



DAY 3

Your Day 3 'Flare Tools' Guide

Before we begin, we need to go through a couple of disclaimers.

1) We're clearly not Doctors and don't claim to be. In fact, we don't want to be... although we used to be very sick and now we're not, that doesn't qualify us to be medical professionals. That said, everything we share with you in this product should not be, and is not considered medical advice.

2) And at the same time you need to use your best judgment about your health. If you're somebody who's having a severe diarrhea flare-up and your having bloody diarrhea 15 times a day and you're very, very ill, you need to make sure that you seek medical advice. Go to the hospital if you need to and don't rely on this product in place of that. Use your best judgment there.

Now, with that taken care of...

Welcome to Day 3 of Flare Support...

We're halfway there... woohoo!

You're doing great. At this point, we hope you're starting to see slight improvement in your symptoms.

Remember, even reducing your bowel movements 25 percent is a big win right now. That means you're doing the right things. That means your bathtub is draining and you're not filling it back up.

Today I've got some pretty cool flare tools for you because over the last 48 hours, you've been focusing on eating nothing but that chicken soup when you were hungry and if you're anything like I was when I was doing this five years ago, you're probably ridiculously sick of that chicken soup at this point.

You can choose to continue to eat the chicken soup if you'd like, but today's 'Flare Tool' is all about introducing new foods. Please refer back to the '7-day Flare Menu' because you'll need it for the next steps.

Your Day 3 'Flare Tool'

We want to keep your momentum going.

We want to keep your bathtub low; we don't want to choose foods that are going to fill your bathtub back up. So this is an important pivot point, today. We're about halfway through and you're going to make a new choice to introduce some new foods.

Now, if it goes poorly and your symptoms reverse we can make a different choice and do another day or two of the chicken soup.

We don't like people to do more than five days of the chicken soup. So today your flare tool is to choose a new anti-inflammatory food to eat today based on the '7-day Flare Menu.'

These are bathtub lowering, anti-inflammatory foods.

Now we're going to start with a meat and veggie. So we're just going to start simple.

Step 1: Anti-inflammatory meat

Choosing your meat's pretty important. We recommend seafood, if you tolerate seafood, which is a great choice because it's anti-inflammatory.

Shrimp is a great place to start. I sauté it in coconut oil in the morning and have it for breakfast and it's a great anti-inflammatory breakfast. Now, always choose wild caught and avoid that farm-raised stuff.

Another choice that you could make would be grass-fed beef.

You could sauté that up and spice it up a little bit with whatever spices you enjoy and you could eat that as well, and you just need to side it with a veggie.

Step 2: Choosing a veggie

Cucumber and zucchini tend to be well tolerated, especially if you puree them. So those are the veggies options that we like to give you for now.

Carrots are also an option, but some people don't tolerate them very well when they do the SCD intro diet. So our experience has been a choice of zucchini or cucumber tends to do well.

So focus on that simple thing today.

This is Day 3, so you should still be doing the digestive enzymes and continue taking them with the new meat.

You should also be doing your 20 minutes of meditation broken up into ten-minute portions today. So continue to do that.

But your new 'Flare Tool' for today is to choose your new food and enjoy how awesome it tastes compared to the chicken soup you've been eating for the last two days.

Please remember to throw that "3 square meals" idea out the window for right now. We're just nourishing your body when it requires it, so eat when you're hungry.

If that means you're eating four or five times a day, then by all means, please eat when you're hungry. If you're eating one time a day, then eat when you're hungry and be okay with it.

So that's your flare tool for today.

Congrats on making it to Day 3 of Flare Support and we really look forward to seeing you tomorrow and we'll talk again real soon.

- Jordan and Steve

P.S. – One more time, please make sure you read these disclaimers...

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