

25 Ways to Hack the SCD Lifestyle

The Best Tips to Save Time, Money, and Frustration
Eating the Specific Carbohydrate Diet

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www.SCDLifestylebook.com

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Contents

Hack the Kitchen	6
#1 Invest In A Quality Swivel Peeler = Less Anger, Less Cramping	7
#2 Hand Stick Blender = Save Time Cleaning	8
#3 Slice and Chop at an Angle = Save Time and Frustration	9
#4 A Decent Knife = Safer, Faster and Easier Food Prep	10
#5 Sharp Knives = Save Time and Fingers	13
#6 Cooking Frozen Chicken in a Pinch = Better Taste in less Time	14
#7 Cook in Bulk = Save Time	15
#8 Emergency SCD Stashes = No Cheating, Spontaneous Travel	16
#9 The Bulk Yogurt Predicament = Save Time	17
Hack Your Travel	19
#10 SCD Legal Foods That Travel Well = No Heat Required	20
#11 Tools of the Trade = No Spillage	20
#12 On the Go? When in Doubt = Freeze It Out	21
#13 Freezer Packs = The Good Life	21
#14 Collapsible Cooler = Save Space Adapt to Any Situation	22
Hack Your Social Life.....	23
#15 Order a Drink Worry Free = Be Happy	24
#16 Easy Dry Wines = Good Times	25
#17 Making Drinks at Home = SCD Legal Party	26
#18 Cook with Your Loved Ones = More Love & Happiness	27
#19 Eating at Restaurants SCD style = Fitting In SCD Style	28
Hack Your Body.....	31
#20 Constipated = Keep Things Moving Regularly	32
#21 Digestive Enzymes = Digest Fats Well = Happy Poops	33
#22 Hack Your Smell = A better quality of life	34
#23 Gain Weight = Feel better and Look better	36
#24 Lose Weight = Your Clothes Will Fit Better	37
#25 SLEEP = Faster Healing and Better Quality of Life	38

Why I Hacked the Specific Carbohydrate Diet

As a trained engineer I've spent most of professional career analyzing and troubleshooting complex systems. While most of the systems I previously worked on were mechanical or electrical, since deciding to take control of my health I've shifted gears to use this same approach to help me understand my body.

To analyze and troubleshoot complex systems I've spent the better part of 8 years learning how to critically evaluate them and then break them apart into small and manageable pieces. This is a critical component of system design and function. Once the system has been partially deconstructed each smaller piece can be individually analyzed for good and bad qualities and then rebuilt to make it more efficient, safer, faster and stronger.

This is the exact approach I've taken with regards to my health and the specific carbohydrate diet. As an engineer, my thought process dictates that the improvement of a system is never done. As new science or technologies become available any one of these breakthroughs has the ability to disrupt a whole system. Because of that, I am continually searching for ways to make my experience on this diet more simple, easy, faster, and better.

As I discovered different tricks or "hacks" to the SCD system that have helped me, I've been recording them. What you have before you is my living breathing (meaning changing) journal of how I've been able to improve several areas of my life while doing the SCD. Some of these hacks are very simple but can help tremendously, some may not apply to you, and yet others might change your life forever.

Whatever happens, remember none of my work will help you unless you try it. Trial and error plus education is the formula for how I discovered these hacks. I'm trying to remove both of these elements for you but alas you must still do your own trial and error experiments.

I define learning as a change in action. So if you are going to learn anything from my experience, by my definition, you are going to have to put into practice what I'm about to teach you.

Remember this is living and breathing document and I expect to update it when time allows so if you have a hack that you think would help me or others I encourage you to send me an email so I can add it for the benefit of all. Also if you see any errors or think I need to make updates please email me at JordanandSteve@SCDlifestyle.com

Thanks,

Jordan and Steve

Hack the Kitchen

The SCD demands a new way of life in which plenty of time is now devoted to kitchen activities. I generally enjoy being in the kitchen and cooking when I have the time for it but the simple truth: is I just don't have enough time during the week.

I'm also very prone to hurting myself while experimenting with new kitchen techniques and recipes so anything I can do to save my fingers or prevent burns is a good thing. Because of this, I'm always on the look out to maximize the quality of time I have in kitchen. Any ideas that could lower the time I spend in the kitchen is usually worth the time or money investment for me because I know they will easily be repaid over time.

In this chapter I will cover several hacks that I've found make my time in kitchen easier, more streamlined or safer. I encourage you to try the skill techniques several times as you will get better and better each time you do. As for the kitchen appliances that save time, they are generally not needed to do the diet, but if you have the resources and are motivated by the same things as I am, they are very worthy investments.

#1 Invest In A Quality Swivel Peeler = Less Anger, Less Cramping

If you have never used a swivel peeler, your about to get a lot more comfortable with it. You will use it to peel 80-90% of the fruits and vegetables you eat on the SCD diet. In the beginning it was not uncommon for me to use my swivel peeler 5 or 6 nights a week. Because of the intimate relationship I formed with my swivel peeler, I decided to do a test and see if I could save time, hand cramps or if there really was significant advantage to the high price swivel peelers.

After testing several different models, what I found both surprised and depressed me. The old adage what you get what you pay for is very true in the swivel peeler niche. While the plain jane stainless peeler will get the job done, the luxury models are sharper more ergonomic and significantly enhanced my experience in the kitchen.



Plane Jane Peeler



OXO Good Grips Peeler

I'm not sure if you've ever peeled several butternut squashes or 10lbs of carrots but if you have you can relate that sooner or later your hand starts cramping up, especially if the peeler is dull and extra force is required. With the cheaper models I tried my hand would cramp all the time and this really aggravated me, causing me to hate making certain SCD legal foods.

This may seem like a simple tip and almost a no brainer but spending a few extra dollars will significantly improve the quality of time in your kitchen. It is true you probably own an old stainless steel swivel peeler but I want to encourage you to go spend a few extra bucks on a “luxury” swivel peeler with an ergonomic handle and much sharper blades. I recommend and use the OXO Good Grips Swivel Peeler (and don’t get paid to do so):

#2 Hand Stick Blender = Save Time Cleaning

For the record a hand stick blender is not needed to execute any recipe in the SCD kitchen. If you already own a blender or food processor you can do everything you need with those tools. But if your like me and are focused on getting in and out of the kitchen as fast as possible this tip might significantly change your cooking habits, for soups, smoothies and purred foods.



Cuisinart CSB-76 - Good Stuff

I use hand stick model above which I’ve found to be a good compromise in price and performance. I like it because of the decent cord length and the

motor is powerful. Obviously a more expensive model with more power will probably get the job done faster but in my experience unless you have the extra bucks to spend it isn't needed. Anyways if you have any of the following frustrations while in the kitchen then it is time to pony up and buy one of these toys:

- Do you hate to make soups that need puréeing such as avocado, tomato, or green bean?
- Do you often burn yourself in the kitchen when transferring hot foods to the blender?
- Do you eat smoothies often?
- Do you absolutely dread cleaning your blender or food processor?

If you answered "Yes!" to any of those or all of them like I did then I would highly suggest you pick up hand stick blender. The ease of clean is about 1 minute vs 5 or 10minutes of disassembling and cleaning all the parts of my food processor. I can dump a bunch of smoothie ingredients into any glass and instantly have a drink, no blender pouring and messes.

Lastly, I like to eat soups but I've burned myself too many times and made way to many messes while attempting to transfer hot soups to a blender and then back again. A handstick blender will save you massive time in clean up and setup while cooking and in my opinion is much safer option when dealing with hot soups and sauces.

#3 Slice and Chop at an Angle = Save Time and Frustration

This is another one of those seemingly simple yet elegant tips I can share with you. When I first started the diet, I watched the Food Network as much

as possible. Man those amazing chefs really inspired me and I really wanted to be able to prep, chop and maneuver a kitchen like they did.

I realized early on that I spent most of my time and effort preparing foods. If I could get even half as good as the professionals I knew I could reduce this time. While there are several tips in this guide that will help you along on this path, the lesson I want you to learn right now is that kitchen knives (non serrated) are actually designed and built to be used at an angle relative to the food your chopping.

I always saw the professionals chopping really fast so for months I just worked on my speed and I would always get frustrated because I had to apply so much pressure from top down to cut through harder veggies. Then I learned the physics of the blade.

Slap me on forehead and call me silly but it turns out the reason professional chefs cut front to back or using a diagonal type movement is because that's how the blade is designed to work. This one simple change allowed my neighbors to sleep again (are you a habitual LOUD chopper? Hint: you need to try this).

#4 A Decent Knife = Safer, Faster and Easier Food Prep

When I started the SCD diet I was using a 10 dollar knife set, it got the job done but I had several scary encounters that ended with more close calls, cuts and bandages then food on the table.

I did some research after a couple scary encounters with some butternut squash and decided it was finally time to invest in a better and safer knife for

the kitchen. Knives like most kitchen gadgets are a get what you pay for item. The big difference is that you really only need two nice knives to do almost everything well in the kitchen. The other big discovery I made was that the law of diminishing returns applies to the knife niche. The improvement gained in going from a 10 to 30 dollar knife is as large or larger many times than going from a 30 to 100 dollar knife.

The two knives that I think are absolutely necessary to invest in to keep all your digits connected to your hands are a decent 8 inch chef's knife and a decent paring knife.

After much research the model I chose for my chef's knife is below:



Victorinox Fibrox 8 inch Chef Knife

It has been a great investment, I no longer have problems slicing squash in half, cutting tomatoes or mincing up large quantities of spices. For my paring knife after a particularly painful cut was bought in haste at a big box store near me. I still consider it a great investment even at 8 dollars but I'm sure there are better options such as picking up a matching paring knife to your chef's knife.



Chicago Cutlery 3 inch Paring Knife the model I use

Or get this one to match your sweet new chief's knife:



Victorinox 4 inch Paring Knife the model I would buy if I could do it over

Buying both of the Victorinox knives listed above will set you back just under 40 dollars but if your using dull, cheap, or out dated knives they will transform your preparation skills. The last benefit of owning nice knives that are sharper and heavier is being safer in the kitchen. It may be counter intuitive but sharper knives that require less force to do the same job reduce slips and miss-cuts significantly.

#5 Sharp Knives = Save Time and Fingers

This is one of those know brainer tips right, but when is the last time you actually did it? It is even more important that you do this if you actually choose to invest in a couple quality knives. This should be viewed as preventive maintenance much like you would wax your car to protect your investment you should constantly sharpen your knives.

What I found was that while the thought of sharpening my knives is nice, in the real world most times I forgot or when I did using a sharpening rod, I didn't see any real differences in sharpness.

So I set out to figure out how to make this process better, faster and something I wouldn't consider a waste of time. Enter this handy knife sharpener:



AccuSharp 001 Knife Sharpener

There is no guess work, it is considerably faster and results are seen in several swipes of a blade. This under 10 dollar sharpener has single handedly changed my views on sharpening. I get predictable and good results on each use. I highly encourage you to pick one up to protect your knife investment and I want to remind you that a sharp knife is a safe knife.

#6 Cooking Frozen Chicken in a Pinch = Better Taste in less Time

If you are anything like me there is going to come a time (or every other week) when you forgot to get your chicken breasts out in time to unthaw them before dinner needs to be made. I particularly hate defrosting chicken in the microwave as the breasts always seem to end partially cooked creating pockets of tuff and gross tasting meat.

Also I'm very impatient and throwing the chicken into the sink to defrost takes to long (but is a great option if you have about an hour). In a last resort you can always just cook the frozen breasts for longer than normal but this typically dries them out.

My remedy for this common problem? Use a broiler pan to cook frozen chicken breasts and steam them in the process to keep them moist. Most households should have a broiler pan that came with your oven. It is the pan that has a grate across the top and catch pan underneath.



Broiler Pan = Cheap Must Have

The trick to cooking a frozen chicken breast and having it come out juicy and full of flavor is to actually steam it while cooking it using this pan. Before laying your chicken on the top grate, fill the bottom up with water. You want it to be very full, but not spilling out of the pan on every move. Mine usually takes around two roughly pint sized glasses of water.

Once you have filled the pan up with water run your frozen chicken breasts under warm water to wash them and then place them on your pan. Feel free to add any spices at this point. Then cook them at 350 degrees for about 40 minutes. Depending on the size and thickness of the breasts your cooking time will vary so please check each breast for doneness.

Also be very careful when removing the boiler pan from the oven, you don't want to slosh hot water all over the place! (I've done it and the clean up sucks!)

#7 Cook in Bulk = Save Time

One major time saving strategy I regularly use is large batch cooking. I'm lucky that I don't mind eating the same foods several meals in a row. Some people crave more variety then this method allows but if tolerated this can be a huge time saving tip. It is actually possible to cook as little as 3 nights a

week with this strategy. I've even used it on really busy weeks to only spend about 4 hours in the kitchen all week.

It may seem easy and a no brainer but it can actually take a bit of practice to figure out how much food you should actually cook. Each time you do it you will get better, but for the first timer I will give you some suggestions. All the amounts of food I'm about to discuss is for 1 person. If you are feeding more than one you will need to double, triple or max out every option in your kitchen.

For vegetables I like to shoot for 3 to 4 pounds, for fruits such as apples or pears around 12 is a good number to start with. For meat I like to use 2-4 pounds. So if I'm making burgers I would go with 3 pounds, if it something like chicken probably 4 pounds. You are going to need some large pots, pans or steamers to actually accomplish this. When doing this I always try and use all my available cooking options such as the stove and the oven. An example of how this can work is to fill your steamer up with vegetables, boil a pot of fruit and then bake 1 or 2 large pans of meat.

#8 Emergency SCD Stashes = No Cheating, Spontaneous Travel

Have one ever had one of those days where nothing goes right? Or maybe you get sick or are just completely drained? For me cooking is the very last thing on my list of things I want to do on a day like that. This can make the SCD hard to stick to in moments of weakness. Because of that I've developed a strategy that allows me to stick to the diet in times of weakness or spontaneous life opportunities; I hope it will work for you too.

I always keep at least 2 lbs of frozen vegetables in my freezer as well as some back up frozen meats that only need to be reheated, such as Jordan's breakfast sausages or I will freeze cooked chicken breasts or turkey meat in portion sized baggies. This allows me to reheat and make a meal in minimal time using a microwave. (Cook the frozen veggies in a bowl in the microwave 10-20 minutes on high and then heat the meat up in a pan with some oil)

There are two other things I always make sure I have around my house. I always keep several SCD legal Laura bars in a secret cupboard that are only to be used for emergency trips or unplanned life problems. I also keep a bag of frozen almond flour muffins in my freezer. The muffins travel extremely well and do not need heating to eat (In a pinch they can be defrosted in the microwave in a minute). I'm an avid traveler and try to make the most of spontaneous life opportunities, having a Laura bar and a couple muffins isn't much of a meal but it is easy to transport, keeps well and will hold you over for several hours.

#9 The Bulk Yogurt Predicament = Save Time

As you work yogurt into your diet, I've found it is very easy to consume 1 to 2 cups a day especially if you are using it for baking, smoothies and other SCD legal dishes. To save time if you are using a Yogurtmet yogurt maker, I highly recommend you invest in a second yogurt container.

This will allow you to start back-to-back yogurt batches so that you don't end up accidentally running out of yogurt. Of course you can save money and as soon as you make a batch of yogurt transfer it to some other food storage bin, but I've found that for ease and simplicity around my kitchen I like two

storage containers whose sole purpose is yogurt. This also guarantees I don't risk any cross contamination bacterial issues.

Hack Your Travel

Traveling on the SCD is a very rewarding experience. In the beginning it caused me quite a bit of anxiety because I feared the unknown. But the more I did it, the easier it got. Along the way I learned several lessons like planning ahead and others that we talked about in the book.

For the section I wanted to dive in a bit deeper and share with you some of the strategies I use on a regular basis to travel both near and far. If you don't plan on travelling anytime soon, I suggest you still read over these hacks because sooner or later you will be presented with an option to get away for a weekend or even a day. When this happens I want you to be able to quickly return to this section and grab the hack that you liked the best.

#10 SCD Legal Foods That Travel Well = No Heat Required

Sometimes when travelling it is hard to carry a cooler or hard to keep food from spoiling when I'm confronted with these situations I normally use a mixture of the following foods with great success:

SCD muffins, avocados, bananas, apples, Laura bars, any dehydrated fruits or vegetables, and raisins. For extended trips I have on occasion made my own SCD legal trail mix, I usually combine an assortment of nuts like blanched almonds, brazil nuts, walnuts, and then I add in other seeds like pumpkin seeds, sunflower seeds and some dried SCD legal fruits like raisins, cranberries and dried coconut flakes.

#11 Tools of the Trade = No Spillage

Traveling on the SCD is not hard if you have the correct tools for the job. One problem I found is that while commuting to and from work or on long road trips some of my cheaper food storage would leak, or break open and I would end up with a back pack full of chicken soup. Not particularly fun when you are dressed in a business suit in downtown Chicago let me tell you.

So if you use public transportation or plan on doing extensive travelling while on the diet, I would highly encourage you to invest in some locking Tupperware. I personally use Snapware and have been very impressed with its ability to not leak. Please note that I don't necessarily think you need to replace all of your containers just pick up a few lockable sizes for the times in

which you need to transport foods and do not want to risk leaking your food all over the place.

#12 On the Go? When in Doubt = Freeze It Out

When traveling long distances either by plane, train or car one tip that I've used with great success is to cook and freeze fruits and vegetables in small Tupperware or in freezer bags. If you lay them flat while they freeze they will end up being easy stackable squares that minimize space in your cooler. The other added benefit of precooking and freezing is that these packages can end up being the bulk of your "ice". They will slowly defrost but if several are stacked neatly in your cooler many times you will not need any ice or freezer packs to keep your food cool.

#13 Freezer Packs = The Good Life

If traveling is big part of your life, I would recommend investing in some cheap hard formed refreezable ice packs. They offer several advantages over ice, including being compact so as not to take up too much space in the cooler, don't melt and leak water everywhere, refreezable when you arrive at your destination and come in a variety of sizes that can be customized to the size of your cooler. I've found that just 2 small ice packs will keep my food chilled for several hours in a medium sized cooler.



Hard Freezer Packs = Good Investments

#14 Collapsible Cooler = Save Space Adapt to Any Situation

There are several types of coolers that are available but what I've found to be easiest to transport and take up the least amount of space is a collapsible cooler. Using a soft sided cooler will allow you to fill it as full as needed for each trip. I use two sizes a small one just big enough for one meal and a medium sized one that allows for a day or two of food. The different sizes allow me to conserve space and allow me to tailor the number of ice packs needed for each application. The best part of a collapsible cooler for me is that they are easy to clean after each use and when you're done using them you can flatten them out for storage back home.

Hack Your Social Life

The SCD requires us to modify our normal social routines and patterns of behavior while we continue hanging out with family and friends. Food is almost always involved in social gatherings in the western world and just because you are taking your health by the reins shouldn't mean you need to exclude yourself from your social circle.

Combining the SCD lifestyle with my social circle required me to grow my personal boundaries to be successful. I had to confront fears I had surrounding standing out in a crowd, asking for special requests or favors, and becoming much better at saying NO and meaning it. The learning process didn't just happen overnight, just like my kitchen and travelling skills; I got better every time I tried it. Through each experience, I grew much more comfortable with my new lifestyle. I know you can do that same thing, and during that growth process I wanted to supply you with my best hacks for continuing to live a lively social life.

#15 Order a Drink Worry Free = Be Happy

Doing the SCD doesn't mean you have to give up the social bar scene. It does mean your usual routine will change, but it is still possible to attend the bar or parties and be SCD legal. Alcohol should obviously be consumed in moderation and like Elaine says occasionally.

If you want to attend social parties and don't plan to drink alcohol I suggest ordering soda water (carbonated water) on the rocks. You can even dress it up with a lime or a lemon and it will look just like an alcoholic drink. It can be hard playing the sober person around a bunch of drinking friends but your digestive system will thank you later. I would advise you to stay away from diet coke even though Elaine allowed it.

If you do plan to indulge in a few alcoholic drinks I wanted to give you some tips on what I order at the bar when I do. First off I don't accept any drinks that I don't order and I would recommend you don't either, the bar scene is loud and nice respectful friends after a few drinks will probably not be thinking about your tummy. A simple miscommunication with the bartender or with your friends can end quickly with a night on the toilet.

With that in mind, I primarily chose to drink SCD legal liquors at the bar. Dry Wine is acceptable but unless you are at a wine bar it can be hard to inspect the bottle to verify it's dryness before ordering. My go to drinks are gin and soda water and vodka and soda water putting a couple lemons or limes into either make a tasty SCD legal drink. If you're a bit bolder any whisky on the rocks is a solid choice as well, or cut it with water or soda water. I would stay away from the shots as 90% are mixed with some type of juice or non legal SCD liqueur.

#16 Easy Dry Wines = Good Times

Elaine permitted the occasional consumption of dry wines on the specific carbohydrate diet. In the beginning of the diet I had no idea what the difference between a sweet or dry wine. I thought it had something to do with the taste, well it turns out it doesn't. A dry wine can taste sweet and sweet wine although not typical can taste "dry". A SCD legal dry wine is classified so because of the low amount of residual sugar left after fermentation.

The best approach when choosing a wine is to read the label most will explain whether it is dry or not. Another indicator that a wine is dry is its alcohol content. A higher alcohol content like 12-14% for instance will typically be a dry wine (not always so inspect).

If a wine makes mention of fruit juice then it will be illegal. Please read the label but if you are new to the wine scene. To get you started I wanted to give you a few types of wine that are traditionally dry.

The following list is not a conclusive list by any means and there will always be rule breakers but some popular dry wine types are: Merlot, Zinfandel, Cabernet Sauvignon, Pinot Noir, Bordeaux, Syrah

I do want to note that wine although legal on the SCD can be problematic for some people with digestive problems. All wines contain a small amount of yeast that causes reactions in some people. I have experienced this from time to time and have found that I get sinus congestion, reduction in my smelling ability and eye allergy problems. So approach wine just like any other SCD legal food, don't assume it will agree with you just because it is legal.

#17 Making Drinks at Home = SCD Legal Party

If your at home and you chose to partake in some alcoholic beverages besides the ones I listed above for the bar scene I wanted to give you some of my favorite beverages.

Nor Cal Cross-fit Margarita (from Robb Wolf)

Coconut water (no additives)

100% tequila (tequila is a grey zone drink substitute with clear rum)

Splash of Lime juice

SCD Sweet Tea Vodka

Make a batch of homemade Ice tea

Mix in Vodka to taste

Add fresh lemons

Hawaiian Delight

SCD legal Pineapple Juice (or fresh)

SCD legal Mango Juice (or fresh)

Vodka to taste

SCD Bloody Mary's

Fresh pureed tomatoes or SCD legal juice

¼ teaspoon of horseradish

A pinch of cayenne pepper

A pinch of sea salt

A pinch of black pepper

A pinch of celery salt

Vodka to taste

If flavor is too heavy try adding a bit of honey

#18 Cook with Your Loved Ones = More Love & Happiness

Food is interwoven into our western culture so much so that other than sporting events, I cannot recall a time in which food was not a part of family or friends gathering. This was a big pain point for me as I have a very large family who loves a reason to get together and eat. The norm on these occasions is a large and extended food grazing session. When I announced to my family that I could no longer participate in these feasts it was like someone slapped grandma and then streaked naked through the yard.

In other words it came as a big change and shock to most of my family and friends. Some couldn't comprehend that the foods I grew up eating were making me sick, others were offended and most were generally sad for me and wanted to ask endless questions to try and include me in the meals. This became a bit of a problem as my family and friends weren't dedicated to cooking SCD legal and almost every dish on the table contained non legal ingredients. While many people tried to prepare meals I could eat, I was always nervous about eating them because they weren't reading the books I was nor were they used to following the rules that I now lived by.

It took awhile for me to figure this situation out but I like to think I've got it handled now. The secret strategy I now use is instead of hanging out with the guys (my family is very traditional) I stay in the kitchen, help plan the meals ahead of time and assist cooking them.

When I first started doing this, most of my family still didn't think I could cook, so I would bring my own meals and eat with everyone but also I helped

prepare and cook their meals (that I wasn't eating). After awhile when I was more or less proven in the kitchen I started to work with my family members and friends to cook large dishes that I could eat and the rest of the party could enjoy.

Almost every SCD legal dish we've made has been a resounding success. With each little success I've taken over more responsibilities and working together in the kitchen has allowed me to educate my loved ones in how to prepare foods I can eat. I know feel generally confident in their abilities to make foods I can eat and together working in the kitchen gives me more quality time to interact with them.

#19 Eating at Restaurants SCD style = Fitting In SCD Style

Eating at restaurants is very touchy subject among SCD circles. For one it is very hard to get the real facts on where the food a restaurant is feeding people originates from. Not to mention not knowing what has been done to it before they receive it. Then you have the issue of cross contamination with your food being prepared in kitchen equipment that 99% of the time includes ingredients that will make you sick. Lastly, unless you buy, prepare and cook any food yourself can you ever be sure its 100% legal? Many times the answer is no.

So be forewarned I do not think it is a good idea to attempt eating out at restaurants until you've reached a good level of healing in which if you do ingest some food that is contaminated it won't set your healing back or cause you to quit the diet. If you are feeling good and comfortable with the uncertainty that you could get sick and still want to give it a go, I want to share with you my formula for eating out.

First a disclaimer the restaurant industry is motivated by the bottom line that means they are continually trying to scientifically create foods that include all the best flavor ingredients that will make you crave and buy more. Especially national or regional chain restaurants, the easiest way for them to earn more money is to get you to buy more of their food. So they spend their money and time, carefully assembling foods that hit all of your palette pleasure points. Make no mistake about it this is a science and it does not have anything to do with your best interests of eating natural unprocessed healthy foods.

I would encourage you to stay away from these chain restaurants as many times the food they serve is created on large manufacturing lines, infused with ingredients (most are not legal) and only reheated or barely cooked in the restaurant before it arrives at your table. The best ways to try and avoid these restaurants is to eat at locally owned spots or call the national chain to try and verify what is in their food before it gets to the restaurant locations.

Now that we have the red tape and disclaimers out of the way lets get down to the nitty gritty precautions I take when eating out. The following is a list of questions that I get answers too before eating at the restaurant. I like to call ahead and talk with a manager letting them know I have multiple food allergies and ask them if they can accommodate me. If they are not helpful on the phone or blow me off it is a good bet they will not be willing to help me out once I'm seated so I don't even attempt it. The following are my list of questions; I try and ask the manager:

- Do they have a gluten free menu?
- Can they prepare my foods in separate areas to avoid cross contamination?

- Where do the different meats on the menu come from?
- How do they receive their meats? And which ones are marinated?
- Where do they obtain their vegetables and fruits?
- Do they use Margarine or Butter to cook with?
- What oils do they cook with? And are there any others they could use?

This is not a conclusive list by any means, and if I get substandard answers to any of the questions I continue to press harder until I get to the real answer. Many times it is not what you want to hear but your stomach will thank you later.

Unfortunately your work is not done, once you are seated at the restaurant it is time for round two. I always explain to the server that I have multiple food allergies and then talk with them about preparing my food separate to avoid cross contamination. Next I will walk through the entrée dishes with them asking about sauces, spices and preparation for each. Many times I have found it is common that there will only be one meat that is suitable to eat but it is a dish that is not legal. I've never had much problem asking them to use this meat and combine it with some other dish. Such as getting a certain kind of chicken and placing it on a salad that it normally doesn't go on, or removing all the side dishes and just getting vegetables.

In general from my experiences steak and seafood seem to be the easiest and most reliable SCD choices. Of course they both tend to be the most expensive on the menu so just remember that as you venture out. Eating at restaurants can be an enjoyable and successful experience on the SCD but make sure you do your due diligence and never be afraid to ask a question or
10 remember you are the paying customer and you can walk out at anytime you wish.

Hack Your Body

Your body is your health, and your health is your body. While hacking your health might have made more sense for this section, I want to really drive home the point that you need to understand that your body is going to be giving you constant feedback. What you do with this feedback will largely determine how fast and how well you heal.

During the healing process I dealt with several issues that each time I overcame them I realized a new level of health. For the most part I never even knew these were problems or if I did realize them I never thought I could change them. Now, after helping many people understand their bodies and health I have a much better understanding of how to hone right in on problems and fix them.

The hacks in this section are designed to address problems I dealt with and I help people with everyday. It is important to remember that your diet is your “go to” piece of the puzzle, if you try using the hacks in this section but are not putting the work and commitment into the diet then you are missing the point.

But if you are working hard on the diet and are following the advice in the SCD lifestyle book then these hacks could make your healing much faster.

#20 Constipated = Keep Things Moving Regularly

Not everyone on the SCD deals with constipation but it is normal that during the healing process your body might alternate between periods of constipation and loose stools. A day or two without a bowel movement can be a blessing if chronic diarrhea is the norm for you, but if the constipation lasts longer it is a good idea to try and take some steps to get your bowels moving again.

Elaine recommends the use of eating SCD legal muffins and she also has some great tips on eating a small amount of prune juice and drinking something hot in the morning. You can read more here http://www.breakingtheviciouscycle.info/knowledge_base/kb/constipation.htm

However, when I experienced my constipation problems I wasn't eating almond flour and didn't want to add it. I also am not a huge prune fan, so I decided to try and find some other alternatives to help keep everything regular.

The first tip is to eat more fat. In the beginning of the diet many people will have a hard time digesting fats and we advise limiting them. However if constipation starts to become a problem the first thing to try is upping nature's natural digestive lubrication which is fatty foods. A couple of good options are avocados, coconut oil, or butter.

The second way to try and ease constipation is to supplement with magnesium. Magnesium is a very important mineral that has untold benefits for example the [body uses in over 300 ways](#). It can easily become

depleted in people with poor digestion so it is a good idea to supplement even if you do not have constipation problems.

However a nice side effect of oral dosages of magnesium citrate is that it can help with stool quality. Magnesium is a natural laxative and can provide the relief you are searching for. There are several types of magnesium supplement compounds. While a capsule form is great way to supplement magnesium for your whole body, they generally don't help much with stool quality. Instead it is better to get a magnesium citrate oral supplement (get the best of both worlds body and stool help). Magnesium oxide is the cheapest form of Magnesium and is not well absorbed by the body so I would avoid this. The SCD legal version that I recommend is called Natural Calm by Peter Gillham (get the unflavored version). It can be helpful in reducing stress and helping sleep quality, because of that I recommend using it before bed at night.

#21 Digestive Enzymes = Digest Fats Well = Happy Poops

A common problem for me and many others who have digestion troubles is fat digestion. This can persist for a long time, because unfortunately there are many elements that must be healed for the body to properly breakdown fats and use them. Fat digestion is sometimes the last remaining piece of the health puzzle to correct itself, because of my experience and the experiences of many others I highly recommend you supplement with digestive enzymes for at least the first 6 months you are on the diet.

In order for you body to naturally break down fats several key signals must take place and if even one is not right fat digestion will be incomplete. In order to digest fats the body must use the enzyme Lipase. Even a small drop

off in the amount of this enzyme available for digestion can cause digestion trouble. Because of that I recommend you try supplementing with GI Pro Health's Prozymes. It has the highest quality and quantity of digestive enzymes I've found and is SCD legal. After your health has climbed to new heights and you are not experiencing any setbacks then I would try tapering off of them but don't be surprised if you still need them.

#22 Hack Your Smell = A better quality of life

When I started the SCD diet I couldn't smell very well and had chronic sinus issues. If my nose wasn't functioning like a mucus facet then I was congested and constantly coughing up phlegm. After several tweaks on the diet for the first time in my life I no longer suffer from any sinus issues and my smell is daily blessing in my life.

The first step I recommend you try if you are having sinus or smelling troubles is to remove all dairy from your diet. Do this for at least 6 days. No SCD legal cow/goat yogurt and no SCD legal Cheeses also cut out butter. If you don't notice a big difference by day 6, then on day 7 I want you to go overboard eating dairy. Have a bunch of SCD legal yogurt, put cheeses and butter on everything and note how you feel. If all is well then move on to the next step.

The next thing I needed to address was a zinc deficiency that I had. I recommend you get some zinc tally solution and perform a simple home test and/or get your zinc levels tested at your doctor's office.

To perform the simple and reliable zinc tally taste test you will need two things, some zinc tally solution and a stop watch or timer. For the zinc tally

solution I recommend buying some pre-made solution from [Thorne Research](#) [this is what I used](#). However if you have the time and materials you can also create your own [following these instructions](#).

Once you have your solution you must not eat, drink, chew gum, smoke or put anything in your mouth for one hour before the test, I found this easiest to do early in the morning upon waking. If you are using the Thorne Zinc Solution you should follow these instructions right from their website:

Hold a teaspoonful of the Zinc Sulfate solution in the mouth for 30 seconds and note the taste response from one of four categories:

1. No specific taste or other sensation is noticed, even after 30 seconds
2. No immediate taste is noticed, but after a few seconds a slight taste described as dry, mineral, furry, or even sweet is noticed
3. A definite, although not strongly unpleasant, taste is noticed almost immediately and tends to intensify as the 30 seconds pass
4. A strong, unpleasant taste is noticed immediately and tends to intensify as the 30 seconds pass

If you fall in category 1 or 2 (I was a #1) then you will most likely benefit from zinc supplementation. It is also a good idea to repeat the test up to 3 times on different days just because it is a home test and you don't want to have biased test results.

To get your levels back up, I recommend supplementing with an SCD legal zinc supplement and a copper supplement for one month. Zinc can deplete

your copper stores so it is a good idea to keep them in balance. I used [GNC zinc 50](#) and [GNC copper 2](#) both of which do not contain any added ingredients. A good ratio you should abide by is 25mgs of zinc to 2 mgs of copper. I worked up to 50 mgs a day of zinc and 4 mgs a day of copper. If you use the GNC brand you can score and break the 50mg tablets in two halves to get 25mgs. I would suggest taking 25mgs of zinc and 2mgs of copper a day for a week and then if no bad reactions are observed increase the dosage to 50 and 4.

There are some safety concerns I must mention, in the studies it has been reported that taking doses of zinc in the 150-450mg range caused side effects. There are also reports of side effects if supplementing longer than 10 weeks. Therefore supplement at your own risk however I would advise not going above 100mgs of Zinc a day and only supplement for up to 6 weeks.

Remember to look at any other supplements you are using because zinc and copper are typically added to multi-vitamins and other supplements. It would seem that because they are already in there you wouldn't need extra amounts however I supplemented with multi-vitamins for 6 months before I found the zinc research and I still needed 4 weeks of extra supplementation. For the record I did continue taking these multi-vitamins during my extra zinc supplementation.

It is also a good idea to repeat your zinc tally test every 2 weeks during supplementation to gauge how fast your zinc levels are being replenished.

#23 Gain Weight = Feel better and Look better

If you are looking to tweak your diet to try and gain some weight the best way to do this is start eating fatty foods that will increase your calories significantly. The reason foods high in fats are the easiest to up your calories is that for each gram of fat you get 9 calories of fuel for your body. Adding more protein or carbohydrates can help but at 4 calories per gram the volume of food you will need to eat can just be too much sometimes.

Some examples of easy to add foods that contain a great bang for the volume are: avocado, coconut milk, heavy cream SCD legal yogurt, SCD legal cheeses, dripped SCD legal yogurt or DCCC, Nut butters, Nut flours, butter, coconut oil, olive oil, or any other SCD legal oils.

If you are wondering how to mix these foods into your diet try these ideas, avocados make a great snack, trying dipping some fruit in nut butters, add butter to everything, make DCCC and SCD legal yogurt smoothies, and even taking spoonfuls of coconut oil at each meal will help out tremendously.

#24 Lose Weight = Your Clothes Will Fit Better

Some people who start the SCD diet will be looking to lose some weight. Just changing to the specific carbohydrate diet usually over time causes a normalization of your weight. I saw steady but slow fat loss until I reached a very nice level in which my pants fit loosely and I was very happy.

However after several months on the diet when weight loss has plateaued or if you find after being on the diet for some time that you have actually gained weight and are not happy with it I want to offer you some quick ideas that can help you shave off a few pounds to get you over the hump.

The first food group that usually causes weight gain is nut products, it is very easy to overeat nut butters, nut flours and plain nuts. A handful of almonds for instance can easily contain over 300 calories. Try cutting out all nut products for one month and see how your body responds.

The second most common source of high calorie consumption that should be looked at is fruit. It can be easy to steadily eat more and more fruit while on the diet and then one day wake up and find yourself eating several servings of fruit at each meal. Try cutting back to only 3 servings of fruit a day and see how your weight responds.

The best foods to replace nuts and fruits for fat loss on the SCD are vegetables. Another hack is to try upping your meat portion sizes which will help you feel full and give you lasting satiety.

#25 SLEEP = Faster Healing and Better Quality of Life

Sleep is a commonly overlooked area of health. I know I over estimated its ability to help my healing progress for a long time. But think about it, is there any other time when you generally rest through out the day, when you are not preoccupied with thoughts or when you are not moving and stressing your body? I know my day doesn't contain any of those time periods until I go horizontal for the night.

So while you are awake, eating, pooping, digesting food, thinking, working, exercising, cooking where do you think the blood supply and body's energies are focused? Well I can't say for total certain but it is very logical the first priority for your body is any one of those actions and not healing your digestive tract. So if most of the repair time that your body has is during

sleep then it makes sense to try and maximize this area of your life while you are trying to heal.

The following are all ideas I have picked up over time from experts of one field or another. Together they have allowed me to get a much deeper and restful night's sleep and I believe accelerated my own healing.

The first step is if your lifestyle allows try and get at least 8hrs of sleep a night and if you can especially when starting the diet see if you can stretch it out for 9 or 10 hours. Even a slight amount of sleep deprivation is linked to several side effects such as irritability, memory loss, headaches, increased risks of several diseases, even obesity.

At first I thought there was no way I could achieve 8 hours of sleep, too many things to do, too many commitments etc. But what I didn't realize is that every time I ignored my body's urges to go lay down for the night by doing one more task, I was slowly performing everything in my life slower and worse then when I listened and remained well rested. I still struggle with this today but I keep it in the fore front of my mind that a task done half a sleep is going to take longer and most likely filled with mistakes then if I just did it the next morning.

The second step is to maximize the sleep you do get regardless of how long it is. You should strive to be sleeping in a completely blacked out room. Do everything you can to make it pitch black in your bedroom. This usually means upgrading your curtains to black out models or hanging an extra blanket over the windows. It means turning off any TVs, computers or night lights in the room. It means closing any other doors and turning off the bathroom light as well. The last step is covering your alarm clock and charging cell phone or any other LED devices that stay on all night long.

While the first two steps are in my opinion where you should focus most of your efforts I do want to mention a few more ideas that can improve your sleep quality. First up if your life allows try and commit to a regular sleep schedule and follow it throughout the weekend. There are many hormones involved in the sleep process which are mostly regulated by your body's circadian rhythms. These rhythms are tightly regulated and like a regular sleep wake cycle. If I change my sleep schedule during the weekend I usually find it hard to feel rested on Monday mornings.

The second idea to try is to not eat any food 4 hours prior to retiring for the night. Many people have commented that they do not have good digestion if they eat and then lay down. You may already be doing this instinctually, but if not give it a try for a week and see if your digestion improves.

There is a whole lifetime of sleep science that dives into the different light spectrums and how they alter our natural body rhythms (circadian). If you want more in-depth knowledge I highly recommend reading "Lights Out: Sleep, Sugar and Survival" by T.S. Wiley. But suffice to say just like your diet try these ideas for 30 days and see what happens. It will take some tweaking here and there and keeping a journal of how you sleep is the best approach to understand if these ideas help you. I know they made a big boost in my well being, moods, productivity and healing when I adopted them.