

"Trade Your Bathroom Time for Kitchen Time"

-Paul, EatingSCD.com

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

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www.SCDLifestylebook.com

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Why the Phases Are a Great Tool

We feel that customizing and troubleshooting the Specific Carbohydrate Diet is one of the most important steps in mastering your digestion. Each of us has extremely different list variables that contribute to our personal SCD. The variables are wide and include things like current injury state, inflammation levels, food allergies, food intolerances, lifestyle factors, food preferences and many others.

So how can you or I navigate all of these factors and get the results we are looking for? The best way we've found is to follow a logical yet flexible schedule of introducing foods into your SCD. In other words rely on a backbone system to provide you with overarching logical guidance that also allows you to customize it to your current symptoms and your healing path.

Creating and modifying this system for your unique situation is what our book "SCD Lifestyle – Surviving to Thriving" is all about. The Phases that are below were developed as one of the essential tools for your "SCD Toolbox". Incorporating them into your regime can create amazing reductions in healing time and troubleshooting ease. However, if you choose not use them in our systematic format, use them as a reference tool, look at them from time to time when your are having digestive trouble and see if they clue you into something you may have missed such as a high phenol content.

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. 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
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COOKING STYLE

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

FOODS

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



PHASE 1

Meat

Vegetables

Fruits

COOKING STYLE

Roasted

Boiled

Broiled

Grilled

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

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

FOODS

Chicken

Summer squash

Pearsauce

Beef

Acorn Squash

Applesauce

Turkey

Buttercup Squash

Lean Pork

Butternut squash

Lean Wild Game

Spinach

Fish

Zucchini

Eggs

RAW

Banana

Nuts

Homemade Milks

Homemade Pecan Milks

Homemade Nut Milk Yogurt

Homemade Blanched Almond Milk

PHASE 2

Meat	Vegetables	Fruits
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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

PHASE 4

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

¹Before trying peanut butter or peanut oil read about them at <http://pecanbread.com/p/tanya/peanut.html>

PHASE 5

Meat	Vegetables	Fruits
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COOKING STYLE

Dried Jerky	Cooked or Raw	Cooked or Raw
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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	

How Many Health Tools Do You Own?

We hope you find these phases helpful in your digestion healing journey, but the sad fact is they are just a tool. Don't focus on them too much as it is easy to get lost in the trees and miss the forest.

The goal is digestive health and in our experience that requires several "digestive tools". These phases are a great tool but most times will not produce measurable changes in your digestion if not coupled with sound supplementation, proper cooking and the correct physiological techniques to manage diet change and IBD's.

That is why they are just one valuable component of our SCD Lifestyle Solution package. The rest of the package will address all your other needs and show you step-by-step how to setup your custom version of SCD.

The best part is: we used to be stuck on the toilet as our lives passed us by, so we are determined to get you the information that completely changed our lives RISK FREE!

We have a 365 Day No Questions asked money back policy!

If our materials don't provide you with the help you need or the Specific Carbohydrate Diet doesn't work for you then send us an email or call us and we will issue you a refund ASAP.

It really is that simple, we believe so strongly in our materials, research and systems that we want to shoulder the financial risk for you. We don't want you to have any excuse for not getting your hands on health tools that could change your life today!



[CLICK HERE TO LEARN MORE](#)

WHAT IF today was the day that you changed your life?

Unfortunately, most who read this free guide never will take action.

They will never dare to be bold or different

Sadly, they will miss out on many fun parts of life due to their current digestive troubles....But it doesn't have to be like this!

Take control of your health and restore your freedom!

Get informed and take action

Buy our Book and Start Right now – Risk Free

[Click HERE to Take Action](#)

If you have any more questions or concerns feel free to email us at JordanandSteve@SCDlifestyle.com and please visit www.scdlifestyle.com for more free information on digestion, health and the Specific Carbohydrate Diet.

Jordan and Steve