer over the bowl, and pour in the yogurt until it comes up close to the top of the filter



- Put the strainer setup in the fridge and wait. For goat milk yogurt wait 6-8 hours. For cow milk yogurt wait 2-4 hours. The longer you let it drip, the thicker the texture will become.



- After letting it drip for several hours, take it out of the fridge and scrape your new batch of yogurt from your filter into another container. I like to use a spatula to scrape the yogurt off the filter. Dump out the fluid

drippings and put in a new filter and you will be all set to drip your remaining yogurt.



Temperature Matters: Tips for Using Yogurt Makers

It is very important that the first few times you make yogurt you use a thermometer to check the temperature of the yogurt during the fermentation process. If your yogurt maker is heating the milk too hot during the fermentation process, much of the beneficial bacteria will die. The optimal heat range for SCD yogurt fermentation is 100° F to 110° F. Paul Stocker over at eatingscd.com found a very easy way to lower the temperature of your yogurt maker if yours is running too hot: [click here to read his article](#).

Most Yogourmet yogurt makers run too hot, so the first time you make your yogurt it is very important that you check the water bath temperature 3 hours into the fermentation process and at the end. If yours is running hot, don't despair. The yogurt you made will still be beneficial, just not as good as it could be. The easy solution that Paul figured out is to buy a dimmer switch to adjust the power level of the yogurt maker. The next time you make yogurt, plug the yogurt maker into the dimmer switch and set the switch at slightly over half power. Check the temperature after 3 hours and adjust the dimmer up or down to reach the approximate optimal heating temperature of 105° F.



Integrating Yogurt into the Diet

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 and then move it up to 1/4 teaspoon if things are going well. Continue increasing the amount until you reach at least a cup. 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 re-evaluate the milk you chose to use, or 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 145 to read about probiotic supplements.) Don't forget that Elaine tells us not to exceed 3 cups of yogurt in a day. **Bottom Line: Take it slow!**

Enjoying Your Yogurt More

The first time I tried SCD yogurt I was taken aback by its tartness. I think it comes as a shock to most people that the basic flavor of SCD yogurt is different from what you are used to. While you will probably come to love

the flavor, I figured it would be a good idea to share some tips that can spice up your yogurt experience.

Especially if you go with the goat milk yogurt, try dripping it for a more pleasant and convenient consistency. Goat milk naturally makes yogurt that is runnier than what most people are used to. This texture turned me off at first until I started dripping it. When you drip yogurt you will end up with a much thicker and less tart yogurt.

I usually add some kind of flavor to my yogurt. A couple of very simple ideas are to add vanilla extract, almond extract, or cinnamon (beware of added illegal ingredients in extracts). I also occasionally add honey to sweeten it up if it is too tart.

My favorite way to eat yogurt is to add some fruit along with vanilla extract. Any fruit appropriate to the phase of the diet you are in will do, like fresh bananas or cooked pears. I also like to make smoothies with the yogurt. My favorite smoothie is made with frozen banana chunks with ½ cup of DCCC, a squeeze from the honey bottle, and a little bit of vanilla extract. There are countless smoothie recipes out there, and almost any combination of fruit and honey will make a very delightful breakfast. **Bottom Line: Making yogurt is a learning experience, just like the SCD diet. It is a skill you will learn by doing... so don't be afraid to try new things!**

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 week of trying the yogurt, so that you can get a clear picture of your 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.

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

Choose your milk! Cow, goat, or nut-based milk all work fine. Goat milk is the best for your body, cow milk is the best for your wallet, and if you react to dairy, 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. 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 or SCD-legal extracts. Remember what Elaine says about starting with smaller amounts and working up to at least 1 cup a day, but no more than 3 cups a day. It is really powerful stuff.

Chapter 7: How to Peel, Deseed, Cook, and Purée Phase 1 & 2 Fruits and Vegetables

This chapter will walk you through how to peel, deseed, cook, and purée 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 purée. 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 purée. 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.

Purée the items while they are still hot. The food processor will work much more efficiently and give you a smoother purée 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.

Acorn Squash

Acorn squash is labor-intensive to prepare, but it tastes great and adds variety to your vegetable choices. Note: See buttercup squash for another way to prepare acorn squash.



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 $\frac{1}{2}$ " 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 have all the rings left with no skin on them.



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



- The squash takes 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 falls apart as mush when stabbed.



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



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



Apples

Apples are very quick and easy to prepare.

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

Cons: Can be high in phenols and tend to boil over

- Begin by peeling the skin off the apple with your swivel peeler around the middle section all the way around (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 food container.



Asparagus

Asparagus is full of nutrients and very quick to prepare. This is one of my favorite quick veggies when they are in season.

Pros: Easy to prepare and purée

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

- Wash the asparagus in water.



- Remove the bottom of the stalks because they don't cook well and are tough to digest. Make a cut about a 1 ½ inches up from the bottom and throw that part away.



- Cut the rest of the stalk in half to get them into smaller sections for cooking.



- Place the stalks in boiling water or a steamer. Cooking time varies depending on ripeness and type of steamer used, however it is best to cook vegetables thoroughly the first time to ensure easy digestion. For my setup this is about an hour. Taste test them to make sure they are not too crunchy in some parts. After assessing your reactions to asparagus, feel free to cook it for less time if you prefer a semi-crunchy texture.



- Fill the food processor ½ way up with asparagus and the rest of the way with water, and purée.
- Pour each batch into a large food container.

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.

Buttercup Squash

Buttercup squash is relatively easy to prepare and cook. It is a close relative to acorn squash but has a less-nutty, smooth taste. It can be prepared as below or as in the method outlined in the acorn squash section.



Pros: Easy to prepare and purée

Cons: High in starch and may cause stomach discomfort

- Slice each buttercup squash in half through the center.



- Turn on the oven and set the temperature for 425° F degrees. Get out a flat baking sheet, like a cookie sheet with raised edges or a glass dish.



- Using a spoon, carve out the seeds from the middle of the squash.



- Flip the halves of squash face down and put them into the oven to bake for 45 minutes. Sometimes it can help to add a little bit of

water in the bottom of the pan (if there's room) to keep them moist.



- Flip each one over after 45 minutes and leave them in for another 15 minutes. When they are finished, spoon the squash out into a food processor and add water to purée.



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

- Peel the skin off the squash with your swivel peeler by holding one end of the squash and peeling lengthwise. 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 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 purée.



- 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 purée as well.



- Pour each batch into a large food container.



Carrots

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



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

- Hold one end of the carrot and peel 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 needs to be checked on and stirred, and water needs to be added every 45 minutes for 4 hours.



- After about 4 hours, the carrots will finally be soft enough to purée. 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 purée 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 food container.



Cucumbers

Cucumbers are slightly labor-intensive to prepare, but they are pretty easy to digest and taste great.



Pros: Make a lot of food, great bang for your buck, very easy to peel
Cons: Labor-intensive to prepare and to remove the seeds

- Peel the skin off each cucumber.



- Get each cucumber as peeled as you can with no dark green spots left.



- Cut each end off (to remove the stem).



- Slice the cucumber in half lengthwise in the center.



- Keep the two halves together and make a second cut 90 degrees from the other one to create 4 quarters.



- Hold a quarter in the palm of your hand and run the knife across the top to remove all the seeds from the quarter.



- With the seeds removed, slice 1" long chunks into a pot of boiling water or, in this case, a steamer.



- Repeat until the pot or steamer is full of seedless cucumber chunks.



- Let them boil or steam for approximately 1 hour or until they are transparent and very soft.
- Fill the food processor about $\frac{3}{4}$ full, add water, and purée.
- Transfer each batch into a food container and serve it up with sea salt and pepper.

Green Beans

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



Pros: Easy to prepare and purée

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

- Hold each green bean and twist off both ends, as they are difficult to digest.



- Dump them into a pot, fill it with water, and cook them on medium heat. Depending on ripeness, they can take up to 1 ½ hours to be thoroughly cooked, so check on them every 30 minutes or so and stir, then add more water. Beans are very fibrous and can be hard to digest for some people. Cooking them until they are well done the first time you eat them is a good way to assess your tolerance. Later, when you try them again, feel free to cook them for less time and make them slightly crunchy if you like that kind of texture.



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



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



- Pour each batch into a large food container.



Mushrooms

Mushrooms are a nightshade and can cause reactions in people who have severely damaged guts, so treat them with respect. There are many types of SCD-legal mushrooms, but I've found mini bella mushrooms to have the

best taste and price combination. However, feel free to experiment with white mushrooms, portabella mushrooms, or any other available mushrooms. Mushrooms bought in supermarkets usually come whole or pre-washed and sliced. To wash whole mushrooms, gently scrub the outside of the mushrooms and lay them on a paper towel to dry. Then slice to your desired thickness. You can also quarter them or dice them depending on the dish your making.



Pros: Easy to prepare, especially if bought pre-cut
Cons: Can be very tough to digest for some people

- After washing and slicing your mushrooms, you should have a pile like the one above.
- Heat a pan on medium heat. I like to use butter, ghee or an SCD-legal oil to sauté the mushrooms in, but this is not needed. Mushrooms contain enough water that they cook just fine in a dry pan.



- Once your pan is preheated, put the mushrooms in and use a spoon or spatula to stir them occasionally.



- When they are done cooking, they will be smaller in size and golden brown to dark brown depending on how done you would like them. Cooking time for golden brown is about 10 minutes; try 20 minutes to get a deep, caramelized brown.

Pears

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



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

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

- Peel the skin off the pears 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 45 minutes to 1 ½ hours, depending on how ripe they are.



- Do the fork test to see when they are done. Pears 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 ¾ 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 food 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: Lots 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 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 cook, but it will still purée just fine.



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



- Pour each batch into a large food container.

Spinach

Spinach is very easy to prepare and cook. It can be cooked many ways in just minutes, and tastes very good puréed. Spinach can be bought in loose leaf packages like the pictures below or in baby spinach packages. If you buy baby spinach there is no need to cut or remove the stems.



Pros: Easy to prepare and tastes great puréed
Cons: Spinach shrinks in size during cooking

- If you purchased a bunch of spinach leaves, start by washing them thoroughly and then lay them on a cutting board. If you went with baby spinach, just wash it and skip down to the cooking part.



- Using a sharp knife, start slicing from the leaf end of the spinach, make a cut every 1” so that the spinach leaves are now strips. Stop when you reach the stems. These are hard and not very edible. Throw them away.



- Preheat a large skillet to medium heat. I like to use butter, ghee, or olive oil to add a bit of flavor to the spinach, however water works just as well. Put your spinach in the pan when it is preheated, and cover the pan.



- Spinach is considered cooked when it starts to wilt. Covering your pan will keep the moisture in and speed up the cooking process. Usually spinach only needs 4-6 minutes in a properly heated pan to cook.
- Depending on the phase you are in you can either transfer the spinach to a food processor to purée it or serve it up as is.

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.



- Purée until thick and pour into a fine-mesh strainer or colander over a food 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.



Zucchini

Zucchini can be prepared in exactly the same way as cucumber on page 138. Follow those instructions as the two veggies are very similar.

Chapter 8: Living the SCD Lifestyle

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, maintaining a four-day meat rotation as outlined in Chapter 5: How to Cook Meat the SCD Way. 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 our 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 our 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 diet 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 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 (just make sure to rotate the food at least four days after the next day's lunch meal)!**

Believe me, I have attended some very high-class meetings with catered lunches, and I just hauled in my big, ugly, red 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 maître 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 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 need and a menu for each week. The most ideal arrangement would be to have them cook 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 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. The only drawback is they might not be organic, non-hormone, or non-antibiotic meats.

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). Local produce is also a better choice than store-bought because fewer preservatives are used in the growing process, but it can be more expensive, depending on where you go.

I also try to buy meat locally to save money. The more meat you can buy in bulk, the cheaper it is. Seek out an organic farm with free range, non-hormone, non-antibiotic beef, pork, and chicken. Most of the time picking up a quarter of a cow and whole chickens will save you a fortune in processing costs. I usually cook one whole chicken a week and it saves quite a bit of money over buying thighs or breasts, and you get more meat for the money.

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 guidelines to know when to introduce new foods. As you grow with the diet and wonder what is considered SCD-legal, I 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 digestive problems over time.

My doctor worked with me to get some B12 shots, tinker with my vitamins, work on calorie-increasing techniques, and supplement with Betaine HCL to raise my stomach acid production. 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 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 who uses 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, depriving you of knowing just how good you could feel. 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

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. There are a lot of different things to try out there, but there are a couple things that can jump-start your healing on the diet. Those three things are: vitamins, probiotics (especially if you aren't eating the yogurt), and digestive enzymes.

Refer to *Breaking the Vicious Cycle: Intestinal Health Through Diet* for information about what 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 widely 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.lucyskitchenshop.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!

Probiotics

I take probiotics in the form of Lactobacillus acidophilus, and I trust GI ProHealth to provide it, 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 10+ which is 10 billion counts of the L. acidophilus bacteria. Again, you can find the products here: <http://www.giprohealth.com/>. I can't say this enough: talk this over with your doctor. 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

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 lining¹⁰. Talk it over with your doctor and make sure it is right for your situation. I take a GI ProHealth SCD-legal digestive enzyme called ProZymes, available at www.giprohealth.com.

The biggest benefit from digestive enzymes comes from lipase, which helps break down fats. Many people tell us that they struggle with digesting fats in the beginning of the diet, most likely from the damage to their digestive system. So starting out with a digestive enzyme that includes lipase can dramatically improve your symptoms when you start the diet because it ensures that you aren't going to have trouble digesting fats. **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:

- 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 foods made from cow milk, slowly try goat milk cheddar cheese and goat 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.

¹⁰ <http://www.enzymestuff.com/conditionleakygut.htm>

- 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.

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. As you progress in your healing process, talk with your doctor about trying some resistance training. This will help you keep and add muscle 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!**

Note on Pre-made Foods:

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 (like a hurricane), 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.

SCD-legal pre-packaged foods are a widely debated topic. The most important thing to realize is that you have no control over a company's manufacturing processes and they are going to make changes and decisions to save money for their own interests, not to keep it SCD-legal in your interests. While a letter from a company might be good for a little while,

who knows how often they might change processes. I put together a short list of some foods that you can buy in case of emergency, but I always encourage making your own foods first and foremost because it's the only way to really be SCD-legal. You never know when you might need an emergency backup if your power goes out, a weather disaster hits, or you are laid up and can't cook. In that case, here are a couple of things that you can use if you must:

- Find a decent canned tuna that contains only tuna, water, and salt (no broth). Starkist Low Sodium Chunk Light and Very Low Sodium Chunk White contain nothing but tuna, water, and salt.
- Shelton makes turkey and chicken products with non-hormone, non-antibiotic birds. They sell a canned chicken in water that is good to have as backup and they also make a frozen turkey breakfast patty that can be good for emergency meals.

Bottom Line: Have some prepared foods in the freezer... but only 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 purée them in your room! Another option is to call around and find an "extended stay" hotel that is geared toward business customers who are staying somewhere for a long-term assignment. They are very nice, usually only a little more expensive, and include a full-sized fridge, stove, and microwave in the room!

If you are flying, you will want to bring quick snacks like banana, avocado, and boiled eggs 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 take written 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 food containers. 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 carry-on luggage. They are 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!

How to Ensure Long-Term Success on the Diet

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 mix a shot of 50% water and 50% 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!

Over time you will slowly embrace the SCD lifestyle and begin to realize that the diet is giving you a new lease on life. It is also giving you the opportunity to live a longer, healthier life than the standard American diet ever could have. The diet has become a blessing in disguise for me and, after some time of feeling amazing and getting healthier, it will come to you too. **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 who 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 the Beginning

We hope the experiences and discoveries we 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. We do not want our relationship to end here. We want to begin forming a long-term friendship with you as you heal and grow the same way we did. We 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 us know how you’re doing!**

We wish you the best ~

Jordan and Steve

APPENDIX 1: The Tracking Chart

Days	Emtional/Mental							Physical									
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APPENDIX 2: The Intro Diet Menu with Dairy

Getting Started with Dairy

Elaine included dairy in her basic diet, so I wanted to be sure you could do the Intro Diet with dairy if you choose too. If you feel confident that you can tolerate dairy products, purchase some dry curd cottage cheese and begin food preparation several days prior to the rest of the cooking plan using Chapter 6: Making SCD-Legal Yogurt on page 89. In order to make the SCD-legal cheesecake, you first have to make the SCD-legal yogurt (it requires a ½ cup of the yogurt). Then proceed with the Intro Diet cooking steps described below. Mix in the yogurt, cheesecake, and dry curd cottage cheese with the rest of the menu I have at the end of this chapter.

What is DCCC or Farmer's Cheese?

For people who can handle dairy products, dry curd cottage cheese (DCCC) can add some much-needed calories and variation to the SCD diet. Not to mention there are quite a few amazing recipes that use it. The big questions for most new SCDers are, “What is it, what does it look like, and where do I get it?” To start, farmer’s cheese and dry curd cottage cheese are different from regular cottage cheese because after the fermentation process no milk or other products are added. Below is a picture of Friendship Farmers cheese one of the easiest brands to find.



The easiest places to find DCCC near you are probably a local health food store or a high-end, big retailer such as Whole Foods or Trader Joe’s. DCCC is a very versatile ingredient and is used in many baking recipes. In *Breaking the Vicious Cycle*, Elaine mentions eating SCD-legal cheesecake

during the Intro Diet. If you can find some DCCC near you, making the cheesecake will provide a great tasting snack.

How to Make SCD-Legal Cheesecake (Right From BTVC)

Ingredients:

3 eggs

2 cups DCCC (or dripped SCD-Legal yogurt)

½ cup homemade yogurt

1/3 cup honey

2 teaspoons vanilla extract

2 tablespoon lemon zest* (for extra flavor... not required)

A food processor or blender and a 9-inch baking dish



- Preheat your oven to 350° F.
- Put the eggs, honey, yogurt, and vanilla in the food processor.



- This step is only needed if you wish to make lemon-flavored cheesecake. If not skip this step. Otherwise, take your lemon and grate 2 tablespoons of zest (peel) and add it to the food processor.



- Blend the ingredients.



- Add in the DCCC. You will probably need to use a spatula to spread it out around the food processor.



- Blend for several minutes (I do it for at least 5) until the consistency is extremely creamy.



- Pour the cheesecake batter out into the glass baking dish. When your oven is preheated, insert your cheesecake and set a timer for 30 minutes. You will know the cheesecake is done when you can insert a knife or toothpick into the center and it pulls out clean.



The Intro Diet Sample Menu with Dairy

Day 1:

- Breakfast: Eggs (hard boiled is best, then poached or scrambled with nothing added to the pan), 1/8 tsp. yogurt, and if you're still hungry, a meat patty (or meatball)
- Lunch: Chicken soup, meat patty, and grape gelatin
- Dinner: Chicken soup, puréed carrots, meat patty, SCD cheesecake for desert, and Welch's 100% Grape Juice (or apple cider) diluted 50/50 with water

Day 2:

- Breakfast: Eggs (cooked differently than Day 1), grape gelatin, 1/8 tsp. yogurt, and a hot mug of chicken soup broth if you're still hungry

- Lunch: Meat patty heated up in a bowl of chicken soup, 1 cup of DCCC, and grape gelatin
- Dinner: Chicken soup, puréed carrots, meat patty, and Welch's 100% Grape Juice (or apple cider) diluted 50/50 with water

Day 3:

- Breakfast: Eggs (again, a different cooking method than the day before), grape gelatin, ¼ tsp. yogurt, and a hot mug of chicken soup broth if you're still hungry
- Lunch: Meat patties with puréed carrots to dip them in, and Welch's 100% Grape Juice (or apple cider) diluted 50/50 with water
- Dinner: Chicken soup, puréed carrots, SCD cheesecake, and grape gelatin

Day 4: (not many people need to be on the Intro Diet beyond 3 days, but it's here if you feel you need it.)

- Breakfast: Chicken soup, ¼ tsp. yogurt, and Welch's 100% Grape Juice (or apple cider) diluted 50/50 with water
- Lunch: Scrambled eggs with grape gelatin on top of a meat patty, and SCD cheesecake for dessert
- Dinner: Chicken soup with a meat patty heated up in it, puréed carrots, and 1 cup DCCC

Day 5:

- Breakfast: Two different meat patties with grape gelatin and 1 tbsp. yogurt
- Lunch: Chicken soup, 1 cup of DCCC, and puréed carrots
- Dinner: Chicken soup, meat patty, SCD cheesecake, and Welch's 100% Grape Juice (or apple cider) diluted 50/50 with water

APPENDIX 3: The Phase 1 Sample Menu with Dairy

Phase 1: 1st Week Sample Menu with Dairy

Day 1:

- Breakfast: Eggs (hard boiled is best, then poached, fried, or scrambled) and ¼ cup yogurt with *pear sauce*
- Lunch: Leftover meat from the night before, carrot sauce, and 1 cup DCCC
- Dinner: Broiled pork tenderloin w/sea salt and pepper, carrot sauce, and Welch's 100% Grape Juice (or apple cider) diluted 50/50 with water

Day 2:

- Breakfast: Eggs (cooked differently than Day 1) and grape gelatin mixed with ¼ cup yogurt
- Lunch: Leftover pork tenderloin and pear sauce
- Dinner: Broiled wild-caught cod with sea salt and pepper, carrot sauce, Welch's 100% Grape Juice (or apple cider) diluted 50/50 with water, and SCD cheesecake

Day 3:

- Breakfast: Eggs (again, a different cooking method than the day before) and pear sauce with ½ cup yogurt
- Lunch: Leftover cod and grape gelatin
- Dinner: Broiled chicken breasts with sea salt and pepper, carrot sauce, and 1 cup of DCCC

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

Day 4:

- Breakfast: Turkey burger and pear sauce with ½ cup yogurt
- Lunch: Leftover chicken breasts, *butternut squash sauce*, and gelatin
- Dinner: Broiled beef burger patties, carrot sauce, Welch's 100% Grape Juice diluted 50/50 with water, and SCD cheesecake

Day 5:

- Breakfast: Turkey burger and pear sauce with ½ cup yogurt
- Lunch: Leftover beef burger patties, carrot sauce, and 1 cup of DCCC
- Dinner: Broiled pork chops, butternut squash sauce, and grape gelatin

Day 6:

- Breakfast: Eggs (scrambled) and pear sauce with ½ cup yogurt
- Lunch: Leftover pork chops and carrot sauce
- Dinner: Broiled steak, butternut squash sauce, grape gelatin, and SCD cheesecake

(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 (or apple cider) diluted 50/50 with water, and ¾ cup yogurt
- Lunch: Leftover steak, butternut squash sauce, and *apple sauce*
- Dinner: Broiled salmon, carrot sauce, gelatin, and 1 cup of DCCC

Phase 1: 2nd Week Sample Menu with Dairy

So now we have started building the foundation of foods that will become your safe zone. 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 2, you're going to focus on continuing to build a rock-solid foundation of foods that are easy to digest. Remember, in order to really build this safe zone, stick to vegetables. This week we will introduce spinach and zucchini.

Day 1:

- Breakfast: Eggs (hard boiled is best, then poached, fried, or scrambled) and pear sauce with 1 cup yogurt
- Lunch: Leftover salmon and carrot sauce

- Dinner: Broiled chicken thighs and legs, apple sauce, Welch's 100% Grape Juice (or apple cider) diluted 50/50 with water, and 1 cup of DCCC

Day 2:

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

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

Day 3:

- Breakfast: Eggs (again, a different cooking method than the day before) and *spinach* with 1 cup yogurt
- Lunch: Grape gelatin, leftover burger patties, and apple sauce
- Dinner: Broiled pork tenderloin, butternut squash sauce, and 1 cup of DCCC

Day 4:

- Breakfast: Turkey burger and pear sauce with 1 ¼ cups of yogurt
- Lunch: Leftover pork tenderloin, butternut squash, and spinach
- Dinner: Broiled mahi mahi, carrot sauce, Welch's 100% Grape Juice (or apple cider) diluted 50/50 with water, and SCD cheesecake

Day 5:

- Breakfast: Turkey burger and spinach with 1 ¼ cups of yogurt
- Lunch: Leftover mahi mahi, carrot sauce, and 1 cup of DCCC
- Dinner: Broiled chicken patties, butternut squash sauce, and grape gelatin

(If things are going well, head to the grocery store and pick up some zucchini)

Day 6:

- Breakfast: Eggs (scrambled), *zucchini*, and pear sauce with 1 ½ cups of yogurt

- Lunch: Leftover chicken patties, carrot sauce, and 1 cup of DCCC
- Dinner: Broiled steak, butternut squash sauce, and grape gelatin

Day 7:

- Breakfast: Eggs (different than previous day), pear sauce with 1 ½ cups of yogurt, and Welch's 100% Grape Juice (or apple cider) diluted 50/50 with water
- Lunch: Leftover steak, butternut squash sauce, and zucchini
- Dinner: Broiled pork chops, carrot sauce, gelatin, and SCD cheesecake