

SCD Lifestyle Frequently Asked Questions Guide

A Collection of the Most Frequently Asked
Questions to Ease Your Mind and Speed Your
Healing Time on the Specific Carbohydrate Diet

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www.SCDLifestylebook.com

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Table of Contents

Questions About Doing the SCD

8

How long should I stay on the intro diet?	8
I don't have any diarrhea should I still do the intro diet?	8
What is "die-off" and does everyone experience it?	9
The diarrhea hasn't stopped! When do I move on to Phase 1 of diet?	10
When should I introduce a new food?	10
How often should I introduce new foods?.....	11
Do I have to wait 4 days in between trying new foods?	11
I am not feeling any better, how do I advance on the diet?.....	11
I cheated on the diet, do I need to start over with the intro diet?	14
I'm Eating 100% SCD legal but I'm not feeling as good as I had hoped	14
But I've had dairy all my life and I know I don't have a problem!.....	15
I've been eating SCD legal but don't feel as good as I should, should I restart with the intro diet?	16

Questions About SCD Eating

17

What should I eat for breakfast if I can't have eggs or dairy?.....	17
Can I use spices on the SCD diet?	18
I'm allergic to dairy is there any other way to make SCD legal yogurt?	19
How do I tell if a pre-made food is SCD legal?	20
Are there any pre-made SCD legal foods I can have?	20
What types of alcohol can I drink while on the SCD diet?	21

Questions About Living the SCD Lifestyle

23

I haven't been diagnosed with a disease, should I start the SCD diet?.....	23
Can I expect to lose weight on the SCD diet?.....	23
I'm losing weight on the SCD diet and I don't need to, how do I make it stop?	24
Help, I'm constipated what do I do?	26
Should I take supplements?	27
Is the SCD diet better than eating a gluten free diet?	28
How do I travel on the SCD diet?.....	28
Can I exercise on the SCD diet?	30

Got More Questions?

32

The Specific Carbohydrate Diet is a very effective platform to naturally heal digestive disease. Going through the experience of healing our own bodies using the diet and helping others get started with the SCD Lifestyle – Surviving to Thriving eBook, we are confident that this diet can heal the majority of people struggling with diarrhea/constipation, stomach pain, and fatigue. The most important lesson we have learned along this incredible journey is that the SCD Diet has to be “customized” to each individual person in order to be the most effective healing tool possible.

The process of customizing the diet to your specific needs can be broken into two different parts. The first part is information gathering and broadening your knowledge of not only the SCD, but digestion, diseases and your body. The second part of this process is trial and error, *or actually taking action*, to go out and try the information you gathered. Both pieces of the puzzle need to be used in concert with each other. Trying new ways of modifying your diet not based on experience, science or logic is wasteful and potentially harmful. The same can be said for gathering loads of the best information and never *actually doing it* to find out if it could help you.

This guide is intended to help with both aspects. We want to give you simple and fast ideas that are based on our experiences helping ourselves and many others. We also wanted to create an easy-to-use reference tool for those times when you just don't feel like wading through all the information in the eBook. Therefore, many of the topics below are covered in the eBook, but this guide gives some more insight from our experience to make sure that you are able to integrate the diet into your lifestyle and make it work.

The bottom line: Use the eBook and this FAQ guide to help you build a custom SCD Diet for your body and you will naturally heal your gut and take back control of your life from the symptoms of digestive disease.

The final thing we want to tell you is that: this is an ever evolving document. The questions in this document were assembled over time as people started using the SCD Lifestyle eBook to help them start the Diet. So if your question is missing from this guide and the eBook – just use this email link to reply back and ask us about it: jordanandsteve@scdlifestyle.com.

Lastly, we believe that the only bad question is the one that went unasked.

We have found that if you have a question most likely you are not the first or last to think of this idea, so please don't be afraid to ask, for your benefit and ours.

Jordan and Steve

Questions About Doing the SCD

How long should I stay on the intro diet?

It depends on how sick you are feeling; most people only do the intro diet for 2-4 days. Do not spend longer than 5 days on the intro diet. At that point there is no need to keep foods restricted to the intro menu. The intro diet is not a complete diet that can be used for long periods of time. It does not provide all the necessary vitamins and minerals to sustain health over time. It is used for the specific purpose of detoxifying the body from bacterial die off and priming your system to start off on the right foot with the SCD diet. If your symptoms improve after several days on the intro diet you should begin moving into Phase 1 of the diet, if no improvement is observed you still must move on.

I don't have any diarrhea should I still do the intro diet?

Yes! The goal of the intro diet is to reset your gut flora and give your body and chance to detox for a couple days. The intro diet is essential for starting the SCD diet on the right foot. It gives the good microbes a chance at overcoming any bad bacteria in your system. Skipping the intro diet is like

starting to sprint the day after you learned to crawl. You need to hit all the intermediate steps in between you and your goal for a reason. Each step along the way builds on the previous one. Skipping steps increases your chances of relapse or failure and never being able to take control of your health.

What is “die-off” and does everyone experience it?

First off, “die-off” is normal and healthy, do not be scared! Die-off happens when bad bugs die. When these bugs die they release toxic chemicals into your body, if more toxic chemicals are released at once than your body can dispose of, you will experience short term side effects (Herxheimer reaction).

These side-effects manifest themselves differently for each person; however there are common symptoms that many people experience. These include: nausea, diarrhea, brain-fog, body aches, headaches, nightmares, and many more. Do not be afraid because many times these symptoms only last for a few days; however in severe cases, they can stretch out for a few weeks. In our book we give you several strategies to beat the die-off symptoms. But remember that not everyone experiences die-off symptoms. Each person is

different and there is no way to anticipate what your experience will be like until you actually go through it and it's a good idea to use our strategies to minimize any symptoms you might have.

The diarrhea hasn't stopped! When do I move on to Phase 1 of diet?

If you've been on the intro diet for 5 days and are still experiencing some diarrhea do not worry, but you do need to move on to phase 1 of the diet.

Everyone's body is a little different and heals at a different rate. Because of this, it is not uncommon for most people to experiencing alternating bouts of diarrhea and constipation throughout the first month of the diet.

When should I introduce a new food?

You should only introduce a new food when you haven't had a change in symptoms for a couple days. An even better rule of thumb is waiting until you've been feeling good for 2-3 days before adding a new variable into your diet. It's important to wait because you want to be feeling your best to properly judge if you have a negative reaction to a food.

How often should I introduce new foods?

The rule of thumb that we recommend is every 4 days. The reason we say this is because there are several different types of reactions people have to foods. Some of these reactions are delayed and many times don't show up till after 48 hrs after eating a food. If you experience a negative reaction and follow the recommendation it is much easier to pin point what caused the problem and eliminate it.

Do I have to wait 4 days in between trying new foods?

Yes unless you like wasting time, if you don't wait at least 48 hrs (2 days) in between changing variables in your diet you might experience a delayed reaction to a food and then blame it on the wrong one. One of the biggest advantages of doing the SCD is that as you add more and more foods to your diet you get a chance to make sure every food you let into your body makes you feel your best. Add too many foods too soon and you might end up feeling bad with no way to understand what happened.

I am not feeling any better, how do I advance on the diet?

- **Start by eliminating one of the big three:** The protein in eggs can be a trigger for many people with digestive diseases. Jordan's experience is a prime example, once he realized that he was eating eggs a couple meals a day, he tried life without them for four days. He felt better very quickly and hasn't ate them sense because this simple tweak allows him to feel so good.

Start with egg and see if you experience any changes (remember, keep everything else the same). If it's not egg, be happy you can still eat them and move on to the next step.

- **The next big offender is dairy.** Dairy also has a protein that is very reactive and eliminating the cow's milk yogurt and cheese alleviated many of the symptoms for both of us. We both saw major heath improvements in as little as 4 days after cutting out all cow's dairy. Don't panic if you can't have dairy. You can always try goat's milk products in place of cow's milk products because the protein is a little different and you might have better luck. If you're like me and that doesn't treat you well either then it's on to almond milk yogurt and no cheese for a while, but your stomach will thank you!

- **If you try eliminating egg and dairy and are still having issues... look to high concentrations of sugars.** By that we mean start with juices. There is a lot of SCD legal sugar packed into the Welch's Grape Juice and that caused me to still have horrible gas/bloating. Once we stopped the grape juice the gas stopped and we felt better than we ever thought possible. We also had to take a little break from guzzling honey because that high intake of sugar was driving some horrible gas, even though it was SCD legal sugar. SCD legal sugars can still be a problem in high quantities – so think twice about making that twice daily fruit smoothie or eating 6 cups of applesauce!

- **If the big three are not causing your issues, keep narrowing the list by applying the same principles.** If you are eating any raw food like ripe bananas or avocados, give those a rest for four days and see how it goes. Sometimes those can cause issues with people in the beginning as well. Otherwise, keep picking different items that you eat frequently and whittle the list down until you see the positive change you are looking for. Believe it or not, most of the time it's just one food that is keeping you from SCD Success find that one food and eliminate it and you are well on your way to feeling better.

I cheated on the diet, do I need to start over with the intro diet?

Not necessarily, it depends on how long and how much you cheated. If it was less than a week (such as one meal) chances are you didn't provide enough food for the bad bacteria to take over your system again. Instead you should return to where you were on the diet and do not add any new variables for 5-7 days or until you are feeling as good or better than before you cheated.

If you cheated for a sustained amount of time (like several days or weeks) it is highly probable that your ratio of good and bad bacteria is out of balance again. Returning to the intro diet for short amount of time is a fast way to kill the bad bacteria and restore balance to your system. After doing the intro diet for several days return to where you were in the phases and wait until you are feeling good again before adding any new variables.

I'm Eating 100% SCD legal but I'm not feeling as good as I had hoped

You may have more health issues other than those related to digestion; however there are several common foods that we find hold people back from reaching their highest health potentials. In order they are Dairy, Eggs and

Nuts. Try eliminating each of the above mentioned foods one at a time for a week each and if your symptoms don't improve. For instance, after going dairy free for a week, next eliminate egg for a week. Lastly, in week three, eliminate dairy, egg and nuts.

If you think you might be having trouble digesting fats, try ordering an SCD legal digestive enzyme like the ones at www.giprohealth.com to help you break down the foods you're eating. It's not uncommon for people with digestive issues to have a deficient digestive enzyme processes contributing to the continued digestive problems. Supplementing with additional digestive enzymes can step in and help this cycle until more healing has taken place.

But I've had dairy all my life and I know I don't have a problem!

Many people think along the same lines. The problem is that in your past there were probably too many bad things going on at once so you never suspected dairy. Now that you are taking the necessary steps to minimize any negative reactions, it is time to try not eating dairy for awhile.

If you're serious about getting better you will eliminate all dairy for at least a week and see if you experience any improvements. Many people with digestive diseases also have leaky gut syndrome, which means that what you eat gets into your bloodstream. Getting the casein protein from dairy products into your bloodstream can cause a myriad of reactions, some of which you will never even imagine are from dairy until you try life without it for one week.

I've been eating SCD legal but don't feel as good as I should, should I restart with the intro diet?

If you've already tried eliminating eggs, dairy, almond products and cutting down on your sugars then most likely you should. If you're eating SCD legal but you're eating very advanced foods, it is likely that your balance of bacteria or yeast is incorrect. The best way to correct the gut flora balance is to return to the intro diet to starve out the remaining bad bacteria or yeast. From there if you can slowly build your way back to advanced foods and you will more easily identify foods that are causing you problems.

Questions About SCD Eating

What should I eat for breakfast if I can't have eggs or dairy?

The first thing you need to change is your thinking about what is okay to eat for breakfast. Breakfast is just another time during the day when you have the option to provide your body with nutritious and easily digestible fuel.

You can eat your leftovers from lunch or dinner. You can also make turkey or chicken sausage and eat a little fruit. You can make a smoothie using SCD Legal yogurt and fruit and ice. Just don't get crazy with the serving sizes and overwhelm your body with sugars.

Here's the recipe we used to make amazing turkey breakfast sausage:

The 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

Roll the 4 lbs. of ground turkey into a long tube on a pan, on foil. Then add the water, salt, and spices. The important thing is to knead the spices into the meat and then make it into a log. Next wrap the foil around the log and poke holes throughout it. Bake it at 300 degrees for about 2 hours and check the temperature. Cut them up into patties and freeze them for a great breakfast treat. This recipe makes around 12 6 oz patties.

Can I use spices on the SCD diet?

Yes using spices is encouraged and expected on the SCD diet. Herbs and spices contain proportionally large quantities of vitamins and minerals as well as plentiful antioxidants. Many of them are actually anti-inflammatory by nature and can really help the healing process. They also taste amazing and can provide some really necessary variety when you need it the most.

However, herbs and spices should be approached just like adding a new food to your diet. Only add one new spice every 4 days to minimize any possible negative reactions. Also try to use fresh, natural herbs and spices when they

are available. If you are buying dried spices, avoid any blends of spices and powders because they usually contain SCD illegal anti-caking agents.

I'm allergic to dairy is there any other way to make SCD legal yogurt?

Yes, first we would recommend trying goat's milk yogurt if you haven't. Goat's milk does not contain the same casein proteins that cause most allergies to Cow's milk. If you are concerned about Goat's milk or have tried and did not do well with it, don't worry, there are still many other options.

The next best and easiest way to make SCD legal yogurt is to use nut milk yogurts. Almond or Cashew milks are the best. They can't be store bought and must be homemade using a blender/food processor because of too many additional ingredients.

If you have nut allergies, do not worry because you can also try using coconut milk. Once again, this is not store bought but made mixing coconut flour with water. Although, keep in mind the Elaine recommends avoiding

Coconut Milk until six months into the diet, so this should be used as a last resort if you are just starting out.

How do I tell if a pre-made food is SCD legal?

More often than not you can't. Always be skeptical of premade foods. We don't tell you this because we are conspiracy theorists, but because we've tried most of them and well have been let down. We've found that unless we know exactly how and what is in our meals we cannot guarantee that we will feel good. Labeling laws in the US allow food manufactures to add many SCD illegal substances into their foods and call them natural flavorings.

According to Elaine, the only way to be sure that a food is SCD legal is to get the manufacturer to send you a hard copy letter on their company letter head stating that it does not contain any SCD illegal ingredients.

Are there any pre-made SCD legal foods I can have?

Sure, but many times we've found that they make us sick too. The problem is that these foods are produced on manufacturing lines and subject to

special cleaning processes (and therefore harsh man-made chemicals) that do not need to be listed on their products. The best option is to buy your own natural foods and wash and prepare them yourself so you know exactly what was used on them. The best method is to cook 100% of what you eat.

What types of alcohol can I drink while on the SCD diet?

Alcoholic drinks should be kept in moderation on the SCD diet because excessive drinking promotes leaky gut syndrome. Also, Alcohol is an inflammatory food that is not going to help your healing much. Now that we have that prefaced, Elaine knew that every now and then a drink isn't going to harm unless it contains a substance that feeds the wrong organism or contributes to allergies.

Legal for Occasional use: Dry Wine, All Whiskeys (scotch, bourbon), all non-flavored vodkas, Gin, and Rye.

Illegal on the SCD diet: Sweet wines, Sherry, Brandy, Cognac, Port Wine, Liqueurs, and flavored liquor.

The Grey Zone drinks: Consume Rum and Tequila at your own risk because most rum's and tequilas contain added colorings and sweeteners.

Questions About Living the SCD Lifestyle

I haven't been diagnosed with a disease, should I start the SCD diet?

Yes, if you are sick enough and want to feel better. Feel free to keep searching for a real diagnosis from the medical community but labeling what your sick from will not change the fact that you're SICK. The basis of all diseases of the gut starts with and is perpetuated by inflammation. The SCD diet will correct this and therefore restore your health regardless of knowing the true medical diagnosis.

Can I expect to lose weight on the SCD diet?

Most people will find that the SCD diet is such a natural and healthy way to live that their weight will normalize over a period of time. By this we mean if you are overweight, you will probably gradually lose fat until reaching a stable body weight without any specific effort. If weight loss stalls and you want to lose more, look to eliminate nuts because are very nutrient dense and are often overeaten.

If you are underweight, the SCD diet is very nutritious and as long as you are eating sufficient amounts of calories you can expect to start gaining weight soon until your body normalizes.

I'm losing weight on the SCD diet and I don't need to, how do I make it stop?

Everyone's body and situation are different, so unless we have access to your diet and total calorie content we can't make specific recommendations. However, what we've found is that many people aren't aware of the volume of food they consume in each sitting. Most people carry their old processed diet habits into the SCD. This causes a problem because pound for pound in nearly every instance processed food contains more calories than natural foods. So when converting diet over to natural foods, it is very important to increase the volume of food eaten at each meal in order to keep the calories the same. It might feel foreign and weird in the beginning but many people just need to retrain their stomachs to consume more food throughout the day.

Some quick tips to try are to take a look at the fat and protein content in your diet. If you can handle it, try upping your fat intake first by adding, olive

oil, coconut oil or butter to all the dishes you are eating. If you are already doing this or have digestion troubles with a high fat diet, then increase your protein content. The Standard American Diet tries to get us to consume only small portions of protein but when changing to the SCD diet we need to throw out the old rules and use the new ones. Eating 8 oz of meat is not a big deal and should almost be the goal of each large meal that you are eating.

Lastly, if you are struggling to get more food at each meal, start adding some snacks in between meals. Eat a cup of ripe avocado, or a bowl of yogurt in between meals to increase your calorie totals. The best way to figure out if you are even getting enough calories is to take the time to sign up for a free account at www.fitday.com and start journaling your food servings daily. It will tell you exactly how many calories you are getting from fats, proteins, and carbs throughout the day. You might find that you're losing weight because you just aren't getting enough calories for a person your size.

Once you know how many calories you are getting, you can Google search for a calorie calculator like the one at <http://calorieneedscalculator.com/> to find out approximately how many calories you should be getting based on

your height, age, activity level, and whether or not you want to gain, maintain, or lose weight. Sometimes, just doing this will open your eyes to the estimated ranges of calories you might need for your goals. .

If your finding that you still can't get enough calories, try increasing the amount of fats you're eating. Spread olive oil over meat when you eat or dip veggies in some. Add a tablespoon of coconut oil as an after dinner desert or add it to meals. Fats will provide a great source of energy, promote satiety, and give you those missing calories. If you struggle with digesting fats then make sure to take a digestive enzyme to help you break them down!

Help, I'm constipated what do I do?

Most people who are healing their bodies naturally using SCD will experience times of constipation. When this happens there are several things to try. The first is trying to obtain some SCD legal prunes or SCD legal prune juice. If you do not have any or don't want to eat prunes then try slightly increasing your fruits and fats in your diet. A great way to do this is to add tablespoons of olive oil or coconut oil to all your meals. Other ways that help is to take Epson salt baths or a try magnesium supplement. The

magnesium will help your body naturally have more bowel movements. A good option is Natural Calm made by Peter Gillham (unflavored only).

Also, don't forget that almost half of a bowel movement is dead bacteria. Probiotics can also help improve constipation. If you haven't been able to start any form of SCD yogurt yet, try getting an SCD legal probiotic like the one's offered by www.giprohealth.com.

Should I take supplements?

Elaine mentioned taking several supplements in BTVC and we also think it is very important for at least the first 6 months of the diet to take supplements. Elaine advocates using a mult-vitamin, B-complex and a calcium supplement. We feel strongly that you should use at least the multi-vitamin, B-complex and vitamin D3.

We know that when your gut is inflamed you are not absorbing all the nutrients from your food. It is because of this that we strongly urge you to supplement and why we think Elaine advised supplementing. Additionally, refer back to page 237 in the book to learn more about digestive enzymes, probiotics, and fish oil.

Is the SCD diet better than eating a gluten free diet?

We think so, especially if you've been gluten free for some time and don't seem to be getting better. While a gluten free diet is very good at eliminating any inflammation associated with gluten intolerances/allergies, most gluten free foods are full of sugars and other complex carbohydrates. The bad bacteria in our guts predominately feed on these complex carbs and sugars, causing bacterial imbalances and keeping us from feeling better on a gluten free diet.

The SCD diet deals with this problem by eliminating the foods that promote bad bacteria and kill them off. Overall, the SCD Diet lowers systematic inflammation to levels that allow your body to finally start healing.

How do I travel on the SCD diet?

Traveling on the SCD diet is all about planning. Proper planning will drastically reduce your stress level to the point where you won't have to worry about your food at all. Carry enough food on the plane to get you through one day, enough time to stock back up at your new destination. We

called the TSA and found out that while you cannot bring liquids on the plane, you can bring your pureed fruits and veggies if they are frozen solid! As long as they are frozen solid when you go through security you shouldn't have any issues. The night before we take a trip we make three different pureed fruits and veggies and froze them solid in three different plastic food containers. If you are no longer eating pureed foods, no problem, just freeze cooked fruit and veggies (just in case there get to be some liquid).

We had no problem getting through security and we brought: 2 cans of SCD Legal Tuna, 2 very ripe bananas, an avocado, three frozen containers of fruits/veggies, and some frozen cooked meat. All the frozen items were in a little flimsy beach cooler and kept each other cold. By the time we landed 5 hours later and I drove an hour to where we were staying, they weren't even thawed! We just microwaved them for a few minutes and had a nice dinner. Then we were able to go out and track down some more food to cook for the next day, it made the flight so easy knowing we had everything we needed.

If you can tolerate eggs and dairy another tip is to hard boil eggs and cut up SCD legal cheese and keep them with the frozen items so they stay cool. Of course, if you are going on road trip you can always prepare food before you

leave and keep the cooler full of ice along the way. We highly recommend extended stay hotels for the convenience of having a microwave, refrigerator, and stove in your room.

Can I exercise on the SCD diet?

The short answer is yes. The long of it is that Elaine mentioned that strenuous exercise should be avoided on the SCD diet. She was wise in prescribing this but many have taken her statements out of context. While we were not able to personally ask Elaine her logic behind saying this, we do have a good guess on why she said it.

Strenuous exercise (sprinting, performing work where you are so out of breath you can't talk) breaks down your muscle fibers at a micro level and causes inflammation requiring the body to repair these muscle fibers and clear out the inflammation to make them bigger and stronger. In the SCD diet we are trying very hard to reduce inflammation throughout the entire body, so creating excess inflammation can be counterproductive. Also if your body is busy shuttling nutrients to your muscles to repair them it will not be working on repairing your intestinal injuries.

However, if you are not in an extremely weakened state, we strongly feel that exercise should be part of your healing journey. The best part is that many of these benefits can be had with just simple actions like taking a daily walk or a leisurely bike ride. As long as you are in decent health with non-debilitating problems, running and strength training should be no problem and will most likely help you on your journey. Just listen to your body and always introduce things slowly.

Got More Questions?

We hope all of your questions got answered in the eBook together with this guide. If you have read through both of them and still have a question, please email it to jordanandsteve@scdlifestyle.com. It will get answered!

In Good Health!

Jordan and Steve