



Advanced SCD Techniques

Session 1 Worksheet: Tuning Into Your Body

1) The “Feel Good Zone”

(Don’t stop till you get there)

We’ve found that there is a common point along the healing curve that everyone can find. It’s called the Feel Good Zone...

- 1-3 Bowel Movements a day
- 3-5 Quality of BM’s on the Bristol Stool Chart
- No Acute Pains, No blood, Minimal gas or bloating, etc.
- An Unshakable “Food Safe Zone”
- Fully Functional Life While Eating Carefully and Supplementing Prudently

What’s your “Feel Good Zone” look like?

2) The “Feel Good Zone” Blueprint

- Start with the 5 day “Stop My Flare” diet
- Then every 4 days add the rest of Phase 1 and 2 veggies and fruits. Step-by-step every four days start with ½ cup and work your way up
- No dairy, Nuts, Eggs and no more than 3 servings of fruit a day
- **Supplements to start immediately:** Digestive Enzymes, Probiotics (Lacto only), and Betaine HCL (if you need it)

What’s the number one thing stopping you from trying this?

3) Using Subtle Clues to Tweak Your Diet

1. Fat Malabsorption

- a. Take Digestive Enzymes (“Prozymes” from giprohealth.com)

2. Constipation

- a. Increase healthy fats (oils/avocados) until Fat comprises 50-70% of daily calories

3. Diarrhea

- a. Test removing the four horsemen and common trigger foods

4. Low Stomach Acid

- a. Do a stomach acid test and take Betaine HCL with Pepsin

5. Stomach Pain, Gas, and Cramping

- a. Eliminate the four horsemen (too much fruit, dairy, and egg especially)

6. Multiple Food Allergies

- a. rotate foods and heal leaky gut, stick to your food safe zone and retest foods every few months

7. Candida (Yeast)

- a. Low sugar/low fruit/low honey diet, eat “anti-microbial” foods like coconut oil everyday

8. Fatigue/Low Energy

- a. Fats are the key – shoot for 60% of calories and take digestive enzymes!

9. Leaky Gut

- a. Avoid 4 horseman, use probioites, digestive enzymes, and Betaine HCL

10. Fructose Malabsorption

- a. Go very low fruit (1-2 cups/day of fruit, no banana)

Which tweak will you test this week?
